



## Guardians

## Raising

## And

## Nurturing

## Dependents

### Individual Highlights

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## GRAND Kinship Navigator Program and Support Group

### What is a Kinship Navigator?

Kinship Navigator Services provide linkage and support for kinship families and the children they care for. Services may include: Legal Assistance, Financial Assistance, Medical Coverage, Educational Services, Day Care Assistance, Referrals to Community Agencies, Advocacy, and Support Kinship caregivers have made a courageous and life changing decision that exemplifies their commitment and devotion to the children in their care. With that in mind, GRAND Kinship Navigator Services

strives to maintain children with their caregivers, to promote stability and sense of belonging, maintain extended family relationships and continue to benefit from inclusion in family traditions and cultural beliefs.

### Who is a Kinship Family?

Relatives and Non-Relatives providing substitute care who have a longstanding relationship with a child.

### G.R.A.N.D. Support Group:

G.R.A.N.D. Kinship Support Group was established by community kinship families seeking to support and empower others.

### When we meet:

The G.R.A.N.D. group meets the 3rd Monday of the month at 6:30 pm to 8:00 pm.

We meet at Family & Community Services, Inc. at 705 Oakwood St. Suite 122 Ravenna, OH.

All family members welcome.

Daycare provided.

## Recipe Corner

The recipe for this month is for individual cheesecake bites! Items needed for this recipe are: Nabisco Nilla Wafers, 2 (8 oz.) cream cheese, sugar, vanilla, eggs, mini cupcake pan, mini cupcake cups and cherry topping (optional). This recipe will make 18-20 individual cheesecakes. Enjoy!

### Individual Cheesecakes

Preheat oven to 375 degrees

Place mini cupcake papers in the pan. Put one Nabisco Nilla Wafer in each cup.

In a bowl, mix:

- 2 (8 oz.) cream cheese, soft
- 2 eggs
- ¾ cup sugar
- 1 teaspoon vanilla

Pour mixture into cupcake papers, filling each cup about 2/3 full.

Bake for 17 minutes at 375. Let cool. Top with cherry pie topping (optional).

## Ohio's Kinship Permanency Incentive Program

Ohio's Biennial Budget (HB 66) established the Kinship Permanency Incentive Program (KPI). The new program was implemented January 1, 2006.

This program will provide **financial support** for minor children in the legal custody or guardianship of grandparents, relatives, or other "kinship caregivers" (defined in Ohio as any relative or non-relative adult who has a long-standing relationship or bond with the child and/or family).

*Eligible kin caregivers must have received judicial custody or guardianship on or after July 1, 2005.*

For more details on KPI – Contact the Kinship Navigator at 330-677-4124 ext. 28.



## Positive Parenting

One critical component of your child's development is communication. Communication that nurtures feelings of "warmth" is proven to aid in a child's choice to not use drugs or alcohol while underage.

Praising your child for making good choices is important; it creates those feelings of warmth. Even when children make poor choices, an opportunity is created to make it a teaching moment but also to nurture those feelings of warmth. Your interaction as a caregiver with your child to help them solve conflict is vital.

The *Life Space Interview* was originally developed for teachers to use in the classroom but can be applied at home as well.

In situations where your child has made some type of poor choice and you are stepping in to address the issues, just remember, "I ESCAPE".

**I** – Isolate the conversation: Take the child to a quiet place to talk

**E** – Explore the child's point of view: Get details about what happened. Practice active listening, not problem solving.

**S** – Summarize the feeling and content: "This is what I hear you saying." "You're telling me you felt... right?"

**C** – Connect behavior to feelings: Though you are not excusing the behavior, show you understand what the child was feeling and why a poor choice was made.

**A** – Alternative behaviors discussed: Together, talk about ways your child could have handled the situation differently, resulting in a more positive outcome.

**P** – Plan and practice new behavior: Acknowledge that your child may feel a bit silly role-playing, but explain that practice will help them put it into action. Anticipate and plan for obstacles.

**E** – Enter child back into his or her routine: Your child should feel hopeful and encouraged when your conversation is finished.

The goal, through the *Life Space Interview*, is to provide your child with new ways of thinking, feeling and behaving so that better choices can be made when the opportunity presents itself next time.

*Life Space Interview: Fritz Redl & David Wineman*



"A child needs a grandparent, anybody's grandparent, to grow a little more securely into an unfamiliar world." – Charles & Ann Morse

## Are you dealing with a case of Separation Anxiety?

Separation anxiety is a normal part of development for infants and toddlers, although exact timing and intensity varies from child to child. As children begin to realize there is only one of you, they may become upset when you are not together, even if you leave a room the child is in just for a moment. Separation anxiety can be triggered by changes in the child's life, such as a new child care situation, a new sibling or a new home. Family stress or tension may also lead to separation anxiety.

Children may begin to experience anxiety when they are 8 months of age and may last, with varying frequency, for a couple years. Some children go may go through this process later, between 18 months and 2 ½ years of age. By the time children reach the ages of 3 and 4, they may still feel anxiety but they may exaggerate that feeling for attention.

- Common signs of separation anxiety include:
- Crying
- Whining
- Clinging to caregivers
- Hiding behind caregivers when someone speaks to them
- Temper tantrums
- Continually getting out of bed to rejoin the family
- Refusing to leave caregivers side

You may need to see a doctor if the anxiety seems very intense or prolonged, especially if it interferes with school, other daily activities or involves panic attacks or other problems. Sometimes separation anxiety is a sign of a more serious condition known as separation anxiety disorder and a doctor or mental health professional should be consulted.

There are some ways to deal with separation anxiety in home. Those ways include:

**Practice goodbyes** – leave your child with a trusted caregiver for short periods of time so the child begins to learn that you will return.

**Be conscious of when you are leaving the child** – if you leave the child at times when they may be hungry or tired, they may have a tantrum. Try to leave the child when they have been fed and are rested.

**Remain calm and consistent** – keep goodbyes pleasant, yet firm, giving the child your full attention. Avoid trying to sneak out.

**Give the child something to look forward to** – converse with your child about something fun that will happen while you're gone.

**Leave a reminder with the child** – offer a blanket, stuffed animal or other comforting item for the child to hold in your absence.

**Allow the child to meet the caregiver** – give the child a chance to get used to the new person. Do not force the child to be held or picked up by the new caregiver until they are comfortable.

**Trust your instincts** – if your child refuses to go to a certain caregiver, place, or shows other signs of tension, look into the situation to see if there is a problem.

**Be positive when meeting someone new** – smile and act in a pleasant manner. Children are sensitive to facial expressions and gestures, they tend to mimic adults. If you are anxious, the child may also become anxious.

## GRAND Meeting Reminder

Please remember that our future monthly Guardians Raising and Nurturing Dependents (GRAND) Support Group meetings will be held on **Monday, March 21, 2011 and Monday, April 18, 2011**. These meetings will be held from 6:30 pm – 8:00 pm at the Place of Peace, located at 705 Oakwood St., Suite 122, in Ravenna. All are welcome to attend the meeting and child care is provided. During the March meeting representatives from Portage Learning Centers Head Start and Early Head Start Programs will be present to distribute information and answer questions. The April meeting will host the Youth Development Program of Family & Community Services, Inc. Information will be provided about activities offered by the program. For more information, please contact the Kinship Navigator at 330-677-4124 ext. 28.

**Family & Community Services, Inc.  
GRAND  
Kinship Navigator Program**

143 Gougler Avenue  
Kent, Ohio 44240

**Phone**  
330-677-4124 ext. 28

**Fax**  
330-677-4134

A program of:



In conjunction with:



Portage County Jobs &  
Family Services



**Find out more about  
Kinship**

[www.kinshipohio.org](http://www.kinshipohio.org)

## About Our Organization and the Grant

### About Family & Community Services, Inc.-

For more than 60 years, people in Northeast Ohio have turned to **Family & Community Services, Inc.** As one of the largest, non-profit social service agencies in Northeast Ohio, we can respond quickly and compassionately to Individuals and families who encounter adversity or have difficulty coping with the basics of living can contact us for help. We have the ability and program diversity to help meet emergency situations, as well as work directly with clients to develop long-term independence and self-reliance.

Our belief in individual dignity and our strong sense of community determine our focus direct our policies and drive our efforts. Our programs and community centers could not operate efficiently operate without our dedicated 3,000+ volunteers. In fact, our volunteers help us to provide the wide array of community-based programs and services we offer throughout Northeast Ohio. Our volunteers cook and serve meals, tutor school children, distribute clothing, assist senior citizens and work as advocates for the homeless and abused.

### About the Grant-

As part of implementing the Fostering Connections to Success Act, Public Children Services Association of Ohio, in collaboration with seven Ohio counties and the Human Services Research Institute received a grant from the US Department of Health and Human Services to demonstrate the effectiveness of Kinship Navigator Programs in high need areas. Each of the seven county agencies involved including Portage Children Services , will provide enhanced Kinship Navigator services to a broad population of kinship caregivers, regardless of their involvement with the child welfare system.

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