



RURAL NEVADA CAREGIVER NEWSLETTER

MAY 2022

MONTHLY NEWSLETTER

May Is National Foster Care Month

Relative and Kin Connections:
Keeping Families Strong

childwelfare.gov/fostercaremonth



Children's
Bureau



Child Welfare
Information Gateway



What's In This Issue:

- May is National Foster Care Month
- QPI conference: May 24-26
- AAP Updated Guidelines on Screen time
- Training & Support Groups
- Announcements & Other Info

A MESSAGE ON NATIONAL FOSTER CARE MONTH

From The Children's Bureau

Children and youth in care aren't the only ones who need our support. Kinship caregivers are responding to immediate family placement needs, so it is important to ensure our support is swift, tailored, and equitable. The aunts, uncles, cousins, family friends, and grandparents who open their homes and provide a sense of normalcy need and deserve equitable support. We must work to ensure kinship caregivers aren't held back by inequitable licensing standards. We must make sure these caregivers have concrete supports—like Federal funding through title IV-E.

Currently, there are programs across the country dedicated to supporting and raising awareness about kinship care and pertinent resources. From family finding to financial assistance, these efforts are critical for families in need, and we should be informed on what is available so that we may connect families to them. **This year, Foster Kinship Nevada was featured as an example of best practice for kinship care resources. If you are a relative caregiver or work closely with your foster child's relatives, ensure they are connected to Foster Kinship for helpful resources.**

EXAMPLE OF BEST PRACTICE:



Happy Foster Care Month to YOU!

Without the service you do, Foster Children would not have a chance at a safe, stable, permanent home. To show our appreciation, All licensed foster homes will receive a FOSTER PARENT DISCOUNT CARD with discounts to businesses in your area all month long! If you filled out our form by April 15, you will ALSO receive a FREE T-Shirt with our new Logo!



National QPI Conference



QPI, the Quality Parenting Initiative, is a national movement for foster care change, made up of a network of states, counties and private agencies committed to ensuring that all children in care have excellent parenting and lasting relationships so they can thrive and grow.

All stakeholders in each QPI jurisdiction must work together to reshape their culture, practices, and policies; encourage active and meaningful communication; build relationships among birth families, relative caregivers, foster families, youth, and the child welfare agency. Therefore, the 2022 QPI National Conference is designed to support those who ensure that children receive access to the childhood and teenage experiences that will help them heal, grow, and flourish such as:

- Foster Families
- Relative Caregivers
- Birth Parents
- Youth
- Child Welfare Staff -- Investigators, Case Workers, Supervisors, Trainers, Leaders
- Legal Partners and Court -- Judges, Attorneys, Court Appointed Special Advocates/Guardian ad Litem
- Juvenile Justice and Probation Partners
- Child Welfare Community Partners

CLICK HERE TO REGISTER : [QPI VIRTUAL CONFERENCE 2022](https://qpi4kids.org/virtual-conference-2022)

AAP Adjusts Screen Time Guidelines for Children

The American Academy of Pediatrics has amended their previous guidelines about screen time for babies and toddlers. **The AAP now says it's acceptable for babies to Skype or FaceTime with distant family and for older children and teens to do some of their socializing, learning and playing online.** But, the AAP maintains that these activities are not as important as and must cease for sleep, exercise, food, conversation and face to face interaction with others. The new set of guidelines replaces longstanding recommendations that children under age 2 avoid all screens and that older children and teens use digital media for no more than an hour or two a day.

The doctors still ask parents to set limits on when, where and for how long kids can be plugged in but acknowledge that electronic media has benefits as well as risks.



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The pediatricians stuck with a no-screens recommendation for children younger than 18-to-24-months old with one exception: video chatting. Talking with distant family members via services such as Skype and FaceTime can help build relationships, the doctors say. They still maintain that there's little evidence babies can understand or benefit from watching TV, using apps or engaging in other online activities.

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Time on computers, phones, tablets and other devices **"is not evil, it does not need to be avoided,"** said Megan Moreno an associate professor of adolescent medicine at Seattle Children's Hospital, and a guideline author. **"It just needs to be balanced with all the other things kids need."**

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If parents want to introduce shows and apps to children ages 18-24 months it is important that parents are playing and interacting with them. Phones, iPads and other devices should not replace parental interaction and become "free" babysitting. **From ages two to five, the doctors recommend a one hour or less a day and urge parents to keep participating, and to choose only high-quality programming from sources such as PBS Kids and Sesame Workshop.**

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The guidelines urge families with older children to carve out media limits in a day that should include at least an hour of physical activity and adequate sleep (8 to 12 hours, depending on age), as well as quality family time. Such limits will reduce risks, such as obesity, lost sleep and impaired school performance, while allowing kids to connect online with friends and family and learn about the broader world.

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**What do you think of the AAP new guidelines?
How do you handle screen time in your house?**

Trainings & Support Groups

Child Sexuality: The Good, The Bad, and The Ugly

Virtual training Via Microsoft Teams

The training is held on:

May 23, 2022 6:00 pm – 8:30 pm or

May 24, 2022 9:30 am – 12:00 pm

2 CEU's
or
2 Re-licensing
hours

Topics Covered in the Training Include:

Sexual Child Development: What is Normal?

Age Appropriate discussions regarding Sex Education

What to do? and What not to do?

Recognizing and Protecting your youth from potential predators

Information regarding CSEC and LGBTQ+IA

To register, please contact:

Stacy Peters

stacy.peters@dcfs.nv.gov

(702) 861-2627

Kelly McKiddie

kmckiddie@dcfs.nv.gov

(775) 560-4327



Presents:

How One State Achieved Breakthrough Improvements in a Highly Stressed Foster Care System

[CLICK BANNER TO REGISTER](#)

Friday, May 6th, 2022 | 1:00 PM - 2:00 PM CDT



CHECK THEM OUT: NEW TRAININGS ON QPI SITE

www.qpinevada.org

Power Struggles

This presentation for parents is designed to provide evidence-based, practical information in dealing with Power Struggles. A trauma-informed approach is discussed to help parents understand why a reaction might occur and presents proven strategies for improvement. 0.5 Hours

Parenting a Child with Food Allergies

Parenting a Child with Food Allergies is designed to provide evidence-based, practical information for those caring for children with serious food allergies. 0.5 Hours

Understanding Autism (CC)

As the prevalence of Autism continues to rise across our nation, now up to 1 in 44 children, more families are caring for children diagnosed with Autism Spectrum Disorder (ASD). Historically, children with ASD have been served using Applied Behavior Analysis, focusing on reducing problem behaviors and teaching skills. While this approach is effective, it does not take into consideration the relationship and connection that is so critical to our children's growth and development. This session discusses the utilization of Trust Based Relational Intervention (TBRI) with children with ASD and share how impactful this approach is using Connecting, Empowering, and Correcting Principles. 1.0 Hour

Teens and Technology: What to do when Technology is in Control? (CC)

The presentation discusses several of today's most popular technology platforms for youth and how to connect and protect them while accessing these platforms. The audience will learn the necessity of today's technology, interventions and strategies to build safe boundaries while also maintaining connection with teens, safeguards for the most popular platforms and how to access them, and how to determine healthy and unhealthy relationships with technology. 1.0 Hour

Trainings & Support Groups



Nevada Statewide Kinship Support Group

"All in This Together"
Partnering with birth parents
a 5-week curriculum of support
and learning

~~Wednesday, March 2nd @ 5pm~~
~~Friday, April 1st @ 5pm~~
Friday, May 6 @ 5pm
Friday, June 3rd @ 5pm

Meetings are online via Zoom.

Email Rose@fosterkinship.org for additional information or view our public calendar at www.fosterkinship.org/contact

702-546-9988



NEVADA STATEWIDE PARTNERSHIP MEETING

Kinship, Foster, and Adoptive families can join us for our Nevada Statewide partnership meeting to share strength, receive support & resources, and get additional training opportunities.

Participants will receive one hour of re-licensing credit

~~Thursday, 2/17 @ 5PM~~
~~Thursday, 3/17 @ 5PM~~
~~Friday, 4/15 @ 5PM~~
Friday, 5/20 @ 5PM
Friday, 6/17 @ 5PM

Meetings are online via Zoom.

Email Rose@fosterkinship.org for additional information or view our public calendar at www.fosterkinship.org/contact

702-546-9988

THE TRAUMA RESEARCH FOUNDATION PRESENTS:

Inspired Parenting- Parenting from an Attachment/ Trauma Perspective
FREE MONTHLY SERIES PRESENTED BY DAFNA LENDER

CLICK [HERE](#) TO REGISTER

TOPICS COVERED IN THIS 8-PART SERIES

- ~~February 23, 2022 – How to incorporate more playfulness into day to day parenting~~
- ~~March 23, 2022 – How to regulate a child who is acting silly/chaotic~~
- ~~April 20, 2022 – How to provide a sense of organization and structure for a child~~
- May 25, 2022 – How to regulate your reaction to your child
- June 22, 2022 – How to respond to a child's nonverbal signals
- July 20, 2022 – How to deal with aggression and out of control behaviors
- August 17, 2022 – How to validate a child's feelings
- September 21, 2022 – How to handle problem behaviors like a sore loser, a child who lies, steal

MORE JUST IN TIME TRAINING: www.qpinevada.org



Announcements & Other News



Kinship Care: Tips to Keep Families Strong

- Consider kin and relative care early, often, and continuously.
- Identify connections – not just placements – to help youth maintain a sense of belonging.
- Prioritize authentic partnerships between relatives and birth parents.
- Invest in culturally appropriate services to support kin who may be options.

National Foster Care Month
childwelfare.gov/fostercaremonth



WELCOME NEW FOSTER PARENTS!!

**DERRICK & KALLIE
CARPENTER
MINDEN, NV**

**DONNA AND TIMOTHY
REAGAN
CARSON CITY, NV**

[CLICK HERE FOR FOSTER CARE MONTH
BANNERS, POSTS AND OTHER SOCIAL
MEDIA TOOLS](#)



BINTI IS LIVE!

**ALL RELICENSING DOCUMENTS ARE
NOW UPLOADED ONLINE.**

**NEED HELP SETTING UP YOUR
ACCOUNT? CONTACT YOUR LOCAL
LICENSING WORKER.**



**MONTHLY QPI MEETING –
3RD WEDNESDAY AT 11AM.
EMAIL THE QPI COORDINATOR,
KEVIN QUINT, KEVIN.QUINT@DCFS.NV.GOV
FOR THE MEETING INVITE.**

**CHECK OUT THE QPI CALENDAR FOR
UPCOMING QPI MEETINGS, QPI WEBINARS
AND PRACTICE EXCHANGE, AND UPCOMING
TRAININGS!**

WILL YOU WEIGH IN?

WE WOULD LIKE TO INTERACT
WITH YOU THROUGH THIS
NEWSLETTER AND PROVIDE
INFORMATION THAT IS IMPORTANT
TO YOU! PLEASE CLICK [HERE](#) TO
TAKE A SHORT SURVEY ABOUT
WHAT YOU WOULD LIKE TO SEE IN
FUTURE NEWSLETTERS!

**IF YOU WOULD LIKE TO BE
REMOVED FROM THIS MAILING
LIST, PLEASE EMAIL
N.BENNETT@DCFS.NV.GOV.**