

Adoption



Foster Care

The mission of Children's Aid Society is to identify and provide services to improve the lives of children and their families.

Post-Permanency Newsletter
Fall 2020

Staying positive helps with school anxiety

BY DR. KIM BARRACCO ON AUGUST 6, 2019

The start of the school year can bring excitement ... but it can also bring anxiety. Children can be nervous about heading back to school for a number of reasons: starting with a new teacher, unsure if they will make friends, or concerns about passing their classes.

Here are some tips I give to parents to help ease back to school jitters:

Why does my child get nervous before heading to school?

It's a new environment and your child is unprepared for what is going to happen. Before the school year starts, prepare them with frequent conversations regarding expectations. Parents should discuss this in a calm manner, without negativity.

What are ways I can calm these nerves?

Talk with your child. Discuss school and teachers in a positive manner and what will be expected of them. Don't make negative comments.

How can I get them back into the school routine?

Start early by creating a routine. At least one to two weeks before school starts, implement that routine so they are prepared. Remove electronics at night as they start their bedtime routine.

What if my child won't get out of bed? What do I do?

Set a consistent routine. If you have trouble waking them or getting them out of bed, then wake them earlier and send them to bed earlier. Limit sugar and caffeine. The day prior, discuss your expectations about getting up and getting ready. Make sure electronics are put away at least 30 minutes to an hour before bedtime to ensure your child is getting rest.

If my child feels they are getting picked on at school, what advice should I give them?

First, tell your child to address the issue with their teacher and make you aware at home. If it continues, then tell them to go to the guidance counselor or principal. Parents should be involved with teacher conferences and in contact with school/teachers to determine if any issues are going on with their child.

Also, monitor your child for any physical symptoms. If they are routinely trying to miss school with vague symptoms like a stomachache, then that needs to be addressed further to see if there is an underlying issue.

Parents and teachers should be aware that sometimes bullying at school can lead to serious situations, like suicide. Professional counseling or contacting the school counselor may be needed to help the issue.



SWAN Post-Permanency Services

These services are available to any family who has adopted and lives in Pennsylvania, whether or not they adopted their child from foster care, and to those families who have provided permanency to children from the foster care system through permanent legal custodianship or formal kinship care.



Families self-refer by calling the SWAN Helpline (800-585-SWAN) to request these services. The services are part of a continuum of services that strengthen and support families and assist in strengthening the special needs adoption community at the local level.

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How early should my child go to bed on a school night?

Bedtimes depend on the child, but bedtime should be early enough to ensure that you are not having tired children who are difficult to wake in the morning.

What is a good breakfast to feed them before school?

It is best to avoid sugary foods for breakfast. Feed them food that will fill them up so that they can do well in the morning. They need to eat breakfast every morning to help start the day. Good breakfast foods can include oatmeal, eggs, yogurt, peanut butter or cheese. These will keep them feeling full for longer.

How can I help my child get organized?

Start at an early age teaching your child about how to keep their schoolwork organized. They should organize their backpack and notebooks each day to ensure that their work is turned in and doesn't get lost.

How can I protect my child from getting sick at the start of the school year?

Teach your child about proper hand washing, especially after using the restroom and before meals or snacks. Discuss the proper way to sneeze or cough into the bend of their arm.



Are most days a battle from breakfast to bedtime?

Triple P — Positive Parenting Program can help!
Free, private, in-home sessions will teach you how to adapt your own behavior to get the results you want from your child.
Now available in Centre and Clearfield counties!

**To sign up or for more information,
call 814-765-2686 x206
or email ppp@childaid.org**

Paid for with Pennsylvania taxpayer dollars.



Virtually or In Person!

Upcoming Support Group Meetings

(3rd Monday Each Month)

- **September 21st** – David Delvaux – *ADHD*
- **October 19th** – CORE Teen: – *Relationship Development*
- **November 16th** – Autumn Bloom, Play Therapist –
Trauma and How it Affects Children
- **December 21st** – Holiday Party

**6 p.m. to 8 p.m. at Children's Aid Society in
Clearfield. Child care is available and
a light dinner is provided!**

814-765-2686 x205

(Call to receive Zoomlink to join virtually)

Teaching Your Kids to Manage Time

BY APRIL DUNCAN UPDATED ON FEBRUARY 28, 2020



Hurry up. Do you know what time it is? Let's go. What's taking you so long? Do you sometimes feel like you're raising a bunch of dawdlers with no concept of time? Even the youngest children can learn how to manage their time to help them (and you) have minutes to spare in the day. Save your sanity by starting with 11 easy steps that teach your kids time management skills.

1. Make Time Management Fun

Grown-ups tend to associate time management with carpools, bedtimes, endless appointments and PTA meetings. The stress can make you want to throw the clock out the window.

Learning time management should be fun for kids, though. Use crayons to color your own calendars. Add stickers to mark special days. Make it a game to see who can complete simple tasks around the house that usually take up a lot of time, such as brushing their teeth, putting on their shoes or getting their backpacks ready for school tomorrow. The more fun you make time management for your kids, the easier it will be to get them to understand time's importance and how to manage that constantly ticking clock.

2. Start Before They're Teens

Of course, you can teach teens time management skills too. But the earlier you start, the better for them and the easier your days will be. Your preschoolers can learn through small tasks completed in short blocks of time, such as putting on their clothes or cleaning up their toys. Your school-age children can begin with set start and end times they need to complete their homework and simple age-appropriate chores around the house.

3. Show Your Kids How to Measure Time

Even children who know how to tell time don't necessarily know how to measure time. Help them out by setting a timer during a block of time when they're supposed to be completing a task. Keep a clock close by and give them a verbal countdown as the minutes tick by so they can begin getting an internal feel for these time segments.

You're not trying to teach your kids to live by the clock. Your goal is simply to help them understand what an hour, 15 minutes or even five minutes feels like. The next time you say, "We leave in five minutes," they'll know that doesn't mean they have time to play with their toys, watch TV, and clean their room first.

4. Create a Family Calendar Together

Family calendars are the roadmap to everyone in your house's commitments. One look and you know one of your children has scouts on Monday, the other has basketball on Tuesday and all of your kids have gymnastics, karate and choir practice on Wednesday.

The whole family should be involved in creating the one document that keeps all of you on track. Banner paper is perfect for family calendars because it can be drawn on, colored on or painted on. Make it a family art activity so that everyone can learn who has what commitments on which days. Color code your calendar so that every person has their own color for their schedule. This simple activity helps children see days at a time in one place so they can begin to understand what goes into keeping your family on schedule. Another bonus is you can use your planning activity to make the most of family time together.

Teaching Your Kids to Manage Time

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5. Create Calendars for Each Family Member

In addition to creating a family calendar, each child should have his own calendar too. That way, he can have his own schedule to keep in his room that's more detailed for his personal needs than the family calendar.

Break this calendar down by tasks for the day or week. Encourage your kids to use their personal calendar to add new tasks and mark off completed ones too. This can be everything from what it takes to get ready for a soccer game to what projects he needs to complete before the science fair.

6. Stay on Task

It's tempting to let the kids have a few more minutes of play time when they're getting along so well. Or there are those days when you want the kids to spend more time studying, even though your time management plan calls for them to start getting ready for bed at 7:00.

As your kids are just beginning to learn about time management, stay on task. When time's up, move on to what's next on your schedule no matter how involved they are in that current task. Straying even a few minutes away from the schedule can throw kids off. Stick to your schedule, especially in those early days and weeks of learning about time management.

7. Don't Overschedule Your Kids

One of the most common mistakes we make as parents is that we try to make sure our kids get to participate in every activity after school.

What we end up doing is overscheduling the entire family to the point that our schedule can be packed every day of the week.

Do your entire family a favor and don't [overschedule your kids](#). Instead of learning about time management the right way, all they feel is a constant go, go, go that has them craving a few minutes of downtime. Overscheduling throws their clock off and yours too. Try to avoid it so all of you can get a better handle on time management.

8. Schedule Free Time

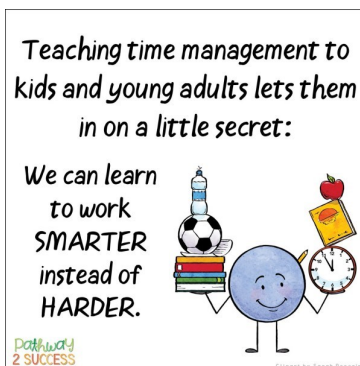
Making a schedule and sticking to it is important. Part of that schedule [should include free time](#).

Those blocks of time to do nothing are great moments in learning time management. [Solo playtime](#) can be fun and unstructured but it can also have a start and end time when your kids are trying to grasp the basics of managing their time. This also helps them learn that time management isn't all about getting ready to go somewhere or finishing up a structured activity on time. Great time management also means you have moments to play.

9. Use Kid-Friendly Time Management Tools

From apps to colorful magnetic calendars, add kid-friendly time management tools to your lineup. The key is to use visuals and techniques that relate to your kids. Only you will know what works best with each of your child's learning styles.

Apps can appeal to kids who love technology. Magnetic calendars for kids let your kids visually plan their days with colorful magnets for everything from sports practices to holidays. You can always get creative and make your own time management tools to work for your family's unique schedule too.



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10. Consider Rewards

Yes, you can reward kids for good time management and those perks can be great motivators. Rewards can be daily or weekly and you should decide on those rewards together as a family.

Be creative with your rewards. Sure, you can opt to give your kids time playing a video game as a reward. Even better, make it a family reward. A week of following that study schedule could equal a family night at the movies. Younger kids can focus on rewards in shorter time periods, such as playing a board game together for completing three or four goals on his schedule. The point is to turn those time management rewards into time well spent with your family as a result.

11. Help Them Establish Daily Priorities

Remember this: first, next, last. It's that simple. Younger children may not understand what a priority is but you can still teach them the concept of it.

Depending on age, most children don't see the big picture of priorities. Your fourth grader isn't thinking about getting into college with every homework assignment he completes. Your preschooler isn't picturing her scribbles hanging in a museum one day when she's a famous artist. Their priorities are generally on the weekly, daily, or even hourly scale.

Help them organize their day using a first, next, last method. Kids should think of what comes first in their day, such as brushing their teeth. Then they can move to what needs to come next, like having their school books ready in the morning and completing homework before bed. Finally, they should plan what should come last in the day. They can brush their teeth before bed and lay out their clothes for tomorrow. Helping your kids prioritize their day is something they can use throughout life and will help them get the most important tasks done daily and weekly while setting each one up to complete long-term goals as well. Start small with daily priorities before moving to weekly and monthly priorities. You'll instantly set your kids up for success and soon have children who are masters of time management.



25 Ways to Get Kids Moving at Home

1. Run in place for 30 seconds
2. Dance party for 1 minute
3. Stand up and sit down 10 times
4. Read standing up
5. Hot lava! Keep a balloon in the air without touching the ground (make it harder by only using heads or elbows)
6. Jumping jacks
7. Do the hockey pokey
8. See how many squats you can do in 15 seconds
9. Stand up, touch your toes
10. Wall sit while reading
11. One-minute yoga
12. Stretch your hands high over your head
13. Arm circles forward for 30 seconds, arm circles backward for 30 seconds
14. 10 frog jumps
15. Standing mountain climbers for 30 seconds
16. Stand on one leg, put your hands up, put your hands out to the side
17. 5 lunges on the right leg, 5 lunges on the left leg
18. Practice spelling, do a squat for every vowel
19. Run in place for 30 seconds, check your heart rate
20. Practice spelling by doing a jumping jack for each letter
21. 30-second plank
22. Practice math problems, do a jumping jack every time the answer is an even number
23. 20 leg lifts
24. Ball-toss spelling practice. Toss the ball and say a letter, then toss the ball to someone else to say the next letter
25. High knees for 30 seconds