



# Clearinghouse on Supervised Visitation

The Institute for Family Violence Studies

Florida State University

## JULY EPRESS

### Questions from Directors

**Q:** *Do I have to have a written fee schedule for clients that covers all contingencies? I have had two separate occasions when I billed clients for over time charges (they arrived late with no notice). Because I need to pay my staff on these occasions, can I charge extra from clients?*

**A:** Although there is no written standard about the issue, my advice is to stick to the written fee schedule. You may need to amend that document from time to time, and then advise clients of the changes. But be careful: Whenever you charge clients more than your stated fees, you are opening yourself up to grievances. Transparency is key here. Clients should know what to expect with regard to all of your fees. Additional add-on fees, when not specifically outlined in writing before the visits, will likely bring complaints.

**Q:** *During the first visit in a new case, a client became really angry and threatened my staff member. She is very upset. What should I do?*

**A:** First, document everything. Second, remember that there are different kinds of threats. There are threats that the client will sue the staff member, or call the police, or complain to the judge. Those are very common, unfortunately, and one random statement or complaint that “I’m going to tell the judge about this” warrants only documentation in the file. Continued negative statements tend to demoralize staff, who likely came to your program to help children and families and didn’t expect the level of hostility they encounter. Those kinds of statements should be followed up with the client’s lawyer, or, if unrepresented by counsel, with the client him or herself. Clients need to understand that your program cannot operate under sustained hostility. So go back to the orientation process and start over, if necessary.

Threats of a crime -- like physical injury or stalking -- are extremely serious and involve immediate action, such as suspending the visit and contacting law enforcement. In your case, vague threats such as “I will make you regret this” also deserve immediate action, and I would suspend the visit and ask the court for further intervention. Now is an ideal time to re-examine the relationship your program has with the court so that you have a clear idea ahead of time about handling such critical incidents. Call the Clearinghouse if you are struggling with this issue. The bottom line is that no program should be expected to operate under such circumstances.

**Remember our Summer Safety Challenge! Email us the names of staff who have given information and reminders to parents about water and heat safety. We will enter their names in a drawing for free children's books.**

**Winners announced in the August phone conference.**



See resources at:

<http://www.centerforchildwelfare.org/Prevention/PreventionPublication.shtml>

## Summer Safety: Dry Drowning – Know the Signs

**Dry drowning** occurs when someone takes in a small amount of water through his or her mouth causing their airway to close up. It usually occurs soon after exiting the water; however, it can take up to 24 hours for someone to show any signs. Dry drowning can cause trouble breathing and in some cases even death. It is important to be aware of the signs of dry drowning as well as appropriate prevention measures.

### **Signs of Dry Drowning:**

- Coughing
- Trouble breathing: rapid shallow breathing, nostril flaring
- Sleepiness
- Forgetfulness or change in behavior
- Vomiting
- If a child has been rescued from the water

*If a child is experiencing any of these signs, call his or her pediatrician immediately for advice. And in any cases of emergency, call 911.*

### **Take Steps to Prevent Dry Drowning by:**

- Adequately supervising children in the water

- Taking children to swim lessons
- Ensuring water safety measures are in place such as the use of flotation devices and proper safeguards around open water

# Summer Safety: Tips for Keeping Families Safe during the Summer

By: Shayna Harris

With summer in full swing it's important that families become aware of how to keep their families safe while they're enjoying both their indoor and outdoor activities. **Most individuals don't realize that almost half of the injuries that bring children to the emergency room occur between May and August. Additionally, most of these injuries are heat or water-related and can be easily prevented.** As supervised visitation providers, it is important to provide parents with information on how to protect their children during the summer.

## Summer in the Sun

When most individuals think of the word "summer" they think bright, sunny days and hot temperatures. It is important that parents are aware of the dangers of summer heat and how to prevent heat-related illnesses.

Additionally, with the sunnier weather many families will



begin to spend more time outdoors and perform more physically demanding activities. It may be beneficial to share the following safety tips to help keep the families safe from common summer time injuries and illnesses.

### Beat the Heat

1. **Avoid getting burned.** Many individuals may not notice that they are getting sunburned while they are lounging by the pool but it is important to stress the importance of protecting your skin. Sunburns and sun poisoning can result

from being in the sun for only fifteen minutes. Parents should be sure to apply sunscreen to both themselves and their children thirty minutes prior to going out in the sun and be sure to reapply every two hours. Additionally, parents should look for a sunscreen that has at least an SPF of 15 and has UVA and UVB protection. Additionally, parents should be aware that shade may provide protection from the heat but does not provide UVA or UVB protection so they should be aware that burns may still occur.

**2. NEVER leave your child in the car.** It only takes ten minutes for the temperature of a vehicle to rise by almost twenty degrees, so parents should never leave their child in a vehicle unattended at any time. Children under the age of four are especially at risk due to the fact that they have a much more difficult time regulating their body temperature, but children of all ages can be harmed.

**3. Stay hydrated.** A common misconception is that dehydration occurs only once you feel thirsty, but this is not true. By the time that you feel thirsty, your body is already low on water, and you're at risk of becoming dehydrated. It's



important that parents provide fluids, particularly water, for their children before, during, and after outside activities.

- **TIP:** You can also provide your children with fruits or vegetables that contain mostly water, such as watermelons or cucumbers, as a snack to add to their hydration!

**4. Stay cool.** The hottest part of the day is from 10am-6pm; parents should aim to schedule any outdoor activities before and after this time. If this is not possible, parents should dress their children in light, loose clothing, and limit their time in the sun.

## **Recreational Safety**

During summer vacation, families may decide to participate in more outdoor recreational activities, making it important for families to be aware of common safety



risks that may come along with activities such as camping, family picnics, kayaking, and evening bike riding.

1. **Fire Safety.** With Independence Day just around the corner, families may be holding Fourth of July celebrations. This often incorporates some sort of fireworks, so it is important to monitor children to avoid burns, blisters etc. if fireworks are in the area. Additionally, to avoid any potential safety risks, families can attend community firework displays and celebrations that do not include close contact with fireworks.
2. **Playground procedures.** Parks and recreational centers are a very popular and inexpensive summer activity for many families, but often times there is little concern over safety. Parents should be careful to only choose parks and playgrounds that are well-maintained and are fitted with proper safety equipment such as safety mats. Additionally, plastic and metal become hot extremely quickly so parents may want to check the temperature of the equipment before placing infants and small children on playground equipment such as swings. Finally, parents should supervise their children at all times around “falling hazards” such as stairs and tall pieces of equipment, and avoid letting children walk around barefoot.



3. **Beware of bugs.** Common bugs such as mosquitos and ticks carry many illnesses - such as Lyme disease - that are transmitted through bites. These bugs are extremely common during the summer time and parents should do their best to prevent their children from being bit. It would be beneficial for parents to use an effective bug repellent on their children before any outdoor activity, perform regular checks for ticks, and make an effort to keep their yards as well-maintained as possible to discourage ticks and mosquitos from migrating there.
4. **Always wear proper protection.** Bike riding, rollerblading, and skateboarding are fun activities that children can participate in during their summer vacation, but it is important that parents ensure that their children

have the proper safety equipment. Properly-fitted helmets, knee-pads, and elbow-pads should be provided to avoid injuries such as concussions, cuts, scrapes, and bruises.

## **Water Safety**

A huge concern during the summer time is drowning considering the fact that three children die every day due to drowning. **Drowning is the leading cause of death and injury in children 1-4 years old.** It is vital that parents are aware of some safety precautions before they allow their family to participate in any water-related activity. Parents should constantly supervise their child around any form of water, whether it is a pool or a bath tub, and parents should avoid being on their cellphone while their child is near water. Additionally, parents should take the time to learn CPR, teach their children how to swim, and provide safety jackets for their children.

Furthermore, parents should be aware that drowning doesn't always occur immediately while the child is swimming. "Dry drowning" is an event that is a result of a child inhaling water while in the pool or another body of water that sits in their lungs and causes the vocal cords to close up and cause difficulty breathing. It is important that parents pay attention to their children up to 24 hours after swimming and seek medical attention immediately if they notice their child is vomiting, having a hard time breathing, or is excessively tired.

## **Summer and Social Media**

During the summer, many children and teens find themselves with more free time that they often fill with spending time on social media. Parents should be wary of this and limit any extra time children are spending with technology during the summer. Obesity is on the rise in the United States, and thus it is highly suggested that parents make sure that they are encouraging their children to go outside and get some exercise.



Exercise can not only fight off obesity but also improves sleep patterns, builds strong muscles and bones, and improves children's emotional stability.

Additionally, parents should monitor their child's social media usage to ensure that their child isn't experiencing cyberbullying. Children have a larger amount of free time during the summer and as a result spend a lot more time on their technological devices. This may result in negative interactions between the child and their peers so it is essential to ensure that children aren't experiencing cyberbullying or cyberbullying another child.

## Conclusion

It is important that parents and guardians are given the tools they need to ensure that their families can plan fun activities for their summer, while also having the safety information they need to maintain the well-being of their family. Both outdoor and indoor activities can present potential safety risks, but by following the appropriate guidelines, parents can reduce the number of injuries and incidents that their children experience.

## References

- <http://www.cdc.gov/family/kids/summer/>
- <http://www.parenting.com/child/safety/stay-safety-track-summer?page=5>
- <http://www.parenting.com/child/safety/stay-safety-track-summer?page=5>
- [http://kidshealth.org/parent/nutrition\\_center/staying\\_fit/exercise.html](http://kidshealth.org/parent/nutrition_center/staying_fit/exercise.html)
- <http://www.webmd.com/children/features/secondary-drowning-dry-drowning>
- <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Summer-Safety-Tips.aspx>
- <http://www.pbs.org/parents/summer/summer-safety-tips-for-kids/>
- <http://kidshealth.org/parent/summerspotlight/>
- <http://www.webmd.com/parenting/family-health-12/summer-safety-children>
- <https://www.care.com/a/summer-safety-tips-a-guide-to-protecting-kids-when-activities-heat-up-1106031447>

## Resources

- American Red Cross Water Safety Info: <http://www.redcross.org/prepare/disaster/water-safety>
- Age-appropriate swimming lessons: <http://www.redcross.org/take-a-class/program-highlights/swimming>
- Fourth of July Safety Tips: <http://www.surfnetkids.com/independenceday/151/4th-of-july-safety-tips/>
- How to monitor for cyberbullying: <http://www.stopbullying.gov/cyberbullying/prevention/>
- Ways to encourage your child to play outside: <http://eartheasy.com/blog/2014/04/how-to-encourage-your-child-to-play-outdoors/>
- 16 Ways to Encourage Children to Get Outdoors: <http://www.keeperofthehome.org/2014/07/16-ways-encourage-children-get-outdoors.html>
- Bike helmet fit test: <http://www.safekids.org/video/bike-helmet-fit-test>
- Dry drowning symptoms: <http://childrensmid.org/browse-by-age-group/toddler-pre-school/dry-drowning-every-parent-needs-know/>

- Heat Stroke symptoms: <http://www.webmd.com/a-to-z-guides/heat-stroke-symptoms-and-treatment>

# Financial Socialization in the Family

By Cristina Batista

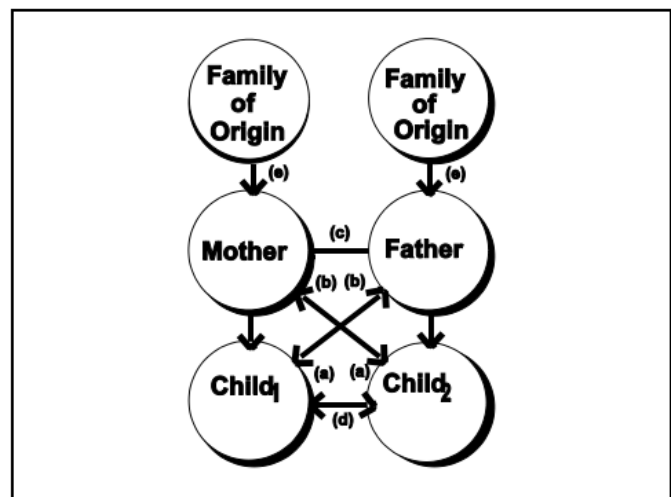


## What is financial socialization?

Financial socialization is the process of helping individuals learn skills, knowledge and values associated with finances and financial management. This document will focus on the role of parents in teaching financial socialization to their children, and will include handouts and resources parents can use when teaching financial terms and management to their children.

## Why is it important?

Financial socialization is the sum of financial knowledge and information that has been passed down or learned through generations. Parents come together and pass what they know about financial management onto their children. Financial socialization is important because the earlier children learn healthy financial practices, the better they will manage their finances in the future. Even parents with young





children should consider the benefits of teaching money and financial terms to their children. As they become familiar with the right way to think about and handle financial information, they will be better prepared to handle money on their own as they age. This is especially important for when a child goes off to college or moves away on his or her own.

## Parents Role

### Spending Practices

Parents have the responsibility to teach their children the difference between wants and needs if they want their children to succeed financially in the future. When parents help children understand the distinction between wants and needs at an earlier age, many grow up to practice healthier spending than those who do not grow up learning the concepts. Additionally, parents should always pay attention to the example they set with their saving and spending habits. Children learn just as much from watching parental actions as they do from receiving verbal messages!

<b>Wants can include:</b>	<b>Needs can include:</b>
<ul style="list-style-type: none"> <li>• Cell phones</li> <li>• Jewelry</li> <li>• Toys and Video games</li> <li>• Electronics (e.g., iPad, iPod, Xbox)</li> <li>• Television</li> <li>• Magazines</li> <li>• Movies</li> </ul>	<ul style="list-style-type: none"> <li>• Shelter</li> <li>• Medical care</li> <li>• Basic utilities (e.g., heat, water)</li> <li>• Clothing</li> <li>• Nutritious food</li> <li>• Transportation</li> </ul>

To illustrate that there is a finite amount of money to spend each week or month, parents can use a circular pie chart and work with their children to fill in a circle and color in sections, showing expenses such as housing, food, and clothing. Then the child can color in what is left over for optional items (wants). This is a fun way of getting children involved in financial understanding and can help as a visual aid. (See the handout attached to the end of the article.)

## Age Appropriate Discussions

Because children are in different stages of development, financial socialization and instruction can take different forms for children of different ages. This is important to remember when teaching children financial terms, such as saving, investment, and stock. A financial planner Stuart Ritter suggests the following age appropriate breakdown for parents to use when teaching:

### **By Age 5**

- **Savings Goal** - a savings goal has three elements:
  - What a person wants to buy,
  - When he or she wants to buy it, and
  - How much it will cost at that time
- **Bank** - a place that helps safely store, organize, and manage money
- **Check** - a way to pay for items where a note is written allowing the bank to send money from one account to someone else to pay for purchases
- **Bills** - notes letting us know how much we owe for our purchases
- **Trade Off** - a decision made when considering whether to save for something, spend money, or buy one thing instead of another



These terms or concepts are easy enough for 5-year-olds to understand and are important to creating a strong foundation for future and ongoing money discussions.

### **By age 10**

- **Interest** - extra money received for lending money or an amount of money that is added to money borrowed
- **Loan** - money that is borrowed and is expected to be repaid, usually with added interest
- **Time Horizon** - the amount of time spent saving for a big purchase
- **Inflation** - a general increase in the price of goods and services over time
- **Taxes** - money paid to the government to help pay for public programs and necessities


These are all terms that build upon what your kids may already know about money. A basic understanding of these terms will help your children to better interpret the money discussions you are having with them.



## By age 15

- **Investing** - putting money into assets (like stocks, bonds, mutual funds, etc.) to help you reach your financial goals
- **Asset Allocation** - how money is divided among asset classes such as stocks, bonds, and short-term investments
- **Diversification** - spreading money amongst various types of investments within an asset class (different kinds of stocks and different kinds of bonds)
- **Stock** - a share of a company that is sold to the public
- **Bonds** - an IOU issued by the federal government, state governments, or corporations in which interest is earned, and the investment is given back at a later date

These are more advanced terms that 15-year-olds should have the ability to understand. The goal is to prepare children so that when they age they will feel confident in their financial management ability and understanding. In a recent survey, while 58% of young adults aged 23 to 28 cited parents as their financial educators, young adults expressed hesitancy in the following three areas:



<b>Debt</b> (28 percent)
<b>Savings</b> (40 percent)
<b>Investing</b> (43 percent)

## **Overcoming Anxiety**

It is understandable for parents to feel anxiety concerning teaching their children financial information. It has been found that a parent's personal feelings about finances and financial information determine how he or she passes on knowledge to a child. Parents should feel comfortable discussing financial terms and information with a child, because that can help their child feel more secure and confident about their own financial abilities. Some parents may feel that they do not have the appropriate knowledge or skills to pass on information to a child, and that's okay! Parents should be encouraged to look through the articles listed in the references, and use the resources provided through this document.

## Online Resources

Parents don't have to have all the answers when it comes to financial information. It can be helpful for parents to use games, applications, and websites in order to assist children in learning. The following online resources can help parents teach financial information to their children:

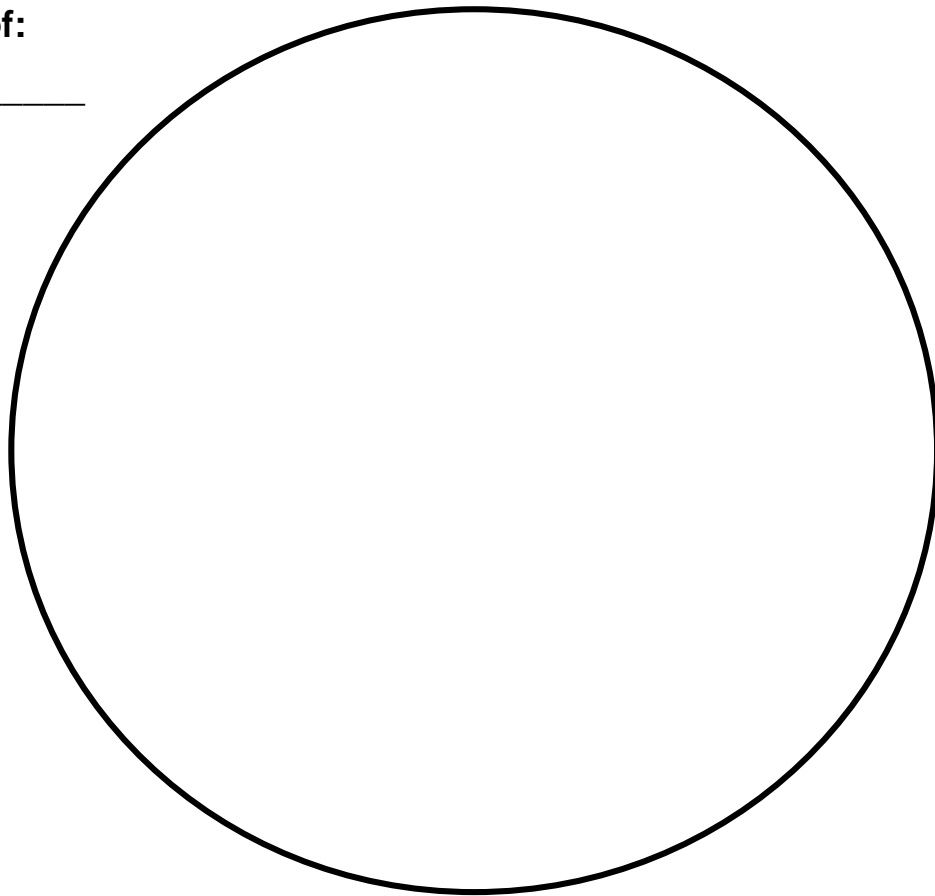
- <http://www.threejars.com/home>
- <http://www.practicalmoneyskills.com/games/trainingcamp/ff/>
- <http://www.financialsoccer.com/>

## Family Spending Chart

You can use a pie chart to draw out how much your family spends on wants and needs, using different colors for each type of spending, and label what the colors mean below!

Month of:

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## References

- [http://gradsense.org/ckfinder/userfiles/files/Financial\\_Socialization\\_Reflections\\_from\\_College\\_Students.pdf](http://gradsense.org/ckfinder/userfiles/files/Financial_Socialization_Reflections_from_College_Students.pdf)
- [http://parenting.blogs.nytimes.com/2015/05/06/with-children-talking-money-means-talking-values/?\\_r=0](http://parenting.blogs.nytimes.com/2015/05/06/with-children-talking-money-means-talking-values/?_r=0)
- <https://afcpe.org/assets/pdf/vol-58.pdf>
- <https://www.sdstate.edu/jur/2010/upload/Parental-Influence-On-the-Financial-Literacy-of-their-Children.pdf>
- <http://parenting.blogs.nytimes.com/2014/07/10/5-ways-to-teach-kids-about-money-at-the-grocery-store/>
- <http://parenting.blogs.nytimes.com/2013/09/19/6-ways-to-overcome-anxiety-and-talk-money-with-your-children/>
- <http://parenting.blogs.nytimes.com/2009/06/03/letting-kids-make-mistakes-with-money/>
- <http://www.extension.umn.edu/family/personal-finance/youth-and-money/adult-resources/docs/teaching-children-money-habits-for-life.pdf>
- <https://corporate.troweprice.com/Money-Confident-Kids/Site/Parents/Talking-to-Kids-About-Money-Matters/Financial-Terms-to-Teach-Your-Children>

# Summer Self-care for Parents

By Kimberly Newby

*The topic of self-care is important to providing coping strategies that enable parents to provide effective parenting, even under stress. Well-developed coping strategies for parents serve as a protective factor for the health and well-being of children and families.*

## Introduction

Summer can be a hectic and stressful time for parents. With children out of school, parents may have very little time for themselves or for the things they need and want to accomplish. Often, parents lack the support or resources to send their children to childcare. This leaves parents caring for their children 24/7, which can lead to burnout, stress, and emotional strain.

Positive self-care is important for stress management and your physical and mental well-being. This E-Press provides ways for parents to develop positive self-care throughout the summer, while providing activities and



support for children as well. Print out this information or relay it to parents at visits.

## 10 Ways to Practice Self-Care

1. *Get Enough Sleep.* It is important for your physical and mental well-being. Try turning off your electronics 15 to 30 minutes before you want to go to bed in order to wind down and to make it easier for you to fall asleep.
2. *“In-House” Date Night.* Consider putting your child to bed earlier than usual one night. Have a night with yourself or your partner; watch a movie, make popcorn, and relax.
3. *Check Out Free Local Summer Camps for Children.* Some places provide free day camps for children during the summer. Also, if you are members of a church consider sending your child to vacation bible school. It will be a learning experience for them and time you can spend doing something for yourself or running errands.
4. *Spend Time Outside.* Just being outside in the sunlight and getting fresh air can boost your mood. Sit outside and watch your kids play or take a trip to the park. If you have access, the beach can be a lovely activity that allows your kids to play in nature while you relax.



5. *Find Hobbies.* It is important for you to find time for the things you like to do. Hobbies are a great way to relieve stress and add happiness to your life. If you do not have the opportunity to engage in a hobby on your own, you can also choose to include your child. For instance, your child could help you garden or bake a simple recipe.

6. *Don't Be Afraid to Ask for Help.* If you are feeling overwhelmed, do not hesitate to reach out to family and friends. Ask a trusted adult if he or she can watch your child for an hour or two while you run errands.

7. *Make a Project Goal.* Think of something you want to accomplish before the summer is over. Having a goal will keep you motivated and give you something to look forward to. This goal can be anything from cleaning out that closet that has been bothering you or planting an herb garden to help you with cooking.

8. *Exercise Regularly.* Exercising is good for you physically and helps your body release endorphins - which serve as a mood booster. You can exercise at home while your children are napping, as many simple exercises can be done at home without weights or machines. It may also be helpful to look up free exercise videos online that you can follow along with. Or, invite your children to participate in a sport with you, engage in fun yoga poses together, or have a competition to see who can do the most jumping jacks.



9. *Have a Childcare Swap.* Make an agreement with a trusted friend that you will babysit his or her child in exchange for a time when he or she will watch your child. This will benefit you both and provide each of you a well-deserved break.

10. *Set Aside Time to Relax.* Schedule time to sit down and prop your feet up, even if it is only for 5 minutes. Taking little breaks will help boost your energy and keep you going throughout the day.

Self-care is always essential for parents, but summer vacation for children can increase this need due to the stress of caring for children constantly. With these helpful tips, you can provide parents with ideas to practice self-care during summer, while supporting their children's development and growth.

## References

[http://www.huffingtonpost.com/kelsey-ramsden/7-ways-to-survive-summer-with-kids\\_b\\_3504759.html](http://www.huffingtonpost.com/kelsey-ramsden/7-ways-to-survive-summer-with-kids_b_3504759.html)

[http://www.huffingtonpost.com/2013/04/11/finding-me-time\\_n\\_3021993.html](http://www.huffingtonpost.com/2013/04/11/finding-me-time_n_3021993.html)

<http://thechildwhisperer.com/self-care-tips-for-moms/>

[http://stress.about.com/od/lowstresslifestyle/tp/self\\_care.htm](http://stress.about.com/od/lowstresslifestyle/tp/self_care.htm)

# Easy, Fun Independence Day Craft & Recipe Ideas

By Carly Starkey

The Fourth of July provides an excuse to celebrate the freedoms of our country and the bonds of family. As a supervised visitation provider, you can provide the following ideas for crafts and recipes to parents as a way to encourage parent-child bonding at home. Some of these ideas can also be adapted for use in supervised visits. All of the activities are relatively inexpensive and easy to make, but make sure to provide the full instructions to parents to help make the process easier!



## Popsicle Stick Flags

### Materials:

- Jumbo popsicle sticks
- Scissors
- Red, white, and blue markers or paints
- White card stock
- Star hole punch (or Stars can be stickers or drawn on)
- Glue

### Instructions:

1. Cut three popsicle sticks in half, which will leave you with six half-sticks
2. Paint the popsicle sticks. You will need three red and two white full popsicle sticks. Also paint three of the half-sticks blue. The other three half-sticks will be used in the back and will not be seen, so they do not need to be painted. Let all painted pieces dry.
3. Lay out the three unpainted half sticks a few inches apart. These will act as the base for the flag (See picture on right.) Start gluing on the large red and white sticks alternating (from top): red stick, white stick, red stick, white stick, red stick (bottom). Then attach the three blue half-sticks on top of the existing sticks in the top left hand corner.
4. If you have a star hole punch, use it to create white stars out of the white card stock. You will need about 15 for each flag you want to make. Then glue these on top of the blue portion in the top left corner of the flag.







## Patriotic DIY Necklaces

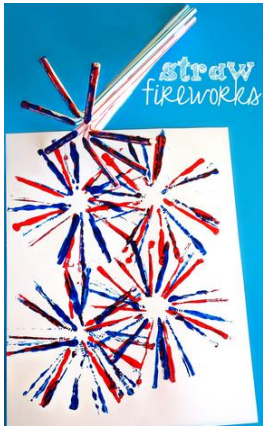
### Materials:

- Blue beads
- Red or red/white striped paper straws
- String or yarn
- Scissors
- Tape

### Instructions:

1. Cut the straws into one inch pieces. Set aside with blue beads.
2. Cut a piece of string/yarn long enough to be a necklace for your child.
3. Tie a bead to one end of the string to keep beads from slipping off when the child is stringing other beads. On the other end of the string, wrap a piece of scotch tape around to help make it more sturdy, allowing the child to thread the beads on the string more easily.
4. Begin adding beads and straw pieces in any order you wish to create a necklace.
5. Tie off and cut off the end with tape.

*Note: You can use pipe cleaners rather than string to make it easier for younger children to thread the beads. This can easily be turned into a bracelet!*



## Straw Fireworks

### Materials:

- 7 flexible straws (Straws with bendy ends)
- Red and blue paint
- White paper
- Tape

### Instructions:

1. Start by grouping the straws together and hold them in your hand. Spread out the bendy tops of the straws so they are sticking out in all different directions. Put a piece of tape around the bottom as you hold them to keep them together. Let go and add more tape to secure the group of straws together.
2. Have your child dip the bendy parts of the straws into blue paint and use this as a stamp all over the paper. Then add red paints and stamp again over the same

spots to create fireworks! Children can always add more colors or even glitter to add to the painting.



## Pom-Pom Flag Painting

### Materials:

- Red, white and blue paint
- 3 clothespins
- Pom-poms
- White paper

### Instructions

1. Start by having your child pinch three pom-poms in the clothespins. These will act as the paintbrushes for the project.
2. Have your child hold one clothespin and dip the pom-pom into blue paint and paint the top left corner of the paper to look like the American flag.
3. Then, take another clothespin and dip the pom-pom into red paint. Have your child stamp red dots across the paper to create the red stripes, leaving the white background in between for the white stripes of the flag.
4. Lastly, have your child dip the last pom-pom into white paint and stamp white dots over the blue portion of the paper to represent stars. Now you have created a pom-pom flag!



## Patriotic Pretzels

### Materials:

- Red, white and blue candy melts (Available at most Wal-marts, Michaels, and craft stores).
- Pretzel rods
- White sprinkles
- Plate or wax paper

### Instructions:

1. Lay out the pretzels on a plate or wax paper across a flat surface. Melt the white candy melts in the microwave according to instructions. Dip two-thirds of the pretzels in the melted white candy. Allow the pretzels to cool.

2. Next, melt the blue candy melts in the microwave and dip the pretzels one third of the way in. While they are still wet, sprinkle with the white sprinkles. Allow to dry.



## 4<sup>th</sup> of July Fruit Kabobs

### Materials:

- Watermelon (Or you can use strawberries or other red fruit for a patriotic fruit kabob if you do not have a cookie cutter or prefer their taste)
- Blueberries
- Wooden skewers
- Star cookie cutter

### Instructions:

1. First, slice watermelon into one-inch slices and wash blueberries and sticks to make sure everything is clean and laid out.
2. Then, have your child slide 7-8 blueberries onto the wooden stick, with the pointed end sticking up.
3. Using the star cookie cutter, create watermelon stars. Add these to the stick (one per stick) to create a firework appearance.

### For July Phone Conference: We will be discussing motivation

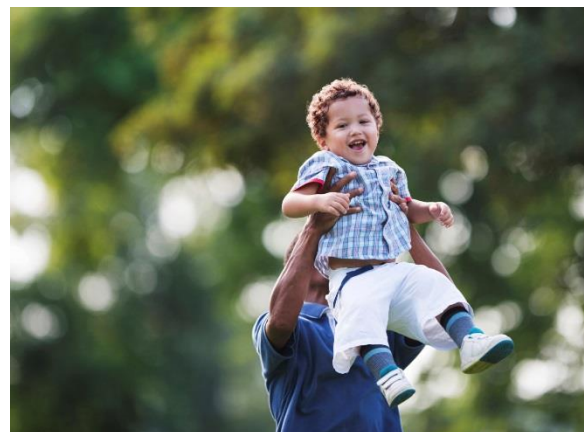
#### **Motivation**

Motivation involves encouragement, recognition of achievements, and giving individuals the tools and environment they need to achieve their goals. It emphasizes clients' strengths and promotes the achievement of goals. It is part of a strength-based practice.

*To motivate your clients to reach their goals, remember these tips:*

#### **1. Every person is motivated about something.**

Identify what motivates your clients, whether it is the outdoors, their work, or another passion. If you can connect this motivation to the goal at hand, parents will feel more motivated to attain the goal.



**2. A supportive environment is needed to achieve difficult goals.** Be sure to encourage your client and recognize his or her accomplishments to encourage a positive support system.

**3. Having clear direction is essential to reaching a goal.** Check in with your client regularly to ensure understanding of their next step at all times.

**4. What motivates one client may not be motivating for another.** Every individual is motivated in different ways. Try different methods of motivating, such as connecting the client to resources or providing encouraging words, to find what works for the client.

## Motivating Children

All clients need motivation to achieve their goals, but children in particular require frequent motivation to make changes and grow. Motivating children involves instilling positive values, making visual reminders of goals, and giving constant attention and support towards achievement of specific goals. To motivate children, visitation monitors and parents need to be involved. Model how to motivate children during visits by following these tips:

- **Work with their natural abilities.** Using a child's strengths to motivate them to do a task makes them feel special and important.
- **Use supportive language.** When informing a child about a task, make it sound achievable to give them confidence in accomplishing it.
- **Communicate your expectations.** Explain the task thoroughly and answer any questions the child may have to increase understanding.
- **Model hard work and positive values.** Children model what adults around them do. Show them or tell them about a time when you fulfilled a responsibility to model a hard work ethic.
- **Offer subtle hints** like, "Look it's 5. It's time to feed our dog Buddy" to help remind them of their responsibilities and encourage children to take on and complete tasks.
- **Switch up routines.** Have children complete different tasks on different days to keep their interest in the chore or responsibility at hand.
- **Always explain why.** It is important that the child understand why the responsibility is important.
- **Make visual reminders of responsibilities or goals.** Hang up a calendar or list of goals on the wall to help children remember and prioritize their responsibilities and goals.
- **Offer rewards.** Small objects, like stickers or special privileges, such as extra play time, can help motivate a child.





- **Give frequent positive feedback.** Reward the child with enthusiasm by saying, “You can be really proud of yourself!” or “Look what you did!” A big smile or thumbs up can be very important to a child as well.
- **Help children find personal meaning and value in the experience.** Help the child understand why it is an important task or goal and make them feel like a valued member of the family.

## **Parent-Child Engagement**

Parent-child engagement is a strengths-based, foundational practice that promotes partnership between service providers and parents in making decisions and setting and achieving goals. It emphasizes open communication, honesty, empathy, and culturally relevant services. It respects family dynamics and personal experiences. It promotes safety, permanency, and the well-being of children and their parent. It aids the family in achieving stronger parent-child bonds and sometimes can lead to reunification.

What are the Key Elements and Components of Parent-Child Engagement?

- It builds on existing resources and kinship connections.
- It emphasizes positive, two-way communication.
- It emphasizes responsiveness and flexibility to accommodate parents’ work issues, culture, and unique needs.
- It focuses on gathering and using existing knowledge about families over time.
- It is strengths-based.
- It is inclusive of parents during goal-setting and problem solving.
- It is respectful of parents’ cultural backgrounds and practices.

**Ask yourself: What is my program doing to motivate parent-child engagement?**