

Help your child develop "executive functioning"

The term “executive functioning” refers to brain-based skills that involve mental and emotional control. A child with well-developed “executive functioning” can manage tasks such as completing homework on time without much difficulty. She has the ability to control her impulses so that she stays focused and attains her goal. Here are some things you can do to help a child develop this all important brain skill.

Clean your home environment. Before you focus on what’s wrong with your child, take a look around your home. Do you have clutter zones? Does your child have an organized space for homework? Go to work as a family on organizing the environment. Banish clutter in bedrooms and in common areas. Set up a home work station where all schoolwork can be done. The first step you should take is to create an environment that will help your family focus.

Take greater control with routines. Is your household going in a million directions at once? Does your child have a series of routines that he does regularly? If not, help him improve his control by instituting some basic routines and schedules. For example, you may want to start the morning with a few basic steps like making the bed, throwing dirty clothes in the hamper, getting dressed and brushing teeth. Keep track of progress with a sticker chart.

Reward him when he overrides his impulses. Pay particular attention as he is working, and if you notice him controlling impulses, praise him for his attention and effort. Then when he has completed a task, make sure you mention how proud you are of him for sticking with it.

Let her fail to read instructions. Instead of expecting your child to obtain skills via observation, let her roll up her sleeves and actually get to work on a task. But be sure to instill in your child that the first step of doing is reading instructions. The more strongly you can link up the unpleasant side effect of more work with failure to follow guidelines, the better off she will be. Although it might be tempting, do not complete tasks on your child’s behalf or tell her what to do.

Use incentives to amplify lessons. Focus on rewarding the progress your child is making rather than punishing him for failures. Incentives can take the form of praise, or you could create a point system, which allows your child to earn rewards regularly.



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Excerpt from getbuttonedup.com by Sarah Welch and Alicia Rockmore.

National Foster Care Month

This May's National Foster Care Month theme is

“Honoring, Uniting, and Celebrating Families.”

We want to take a moment to celebrate the difference you have made in the lives of children and families who have been impacted by trauma and loss.

If you want to help the public know more about the work you do, spread the word through Twitter and share the #FosterCareMonth website or change your Facebook banner.

Join the National Foster Care Month Campaign Facebook page here: <https://www.facebook.com/NFCMCampaign>.

Share your stories and promote great resources and events that are happening in your neighborhood!



FosterWare party

Would you like to earn some extra money while helping children and increasing your own support network?

In April or May, host a FosterWare Party for our TFC program and earn \$75!

You provide the location and invite some people in your community who may be interested in becoming a foster parent like you.

We'll provide the materials, refreshments and the Q&A. Remember that word of mouth is a powerful recruiter so if you love being a foster parent, share your joy with others! If you're interested in hosting a FosterWare Party, contact the Foster Parent Specialist for your office.



Foster Care Specialists:

Matt Siekierka 540.342.0411
Bebe Tran 804.545.5949
Jami Dotten 276.679.1195

There's an app for that!

Did you know there's an app to help you in a medical emergency? The American Red Cross has an app that gives you simple first aid for a variety of conditions including broken bones and hypothermia. It includes illustrations, diagrams and clear instructions that should help you keep from making matters worse before you can reach a professional. It's free for iOS and Android.



Reminders



Summer is on the way! If you are making vacation plans for your family, please make sure to give us 2-3 weeks advance notice so that we can get the required travel permissions. If your child needs to go into respite, please give us the same amount of notice so we can make arrangements.



- As the school year ends, you should think about picking up any remaining medications from the school. Usually, any medications that are left are discarded by the school nurse.
- Is your child going to summer school? Start looking out for information from your school about signing up for summer school. Many schools do not offer transportation during the summer so be sure to ask if yours does. Often, other arrangements can be made so check with your school for more details.

FREE Foster Parent Training

The Foster Parent College is still available for you to use! It's a self-paced online training center that is available 24/7. If you don't have a computer, you are welcome to come into an office to do the training. Most trainings take about an hour.

There are approximately 50 courses on issues such as cultural issues in fostering, reducing family stress and working together with birth families. Please keep in mind that we request every family complete 24 hours of training every year. If you are interested please contact your Foster Parent Specialist to sign you up.



Calendar

CCC offices will be closed to celebrate the following holidays:

Memorial Day (May 30)

Independence Day (July 4)

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Roanoke, VA 24016
Phone: 540.342.0411

12284 Warwick Boulevard
Suite 1-A
Newport News, VA 23606
Phone: 757.247.3600

507 Park Avenue SW
Norton, VA 24273
Phone: 276.679.1195

Please save the date! Foster Parent Appreciation

Roanoke

Date: Thursday, May 12
Time: 11:30 pm to 1:00 pm
Location: Plantation on Sunnybrook
7342 Plantation Road
Roanoke, VA 24019

More info to come! Invitations will be sent in the mail. We look forward to honoring and sharing fellowship with you!

Richmond

Date: Thursday, May 12
Time: 6:30-8:30 p.m.
Location: Belmont Recreation Center
1600 Hilliard Road
Henrico, VA 23228



Happy Mother's Day!

Sunday, May 8th

Nothing can be compared to the love a mother has for her children. Your love is unconditional and inseparable. We hope you have a wonderful Mother's Day!

Happy Father's Day!

Sunday, June 19th

Any man can be a father but it takes someone special to be a dad. Happy Father's Day to all of our special dads!



Commonwealth Catholic Charities (CCC) meets the basic needs of the community's most vulnerable residents, including families in crisis, pregnant women, the hungry and homeless, children, seniors, refugees and immigrants. Last year, CCC provided hope and help to more than 40,000 people in need throughout Virginia.

Visit us at www.cccofva.org and www.facebook.com/cccofva.