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MANAGING Melt Downs 101

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I don't care who you are - at some point it's going to happen to you. I am talking about managing melt downs. Celebrities define their careers with them. However, for parents of special needs children melt downs, or drama, are part of daily life.

Recently, I shared with a friend about our struggles in managing our son's melt downs. She laughed and said my tips apply to her college age children and husband too. There is always comfort in knowing you are not alone. My husband and I only have seven and a half years experience. However, we have cried, yelled, screamed, laughed and made enough mistakes to qualify for an audition on the reality show, "Super Nanny." We are no experts but hope to share our experience in order to encourage others.



MAY IS
NATIONAL
FOSTER CARE
MONTH



COOL DOWN



Look at a book

Count backwards



Rest on my pillow



Look at a glitter calming bottle



Color a picture



Get a drink of water



Do a puzzle



Time for a Cool Down?

When your child is angry or upset, let them cool down by choosing one of the options on this chart. [PRINT THIS CHART](#) and be ready for the next

HOW TRAUMA AFFECTS THE BRAIN



Educational Specialist Laura Phipps describes the effect of trauma on the brain, and what this often looks like in terms of children's behavior.

Watch the entire Trauma & Behavior Series:

Part 1: <http://youtu.be/IPftosmseYE>

Part 2: <http://youtu.be/zgT6oXkleCg>

Part 3: <http://youtu.be/g7hq9ujelwM>

Part 4: <http://youtu.be/nwabWfky3Ro>

LAURA PHIPPS, MSW

“My ADHD Diagnosis Connected the Dots in My Life.”

Four adults share their stories of living with undiagnosed symptoms of ADHD — and how their lives changed when they realized attention deficit disorder was to blame for a lifetime of struggles and misunderstandings.



Marni Pasch, 39, worked as a high school counselor. The work was fast-paced, and she loved spending time with the students, but she struggled to keep up with the paperwork. She could often be found at her desk late into the evening finishing up projects. It was easier to work without the disruptions of the typical school day. Pasch took her job seriously — after all, students counted on her. “My biggest fear was letting a tiny detail slip that might affect a teen’s future,” she said.

To manage her workload, Pasch wrote herself reminders until her desk “looked like a living Post-it note.” After one difficult day, she threw up her hands. “I loved my job, even working on weekends to make sure I could balance my duties and see students, but the rewards weren’t enough.”

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HELPING YOUTH USE SOCIAL MEDIA SAFELY

While it may be tempting to forbid children and youth to use social media, this is seldom realistic. The internet and mobile devices are too widespread and accessible. In addition, forbidding social networking may make it harder for youth in foster care to fit in with friends and relate to other teenagers in the community. Instead, foster parents should provide guidance and boundaries to help youth in their care use social media safely. Before talking to youth about social media, make sure you know your child welfare agency’s social media policies. Benefits that social media can provide for youth include:

- **Social Ties**—Social media helps youth in foster care fit in with their peers and fosters normalcy. Using social media, youth can keep in touch with friends, siblings and others and make new connections.
- **Support**—Through online community groups, youth in foster care can share experiences with peers who have had similar experiences.
- **Family Connections**—Between visits, youth in foster care may share posts or have online conversations with biological family members, when appropriate and approved by the caseworker.
- **Self Expression**—Videos, blogs and other digital venues allow youth in foster care to express their feelings and ideas, which can help shape their identity and contribute to healing from childhood trauma.
- ♦ **RISKS**—Youth in foster care may be particularly vulnerable to inappropriate contact, cyberbullying or child predators.