

## HERE ARE SOME RESOURCES TO HELP YOU TALK TO YOUR KIDS ABOUT RACE

"What we choose to talk about in schools and what we choose to avoid or not talk about sends a message about power," says Amy Masko, an associate professor of English education who specializes in race, poverty and schooling.

She says it's crucial that teachers and parents talk about and help students wrestle with these Big Topics, because if left up to kids to figure it out on their own without any adult guidance, "there's going to be further stereotypes, further myths created."

Masko is the first to admit that talking about race is NOT EASY. She shared some resources—to help other teachers and even parents figure out how best to tackle the topic.

[The Lakeshore Ethnic Diversity Alliance](#) (Holland, MI) -- this group hosts a summit on race and inclusion in Michigan, and offers a workshop for parents and teachers called [Talking to Kids About Race](#)

The website Teaching Tolerance has many articles and a weekly newsletter to help guide you [www.tolerance.org](http://www.tolerance.org)

Look for books in your local library that address race, like **"Chocolate Me!"** by Taye Diggs or **"Skin Again"** by Bell Hooks.

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### Drive-Thru Santa

**Saturday, December 19, 2015 5:00-8:00 PM**

Ho, Ho, Ho- This award winning program provides a great way for your young ones to visit "Santa"... from the comfort of your own car! Simply drive to Santa's greeting area at the Meridian Township Service Center to experience a personalized visit with the "Man in Red," complete with a photo (emailed to you) and a candy cane. Be ready with your wish list! (Pets are welcome, too.)

Price: \$5/ car plus a canned good for Food Bank

Meridian Township Service Center  
2100 Gaylord C. Smith Court  
Okemos, MI

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### New Foster Parent Orientation:

Do you know someone who might be interested in learning more about becoming a foster parent? Orientations are held every other Monday from 6:00-8:00pm at CFC. The next dates of orientation are **January 11 and 25**. Contact Linda Rathbun at 517-882-4000 ext. 140 to RSVP.



**HAPPY HOLIDAYS!**

To help your little one through a meltdown, try sharing your P.E.A.C.E. to help restore theirs:

- P - Put yourself in your little one's shoes
- E - Empathize out loud with what they're feeling
- A - Ask if they need a hug or to take some deep breaths with you
- C - Calm yourself so you can help them return to a place of calm
- E - Equip them with better ways of expressing themselves in the future



"Little people with BIG feelings don't need a piece of your mind. They need your peace of mind."

L.R.Knost  
'The Gentle Parent'  
[www.littleheartsbooks.com](http://www.littleheartsbooks.com)



## Reactive Attachment Disorder Support Group

The Reactive Attachment Disorder (RAD) Support Group has been meeting for over 13 years. New families are always welcome to join— both foster and adoptive families can attend. The group typically meets on the 4<sup>th</sup> Monday of each month at the agency from 6:30-8:30 p.m.

Dinner is served potluck style, and if families register ahead of time, childcare may be provided. The next meeting will be held on December 28th.

Please RSVP to Korey Wheeler at 517-882-4000 Ext. 133 or [koreywheeler@childandfamily.org](mailto:koreywheeler@childandfamily.org)

## MEDICATION MANAGEMENT

It is important for foster parents to ensure the safety of children in a lot of ways. Hazardous materials in the home are not always obvious. It is important to follow the agency's policy regarding such materials and to ensure that all medications (including prescription, non-prescription, over-the-counter, supplements, vitamins, etc.) are kept securely from all children in the home. Here are some suggestions of

### What To Do:

- Lock up your medications
- Keep a list of all medications stored in the house
- Only use and/or dispense medications for the person for whom it is prescribed
- Count pills weekly
- Properly dispose of unwanted or unused medications at a local drop off site
- Document and Report any concerns you observe or witness

## RELATIVELY SPEAKING...

Relatively speaking is a section of our newsletter that is dedicated to those of you who are raising relative children who are in foster care. We first want to recognize that this experience is often much different for you than for other foster parents. Your role is sometimes unplanned or unexpected. You may have not considered or had the desire to be licensed but in order to provide the care and love to your family member, you came forward and walked through the process. Whatever the reason for care, you are important and need support just like anyone else. Michigan State University offers a support center for families like yours called the Kinship Care Resource Center. You can find out more information by calling 1-800-535-1218 or sending an e-mail at [kinship@msu.edu](mailto:kinship@msu.edu)