

JANUARY 16, 2018

Creating Rules and Expectations With Your Foster Child

By Dr. John DeGarmo



The moment foster children come to live with you, their whole world has changed. There are now different rules and different expectations to follow. Your house is a new environment. There is even a set of new parents. Everything children have known to be true is now different. These are significant changes in the children's lifestyles. All decision making has been taken away from them. They are in your house against their own will, against their own choice.

There is a good chance that any rules and expectations you have for your foster children will not be met. This is especially true in the first few days and weeks. This is a time to gain trust, as well as simply get to know each other. It may take awhile, but as a foster parent, you are in it for the long, tough haul. Make no mistake, it is often times tough. For many foster children, they have been given up on numerous times. You just might be the first adults in their lives who will not give up on them. They may resist you, and may resist all that you have to offer. This is normal for foster children.

Remember, they may not want to be in your home, as it is not their own home. They may not want to live with your family when they come to you, as it is not their own family. You could be the bad guy in this situation, and you can't expect them to embrace you and your family immediately, or even to like you. It is essential that you build a positive relationship with your foster children. This will help to ease the transition, as well as contribute to the mental well-being of your foster children, let alone the dynamics of your own household.

What is also important to remember is that foster children need structure, guidance and consistency in all areas. This includes the setting of rules and expectations in your household. In order for your household to run smoothly, you must set some rules in place, and let your foster children know what expectations you have of them. Perhaps the most important element to setting rules and expectations, though, is to remember where your foster children came from. They may never have had rules of any kind in their home.

[Click Here to Read More](#)



How to Raise Happy, Successful Children

Written By: Dr. Edward Hallowell

How do you raise a child so that he or she turns out to be the best person possible? That's the question we all ask ourselves. And yet, with this clear goal in mind, few parents have a practical plan – one rooted in research rather than rumor – to increase the chances that a child will flourish and become a happy, vibrant, successful adult.

With so much (sometimes conflicting) information available, parents wind up with an uneasy feeling that they might not be getting it right. They are worried that their children will not be ready for the uncertain, competitive world that awaits. [CONTINUE READING](#)

Source: [Parents.com](#)

Top 10 Homework tips

Kids are more successful in school when parents take an active interest in their homework — it shows kids that what they do is important.

Of course, helping with homework shouldn't mean spending hours hunched over a desk. Parents can be supportive by demonstrating study and organization skills, explaining a tricky problem, or just encouraging kids to take a break. [LEARN THE TIPS](#)

Next year's FAFSA® form is available—it's time for your child to reapply for the Pell

If your child wants to apply for the Pell Grant again for next year, he or she needs to renew the FAFSA form. Plus, several states and schools have first-come, first-served financial aid programs that can run out of money quickly. Don't miss out on financial aid—submit the FAFSA form as soon as possible!

[Start the FAFSA Form](#)

LIFEBOOKS

A Life Book ...

... Tells the story of the first part of your child's life, is a celebration of your child's past, and shows your beginning as a family

A Life Book is important because it ...

...Relates and preserves history (*putting together a memoir of images, thoughts and information will be one of the most meaningful gifts you can share with your child*)

...Can convey the various aspects of adoption in a clear and positive way

...Helps your child feel cared for and important

...Assists your child in identifying feelings, especially loss, and understanding where they came from

...Helps build trust and attachment

...Helps counter misinformation and fantasy

The Format or Construction of a Life Book includes ...

Your child's Life Book doesn't need to be fancy or follow a specific format. It should be as unique as the child for whom it's created! They can be detailed or simple and can include pictures, letters, post cards, and other pertinent memorabilia.

[Check out IFAPA's free Lifebook pages that you can download](#)

Did the "don't do drugs" talk you had with your kids include the drugs in your medicine cabinet?

What motivates teens to engage in prescription drug abuse? Ultimately, their desire for getting high outweighs their perception of the risks.

The facts:

- 1 in 6 children have abused prescription medicines.
- 12 to 17 year olds abuse prescription drugs more than they abuse ecstasy, crack/cocaine, heroin, and methamphetamine combined.
- 70 percent of kids age 12 to 17 who have abused pain relievers say they got them from their friends or relatives, typically without their knowledge.

Resources for Parents:

[THE DRUG LINGO](#)

[TALKING TO YOUR TEEN](#)

[DRUG GUIDE FOR PARENTS](#)

[THE PARENT TOOLKIT](#)

(a drug and alcohol prevention resource for parents.)

Source: *The Partnership at DrugFree.org*

