



Foster Family Service Newsletter

In Loving Memory

On Wednesday, January 23, 2008 **Marylin Ruth Henderson**, wife of Foster Family Service founder, Lee Henderson, passed away following a long illness with cancer.

As many readers know, our Agency was started by Lee and Marylin from their home in 1989. Though Lee was the instigator of this endeavor, Marylin was always by his side with ideas, encouragement and equal commitment to the creation of an excellent foster care agency. There were many, many times through the years that Marylin accompanied Lee when making foster placements. Marylin was often responsible for decorations at Agency events. And up until recently, when one phoned the Henderson's home they were greeted by either

Marylin's voice or a message that stated "you have reached the home of the Henderson's and Foster Family Service..."



Marylin was born in McCloud, CA, and is survived by Lee and their daughter, Gina, as well as several cousins, nieces, nephews, in-laws and friends. She was a 28-year member of Placer Heights Baptist Church of Placerville where she held positions as the Church Secretary and Secretary to the Pastor.

Lee and Marylin celebrated their 50th wedding anniversary in August 2007. Please keep Lee, his daughter Gina, and those close to the Henderson family in your hearts and prayers.

February 2008

Wendy Knutson , Editor

*The Delora Corporation
dba
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&
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Psy.D***

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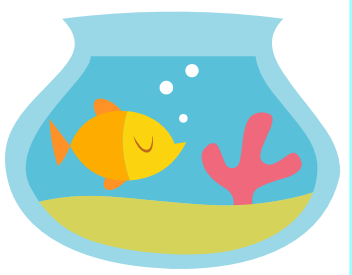
*Advisory Participant:
Arthur Magaña, Ph.D.*

Monterey Bay Aquarium

The "FREE TO LEARN" program at the Monterey Bay Aquarium is designed to provide free admissions to people who cannot otherwise afford to pay the price of admission. At this time we have several tickets available. In the past we have run out and not been able to get more due to the fact tickets were not being used. Please use your tickets or

return them to FFS for another family to use.

If you have an approximate date in mind and know that you will need tickets, please contact your FFS worker with your request. Include the **number of people** in your household that are attending and the **date of your trip**.



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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We would love to hear from those of you who enjoyed your trip to the Monterey Bay Aquarium.
wendyk@fosterfamilyservice.org

We Are Proud To Say... We Have Great Kids & Great Parents Too!

We are all so proud of sisters **Miranda** and **Allie S.** and their foster family, *The Rands*. **Allie** has started sleeping in her OWN bed all night! She has tried for a long time and was finally able to stay there all night. We also want to say that **Miranda** is a Great Sister and has comforted and taken care of Allie

through this tough time. **We are proud of all of you!**

Jonathon H. has made his studies a priority, it's obvious in the excellent work he has been turning in. **Right on Jonathon!**

Good News from the *Keyes Home*: Anthony U. brought home **Straight A's!** Very im-

pressive Anthony, your hard work shows.

Remember: We all take turns being the after hours "ON CALL" social worker. Your local office will have the current phone number on their recording.



You Know You're a Foster Parent When:

- ◆ You have more children than vehicle
- ◆ You do roll call in the car every morning
- ◆ Your cordless phone battery runs out before 9am
- ◆ The Church you attend has a pew reserved in your name.
- ◆ Your social scene is lawyers, court and social workers
- ◆ Your heart is bigger than your brain
- ◆ You spend more time talking to your social worker



A 1st grade school teacher had twenty-six students in her class. She presented each child in her classroom the 1st half of a well-known proverb and asked them to come up with the remainder of the proverb:

Strike while the	Bug is close
Don't bite the hand	That looks dirty
An idle mind is	The best way to relax
A penny saved is	Not much
Don't change	Until they stop

The Welcome Mat Is Out For...

The Martin Family Home

The Bahrs Family (Welcome Back!)

We are always interested in certifying new homes. If you know of anyone who may be interested have them call their local office.

Potential Foster Parents can call one of our offices or find a Pre-Application at our website:

Foster Family Service Office Numbers:

Sacramento (916) 487-2111
 Cameron Park (530) 676-6226
 Lake Tahoe (530) 544-2111
 Stockton (209) 474-1549
 Santa Rosa (707) 528-2115
 Oroville (530) 533-1576

Notes From Our Director

We are all very saddened by the death of Marylin Henderson. When I first started with the Agency in July 2004 Marylin was one of the first people to approach me with a very warm welcome. It took little time for me to see that Marylin was much like the Agency's matriarch, and an integral part of the compassion embedded in what Foster Family Service stands for. She will be deeply missed.

This sad start of 2008 is balanced by positive news as well. We have been formally asked by Amador County to open an office in Jackson, to not only assist with foster and adoptive placements, but also to spearhead supervised visits for all aspects of family law. We are in the process of adding this service area to our official license, and hope to have a new facility open there by the spring. Also positive is our development of parent education training. As this newsletter goes to print we are becoming certified to offer a parent education program called "Parent Project," and will be starting to offer this program to both Amador and El Dorado County's starting in February. Our motivation for starting this type of education program is due to current long waiting lists throughout El Dorado and Amador County, so our efforts will be intended to serve those that otherwise would need to wait 1-3 months. We hope to expand this level of service throughout our Agency.

John

John C. Johnson, M.S.W., Psy.D , Executive Director

Everyone Needs 2008 Training Hours!

We are offering a **half day training on Saturday**, February 9th in our Sacramento office from 9:30am to 2:30pm.

"The Effects of Dysfunction on Early Childhood Development"
and **"Foster Child Grief and Loss"**.



Cameron Park	2/26 , 6:00pm to 8:00pm, Town Hall Meeting (also 2/9 in Sac, see above)
Sacramento	Sat. 2/9 , 9:30am to 2:30pm- see above for details
So. Lake Tahoe	February =No training, stay warm and safe! March : Town Hall Meeting
Stockton	2/13 , 6:00pm to 8:00pm Training on Parenting Teens. Featuring a teen panel.
Santa Rosa	To be announced, get ready for CPR- 1st aid coming up in March
Oroville	February : Dr. Art Magana will be presenting on Childhood Development March : Cheryl Berge MFT on Positive Parenting & Self Esteem