



PARENTS AGAIN

A Newsletter for Kinship Family Caregivers

Parents Again Spotlight: Meet a Kinship Family!

Meet Sister Bathsheba & Her Grandkids Solomon, Michael, and Amyra



I have the honor of introducing you to Sister Bathsheba and her three amazing grandchildren, Solomon (13), Michael (11), and Amyra (10). I was lucky to spend some time with them this summer and get to know them a little better, sharing laughs and witnessing the close bond they share.

Solomon, Michael, and Amyra are siblings and you can typically find them hanging out together. The three kids have been living with their Nana off and on for all their lives. This most recent time together has lasted about three years. Sister Bathsheba's biggest concern is the constant threat that their mom can come take them at any time, but she hopes to get legal guardianship to keep that from happening. In the meantime, though, Sister Bathsheba still worries she won't be able to stop their mom from taking them.

The family enjoys hiking, walking at the nearby track, rock climbing, and swimming at the Marshall Center. The all also **love** to read and play games.

They have some pet fish. Only one of their fish actually has a name — they call him Billy Bob. They're planning a trip to Denver before school starts to check out the area. They hope to move there next summer for a fresh start.

Sister Bathsheba says that both Solomon and Amyra are the jokesters of the family, while Michael is the quiet one. They shared many jokes with me during my visit. Michael shared that he enjoys Science and that his Nana makes a great sweet potato pie. Amyra loves to draw and was one of only 20 kids in school picked for a special art class. Solomon likes donuts and his favorite part of school is lunch!

Sister Bathsheba loves it when her grandkids say (and they tell her frequently), "I love you, Nana!" All three kids also feel the love from Nana and recognize that she does a lot for them-especially when she makes her famous sweet potato pie.

AMYRA'S JOKE:

**Why was the frog at the bus stop?
Because his car got toad!**

Words of Advice from Sister Bathsheba to other kinship caregivers:

**"The struggle isn't hard until you make it hard.
It's all in the mind.**

**Keep positive vibes and remember to
treat others as you would like to be treated."**

**Share your story with other Kinship families!
If you and your kinship child(ren) would like
to be featured in an issue of the newsletter:**

Contact Sarah Revord

360.759.4317 | sarah.revord@dshs.wa.gov

Positive Behavioral Interventions and Supports (PBIS)

Have you heard of **Positive Behavioral Interventions and Supports (PBIS)** as an approach to address behavior issues at schools?



PBIS has been successful in decreasing disciplinary actions and improving student outcomes in areas such as social skills, communication, grades, and graduation rates. Many of the techniques used to teach appropriate behavior at school can also be used at home.

Problem behaviors are a form of communication. A child may not know how to appropriately express their emotions and needs, so a problem behavior happens instead. When a child can learn appropriate ways to communicate their emotions and needs, problem behaviors happen less often.

The main idea of PBIS is that punishment does not work to correct behavior or to teach acceptable behavior. Instead, PBIS focuses on interrupting a behavior as it escalates and directing a child to consider better choices or work on solving problems.

With this approach, it's important that caregivers maintain self control and regulate their own emotions to stay calm and collected. Allowing your emotions to escalate in response to a child's actions causes the child to increase the problem behavior. Using simple and consistent language can help to de-escalate situations, prevent inappropriate behaviors, help with the child's efforts to communicate, and encourage effective problem solving.

Here are some ways to address behavior issues at home:

Choose 3-5 important rules. Instead of creating a long list of rules, choose a few that you want the child to focus on. Create positive statements to align with these rules. Examples include: Keep your hands safe and to yourself; Talk to others in a respectful voice.

Remember "5 and 1 gets it done." Focus on the positive. For each negative interaction you have with a child, make sure to have five positive interactions to highlight behaviors and responses they are doing correctly. This boosts self esteem and increases motivation to behave appropriately.

Create or maintain predictable schedules. Create a visual schedule that shows daily tasks, highlights any changes, and announces upcoming special events or appointments. Having visual aids can help a child anticipate and prepare for transitioning from a preferred activity to a non-preferred activity.

Remember that learning a new skill takes time, practice, reminders, and ongoing teaching and modeling. Just like learning to ride a bike or learning to read, learning a new way to communicate and behave takes a lot of effort and time. Tips to help with this include:

- ✍ **Timer:** Use a timer to countdown to the end of one activity and the beginning of another.
Example: 10 minutes until bedtime.
- ✍ **First/Then Statements:** Put the nonpreferred task first and the preferred task second.
Example: First brush your teeth, then we'll read a bedtime story.
- ✍ **"Go" Statements:** Use **go** instead of don't or stop. *Example:* Instead of "Don't leave your dirty plate there!" say "Please go put your plate in the sink."
- ✍ **Choices:** Provide controlled choices to avoid power struggles and give the child a feeling of control. You pick the options, and the child chooses between them. *Example:* Do you want eggs or cereal?

These strategies are not going to correct all inappropriate behaviors, but they will help teach kids the skill to effectively and appropriately communicate their emotions and needs.

-Adapted from wapave.org



Calculators Available

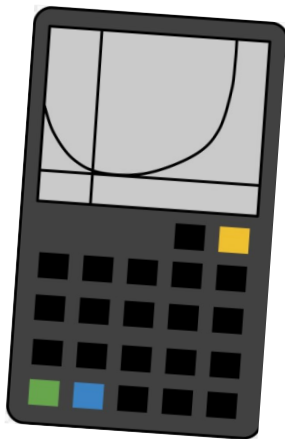
Is your Kinship Kid taking a class that requires a Graphing Calculator or Scientific Calculator?

We have a limited quantity of Graphing Calculators and Scientific Calculators for Kinship Kids taking classes that require them.

Supplies are available on a first come, first served basis and you must provide a copy of the child's school supply list to verify the calculator is required.

For information or to request a calculator:

Sarah Revord | 360.759.4317
sarah.revord@dshs.wa.gov



Learning Opportunity

Powerful Tools
FOR Caregivers of Children with Special Health & Behavioral

Wednesdays, 11am-1pm

September 7-October 12, 2022

Are you a Kinship Caregiver raising a relative's child with special health or behavioral needs? Powerful Tools can help you manage the specific challenges you face.

Six classes, held once a week, are led by experienced class leaders. You'll receive *The Caregiver Handbook* and be provided with information about additional resources, tools, and tips to help you thrive as a Kinship Caregiver.

With Powerful Tools, you'll learn to:

- ★ Communicate more effectively with family, doctors, teachers, and others
- ★ Reduce your guilt, anger, sadness, & other difficult emotions
- ★ Take care of yourself while caring for others
- ★ Improve your self-confidence
- ★ Set and achieve goals, solve problems, make tough decisions, and set boundaries

Register for this six-week workshop:

Sarah Revord | 360.759.4317
sarah.revord@dshs.wa.gov

COMING UP!

Aug 19 Parents Again Support Group | on Zoom | 1-2:30pm

Aug 25 Making Alternate Care Plans for the Children you Raise | on Zoom | 1:30-3:30pm
Learn how to appoint a guardian/caregiver if you become incapacitated or pass away.

Sep 7- Oct 12 Powerful Tools of Caregiving | on Zoom | Wednesdays 11am-1pm
Powerful Tools for Caregivers of Children with Special Health and Behavioral Needs. See class description in the above article.

Sep 16 Parents Again Support Group | on Zoom | 1-2:30pm

To register for these upcoming events, contact:
Sarah Revord (360-759-4317) or sarah.revord@dshs.wa.gov

PARENTS AGAIN

Kinship Programs
201 NE 73rd Street
Vancouver WA 98665

Address Block

ADDRESS SERVICES REQUESTED



**Have a wonderful
2022-2023 School Year!**

August-September Dates

August is Family Fun Month!

- 8/2 National Ice Cream Sandwich Day
- 8/9 National Book Lover's Day

September

- 9/5 Labor Day
- 9/11 Patriot Day
- Grandparents Day
- 9/19 National Talk Like a Pirate Day
- 9/22 First Day of Fall



AAADSW KINSHIP PROGRAMS

Are you a Grandparent or other family member raising a relative child? Support is available to grandparents, siblings, aunts, uncles or other relatives raising a child age 18 or under, whose parents are not present in the home.

At the Area Agency on Aging & Disabilities, we strive to offer choices, improve quality of life, and respect you and the child(ren) you care for. Our knowledgeable and dedicated staff are committed to providing you with the information, assistance, and support you need to continue caring for your Kinship Kid(s).

We also offer supports for seniors, adults with disabilities, and family caregivers caring for adults.

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