

## Spirit Lake Tribal Social Services

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Dear Foster Parents,

As we know February is the short month of the new year. In February we will have lots of opportunities for Training hours. Please keep in mind that Spirit Lake Tribal Social Services requires 12hrs of training including the completion of Unity Training. Unity Training hours are separate from the 12hrs. For the month of February SLTSS does have a few Mandatory sessions so please take time to look over the events.

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## Happy National Heart Health Month

February is National Heart Health Month in the US. We at Spirit Lake Tribal Social Services encourage all adults to take their health seriously by visiting their doctor to have their risk for heart disease assessed.

While you wait for your appointment, visit the American Heart Association Website to explore the latest information on heart health, warning signs of heart attack or stroke, and tips for healthy living. And women, don't miss the humorous "Just A Little Heart Attack" video on the Go Red for Women page.

It's never too early to teach kids heart healthy habits. Your pediatrician can offer ideas for helping your whole family stay healthy.

**WHAT LITTLE THINGS HAVE BEEN MAKING YOUR HEART HAPPY?**

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"Let us put our minds together to see what we can build for our children"

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## Upcoming Events

### February 12

Unity Training: Blue Building 5-7pm Open Discussion.

### February 13

Story Telling: Mary Louise Defender: Blue Building 11-3p

### February 26

Unity Training: Blue Building: 5-7p: Open Discussion

### February 23

Unity Training: Mandatory: Blue Building 9-3p

### February 26

Mandatory: Trauma Informed Care: Tami DeCoteau: Blue Building: Friday: 9-3p



# Fostering Communications

## More Important News

## Fire Safety

Fire Safety Training is now available online on the CFSTC website. Both the two-hour initial training along with the one-hour refresher are provided. We encourage you to take a look at the Fire Safety as well as peek at the training calendar for other training opportunities.

<http://und.edu/centers/children-and-family-services-training-center/online-training/fire-safety-training.cfm>

## Remember You Are Making A Difference

An older man walking on the beach at dawn saw a young man from afar.

The young man would bend down occasionally and pick up a starfish and fling it back into the sea.

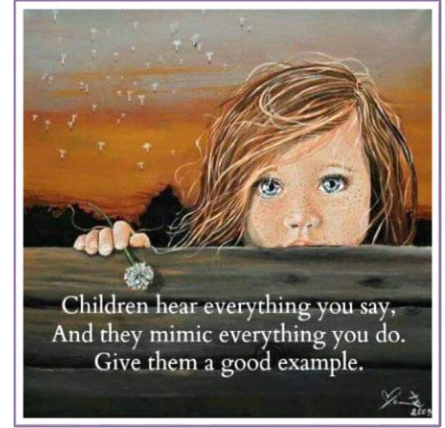
Finally the older Man asked, "Why are you doing this"?

The younger man answered, "The stranded starfish would die if left until morning sun"!

"But the beach goes on for miles and there are millions of starfish "said the older Man. "How can your effort make any difference"? The younger Man looked at the starfish in his hand and threw it to safety in the waves!

## It makes a difference to this one"!

"Let us put our minds together to see what we can build for our children"



## In the Community

### Foster Parent Training

Location: Lake Region Human Service Center:  
2/6/16: 9-4:30pm.

### Snowshoeing: Sully's Hill

Location: Sully's Hill, Date:  
2/13 & 27/16: 12-4p.

### Adult Support Group:

Location: Dakota Baptist Church: Date: every Tuesday, Time: 7-8:30p.

### Basic Sewing Workshop:

Location: CCCC: Natural Resource Rm. 2/8/16: 5-7p.

### Nutrition Health Workshop:

Location: CCCC: Natural Resource Rm., 2/10/16: 5-7p

### Baking Cookies Workshop:

Location: CCCC: Natural Resource Rm., 2/16/16: 5-7p

### 30Min. Meals Workshop:

Location: CCCC: Natural Resource Rm., 2/18/16: 5-7p

### Basic Pillow Making:

Location: CCCC: Natural Resource Rm., 2/23/16: 5-7p

# Fostering Communications

## <3 Kids Krafts - Potato Print Valentines <3



### What You Will Need:

- 1 medium baking potato, small enough to hold in one hand
- Red & white tempera paint
- Construction paper, white or pink
- Pencil
- Paring knife
- 1" foam brush
- Plastic lid to hold paint, from a plastic food container (yogurt, tub margarine, etc.)
- Apron or old shirt
- Newspaper to protect work surface

### How To Make Them:

1. Cut the potato in half to create a round surface. You might need an adult to help you.
2. With the pencil, draw a heart on the cut surface of the potato.
3. Carefully cut away the potato around the heart to make a stamp-- the heart will have to be about ½" tall to get a good stamped image.
4. Pour paint into the lid.
5. Paint the potato heart with the foam brush.
6. Stamp hearts on the construction paper to make a card or a picture. If making a card, you can fold the paper in half before stamping it so you can see what the hearts will look like.

Here is a cheerful thought for today: At this very moment, it is 53 days, 32 minutes, and 27 seconds until spring. I am anticipating all of the wonderful changes that spring always brings.

# Fostering Communications

## The Power of Choice



**Would you like to get your kids to willingly cooperate? Stop the daily battles? Teach your kids valuable life skills? If your answer is Yes, Yes, Yes, read on:**

**Do you sound like a drill sergeant?** There are so many things we must get our children to do and so many things we must stop them from doing! *Get up. Get dressed. Don't dawdle. Do your homework. Eat. Don't hit your brother.* It goes on and on. And to make matters worse – our kids resist our orders and demands.

**There is an effective solution!** We can get our kids to cooperate and at the same time allow them to learn self-discipline and develop good decision-making skills. How?

### Offer choices

**Children love having the privilege of choice. It takes the pressure out of your request and allows a child to feel in control, and thus be more willing to comply. This is a powerful tool that can be used with toddlers through teens.**

- **How many choices?** Younger children can handle two choices: Milk or juice? Sneakers or shoes? You do it or me? Walk or run? As children get older we can offer more choices: Before dinner, after dinner, or in the morning? Wear your coat, carry it, or put on a sweatshirt? Teens can be given general guidelines and rules.
- **Be specific.** If you ask, "What do you want for breakfast?" and your child answers "pizza" you've set yourself up for a battle. Instead offer choices or options that are all good for her, "Do you want toast and fruit, cereal or waffles?"
- **Use time as a choice.** Often there really is only ONE acceptable choice. You wouldn't say, "Do you want to go to bed tonight or tomorrow?" You could say, "Do you want to watch 5 more minutes of TV or 10?" "What do you want to do first, brush your teeth or put on your pajamas?"
- **If your child won't choose?** Offer a choice! (!?What??) Yes! It still works! "Do you want to choose, or shall I choose for you?" If your child gets stubborn, you can say, "I see you want me to choose." Then follow through! For example, what if you ask your child if she wants to do her homework before dinner, after dinner or in the morning and she "decides" to go to bed without doing her homework. Just wake her [cheerfully] at 6:00 am with a gentle reminder that it was her choice to do it this way.
- **Giving choices ends struggles.** Offering choices is a peaceful way to encourage cooperation while avoiding the power struggles that so often erupt when a parent gives an order. When a child chooses his own plan of action he is more likely to follow through with a pleasant attitude, and learn decision-making skills that he will carry with him to adulthood. So, do you want to start offering choices today or tomorrow?

By Elizabeth Pantley, author of "Kid Cooperation and Perfect Parenting."  
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# Fostering Communications

**YOU ARE LOVED.**  
You make me smile.  
I think about you when we're apart.  
I will do my best to keep you safe.  
Sometimes I will say no. I have faith in you. I know you can handle it.  
You are creative. Trust your instincts. Your ideas are worthwhile.

You are learning. You are growing. Growing is hard work.  
I believe you. I believe in you.

Your body is your own. You have say over your body.  
You are important. Your ideas matter. You are able to do work that matters.  
I see you working & learning every day.  
You make a difference in my life.

Your ideas are interesting.  
You've made me think of things in a COMPLETELY NEW WAY.  
I'm excited to see what you do.  
Thanks for helping me.  
Thank you for contributing to our family.  
I enjoy your company.

It's FUN to do things with you.  
I'M GLAD YOU'RE HERE.

**positive THINGS to SAY TO kids**

You are CAPABLE. You are DESERVING.  
You are STRONG. You can say no. Your choices matter.  
You make a difference.

Your words are powerful. Your actions are powerful. Your emotions may be powerful. And you can still choose your actions.  
You are more than your emotions.  
You are a good friend. You are kind.  
You don't have to like what someone is saying in order to treat them with respect. Someone else's poor behavior is not an excuse for your own.  
You are imperfect. So am I.  
You can change your mind. You can learn from your mistakes. You can ask for help.

You are valuable. You are interesting. You are beautiful.  
When you make a mistake you are still beautiful.

I am curious what you THINK. How did you do that?

I'm happy to talk with you. I'm ready to listen. I'm listening.  
I'm proud of you.  
I'm grateful you're in my life.

MY WORLD IS BETTER with you in it.  
You make me SMILE.  
I LOVE YOU.

Alissa Marquess CreativeWithKids.com®

