

# RECRUITMENT - DEVELOPMENT - SUPPORT NEWSLETTER

(Quarterly Newsletter for KERN'S Resource Families)

WINTER 2016



## A NOTE FROM THE OMBUDSMAN:

### Celebrating the Holidays with Foster Children

The holidays are supposed to be an especially joyful and magical time of year, especially for children. Unfortunately, for the numerous kids that spend this season in foster care it can be an exceptionally difficult time for them as they realize they will not be "home for the holidays". Some children come from families that do not celebrate a holiday and some come from environments where there aren't any presents, a tree, or where there is little hope. As a parent myself, I'd like to thank each of you for providing much needed love and hope to the foster children you've invited into your homes. During the holidays when I worked with foster families, I provided some tips that I hope will be helpful to you as well.

- Spend some time talking about the holidays; share the meaning of the season with your foster child.
- Ask your foster child about some of the traditions that their family had, and if possible, try to include some of them into your own home during the holidays.
- Involve your foster child in the planning of the holiday season; for example, invite them to decorate the tree or plan a holiday meal.
- Remember that during this season, your foster child probably misses their biological families and will likely have mixed feelings that may affect their behavior. These feelings are normal and should be expected.
- Toys for Tots – Contact your foster child's social worker to see if they qualify to receive a gift.

In closing, I ask that you continue to give your foster child the most important gift of all. It's not something that can be wrapped but it does come from the heart. Thank you again for extending your love to the children in foster care.

Juan Rocha

## INDEPENDENT LIVING PROGRAM

The Independent Living Program (ILP) is a federally funded program that provides services to assist eligible youth and young adults, ages 16-21, in making a successful transition from foster care to independent living. The goal of the program is to enable youth to achieve self-sufficiency prior to exiting the foster care system by providing independent living skills assessment, training and services, as well as a written transition independent living plan for every participant. To find out if a youth is eligible, please have them contact their primary Department of Human Services Social Services Worker. Find out more information at our website: <http://www.co.kern.ca.us/dhs/ILP/>



Families  
Formed With  
Love

## New Emergency Foster Home Social Worker:

The Emergency Foster Home (EFH) Social Worker for the Department of Human Services has changed. Please change your contacts from Yolanda Covian to Dee Dee Sparks who has recently taken over this duty. If you have questions/concerns regarding emergency placement, or to update your availability, please contact Dee Dee at (661) 633-7271 or [sparksd@kerndhs.com](mailto:sparksd@kerndhs.com)



## Resource Family Approval

Many of you recently received a letter regarding the transition to Resource Family Approval (RFA) in our county as well as throughout the state. RFA is a state mandated program for all counties that replaces the current process for licensing foster homes or approving relative/non-relative extended family member (NREFM) homes. What does this mean for current caregivers?

By December 31, 2019, all existing licensed foster family homes and all approved relatives and NREFMs who wish to continue to care for children in foster care must be an approved resource family. This can happen in two ways:

Currently licensed foster family homes, approved relatives, or approved NREFM's with an approved adoption home study completed prior to January 1, 2018, shall be considered to be an approved resource family.

A licensed foster family home, an approved relative, or an approved NREFM who had a child in placement at any time between January 1, 2017 and December 31, 2017, may be approved as a resource family on the date of successful completion of a psychosocial assessment (formerly known as an adoption home study).

It is important to note that all foster family licenses, approvals of relatives, and approvals of NREFMs shall be considered forfeited after December 31, 2019. This means that if you choose not to become an RFA home under one of the conditions above, you will be required to begin the new process if you later decide to again become a caregiver for a foster child.

Questions??? Currently licensed foster homes can contact their assigned LPA. If you do not know who your LPA is, please contact the Licensing Unit at (661) 631-6009. Relatives and NREFM homes can contact the Relative Assessment unit at (661) 631-6002.



## HOLIDAY TRAVEL

As the holidays approach, many of you may plan on traveling. When making travel plans, please remember that children under the court's supervision (dependent children) must be preapproved for travel by the child's assigned social worker. If you are planning to go out of state, a court order must be obtained in advance of your trip. Please talk to your social worker as soon as possible regarding any travel plans. If you are planning to leave a dependent child with an alternate caregiver while you are away please let your social worker know as soon as possible. For licensed foster homes, respite care can be utilized up to 72 hours with another county licensed home and with social worker approval. For absences over 72 hours, where the child will remain in your home with an alternate caregiver, there are specific background check criteria that must be completed, such as fingerprinting before approval can be granted.

Dependent children cannot be cared for by an alternate caregiver, outside of your home, for more than 72 hours without it being considered a placement change. Please contact your assigned social worker, or Licensing Program Analyst (LPA), for more information.

For relative/non-relative caregivers who plan on making alternate caregiving arrangements for dependent children in your care, please contact your assigned social worker as soon as possible as there are specific criteria, such as home and background checks, which must be conducted in advance.

**KERN COUNTY RESOURCE FAMILIES ARE VALUED, RESPECTED, SUPPORTED, AND SKILLED PARTNERS AND ADVOCATES WHO:**

**\* Provide safe loving homes \* Commit to the development and success of children and families \* Encourage family connections and nurturing relationships \* Maintain a lifelong connection to children whenever possible \***



## PREVENTING TEEN PREGNANCY



Youth in foster care are at greater risk for early pregnancy than teens in general. One study finds that almost one-third of girls in foster care become pregnant at least once by age 17—almost one-half by age 19. Preventing early pregnancy and parenting is important for a number of reasons. Compared to women who delay childbearing, teen mothers are more likely to drop out of school and to live in poverty. Their children are more likely to experience abuse and neglect, enter the child welfare system, be born at low birth weight, grow up poor, perform poorly in school, and have insufficient health care. Daughters of teen mothers are more likely to become teen parents. Sons of teen mothers are more likely to be incarcerated.

The good news for parents and other caring adults, including foster parents, is that there is much they can do to help influence their children's decisions about sex. Foster youth say they want to discuss sex, love, and relationships with their foster parents, but some are embarrassed or feel uncomfortable starting the conversation. The same holds true for foster parents. They often don't know what to say, how to say it, or when to start. Remember that you can make a difference. In particular, a close relationship with your foster children can be the best protection of all. It's never too early or too late to strengthen a relationship with a teenager or to educate them about sex, love, and relationships. The National Campaign to Prevent Teen Pregnancy offers many resources for parents in general on teen pregnancy. These materials include brochures and videos; all of them are low cost and many of them are free to download. Please see the attached brochure and visit the parent section of their website at [www.teenpregnancy.org](http://www.teenpregnancy.org).



### Caregivers of Kern County:

Caregivers of Kern County (CKC) would like to invite ALL Resource Families to join them. This group provides support, mentoring and more to its members all of whom are foster parents (both county and FFA), relative caregivers, or non-related extended family member caregivers. Their mission is "to assist all caregivers of foster/adopt/kinship children by offering our experience, support, training, understanding, and love. Our goal is to work closely with agencies, each other, and community partners to meet the needs of caregivers and to assist in better outcomes for these children and families." Monthly meetings, fun events, and support await you when you join. For more information please contact Gayla Gibson at (661) 332-5129 or visit their website at <http://ckckids.yolasite.com/>

### Children's Visitation Center:

DHS' Children's Visitation Center (CVC) will be closed on the following Saturdays this holiday season:

*November 26, 2016*

*December 24, 2016*

*December 31, 2016*

If a child in your care currently has Saturday visits at CVC please contact the child's assigned social worker regarding rescheduling visits set for any of these three dates.

Caregivers of Kern County  
Foster a Child's Journey Home



[ckckids.org](http://ckckids.org)



## Maintaining Family Connections:

Imagine being unable to attend your child's award assembly or little league game. Or being told that you were not welcome at their spelling bee or dance recital. How would this make you feel? How would that make your child feel? Angry? Mad? Discouraged? Depressed?

This is the reality facing many of the families currently receiving Family Reunification Services. Numerous studies have shown that parents who are able to participate in these types of events are far more likely to successfully reunify. Additionally, children who have parents who attend are found to be better adjusted and have better outcomes in areas such as behavior and education. It can be something as simple as having a parent attend a baseball game or supervising a parent's visit so that they can help the child with homework and be involved in the child's daily routine. Please talk to your child's social worker about how you can help rebuild families through the simple act of inclusion.

## HOLIDAY COTTAGE

This year's Holiday Cottage is located at the Northwest Promenade, 8120 Rosedale Hwy, #100, in Bakersfield, near the Foods Co store. County Licensed Foster Families should have already received a letter with instructions on completing the wishes for the foster children living in their home.

The purpose of the Holiday Cottage is simple: to fill the wishes of children who are in foster care during the holiday season. However, without the help of our Foster Parents we simply can't get the job done!

As soon as your child's wish is filled, we will call you to come and pick the gift up. Please pick it up promptly as we have limited storage space. Also remember to bring the child's Medical card and your driver's license so we can make sure we are sending the gift home with the right families! Please see the attached flyer for more details.

### KERN COUNTY DEPARTMENT OF HUMAN SERVICES

100 E. California Ave., Bakersfield, Ca. 93307  
PO Box 511, Bakersfield, Ca. 93302  
Recruitment Phone (661) 631-6204 or  
[Resourcefamilies@kerndhs.com](mailto:Resourcefamilies@kerndhs.com)  
Fax (661) 633-7077



## BREAKFAST WITH SANTA

Save the date!

On December 10th DHS will be hosting our annual "Breakfast with Santa" for our foster children and their caregivers. All licensed county foster families, relative caregivers and non-relative caregivers are encouraged to attend. This year's event will be held at Canyon Hills Church's City Center located on F Street in Bakersfield. The event will feature games, prizes, food and best of all a picture with Santa. For those of you located in East Kern, the East Kern Christmas Carnival will be held on the same date at the Desert Empire Fairgrounds in Ridgecrest. You will receive invitations in the mail shortly. We look forward to seeing you there!

If you are interested in submitting an article for upcoming newsletters, or have suggestions on improving the newsletter, please contact Cherie Linde at: (661) 631-6403 or email [lindec@kerndhs.com](mailto:lindec@kerndhs.com)



We're on the Web!

[www.kcdhs.org/FosterFamilyResource/](http://www.kcdhs.org/FosterFamilyResource/)



Dena Murphy  
Director



*The 29<sup>th</sup> Annual Holiday Cottage  
Where Wishes Do Come True....*



This year's Holiday Cottage is located at the Northwest Promenade, 8120 Rosedale Hwy, #100, in Bakersfield, near the Foods Co store. County Licensed Foster Families should have already received a letter with instructions on completing the wishes for the foster children living in their home.

The purpose of the Holiday Cottage is simple: to fill the wishes of children who are in foster care during the holiday season. **However, without the help of our Foster Parents we simply can't get the job done!**

**As soon as your child's wish is filled**, we will call you to come and pick the gift up. **Please pick it up promptly** as we have limited storage space. Also remember to bring the child's **MediCal** card and **your driver's license** so we can make sure we are sending the gift home with the right families!

Additionally, through the generosity of the community we have experienced the donation of gifts valued at \$200 or more, such as electronics and bicycles. These items need to be kept in your child's personal inventory. Once the Cottage has closed, we will be providing the child's social worker with a form that describes the gift the child received if the gift meets the criteria noted above for their permanent case file. We ask that you as the caregivers, according to licensing regulations (Title 22 Chapter 6:89226) also include that item in your licensing file under the child's itemized inventory of personal belongings. These extra steps will help ensure gifts purchased for our children by the community actually become part of their personal belongings and will encourage them through your support and the support of their social worker to take personal responsibility for keeping track of their things.

We hope your holiday season is filled with joy, and we look forward to seeing you at this year's Holiday Cottage! For more information please contact the Holiday Cottage Outreach Team at 631-6600.

Tel 661.631.6000 Fax 661.631.6631 TTY 800.735.2929  
100 E. California Avenue P.O. Box 511 Bakersfield, CA 93302 [www.KCDHS.org](http://www.KCDHS.org)

*Kern County Department of Human Services is an equal opportunity employer.*

# HAVING A HARD TIME ASSISTING A FOSTER YOUTH WITH SCHOOL RELATED ISSUES?

PLEASE LET US ASSIST YOU



FOSTER YOUTH SERVICE COORDINATING PROGRAM (FYSCP) CAN  
ASSIST YOU WITH:

ENROLLMENT  
TRANSFERS

FOSTER YOUTH CREDIT WAIVER (AB167/216)  
TRANSCRIPTS ( INCLUDES OUTSIDE COUNTY)

DISPUTES WITH SCHOOL DISTRICTS

EDUCATIONAL RIGHTS/ADVOCACY

COLLEGE ENROLLMENT

FINANCIAL AID

RESOURCE REFERRALS

EDUCATION PLANNING

SECONDARY EDUCATION OPTIONS (COLLEGE AND VOCATIONS)

**PLUS SO MUCH MORE!!!**

FYSCP IS LOCATED AT THE DREAM CENTER AT 1212 18TH ST, 661.636.4488 AND  
DEPARTMENT OF HUMAN SERVICES ON TUESDAYS AND THURSDAYS 661.632.4687.

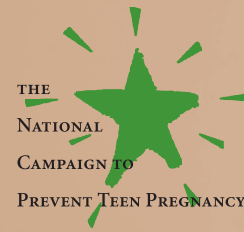


AB490 Foster Youth Education Liaison Contact List as of 10/13/16

District	ED. LIAISON	PHONE #	FAX #	E-MAIL ADDRESS
Kern County Supt. of Schools	Curt Williams	661.636.4401	661.636.4501	<a href="mailto:cwilliams@kern.org">cwilliams@kern.org</a>
Kern County Supt. of Schools	Rolando Hernandez	661.636.4492	661.636.4501	<a href="mailto:rhernandez@kern.org">rhernandez@kern.org</a>
Kern County Supt. of Schools	Ian Anderson	661.636.4409	661.636.4501	<a href="mailto:iaanderson@kern.org">iaanderson@kern.org</a>
Department of Human Services	Emily Stewart	661.631.6162	661.631.6102	<a href="mailto:steware@kerndhs.com">steware@kerndhs.com</a>
Department of Human Services	Darla Munoz	661.631.6434	661.631.6102	<a href="mailto:munozd@co.kern.ca.us">munozd@co.kern.ca.us</a>
Kern County Probation Dept.	Marcos G. Sifuentes	661.396.4520	661.396.4575	<a href="mailto:SifuentesM@co.kern.ca.us">SifuentesM@co.kern.ca.us</a>
Arvin Union School District	Karen Davis	661.854.6526	661.854.6585	<a href="mailto:Kdavis@arvin-do.com">Kdavis@arvin-do.com</a>
Bakersfield City School District	Suzanne Guest	661.631.4910	661.861.0835	<a href="mailto:guestsu@bcscd.com">guestsu@bcscd.com</a>
Bakersfield City School District	Jesse Beed	661.631.4637	661.861.0801	<a href="mailto:beedj@bcscd.com">beedj@bcscd.com</a>
Beardsley School District	Roxana Vaughn	661.399.6594	661.393.9064	<a href="mailto:rovaughn@beardsley.k12.ca.us">rovaughn@beardsley.k12.ca.us</a>
Belridge Elementary School District	Stacia Fleming	661.762.7381	661.762.9751	<a href="mailto:stflemi@zeus.kern.org">stflemi@zeus.kern.org</a>
Blake Elementary School District	Dawn Carver	661.536.8559	661.536.9389	<a href="mailto:dacarve@zeus.kern.org">dacarve@zeus.kern.org</a>
Buttonwillow Union School District	Heidi Witcher	661.764.5248 Ext 103	661.764.5165	<a href="mailto:hwitcher@buttonwillowschool.com">hwitcher@buttonwillowschool.com</a>
Caliente Union School District	Kathleen Hansen	661.867.2301	661.867.6902	<a href="mailto:khansen@calienteschooldistrict.org">khansen@calienteschooldistrict.org</a>
Delano Union Elementary SD	Tina Tyler Smith	661.721.5000 x00153	661.721.3099	<a href="mailto:tsmith@duesd.org">tsmith@duesd.org</a>
	James Hay	661-721-5000x00187	661-721-3099	<a href="mailto:jhay@duesd.org">jhay@duesd.org</a>
Delano Joint Union High SD	Adelaida Ramos	661.720.4125	661.720.4298	<a href="mailto:aramos@djuhsd.org">aramos@djuhsd.org</a>
DiGiorgio School District	Terry Hallum	661.854.2604	661.854.8746	<a href="mailto:thallum@digigiorgio.k12.ca.us">thallum@digigiorgio.k12.ca.us</a>
Edison School District	La'Steveia Dickson	661.366-8440 Ext 2163	661.366-0159	<a href="mailto:ldickson@edison.k12.ca.us">ldickson@edison.k12.ca.us</a>
	Pam Diehl	661.366-8216 Ext 1137	661.366-0922	<a href="mailto:pdiehl@edison.k12.ca.us">pdiehl@edison.k12.ca.us</a>
El Tejon Unified School District	Anne Burnaugh	661.245.4303	661.245.2516	<a href="mailto:healthystart@frazmtn.com">healthystart@frazmtn.com</a>
Elk Hills School District	Sandra D. Bafia	661.765.7431 Ext 3	661.765.4583	<a href="mailto:sabafia@elkhills.org">sabafia@elkhills.org</a>
Fairfax School District	Rita Gomez	661.978.9262	661.363.5478	<a href="mailto:rgomez@fairfax.k12.ca.us">rgomez@fairfax.k12.ca.us</a>
Fruitvale School District	Janet Clark	661.589.3830	661.589.3674	<a href="mailto:jaclark@fruitvale.net">jaclark@fruitvale.net</a>
General Shafter School District	Sandy Johnson	661.837.1931	661.837.8261	<a href="mailto:sandraj@generalshafter.org">sandraj@generalshafter.org</a>
Greenfield Union School District	Melissa Ortiz	661-837-6130 x 4103	661.832.2873	<a href="mailto:ortizm@gfusd.net">ortizm@gfusd.net</a>
Kern High School District	Michelle Blalock	661.827.3270	661.827.3304	<a href="mailto:Michelle_blalock@kernhigh.org">Michelle_blalock@kernhigh.org</a>
Kern High School District	Christy Fraley	661.827.3266	661.827.3304	<a href="mailto:christy_fraley@kernhigh.org">christy_fraley@kernhigh.org</a>
Kernville Union School District	Lisa Smith	760.379.4863	760.379.5953	<a href="mailto:lismith@kernvilleusd.org">lismith@kernvilleusd.org</a>
Lakeside Union School District	Shirley Callahan	661.834.4189	661.831.1145	<a href="mailto:scallahan@lakesideusd.org">scallahan@lakesideusd.org</a>
Lamont Elementary School District	Jennifer Wood-Slayton	661.845.2724	661.845.5114	<a href="http://www.lwfrc.org">www.lwfrc.org</a>
Linns Valley-Poso Flat Union SD	Tami Pritchard	661.536.8811	661.536.8878	<a href="mailto:tapritc@zeus.kern.org">tapritc@zeus.kern.org</a>
Lost Hills Union School District	Fidelina Saso	661.797.2626	661.797.2580	<a href="mailto:fisaso@losthills.k12.ca.us">fisaso@losthills.k12.ca.us</a>
Maple School District	Dr. Julie Boesch	661.746.4439	661.746.4765	<a href="mailto:jboesch@mapleschool.org">jboesch@mapleschool.org</a>
Maricopa Unified School District	Dr. Scott Meier	661.769.8231	661.769.8168	<a href="mailto:smeier@musd.email">smeier@musd.email</a>
McFarland Unified School District	Lori Schultz	661.792.3178	661.792.6758	<a href="mailto:loschultz@mcfarland.k12.ca.us">loschultz@mcfarland.k12.ca.us</a>
McKittrick Unified School District	Barry Koerner	661.762.7303	661.762.7283	<a href="mailto:bakoern@zeus.kern.org">bakoern@zeus.kern.org</a>
Midway School District	Teresa Birdsong	661.747.9036	661.768.4746	Office 661.768.4344
Mojave Unified School District	Stephanie Newby	760.373.4708	760.373.4752	<a href="mailto:stephanienuby@mojave.k12.ca.us">stephanienuby@mojave.k12.ca.us</a>
Muroc Joint Unified School District	Kevin Cordes	760.769.4821 Ext. 276	760.769.4241	<a href="mailto:kcordes@muroc.k12.ca.us">kcordes@muroc.k12.ca.us</a>
Norris School District	Jon Boles	661.387.7000	661.399.9750	<a href="mailto:joboles@norris.k12.ca.us">joboles@norris.k12.ca.us</a>
Panama-Buena Vista School District	Randy Miller	661.397.2200 ext 6439	661.836.9710	<a href="mailto:jmiller@pbvusd.net">jmiller@pbvusd.net</a>
Pond Union School District	Ana Barajas	661.792.2545	661.792.2303	<a href="mailto:abarajas@pond.k12.ca.us">abarajas@pond.k12.ca.us</a>
Richland School District	Elia Sagasta	661.746.8740	661.746.8614	<a href="mailto:esagasta@rdsdshafter.org">esagasta@rdsdshafter.org</a>
Ridgecrest Charter School	Gayle Pietrangelo	760.375.1010	760.375.7766	<a href="mailto:gayle.pietrangelo@rcharter.org">gayle.pietrangelo@rcharter.org</a>
Rio Bravo-Greeley Union SD	Jennifer Hedge	661.589.2696	661.589.2218	<a href="mailto:jhedge@rbgusd.org">jhedge@rbgusd.org</a>
Rosedale Union School District	Dr. Tom Ewing	661.588.6000 ext 7	661.588.6009	<a href="mailto:tewing@ruesd.net">tewing@ruesd.net</a>
Semitropic School District	Bethany Ferguson	661.758.2436	661.758.4134	<a href="mailto:bferguson@semitropicschool.org">bferguson@semitropicschool.org</a>
Sierra Sands Unified School District	Michelle Savko	760-499-1640	760.446.1639	<a href="mailto:msavko@ssusd.org">msavko@ssusd.org</a>
South Fork Union School District	Mer Conner	760.378.2211	760.378.3046	<a href="mailto:mconner@southforkschool.org">mconner@southforkschool.org</a>
Southern Kern Unified School District	Leanne Hargus	661.256-5000x1118	661.256.1247	<a href="mailto:lhargus@skusd.k12.ca.us">lhargus@skusd.k12.ca.us</a>
Standard School District	Dr. Denita Maughan	661.392.2110	661.392.0681	<a href="mailto:dmaughan@standard.k12.ca.us">dmaughan@standard.k12.ca.us</a>

Taft City School District	Julie Graves	661.763.1521	661.763.1495	<a href="mailto:jgraves@taftcity.org">jgraves@taftcity.org</a>
Taft Union High School District	Chelle Koerner	661.763.2331	661.763.2339	<a href="mailto:ckoerner@taft.k12.ca.us">ckoerner@taft.k12.ca.us</a>
Tehachapi Unified School District	Dennis Ferrell	661-822-2103	661.822.2265	<a href="mailto:dferrell@teh.k12.ca.us">dferrell@teh.k12.ca.us</a>
Vineland School District Melissa Ortiz	Dr. Matthew Ross	661.845.3713	661.845.8449	<a href="mailto:mross@vineland.k12.ca.us">mross@vineland.k12.ca.us</a>
Wasco Union Elementary	Brad Maberry	661.758.7100	661.758.7169	<a href="mailto:brmaberry@wuesd.org">brmaberry@wuesd.org</a>
Wasco Union High School District	Robert Cobb	661.758.8447	661.758.4946	<a href="mailto:rocobb@wasco.k12.ca.us">rocobb@wasco.k12.ca.us</a>
Kern County Supt. of Schools LCAP	Jason Hodgson	661.636.4623	661.636.4135	<a href="mailto:jahodgson@kern.org">jahodgson@kern.org</a>





# 10 TIPS for Foster Parents

To Help Their Foster Youth Avoid Teen Pregnancy



[WWW.TEENPREGNANCY.ORG](http://WWW.TEENPREGNANCY.ORG)



**The good news for parents and other caring adults, including foster parents, is that there is much they can do to help influence their children's decisions about sex.**

Foster youth say they want to discuss sex, love, and relationships with their foster parents, but some are embarrassed or feel uncomfortable starting the conversation. The same holds true for foster parents. They often don't know what to say, how to say it, or when to start. This guide offers some ideas to help foster parents strengthen their relationships with foster youth. It also offers some ideas on how best to communicate about sex, love, and relationships.

Youth in foster care are at greater risk for early pregnancy than teens in general. One study finds that almost one-third of girls in foster care become pregnant at least once by age 17—almost one-half by age 19.<sup>1</sup> Preventing early pregnancy and parenting is important for a number of reasons. Compared to women who delay childbearing, teen mothers are more likely to drop out of school and to live in poverty. Their children are more likely to experience abuse and neglect, enter the child welfare system, be born at low birth weight or mentally retarded, grow up poor, perform poorly in school, and have insufficient health care. Daughters of teen mothers are more likely to become teen parents. Sons of teen mothers are more likely to be incarcerated.

This brochure provides tips on such topics as the importance of maintaining strong, close relationships with children and teens, setting clear expectations for them, and communicating honestly and often with them. Research supports these common sense lessons: not only are they good ideas generally to promote positive youth development, but they can also help teens delay becoming sexually active, as well as encourage those who are having sex to make more responsible choices and use contraception carefully. ■

1 Blaver, L., Courtney, M. (2006). Foster Care Youth, 28. Washington, DC: National Campaign to Prevent Teen Pregnancy.

## TIP # 1

**Build a relationship based on trust and compassion.**

**S**ome foster youth have had few positive relationships with adults. Many have been moved from home to home, others have experienced abuse and neglect. Let them know early and often that they are welcome in your home, it is safe, and that you care about them. Show them they are important and valued. In other words, do all you can to build a warm, trusting relationship right from the start. Your foster child will feel more comfortable talking to you about a personal topic such as sex, if they feel they can trust you. Understand, too, that a close relationship between caring adults and teens helps young people avoid multiple risky behavior, including early pregnancy and parenthood.

Of special concern: Building strong relationships and talking about sex can be more complex if your foster youth has been sexually abused. They may blame themselves for the abuse. They may have confused feelings about the meaning and purpose of sex. Foster parents, along with a team of case workers and mental health professionals, must work together with the youth to effectively manage anger, teach what is appropriate sexual behavior, and rebuild self esteem and trusting relationships with adults. ■

**“Before you have the sex talk, get to know your foster kids better. Don't start talking about it as soon as they enter your house. We (foster youth) build trust with foster parents little by little until we get to the point to where we truly do trust them.” ~ Advice from a foster teen to foster parents**

# TIP # 2

## Talk with your foster children often about sex, and be specific.

Ideally, age-appropriate conversations about relationships and intimacy should begin early in a child's life and continue through adolescence. Even if your foster child enters your house as an older teen, it's never too late to talk to them about sex. All kids need a lot of communication, guidance, and information about these issues, even if they sometimes don't appear to be interested in what you have to say. Resist "the talk" — make it an ongoing conversation. Remember to talk to both your foster daughters and foster sons. Remember too that both foster mothers and foster fathers should be involved in these conversations.

When you start the conversation, make sure that it is honest, open, non-judgmental, and respectful.

Be sure to have a two-way conversation, not a one-way lecture. Ask your teens what *they* think and what they know so you can correct misunderstandings or myths. Ask what worries them. Be a good listener and let your teens talk. Tell them truthfully and confidently what you think and why you think this way. If you're not sure about some issues, tell them that, too.

By the way, research clearly shows that talking with your children about sex does not encourage them to become sexually

"It can't be a one-time conversation, like 'Yeah, I can check that off the list—I had the sex education conversation.' It needs to be an ongoing conversation." ~ Foster father

active. Also keep in mind that your own behavior should match your words. Teens are careful watchers of adults and are very sensitive to hypocrisy.

Don't feel as though you have to "know it all." Teens need help in understanding the meaning of sex, not just how all the body parts work. Tell them about love and sex, and what the difference is. Talk to them about the future and commitment. And remember to talk about the reasons that kids find sex interesting and enticing; discussing only the "downside" of unplanned pregnancy and disease misses many of the issues on teenagers' minds. You will be a better communicator if you are sensitive to your foster youth's culture and religion, as well as their sexual orientation.

Some foster youth have a strong desire to have a child right away. They may seek to create their own family as a source of stable relationships and unconditional love. Have a frank and detailed discussion with your foster teens about how they plan to support a baby through 18 years of life and provide the emotional and financial opportunities they want for their children. Oftentimes, youth do not fully understand the true costs of raising a child. You can help give them a reality check.

Keep your case worker informed about your discussions with your foster youth. He or she can reinforce your messages with the foster youth and support you with any concerns you may have.

### Be an askable foster parent. Here are some of the kinds of questions that your foster children may want to discuss:

- How do I know if I'm in love? Will sex bring me closer to my girlfriend/boyfriend?
- How will I know when I'm ready to have sex?
- Will having sex make me popular? How will sex affect my relationships now and in the future?



- How do I tell my boyfriend that I don't want to have sex without losing him or hurting his feelings?
- How do I manage pressure from my girlfriend to have sex?
- How do I deal with pressure from my friends to have sex?
- How does contraception work? Are some methods better than others? Are they safe?
- Can you get pregnant the first time?
- Why should I wait to have a baby?

**Be a parent with a point of view. Don't be shy about saying:**

- I think sex should be associated with commitment and teens simply aren't ready to commit.
- When you eventually do have sex, always use protection until you are ready to have a child.
- Have a plan. Think in advance about how you'll handle the heat of the moment. Will you say "no"? Will you use contraception? What if your partner wants to have sex but doesn't want to use contraception?
- It's okay to think about sex and feel sexual desire; everybody does. But it doesn't mean you have to act on these feelings now.
- One of the many reasons I'm concerned about drinking and drug use is that they are often linked to bad decisions about sex.
- Having a baby doesn't make you a man. Being strong enough to wait and act responsibly does.
- You don't have to have sex to keep a boyfriend. If sex is the price of a close relationship, then think again about the relationship. ■

## TIP # 3

### Spend quality time with your foster child.

**T**eens who are close to their parents/foster parents and feel supported by them are more likely to wait until they are older to begin having sex, have fewer sexual partners, and use contraception more consistently. Simply having a caring parent around can make a real difference.

Family activities such as going out to the movies or outdoor activities can be quite important in a foster child's life. Try to eat and/or cook dinner together as often as possible and use the time for conversation, not confrontation. Something as simple as a car ride can be a perfect time to have meaningful conversations and learn about each other. Be supportive and be interested in what interests them. Attend their sports events; learn about their hobbies; be enthusiastic about their achievements, even the little ones; ask them questions that show you care and want to know what is going on in their lives. ■

**"Quality time is the time that child will allow you to have, so make the most of it. It could be an hour or just 10 minutes. Get them to open up and talk to you – build a relationship and friendship with them." ~ Foster mother**

# TIP # 4

## Supervise and monitor your foster children and adolescents.

**D**o your best to establish rules, curfews, and standards of expected behavior, preferably through open family discussions. This may be difficult since some foster children may try to test your parental limits. Foster youth may contact their birth parents in hopes they will disagree with your rules. However, most foster teens respect guidelines and structure — it shows that you care about them.

If your foster child gets out of school at 3 pm and you don't get home from work until 6 pm, who is responsible for making certain that your foster child is not only safe during those hours, but also involved in positive activities? Where are they when they go out with friends? Are there adults around who are in charge? Supervising and monitoring your foster child's whereabouts doesn't make you a nag; it makes you a caring foster parent. ■

# TIP # 5

## Know your foster children's friends and their families.

**C**learly, friends have a strong influence on each other — both positive and negative. Foster parents should know that there is much they can do to help build on positive peer influence, and help foster teens steer clear of risky friendships. Whenever possible, meet the parents of your foster child's friends so that you can get to know them and try to establish common rules and expectations. It is easier to enforce a curfew that all your foster child's friends share rather than one that makes him or her different — but even if your views don't match those of other parents, hold fast to your convictions. Welcome your foster child's friends into your home and talk to them openly.

Keep in mind that if your foster child has moved around often, she/he may have to make a whole new set of friends. Some foster teens do not want anyone to know they are in foster care and may be reluctant for their foster parents to meet their friends. Don't be discouraged. ■

*“I often invite the parents of my foster children's friends over for dinner to get to know the family.” ~ Foster mother*

*“I drop my foster daughter off at friends' houses and go in and meet the parents.” ~ Foster mother*

*“My house is the 'hang out.' I have plenty of food around and games for them to play. At times it's inconvenient, but it works. I know that my foster children are safe and it's an opportunity to get to know their friends too.”  
~ Foster mother*

# TIP # 6

**Know what your foster kids are watching, reading, and listening to.**

**T**oday's teenagers spend over 40 hours *each week* consuming media. Television, music, movies, videos, magazines, and the Internet send many messages about sex: Sex often has no meaning or consequences, unplanned pregnancy seldom happens, and few people in the media having sex ever seem to be married or even especially committed to each other. Is this consistent with your expectations and values? If not, it is important to talk with your foster children about what the media portray and what you think about it.

Encourage your kids to think critically: ask them what they think about the programs or movies they watch and the music they listen to. Watch their favorite shows with them and ask whether what they see on TV relates to anything in their lives or their friend's lives. While you cannot fully control what your foster children see and hear, you can certainly make your views known and control the media in your own house. For example, you can put the computer and television in an open space, not in a bedroom, so that they are easier to monitor. ■

"I watch BET; I sit there with them. We watch the rap videos and we talk about movies, religion, their friends—everything. You have got to be able to communicate with them at all costs." ~ Foster father

# TIP # 7

**Don't forget the boys — Talk to your foster sons and your foster daughters. Avoid the double standard.**

**T**he 820,000 teen girls who get pregnant each year don't do it alone. Boys may feel a lot of pressure to have sex to prove something to their friends or to impress a girl. Talk with boys — not just girls — about the emotional and health consequences of sex, responsibility, love, and values. Boys need to know that teen pregnancy has serious consequences for them, too. Some people have said that "a few minutes of pleasure can lead to 18 years of responsibility." Tell them how becoming a parent carries financial consequences and can interfere with achieving their educational and career goals. ■



# TIP # 8

**Discourage dating at an early age.  
Watch out for age differences in relationships.**

Allowing your foster teens to enter a serious dating relationship much before age 16 can lead to increased risk for getting pregnant. Instead, support group activities. Make your strong feelings about this known early on — that way it won't appear as though you disapprove of a particular person.

In addition, take a strong stand against your foster daughter dating a boy significantly older than she is. Don't allow your foster son to develop an intense relationship with a girl much younger than he is.

Try setting a limit of no more than a two- (or at most three) year age difference. Older guys often seem more mature or even glamorous to a younger girl. The power differences between younger girls and older boys, however, can lead girls into risky situations, including unwanted sex and sex with no protection. Young boys with older girls bring similar risks. ■

“I have a no dating rule for my younger teens. But once they start driving, it's difficult to forbid dating. I talk to my older foster teens about what they want in a relationship and about their definition of dating. I have them bring their boyfriend or girlfriend over to the house so I can meet them. I try to meet the parents too.” ~ Foster mother

“Older men take advantage of you because they think you don't know any better.” – Foster teen

# TIP # 9

**Encourage your foster child to become involved in positive activities such as sports, arts, community-service, faith-based activities, or other after-school programs.**

Getting involved in hobbies, sports, or the arts can help foster youth build confidence and self-esteem by mastering skills. Self-esteem is earned, not given. One of the best ways to earn it is by doing something well. Give them something positive to say “yes” to by providing them with alternatives to engaging in risky behavior. Community service, in particular, not only teaches job skills, but can also put teens in touch with other committed and caring adults. Many religious organizations have positive youth activities. Check out the resources for foster youth in your community such as camps, mentoring programs, and college preparation courses. ■

“My foster parent had me involved in extra-curricular activities. Tap dancing, math classes, after-school programs, etc. And that was good, it took my mind off of the negative things in my life. I didn't have so much free time on my hands to actually think about sex.” ~ Foster teen

# TIP # 10

**Help your foster teens to have options for the future that are more attractive than early pregnancy and parenthood.**

The chances that your foster children will delay sex, pregnancy, and parenthood are significantly increased if they believe they have a successful future ahead of them. This means highlighting their talents, helping them set meaningful goals for the future, talking to them in concrete terms about what it will take to reach their goals, and providing help along the way. Encourage them to take school seriously and graduate high school. Take them to visit college campuses. Teach them to use free time in a constructive way, such as setting aside time to complete homework assignments. Explain how becoming pregnant or causing a pregnancy can get in the way of their plans for the future. Let them know that they will be able to provide their children with a better life than they had growing up if they wait until they finish school, have a good job, and are in a stable, caring relationship. Some foster youth may feel it is impossible to achieve all these things. Regardless, it is still important to encourage them to have aspirations and help them make those aspirations a reality. ■

“If you have already made plans or have goals of what you plan to do with your life, then having a baby is definitely going to delay that.” ~ Foster teen

**A final note.** Becoming a foster parent can be one of life’s most rewarding and challenging responsibilities. Helping any youth navigate the passage to adulthood, in general, and avoid such problems as pregnancy, violence, drugs, alcohol, smoking, and school failure can be daunting. Remember that you can make a difference. In particular, a close relationship with your foster children can be the best protection of all. It’s never too early or too late to strengthen a relationship with a teenager or to educate them about sex, love, and relationships.

**Need more information?** The National Campaign to Prevent Teen Pregnancy offers many resources for parents in general on teen pregnancy. These materials include brochures and videos; all of them are low cost and many of them are free to download. Please visit the parent section of our website at [www.teenpregnancy.org](http://www.teenpregnancy.org).

The National Foster Parent Association is a national organization which strives to support foster parents and remains a consistently strong voice on behalf of all children. Their website has links to state foster parent associations. Please visit [www.nfpainc.org/](http://www.nfpainc.org/).

FosterClub is a national organization with a mission to provide encouragement, motivation, information, education, and benefits for foster youth. Their website features stories from successful former foster youth, contests, and opportunities for youth to send in opinions about their foster care experience, and more. Please visit [www.fosterclub.com](http://www.fosterclub.com) and [www.fyi3.com](http://www.fyi3.com).

The National Campaign to Prevent Teen Pregnancy would like to thank the Fairfax County Department of Family Services, DC Metropolitan Foster and Adoptive Parents Association, and UCAN (Uhlich Children’s Advantage Network of Chicago) for organizing focus groups with foster parents. We also extend warm appreciation to those individuals who participated in the focus groups—their helpful comments are reflected throughout this publication. We also thank the many reviewers whose suggestions have improved this document. Finally, special thanks to UCAN, who has been a main partner throughout this initiative.

# Staying Safe While Staying Connected

## Tips for Caregivers

### **Text, tweet, facebook, IM, email, blog, snapchat, instagram, post . . .**

between cell phones and computers youth can stay in touch with anyone, anytime, anywhere. But staying connected has its risks. Posting or sending sexual photos, images, messages, or videos—“sexting”—can lead to trouble that can last for years after the message or image is sent or posted.



## Why Sexting Isn't Smart

### ***The Internet is FOREVER.***

Messages and posts are things youth can never take back. Many Internet sites keep records of everything posted, and may share that information with other people including the police and potential employers. And there is nothing youth can do to control copies that may have been downloaded or forwarded by other parties.

### ***People forward things.***

Nearly half of all teens who receive “sexts” forward them on to someone else, and 15% of teens say that they have had private chats made public. Many times messages and images are forwarded after a relationship ends as a means of “revenge porn.” Messages or pictures intended for just one person could end up anywhere and be seen by anyone.



### ***People can get hurt.***

Sexting can ruin people's lives. When sexual messages or pictures reach other people—including family members, schoolmates, coworkers, or potential bosses—they can lead to broken friendships, getting kicked out of school, not getting hired for a job, losing a scholarship, or worse.



### ***It's illegal.***

All across the country, states are passing laws against posting or sending messages meant to hurt, insult, or spread nasty rumors about another person—including sexts. And posting or sending sexual pictures of anyone under the age of 17, even the youth's own pictures, may be considered child pornography in the eyes of the law. In Pennsylvania and Florida, for example, teens who “sexted” naked pictures of each other have been arrested for child pornography a felony. Even if a sext did not start with the youth, there may be legal consequences for forwarding someone else's sexts.

## **Tips for Keeping Youth Safe**

***Educate yourself.*** Any child can become the victim of an online predator. Become familiar with social networking sites and any apps that youth are using to communicate. You can ask them to explain or demonstrate.



***Teach youth to protect their identity.*** Teach youth to choose their screen names carefully and not use one that can easily identify them. Their passwords are the only thing standing between youth and a lot of potential trouble. Teach youth to keep their passwords and identifying information private. This includes their name, address, phone number, school grade, family member information, etc. Predators can use this information to locate and groom a victim. If your child has a key to your house you would be concerned about whom they might share that access with and where they might leave it or keep it safe. Passwords are like keys to your information.

***Strengthen privacy setting.*** Make sure that privacy settings on all social networking sites are set high and that they remain unchanged after updates.

***Discuss the dangers of “checking-in.”*** Some apps allow users to share their current location sites which tell predators exactly where to find them. Disable geotagging on mobile devices so that youth's locations are not disclosed.



***Talk regularly.*** Conversations about cyber and personal safety have to take place more than once. As children age, peer and social activities—as well as social media technology and platforms—evolve, and the conversations about being safe need to also evolve to stay current to youth's needs. If caregivers are not monitoring activities or having conversations about safety as often as they change the batteries in their smoke detectors, they are probably not happening often enough.

***Monitor youth's activity on computers and all mobile devices.*** Become familiar with parental monitoring options and monitor desktops, laptops, tablets, cell phones, and video game consoles that have online connectivity. A caregiver has a responsibility to protect youth. You are not spying.

**Be supportive.** If you know or suspect that a youth is being cyberbullied as a result of sexting, get the facts and contact law enforcement and the National Center for Missing and Exploited Children's CyberTipline at <http://www.missingkids.com/cybertipline>. Teach youth about the consequences for those that cyberbully.

**Talk about sexting.** Many youth are engaging in sexting. Sending or receiving explicit images of minors is considered child pornography and can result in legal consequences for both the youth and caregiver.

**Don't forget about young children.** Ninety-one percent of children play video games, and gaming among young children has increased the most. Many video game consoles now come equipped with the capability for children to chat with other players. Warn children that the other player may not actually be a child, but rather a predator posing as a child. Remind them not to share any personal information.

**Communicate.** Maintain open and respectful communication with youth and set and enforce rules regarding online safety. Assure youth that they can come to you for help.



## References

The Alicia Project

<http://www.aliciaproject.org/internet-safety-tips.html>.

<http://www.cnet.com/news/91-percent-of-kids-are-gamers-research-says/>

## For More Information

American Academy of Pediatrics

<https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Talking-to-Kids-and-Teens-About-Social-Media-and-Sexting.aspx>

Kids Health

[http://kidshealth.org/parent/firstaid\\_safe/home/2011\\_sexting.html](http://kidshealth.org/parent/firstaid_safe/home/2011_sexting.html)

National Center for Missing and Exploited Children NetSmartz Workshop

<http://www.netsmartz.org/Sexting>

Connect Safely

<http://www.connectsafely.org/tips-for-dealing-with-teen-sexting/>

# November 2016


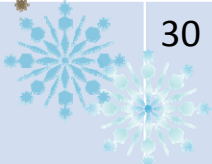
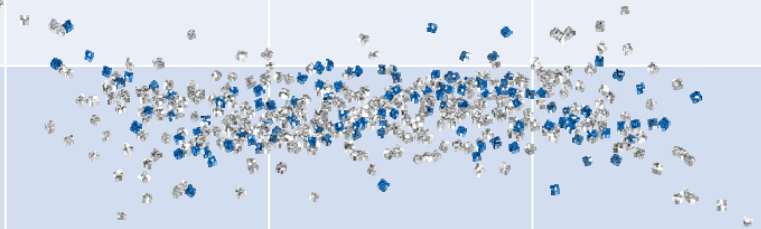
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Valley Farmers Market 1725 Golden State Ave 8am-12pm
6	7	8 \$20 Beginning art class grades 7-12 & adults Bakersfield Art Center 4pm-6pm 661-871-8354	9 Lego Club @ Mojave Branch library 2pm 661-824-2243	10 Family Story time at Lamont Branch Library 661-854-3471	11 Veterans Card making event @ Rosamond Branch library 9am-5pm 760-762-5606	12 \$ Bakersfield Comic-Con Kern County Fair Grounds
13 \$ Bakersfield Comic-Con Kern County Fair Grounds	14 Children's art class grades 1-3 Bakersfield Art Center 661-871-8354	15 \$20 Beginning art class grades 7-12 & adults Bakersfield Art Center 4pm-6pm 661-871-8354	16 One on one computer assistance at Tehachapi branch 11:00am-1:00pm library 660-822-4938	17 Algebra tutoring w/BPD officer @ South west Branch Library 661-664-7716	18 Free Fridays at the Bakersfield museum of Art 10am-4pm 661-323-7219	19 Valley Farmers Market 1725 Golden State Ave 8am-12pm
20	21 Children's art class grades 1-3 Bakersfield Art Center 661-871-8354	22 \$20 Beginning art class grades 7-12 & adults Bakersfield Art Center 4pm-6pm 661-871-8354	23	24 	25 Preschool story time @ Wilson Branch Library 11am 661-834-4044	26 Valley Farmers Market 1725 Golden State Ave 8am-12pm
27	28 Children's art class grades 1-3 Bakersfield Art Center 661-871-8354	29 \$20 Beginning art class grades 7-12 & adults Bakersfield Art Center 4pm-6pm 661-871-8354	30	Holiday Lights at CALM November 25 <sup>th</sup> -December 31 <sup>st</sup>		

# December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Holiday Lights at CALM</b> November 25 <sup>th</sup> -December 31 <sup>st</sup>				<b>1</b> Bakersfield Christmas parade 6pm-8pm Downtown Bakersfield	<b>2</b>	<b>3</b> Valley Farmers Market 1725 Golden State ave 8am-12pm
<b>4</b> Murray Family Farm Fun 8am-8pm 661-334-2033	<b>5</b>	<b>6</b> Ice Center of Bakersfield Family Night 661-852-7400	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> Valley Farmers Market 1725 Golden State ave 8am-12pm
<b>11</b>	<b>12</b>	<b>13</b> Ice Center of Bakersfield Family Night 661-852-7400 Lego Club @ Rosamond Branch Library 661-256-3236	<b>14</b> Great Russian Nutcracker Ballet 7pm Fox Theatre 661-489-4369	<b>15</b>	<b>16</b> Free Fridays at the Bakersfield museum of Art 10am-4pm 661-323-7219	<b>17</b> Valley Farmers Market 1725 Golden State ave 8am-12pm
<b>18</b>	<b>19</b>	<b>20</b> Ice Center of Bakersfield Family Night	<b>21</b>	<b>22</b> \$ Rudolph the Red Nosed Reindeer Rabobank arena 661-852-7300	<b>23</b>	<b>24</b> 
<b>25</b> 	 <b>26</b>	<b>27</b> Ice Center of Bakersfield Family Night 661-852-7400	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> New Years Eve



# January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Years Day	2	3	4	5 \$Annie the Musical Rabobank arena 661-852-7300	6	7 Valley Farmers Market 1725 Golden State ave 8am-12pm
8	9	10	11 National Human Trafficking Awareness Day	12	13	14 Valley Farmers Market 1725 Golden State ave 8am-12pm
15	16 Holiday: Martin Luther King Jr	17	18	19	20 Free Fridays at the Bakersfield museum of Art 10am-4pm 661-323-7219	21
22 	23	24	25	26	27	28
29 	30	31				

# BAKERSFIELD COLLEGE



## Foster & Kinship Care Education Program

*Resource Family Trainings November 2016-December 2016*

### **November 1, 2016**

**Time: 6:00pm-8:00pm**

**Topic: *Caring for the Medically Fragile Child with Problems Eating and General Nutrition***

Presented by Edee Ellenberger, M.S, R.N, CRRN with over 10 years of expertise as a licensed Resource. This workshop is focused on medically fragile children with problems eating and general nutrition.

### **November 8, 2016**

**Session 1: 4:00pm-6:00pm**

**Topic: *Caring for Children with Severe/Emotional Behavioral Needs Level 2***

**Session 2: 6:00pm-8:00pm**

**Topic: *Caring for Children with Severe/Emotional Behavioral Needs Level 3&4***

Presented by Kern County Department of Human Services and Kern County Department of Public Health. Caring for Children with Severe/Emotional Behavioral Needs are specialty classes. The trainings are required to caregivers receiving a Special Care Increment (SCI) from the Kern County Department of Human Services.

### **November 17, 2016**

**Time: 5:00pm-8:00pm**

**Topic: *Parenting the Sexually Abused Child***

Presented by Cherilyn Price-Haworth, LCSW. This training will assist foster parents in identifying traumatic signs of possible sexual abuse, as compared to normative sexual development. We will also discuss how childhood sexual abuse impacts the child's worldview and how that impact results in a variety of maladaptive behaviors in the home. Finally, we will talk about some tools to help manage the child's behavior while supporting their process of dealing with the trauma.

### **November 29, 2016**

**Time: 5:00pm-7:00pm**

**Topic: *Prudent Parenting***

Presented by Gayla Gibson, Foster Parent, Relative Caregiver and Caregivers of Kern County Member. "If you are in doubt about who can care for your children and where your children can go please attend this class for foster parents. When caring for another person's child it is very important to know who can care for the children, where they can go, what they can do. Come be informed!!"

### **December 1, 2016**

**Time: 5:00pm-7:00pm**

**Topic: *Community Resources for Foster Children***

Presented by Gayla Gibson, Foster Parent, Relative Caregiver and Caregivers of Kern County Member. "If your foster child is need of services and you don't know where to turn, don't know how to get those services for your foster children, please come to hear about services for the Foster Child."

### **December 13, 2016**

**Time: 10:00am-12:00pm**

**Topic: *Kidz Kare***

Presented by Gayla Gibson, Foster Parent, Relative Caregiver and Caregivers of Kern County Member. "How do I balance my bio children and my foster children? Can I treat them all the same? Can I talk to them all the same? What do I do if the foster children want to do everything my bio kids do - is this activity allowed for the foster children? Can I discipline all the children the same? Come and discuss how to know the right way to handle the mix of foster children and bio children."

### **December 20, 2016**

**Session1: 8:00am-10:00am**

**Topic: *Caring for Children with Severe/Emotional Behavioral Needs Level 2***

**Session 2: 10:00am-12:00pm**

**Topic: *Caring for Children with Severe/Emotional Behavioral Needs Level 3&4***

Presented by Kern County Department of Human Services and Kern County Department of Public Health. Caring for Children with Severe/Emotional Behavioral Needs are specialty classes. The trainings are required to caregivers receiving a Special Care Increment (SCI) from the Kern County Department of Human Services.

**All Classes will be held at:**

**Weill Institute, 2100 Chester Avenue  
Bakersfield, CA 93301, Room 102**

**The classes being offered will fulfill training  
hours for licensing.**

**Pre-Register: (661)319-1836 or (661)395-4737**

**For more information visit:**

**<https://www.bakersfieldcollege.edu/>**