

Connections for Foster Families

August 2016



[Resources](#) [Parenting Corner](#) [Shout Outs](#) [Stay Connected](#)



Meeting Your Needs

It's back to school time! With all of the excitement also comes the demands of school schedules, homework, activities, and school relationships. All of this can cause stress for both you and your student. In our efforts to support the tremendous work you do every day to love vulnerable children, we have some support resources and tools to share with you.

We know that it is sometimes hard to reach us when you need to, or to know who to reach out to for what. We are working on improvements to our communications. For starters, if you [CLICK HERE](#) you can download a simple guide with phone numbers and hours of operation for your DCS support system.

And... we can never say, "thank you" too many times, for your willingness to positively change children's lives forever! We continue to look for resources and opportunities to enhance your fostering experience. Here's one of them!

September 10th – Field of Dreams – Arizona Diamondbacks

Mercy Care Plan, Mercy Maricopa Integrated Care and Aetna Medicaid, in partnership with the Arizona Diamondbacks and other community partners, have arranged a special day for Arizona foster families and caregivers and you are invited to attend (free of charge)! Hurry to register, there are limited seats available!

Click here



Back-to-School Resources

Give Your Child a Head Start!



Easier Access! You may not be aware that DCS and the Arizona Department of Education have an agreement that helps improve access to Head Start and Early Head Start education, health, nutrition, and family services to foster children in their care.

Children in foster care will be given priority placement for Head Start services for the Regional Head Start Grantees that participate in this agreement.

The children in the Department's legal custody who have been placed in out-of-home foster care and who meet the age requirements for Head Start are eligible for Head Start programs. The agreement aims to reduce or eliminate any barriers to enrolling foster youth in Head Start programs.

More information about this service

[Click here](#) >>



Does Your Teen Have an Artistic Bent?

Alice Cooper's Solid Rock Teen Center Can Help Them Bloom!

The Solid Rock Teen Center inspires teens to grow through music, dance and art. The Center provides vocational training in sound, lighting, and staging, while building a sense of community, all in a safe, supervised facility. In a time where public schools are cutting funding for empowering programs like music and dance, Solid Rock cultivates a love of the arts to inspire and challenge teens to embrace artistic excellence and avoid drugs, guns, or gangs.

The Teen Center is open Monday - Friday from 2pm to 8pm, offering free music and dance lessons, as well as a great place to do homework, engage in the Computer Lab, or just hang out. All classes for guitar, bass, drums, and vocals must be scheduled in advance by contacting Mark Savale in person at the Center, or by calling 602-334-5674. For dance classes, contact Hodgie Jo at 602-770-5567.

The Solid Rock Teen Center is located in Phoenix, but foster children from around the state are welcome to come. Recently, an entire busload of foster children from Tucson came to join in the fun. For more info on The Center, or on Alice Cooper's Proof is in the Pudding Talent Search, click [HERE](#).

Did You Know?

The Arizona Boys and Girls Clubs have 25 Locations Around the State!



Their mission is to enable all young people, especially those who are most in need, to reach their full potential as productive, caring, responsible citizens.

Their vision is that every child deserves a great future! Clubs around the state are working to provide a world-class Club Experience that assures that success is within reach of every young person who enters their doors, with all members on track to achieve their priority outcomes:

- **Academic Success** - Graduating from high school ready for college, trade school, military, or employment
- **Good Character & Citizenship** - Being an engaged citizen who is involved in the community, registering to vote, and modeling strong character
- **Healthy Lifestyles** - Adopting a healthy diet, practicing healthy

Parenting Corner



Good Study Habits

Stay Organized - Keep things together by class. Make sure all necessary materials for each class are located in one place.

Avoid Distractions - Noise and movement prevent total concentration. TV, music, cell phones and areas of with high levels of activity are distracting. A good study space should be used primarily for studying, and should be free of distractions.

Positive Reinforcement - Provide positive reinforcement DURING study time. If your student accomplishes an assignment, allow a short break and even a snack. Then have the student tackle the next assignment, reinforce when completed, and so on. This will keep your student encouraged and will increase focus.

lifestyle choices, and making a lifelong commitment to fitness

There are great programs that provide wonderful support for your foster child. Check out their statewide locations [HERE](#).



Martha Needs a FOREVER family – Can You Help Us Find One?

This Month's "Shining Star" Martha



Meet Martha - Born in 2003, Martha is an intelligent, artistic and caring girl who dreams of having a forever family.

Martha wishes to be a lawyer when she grows up so that she can help others in need. Because her personality is very creative, Martha loves working on different art projects, and says, "I can make just about anything." Martha also enjoys swimming, cleaning, and going out to eat. Her favorite foods are pizza rolls, French fries, and tater tots.

Martha would do best with a forever family who is active, nurturing, and has a great sense of humor. Martha says enthusiastically, "I want to be with a good family that is always there for me, listens to me, and helps me out."

Click [HERE](#) to find out more about Arizona's children who need a forever family.

Establish Routines - Set specific times of day for homework to be completed. Within that timeframe, set blocks of time for specific assignments based on how long they will take to complete. Allow breaks in between where you are positively reinforcing good study habits.

Prioritize - Teach your student how to prioritize based on when an assignment is due. Illustrate how to schedule blocks of time for bigger, more long-term projects with further-out due dates to avoid scrambling at the last minute and increasing everyone's stress levels.

Talk with Teachers - Encourage your student to talk with his/her teacher. If they are afraid to, help the relationship along by being there the first time. Explain to your student that teachers are there to help, and that talking with them shows the teacher that the student is serious about learning and succeeding. Be sure you stay in close contact with the teacher as well, as foster children frequently have had gaps in their learning opportunities.



Are you already connected with DCS on social media? Every day we post interesting information, resources for our foster families, parenting and safety tips for children. Please join us, and also help us spread the word that we still urgently need more foster families, and over 18,000 vulnerable children need forever families. Help us reach Arizonans with the news that we need them to join the team!

Connect with us on Social Media!

Our social media accounts are updated every day to inform, encourage, and communicate helpful information to the citizens we serve. Please connect with us to stay up-to-date and also to share the need of the over 18,000 children that still need forever families!

Arizona Department of Child Safety

Phone: 602-255-2500

Website: www.azdcs.gov

