



# Children Services of Columbiana County

## May is National Foster Care Month



**National Foster Care Month** is observed in the United States during the month of May every year. It began with President Ronald Reagan in 1988. National Foster Care Month continues to be recognized and celebrated each year. The original focus was to give foster parents the gratitude they deserved for opening their

homes to foster children in need and caring for them. Some of the main focuses of National Foster Care Month now also include the encouragement of adopting children from the foster care system, appreciation of social workers and other professionals who work with foster children and families, and mentoring programs for foster children who have aged out of the system. During this month, there are volunteer opportunities and informational meetings that take place across the country. The topics of those meetings

include how to become a foster parent, how to support the local foster community, and how to adopt from foster care. Columbiana County is in desperate need of foster families.



**If you are interested in becoming a foster parent for Columbiana County contact Shanon Willaman @ 330-420-6630.**

### Columbiana County CCDJFS

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#### Special points of interest:

- Follow the sleep ABCs on page 2 to keep your baby safe while he sleeps.
- Up coming summer events you wont want to miss page 3!
- Meet Alex on page 4. He is in the need of a forever family.

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## Children's Mental Health Awareness

The National Federation of Families for Children's Mental Health announces the theme for the 2016 National Children's Mental Health Awareness Week which is May 1st -May 7th as *"Healthy Families, Resilient Children: Mental Health is a Family Affair!"*

As national events continue

to illustrate the critical need for mental health care reform in this country, we must increase our efforts to educate the nation about the importance of prevention and early identification of mental health challenges. We fail as a community to educate ourselves about the signs and symptoms of mental illness.

Please join us as we create a national dialogue about the importance of healthy families and resilient children!



# Healthy Snack Time!

Snacking is a way for your child to eat the healthy foods he may not eat at mealtimes. Offer 2-3 healthy snacks each day!

**Fruit wrap:** Spread peanut butter on a whole wheat tortilla. Top with sliced strawberries, bananas, kiwi or apples. Roll up and eat!

**Mini sandwiches:** Layer cheese, turkey or ham slices, lettuce and tomato on a

whole wheat bread. Cut into 4 small sandwiches or use fun shaped cookie cutters.

**Kid pizza:** Toast an English muffin. Top with pizza sauce, veggies and mozzarella cheese. Heat in the microwave.

**Inside out sandwich:** Wrap a slice of ham, turkey or cheese around a breadstick.

**Dipping veggies:** Dip veggies in low fat dressing, peanut butter

bean dip or flavored hummus. Choose colorful veggies.

**Dipping fruit:** Dip fruit in flavored yogurt, pudding or peanut butter. Choose colorful fruits.



## CHILDREN SERVICES THANK YOU

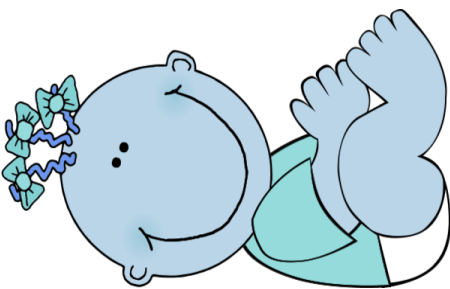
The Children Service Department of Columbiana County would like to thank everyone who helped with the "Caring for Kids Annual Dinner" that was held

April 7th at the Columbiana County Career and Tech Center. The proceeds from the annual dinner will benefit the children in care of

Columbiana County. Children Services would also like to thank Dr. Linda Cooper and Sue Johnson for speaking at the event.



## The ABCs of Safe Sleep For



**Follow the ABCs of safe sleep for your baby....**

**Alone. Back. Crib.**

**Every Baby. Every Sleep.**

**ALONE:** You should never share the bed with your baby because:

- You could roll too close to or onto your baby while he sleeps.
- Your baby could fall off the bed.
- Your baby could get stuck between the mattress and the wall, headboard, footboard or other furniture.

**BACK:** Always put your baby on his back to sleep.

• On his belly may be dangerous because he may not be able to breath well due to his mouth or nose being blocked or the inability to move his head.

**CRIB:** Bare is best.

- Bumper pads, blankets, pillows and stuffed animals can suffocate babies.
- Use a safety approved crib so baby's hands and feet wont get caught.

• Sleepers, and sleep sacks are safer for baby than blankets!

## 7 Super Things Parents & Caregivers Can Do!

1. Talk often to your children from the moment they are born.
2. Hug them often, hold them often and respond to their needs and interests.
3. Listen carefully when your child speaks to you.
4. Read out loud to your child every day.
5. Say “yes” and “I love you” as much as you say “no” and “don’t”.
6. Provide a safe, orderly and predictable environment.
7. Set limits on your child’s behavior and discipline them calmly not harshly.



## Upcoming Summer Fun Events



Summer fun is about to begin! Here are some local community outdoor activities you can enjoy with your family. Don't miss out. Mark your calendars!

☺ **East Palestine Street Fair:** May 26, 2016 @ 6:00pm

☺ **Leadership Camp:** June 26-30, 2016 @ Mohican Lodge and Conference Center

☺ **Family Fest:** July 9, 2016 (July 10 rain date) 3-6 is food and activities 6-7 is The Jungle Bob Show @ Firestone Park in Columbiana

☺ **Columbiana County Fair:** August 1-7 2016

☺ **Family Fun Day:** August 13, 2016 from 1-3 @

**Sadie Van Fossan  
Pool/Park**

☺ **Festival in the Park:** August 28, 2016 from 10-5 @ Leetonia Wick Park.



## ODJFS

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Our mission is to engage families and to support them in the provision of safety, permanency and well being for their children through a team approach and family-centered practice.



## ATTENTION: COLUMBIANA COUNTY IS IN NEED OF FOSTER TO ADOPT PARENTS!

Columbiana County will be holding Pre-Service classes in May and June for those who would like to become foster to adopt parents.

**YOU HAVE AN AMAZING OPPORTUNITY TO MAKE A DIFFERENCE IN A CHILD'S LIFE WHO IS IN DESPERATE NEED OF A LOVING AND CARING HOME.**

Please contact Shanon Willaman if you would like to learn more about becoming a Foster to Adopt Parent for Columbiana County. Call 330-420-6630 today!

## SPOT LIGHT CORNER:

Alexavier or "Alex" is 12 years old. He is bright, energetic and fun. He is imaginative and likes to create games and build things out of paper and glue. Alex likes participating in Martial Arts and Little League Football.

Alex is a child who is eager to please and wants to be a part of a family.

Unfortunately, Alex's life events have not taught him how to trust and be a family member. Alex will need a family that will be patient as he tests his family's commitment. Alex is diagnosed with PTSD and ADHD for which he receives medication and therapy on a regular basis.

If you are interested in learning more about Alex, please contact Katy Sudol at Columbiana County Children Services, 330-420-6633 or at [Katy.Sudol@jfs.ohio.gov](mailto:Katy.Sudol@jfs.ohio.gov)

