



We Believe There is a Permanent Family for Every Child

Ten year old Dadon moved to Hawaii from the Marshall Islands when he was two due to his health needs. His medical problems are stable. He has remained in a very supportive foster home for eight years. An adoptive family who will include the elderly foster parents in their extended family is needed for him. Dadon is a very energetic boy with a positive outlook on life. Even though he has partial hearing loss he has been working hard at developing his speech and can follow directions and be easily redirected. Dadon would like a mom to help him with his spelling and a dad who will play games and ball with him. He is a very responsible child who does his chores at home and loves to be outside playing with his friends. Dadon has occasional visits with his birth mother who hopes to continue to be a support and encouragement to him.

*To learn more about adopting Dadon please contact
DeeannaMarie Wallace at the HOPE INC, Inc. office at
(808) 230-2445 or DeeannaMarie@hopeinchawaii.org.*



Keiki Photography 2008

What Works for Children with Attachment Issues?

by Melissa Nichols

It takes a wealth of understanding and skills to parent a child who lacks the foundational experience of a secure attachment. Unlike children whose introduction to the world has been kind, a child who has endured abandonment, neglect, and/or abuse often struggles with basic family life concepts. A child's first model of family may promote the belief that parents do not have his best interest in mind—a viewpoint that can produce myriad negative behaviors such as questioning parental roles, the purpose of discipline, and the ability to ask for help. In sum, children who have tough life beginnings can be very difficult to parent.

So, what works for a child who has attachment issues? It depends. Effective parenting techniques will vary based on the child's temperament, developmental age, learning style, and belief system. Many children who have suffered early maltreatment have a faulty belief that they are bad or defective. In their minds, caregivers treated them poorly or their birth parents abandoned them because they are intrinsically faulty or deficient. Given that belief, children may consciously or subconsciously think, “Since I am basically defective, what's the point in improving my behavior?”

Individuals act in accord with their primary beliefs about themselves, their life, and others. Actions will give clues to a person's beliefs. For example, a troubled child's actions might indicate these beliefs about self-worth:

“I'm only worthwhile when I have your undivided attention.”

“I am only loved when I get my own way.”

“When someone corrects me, it shows me that she does not love me.”

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DHS Director Urges Foster Parent's Participation in Court

In October 2007, Department of Human Service (DHS) Director Lillian Koller said "We all know that resource families are often involved in making critical life decisions for their foster children, so it is important that these foster parents be able to attend Family Court hearings, if they wish, and offer their insights and recommendations to the Judge." We strongly agree. Foster parent's day-to-day care of the child and regular contact with therapists, teachers, and other service providers gives foster parents a unique perspective on the child's needs.

Foster parents are strongly encouraged to submit a written statement to court as well as to attend court. Written reports should:

- be short (no more than 2-3 pages, double-spaced),
- be well organized,
- be typed or neatly handwritten, and
- include the child's name, birth date, and case number (referred to as the FC-S number)
- list the parties to whom you are sending a copy

The written report or letter should be provided at least a week and preferably two weeks before the hearing to the court, the social worker, the guardian *ad litem*, and the parents' attorney, if you know who that is. Bring multiple copies to the court hearing in case someone didn't receive their copy. Remember that no information may be given to the judge that isn't shared with all the parties.



To learn more about participating in court hearings, read HFPA's

Caregivers and the Court Guide.

Download a copy from our website or contact us for a FREE hard copy.

To submit your written information to court:

- On Oahu (First Circuit), you may fax it to the attention of the court officer in Juvenile Intake at **539-4402** or mail it to: **Juvenile Intake, ATTN: name of court officer, P.O. Box 3498, Honolulu, HI 96811-3498.**
- On Kauai (Fifth Circuit), fax your report to 482-2442 or mail it to: **David Lam, Administrator, Family Court of the Fifth Circuit, 3970 Ka'ana St., Suite 305, Lihue, HI 96766-1283.**
- In East and West Hawaii (Third Circuit), send the report to the guardian *ad litem* and the social worker, requesting that they attach the entire report to their report to the court. Currently, the court does not have a mechanism for the foster parent to send the report directly. At the court hearing, be sure to confirm with the judge that he received your report.
- On Maui, mail the report to: **Court Officer, ATTN: Marsha Yamada, 2145 Main Street, Suite 226, Wailuku, HI 96793.**

*Foster youth are also encouraged to attend court hearings.
See next page for more information.*

The Hawaii Foster Parent Association offers resources and information to those in the community concerned with protecting the interests of children and youth in out-of-home care, while providing responsible advocacy.

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The comments of individuals are not necessarily those of HFPA.

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Ohana is Forever II Conference

~ nothing about us without us ~

March 27th found 100 foster and former foster youth and over 300 adult attendees at the 1st Circuit Court's Spring Conference. The Hawaii Foster Youth Coalition (HFYC) presented their "**Runaway Prevention Initiative**".

With 50 runaway youth in Hawaii on any given day, it behooves us to pay attention to this issue. The HFYC panel suggested that helping youth develop stress and anger management skills, communication skills, and life goals helps prevent teens from running. A good resource to help teens develop these skills is Epic, Inc.'s

E Makua Ana Youth Circles. Youth circles are youth led and bring together the youth's supporters and service providers who can help the teen develop a plan for their future. **Each youth is encouraged to dream big and given the tools and support to achieve their dreams.** (See box for contact info.)

Next, Kapiolani Child Protection Center presented two new programs. The first, the **Peer Mentoring Program**, matches foster children aged 6 to 12 with mentors who work to develop a relationship with the child and to become a positive role model. Second, the **Survivors Offering Support Line (SOS)** is a phone line for foster children and youth who have questions or just need someone to talk to. Both programs are manned largely by former or current foster youth.

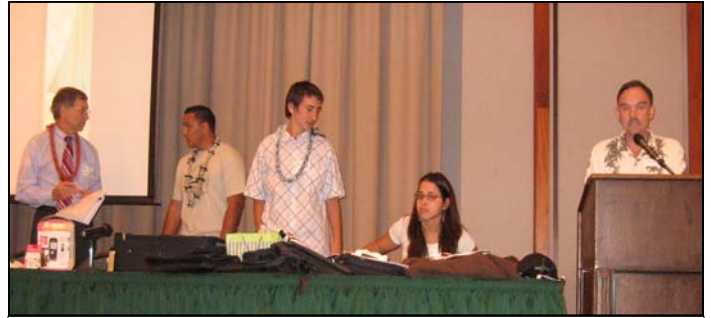
At lunch, the Honorable Leonard Edwards, a retired Superior Court Judge from Santa Clara, CA, encouraged youth to take part in planning for their future. He gave a list of documents youth need to have copies of when they "age out" of the system. He suggested each youth work with his or her social worker to obtain the needed documents.

Invitation to Foster and Former Foster Youth

Judge Paul Murakami invites YOU to be part of a panel he's forming to look at how the system could better serve youth! Interested? Call 539-4434 with your contact info.

During the "**Ask the Judge**" panel presentation, Hawaii judges explained that they want to see foster youth attend their court hearings. When foster youth come to court, they let the judge know how they are doing and what they need, which allows the judge to better help them. The court needs to know in advance if the youth will be attending. In a situation where it is not safe for a youth to come to court, youth are encouraged to write a letter to the court or make arrangements to talk to the judge in his or her chambers. The youth's GAL, social worker and/or foster parent can assist the youth in contacting the court or the youth can call the court directly and leave a message with the court officer.

The day ended with these messages from former



Judge Edwards, Blake Lanoza, David Watkins, Wendy Peltier and Lee Dean giving away great door prizes.

Documents Foster Youth Need When Aging Out of the Foster Care System:

- Social security card
- Certified birth certificate
- Copy of most recent court order awarding custody to the state
- Health and education summary
- Identification card
- Death certificate of parent(s) - if applicable
- List of medications prescribed to youth
- Name and address of the prescribing doctor and method of obtaining additional medications
- Copy of dental records and info on how dental care can be continued
- Info on how to continue with mental health or substance abuse treatment services, if necessary
- Assistance in obtaining a copy of any diploma, certificate of completion or transcript of high school credits accumulated thus far

Resources for Foster Children & Youth:

E Makua Ana Youth Circles:

Oahu: (808)358-2222 Toll Free: (866) 636-1644

Hawaii Foster Youth Coalition:

(808)255-8365 E-mail: hawaiiyouth@yahoo.com
www.myspace.com/hfyc www.hawaiiyouth.net

Kapiolani Peer Mentoring Program & Survivors Offering Support (SOS):

Oahu: (808)535-7700 Toll Free: (888) 535-7790
www.myspace.com/kapiolanimentoring

foster youth to current foster youth:

- Pursue what you want to do—the resources are out there for you!
- Take responsibility & do your part to be independent.
- Take advantage of benefits you earned by being in foster care.

Foster Love by Suzanne Marinelli



One day not so long ago my day began with deep down tears,
drawn from a place not often touched on any more, a place protected,
hidden safely from all view.

But a passing comment from a friend had opened up a long-closed door and I
found myself in childhood once again.

Nineteen fifty-seven. Deepening, darkening sky, harsh wind blowing up her still,
cold, deadly rage, and day and night fall again, fall, and fall again.

And I remembered Bossy and Mom, and the twenty-five children they loved so deeply every day. Oh,
how we loved them too.

That kind of love will save a child, a family, not often enough but it *does* happen, for some of us, each
day.

And even though the time, which could have been long, or short, I can't remember, was far too short for
some of us, I *do* remember many things. Pain is seldom lost but seldom told, the same as hunger, danger,
primal fear.

And so they simply loved us, Mom and Bossy, those days when the memories raged. They'd reach out
and hold us, hold us near.

I remember Mom staring at the door as it closed, when a child, one of us, was being sent back into peril,
and her tears streaming down, oh her tears...

And Bossy's gruffness,
such a poor disguise on a man so greatly misnamed, him laughing from his belly just beyond that gruff-
ness, at a child's silly joke so hopefully told...

They must be dead now. I wonder if they ever knew how many of us they saved.
I wonder myself how many they saved.

Us older kids – I was eight – would feed the babies. I'd steal from those babies' meals when no one was
looking. I was still so hungry somehow, and I knew they would be fed again, that we all would be.

Then later we'd set the great huge table and all sit down, big kids and babies – and there! good! – I could
see my brothers filing in with all the other little kids – and we'd sit down together to share one of the *three*
meals we'd get each day. *Three meals. Every day.* Just imagine.

I don't know if anyone prayed, I don't remember that part. But maybe we didn't feel we needed to bother.
We were already in heaven, was how it felt.

My little brothers on either side of me, bountiful food in front of me – ohhh, I haven't thought for years of
those big cold heavy pitchers of milk that we'd pass around. And clean clothes – too big, too little, but no
one cared. Everyone there dressed funny, our clothing chosen from 'the clothes room,' all sizes and things
mixed up in piles, but all of it so clean, so nice and clean.

No one hurting any of us in any of those strange and awful ways that people can and do,
and Bossy and Mom.

Love. Thank you precious Mom and dearest Bossy, these decades far removed from you, for your love.
Though you're long departed from this earth I'm sure, as my little brothers are as well, I still love you too.



*Suzanne Marinelli was in foster care as a child and currently works at the Hawaii State Legislature.
She was a guest speaker May 1 at the Foster Care Month Rally at the State Capitol.*

Why Read Aloud to Keiki?

Every time you read aloud to your child, you are helping set the stage for their future success! Research shows that reading aloud to children *is one of the most effective* ways parents and caregivers can help children develop the language skills that they will use to be successful in school and through-out their lives.

How can I help my child learn to read if I have trouble reading myself?

- Tell him stories about your own life. Make up or tell traditional stories you heard as a child.
- Look at picture books with your child and make up stories about them together. This helps your child learn that books tell stories, stories begin at the front of the book, are sequential, and logical, and that storytelling is fun.
- Create your own simple books that you can read together. Let your child draw some pictures on several sheets of paper and ask him to tell you about the pictures. Write down what he says on each sheet. Staple or tie the pages together. Read his descriptions as you go through the book together. Encourage him to tell you the story of his pictures.
- Show an interest in reading. Your child wants to be like you and will likely copy what you do.



How can I help my children develop skills for success in reading?

- Read aloud every day for at least 10 minutes.
- Make sure the readings are interesting and exciting enough to hold your child's interest.
- Let your child talk about the pictures or help tell the story.
- Read a variety of books including stories, rhymes, poetry, and nonfiction.
- Reread a book when your child asks you to.
- Talk with your child about the stories you read.
- Make stories "come alive" by changing the tone of your voice to match the mood of the story.
- Keep books where children can reach them to look at when they want to.
- Keep initial readings short enough to fit child's attention span and gradually lengthen both.

This article was adapted from the Family Resource Kit which was developed by the Center on the Family at the University of Hawaii at Manoa.

Suspect Your Child is Dyslexic? Here's Help...

Dyslexia can make reading, writing, spelling, memorizing and organizing thoughts a really frustrating experience ... even if you are bright, which most dyslexics are. The Hawaii Branch of the International Dyslexia Association (HIDA) recently unveiled its new comprehensive Dyslexia Resource Guide. The Guide was developed in Hawaii and answers such questions as:

- What are common indicators of dyslexia?
- How do you test for dyslexia?
- How do dyslexic people learn best?
- What rights, services and resources are available by law?

The Guide outlines the positive, as well as the negative, aspects of dyslexia. HIDA's perspective is that, with proper teaching and assistance, every person can read, write and achieve. To receive your FREE copy, call (808) 538-7007 or e-mail HIDA@dyslexia-hawaii.org.

EXPANDED ACCESS TO COLLEGE FINANCIAL AID FOR FORMER FOSTER YOUTH

A new federal law removes a financial disincentive to adopting teens in foster care



This new law makes it possible for teens in foster care to be adopted without losing access to federal college financial aid. Under this new law, youth who are adopted from foster care at any point after their 13th birthday will not have to include their parents' income in the calculations for determining their need for financial aid. The Fostering Adoption to Further Student Achievement Act became law as an amendment to the College Cost Reduction and Access Act (Public Law 110-84). This law includes a revised definition of an "independent student." Currently, youth who were still in foster care as of their 18th birthday are considered to be independent students, meaning that they do not need to count parental income for determining their eligibility for college financial aid. The revised definition of "independent student" will extend to youth who were in foster care on or after their 13th birthday, even if they have subsequently been adopted.

This expanded definition of "independent student" will go into effect in July 2009, to apply for the 2009-2010 school year. The provision will apply to youth even for adoptions that were finalized before the law was passed in 2007. Youth who meet the new definition will need to indicate their status as an independent student when they fill out the Free Application for Federal Student Aid (FAFSA) form for college financial aid.

Legal reference: Section 604(a)(2) of Public Law 110-84 amends the definition of an independent student in federal law at 20 U.S.C. 1087vv(d) to include an individual who: "is an orphan, in foster care, or a ward of the court, at any time when the individual is 13 years of age or older."

New Statewide Program Helps Students Succeed in School!

It's All About Kids (IAAK) is a Hawaii-based company dedicated to helping students succeed in school using a fun and interactive computer program. Students enjoy the program and have the opportunity to earn great prizes from Taco Bell, Pizza Hut, Jamba Juice, Fun Factory and more! And best of all, the program provides these services to foster children **FREE** at schools that qualify.

Programs are located on many school campuses. Summer programs are also available for 3 to 5 days a week, 1-3 hours per day, depending upon the school site.

IAAK uses computer software to learn where students need the most help. It then creates a series of fun and interactive activities and learning games focusing on their areas of need. Parents and teachers may log in and check progress of their student. IAAK is set up to assist parents, teachers and administrators in the ultimate goal of helping children lead fulfilling lives with confidence.



For a list of schools that qualify for **FREE** services visit smarkkidshawaii.com. If your child attends a school without free tutoring there may be organizations that partner with IAAK to provide these services. If interested please call 487-5437. From neighbor islands, dial toll free (877) 880-5437.

Maui Foster Parents Honored at Appreciation Luncheon

Scott Seto, DHS

Maui Child Welfare Services celebrated its 9th Annual Foster Parent Appreciation Luncheon on January 25 at the Maui Tropical Plantation restaurant in Waikapu. More than one hundred people attended, including Maui County's Mayor Charmaine Tavares, foster parents, adoptive parents, legal guardians, therapeutic foster parents, and representatives from numerous government and Maui community organizations. Representatives from neighbor islands agencies also attended which included staff from the Heart Gallery Hawaii, Foster Family Programs of Hawaii (FFP), Partner's in Development, Catholic Charities of Hawaii and The Casey Foundation.

Mayor Tavares spoke to the crowd about the important role foster parents play in our Maui community. A well received presentation on "Getting Down to the Basics of Attachment" was also provided by FFP's clinical Director Keith Kuboyama. Maui Section Administrator, Elladine Olevao presented certificates of appreciation to current licensed Maui foster parents. Mr. and Mrs. Merardo, Aida Balon, and Mr. & Mrs. Rose and David Honoka'upu were recognized and honored as Maui's Child Welfare Services 2007 Foster Parents of the Year. Numerous door prizes were given away to all families that attended, some of which included bicycles donated by the Maui Friends of the Children's Justice Center and a \$100 Costco gift card, donated by FFP. Luggage was also distributed by Keiki Kokua.

This year's luncheon was made possible with the support and generous contributions from the Rolfing Foundation, the Maui Friends of the Children's Justice Center and the Department of Human Services. Special thanks to Scott Yoshida, Lisa Belongie, Lou Ann Alo and Rebecca Ferguson of the Maui Child Welfare Services, Special Services Unit who coordinated the event.



Maui Section Administrator Elladine Olevao congratulates Merardo and Aida Balon as one of two Maui Foster Families of the year.

HAWAII FOSTER YOUTH WIN NATIONAL FILM AWARD

Hawaii Student Television has just been informed that the Hawaii Foster Youth Coalition's Anti-Drug video has won the 2008 NATIONAL STUDENT TELEVISION AWARDS. This is equivalent to winning an Emmy Award for students, schools and youth video and television organizations.

The Hawaii Foster Youth Coalition (HFYC), a youth led organization, is honored to share this prestigious award with Hawaii Student Television. The PSA exemplifies the power, creativity, and positive impact youths can have when they work together, are empowered and speak their truths. It is exciting to see our future leaders succeed and be honored.

This PSA production featured Blake Lanoza, Malia Malufau, and Jocelyn Kara Conoly talking about the painful impact of drug abuse by their parents and pleading with listeners to stay safe from drugs, protect the family and yourselves. The production was funded by a 2006 grant from the Mayor's Anti-Drug Community Fund. HFYC is deeply grateful for the opportunity to encourage a healthy, drug free Hawaii.

The Hawaii Foster Youth Coalition contact info:

Phone: (808) 255-8365 *E-mail:* hawaiiyouth@yahoo.com

Website: www.hawaiiyouth.net *My Space:* www.myspace.com/hfyc



May is Foster Care Appreciation Month

The events below were designed to support and celebrate Resource Families* in Hawaii.
Find a complete list of events at our website, www.hawaiiosterparent.org.

Kauai:

May 27– Foster Parent Appreciation Luncheon

Hanamaulu Café

10:30 am to 12:00 pm

RSVP: Call Marcia Ota @ 274-3003

Presented by the Department of Human Services (DHS), Kauai CWS

Maui:

May 26– 4th Annual Treasured Keiki Day

Resource Families will enjoy a day of fun including:

Bumper Boat Rides, Rock Climbing, Trampoline

Jumping, & Miniature Golf!

Maui Golf and Sports Park

10:00 am

RSVP: Call Scott Seto @ 243-4604

Presented by DHS, Maui CWS

Oahu:

Resource Families Support Groups

May 9– Windward—Faith Baptist Church

RSVP: Call Matthew Simmons @ 521-9531 X 226

May 16– Waianae—Maluhia Lutheran Church

RSVP: Call Matthew Simmons @ 521-9531 X 226

May 23– Halawa—Halawa District Park

RSVP: Call Matthew Simmons @ 521-9531 X 226

Time and information for above support groups:

Time: 5:30 pm—8:00 pm ~ Dinner provided

Childcare available for children ages 3—12.

May's Support Groups will feature special events in honor of Foster Care Appreciation Month.

Presented by Foster Family Programs & DHS

*Resource Families include Foster, Adopt, Kinship and Guardianship families.

Annual Conference for Resource Families

“Helping Children in Foster Care Stay Connected to Their ‘Ohana/Kin, Culture, and Community” is a FREE conference open to all resource families. It is presented by the Foster Family Programs of Hawaii (FFP), DHS & Hui Hoomalu. Continental breakfast and lunch will be provided.

For more information, visit the FFP website at www.ffphawaii.org or call the FFP Warm Line:

Oahu: (808)545-1130 or toll free from the

Neighbor Islands: (866)545-0882

Conference Dates, Locations & Time:

Maui: June 2: Maui Arts & Cultural Center

Hilo: June 3: Hilo Hawaiian Hotel

Kona: June 4: King Kamehameha Kona Beach Hotel

Kauai: June 5: Aloha Beach Hotel Kauai

Oahu: June 7: Honolulu Country Club

Neighbor Island Conferences: 9 am—3 pm

Oahu: 8:30 am —2:30 pm



Make Your Voice Count! Register to Vote!

Register on-line or by phone:

<http://hawaii.gov/elections/voters/registration.htm>

Oahu: 768-3800 Big Island: 961-8277

Maui: 270-7749 Kauai: 241-6350

Registration Deadlines:

- August 21 for primary election *or*
- October 6 for general election

(Continued from Page 1) If a parent does not address these faulty beliefs, few parenting strategies or methodologies will help. Most parenting guidance assumes that a child's core belief is positive and, therefore, the child will choose good things for himself. A negative core belief inspires very different choices.

Attachment to a primary caregiver can enable a troubled child to change faulty beliefs. Our therapy at Family Attachment and

Counseling Center focuses on strengthening parent-child attachment through storytelling rather than only addressing behavioral issues. We consistently find that when parent-child attachment grows, many of the behavioral problems disappear because children begin to change their self view and understand that their parents honestly want good things for them.



In addition to healthy attachments, children need boundaries and discipline to learn how to navigate life. In our experience, children with attachment difficulties often have common perceptual problems that need to be accounted for when choosing a discipline technique. Children who have attachment issues:

- may inaccurately read non-verbal cues and misinterpret spoken phrases. In fact, they commonly place negative interpretations upon others' neutral words and actions.
- may not seek positive attention. Due to past experiences, these children may be more comfortable with negative attention because it fits their faulty belief system, tends to be more intense and undivided, and is habit forming. They also may not know when they do things right.
- may have difficulty regulating their internal emotional states. They may frequently become overwhelmed with strong emotions that block their ability to use a coping strategy.
- are often very controlling. Based on experiences with untrustworthy or absent caregivers, they may have had to take care of themselves and not rely upon other people for help—a habit that can be hard to break.
- tend to be very anxious and may mask their fears through opposition. A 16 year old youth reported he frequently says “no” to a request right away so he has more time to understand what the person is asking.

A single parenting methodology or technique will not work well for all stages and ages. This adage may apply even more to children who suffer from attachment difficulties due to their emotional immaturity, poor coping skills, and uneven development. In order to assess whether a specific parenting technique is right for you and your child, ask yourself if this form of parenting will help:

- create a more connected relationship between you and your child,
- regulate your child's emotions, and
- give your child a sense of accomplishment or mastery that combats a faulty belief and leads to positive self-esteem.

Parents must be purposeful in their interventions and tailor techniques to their child's unique needs. Thinking ahead is crucial since most of us do not have the wherewithal to assess and react appropriately to a situation while we are in the midst of a crisis. In my years of work with children and adolescents who have attachment issues, I have been privy to parents' triumphs and struggles in raising their children and have gathered their sage parenting advice:

Gauge your expectations according to the child's emotional age and abilities, not his chronological age. Many children who suffer early childhood maltreatment experience delayed emotional, social, cognitive, and sometimes physical development. When adults expect them to act their chronological age, these children may become overwhelmed (which may, in turn, present as oppositional behavior). Observe and evaluate your child's development separately from his chronological age to find parenting strategies that will work for him as he is now.

Be consistent! Follow through with what you say. Although a parenting technique may not consistently divert a blow up, children need to know what will happen. There is comfort in the mere structure of discipline. By following through on a consequence, you keep your word and establish a boundary that will help your child feel more secure in your presence. Do not toss out a strategy without giving it a chance to work. What does not work now may work later. Children move through different developmental stages. As they mature, different parenting strategies may work even if they were not initially successful. For example, logical and natural consequences may not work for a child who believes she does not deserve good things or for a child who is developmentally like

(Continued from Page 9) a two-year-old—where autonomy may be more important than self benefit. As she gets more attached to you and revises her core beliefs, it may become a viable parenting method.

Be explicit and clear about your good intentions.

One way to diffuse negative interpretations is to be explicit. I witnessed one parent, for example, whose son interrupted her during a conversation. She stated very clearly, “You interrupted a conversation.” Her son kept talking. She continued, “When you interrupt me, I have less interest in what you are saying. I want to be interested in what you are saying because I love you. It would be better if you wait quietly until I finish this portion of the conversation. I will ask you what you want when there is a pause in the conversation. Then, I will listen to what you have to say.” Incredibly, the child did as she said. He was also pleased that he could navigate that social situation correctly and gain the response he wanted.

Ask yourself why your child is doing what he is doing. Go under bad behavior to ask yourself why a child is being so oppositional, annoying, or moody.

One father considered why his son incessantly chattered. He knew the youth’s birth parents had neglected and abused him, so he finally asked, “Do you talk all the time because you don’t want to think?” The son replied that indeed he did not like silence because when there wasn’t any sound, he thought of bad things. After the youth’s explanation, his father better understood the extent of the youth’s internal discord, had more tolerance for the noise, and looked for additional ways to help his son.

Calm your child before you do anything else.

Research indicates that when people are highly anxious, they cannot learn new things. Children whose past includes abandonment, neglect, or abuse tend to be more anxious and more easily overwhelmed by negative emotions and environmental stimuli (noise, light, too many people, etc.). Employing techniques to calm your child before attempting to address a behavioral problem may give you more success.

Some parents have used creative calming methods, such as having their children:

- run around the house
- write, work a puzzle, or listen to music
- help scrub the floor with the parent
- jump on the trampoline
- take a bath

Structure to reduce anxiety. Children who experience a rocky start in life may enter new homes and situations in survival mode. Consequently, they may instinctively need to have some control over their situation so that they can feel safe. A structured, predictable environment can help to reduce a child’s anxiety and make them feel more secure in the home. Structuring might begin with routines. A large white board can tell children what will happen and what they are expected to do. Structuring can also mean thoughtfully preparing for possible problems. Parents can tell their children stories that anticipate feelings and model ways to handle different situations. Parents can also role play interactions using puppets or toys to illustrate a problem and potential solutions.

Be kind to yourself! Parenting a child with attachment issues can be an extremely isolating experience. To form a secure attachment with a difficult child, parents must find support. Both external and internal supports can help you be the parent you want to be for your child. Some ideas:

- Join a support group or meet with other parents who understand your life.
- Journal the progress your child makes. Track every small step.
- Be thankful for the good things in your life; review them morning and night.
- Allow yourself time away.
- Give yourself 20 minutes a day to do something you love and look forward to.
- Exercise and eat healthy food.

So, what works with children who have attachment issues? Many parenting techniques are helpful. It is important, however, to remember that each method is only a tool to use at a given time so the child will learn what he needs to know to be healthy. In the end, no one parenting strategy will be the ticket for a successful relationship with your child. Parenting is a process that takes time, and with ongoing commitment, healing and connection can occur.

Melissa Nichols is with the Family Attachment and Counseling Center of Minnesota. Learn more at www.familyattachment.com.

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Phone:	Fax:	
Email:		

Yes, I want to support quality foster care for Hawaii's children. Enclosed is my tax-deductible gift of:

- \$35 \$75 Other \$ _____
- \$50 \$125

Payment Method:

- Check enclosed Please charge my VISA or MasterCard

Card Number

Cardholder's Signature

Expiration Date

- My company will match my gift—the necessary form is enclosed.
- Yes, please send me the next four quarterly newsletters, mailed directly from the HFPA office.

❖ **This gift will be acknowledged in the HFPA Bulletin unless requested otherwise.**

In accordance with IRS regulations, your gift to the Hawaii Foster Parent Association is fully tax-deductible.



Mahalo to our Donors, Sponsors, and Supporters!

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It is easy to do! HFPA has an agreement that allows purchases made at Amazon.com through links from our website to result in a portion of your total Amazon.com purchase being given to HFPA.

These funds are used to support HFPA programs. HFPA only receives this money if you shop through one of the links on www.hawaiifosterparent.org. *Thank you for your support!*





**Hawaii
Foster Parent
Association**

**E PŪLAMA NĀ KEIKI
HFPA Newsletter
76 N. King St., Suite 201
Honolulu, Hawaii 96817**

**May is Foster Parent Appreciation Month! See page 8 for list of events.
Check our website for a full list: www.hawaiifosterparent.org**

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Foster Parent Appreciation Fair

Free

& Teen Zone*

Saturday, May 24 - 9 am - 2 pm

On the Bishop Museum Great Lawn

Schedule for the main stage:

10:00 am: **Lillian Koller** -DHS Director—Delivers Opening Remarks

10:30 am: **Wally Amos** Reads to Keiki

11:30 am: **Children's Concert** by Nationally Acclaimed **Peter Alsop**

12:30 pm: **Dr. Shintani** Shares His Wisdom on Health and Wellness

1:00 pm: **Pressure Drop**—Local Reggae Band

Entertainment and Activities for ALL ages including the above plus:

Bounce Houses, Rock Wall, Lazar Maze & Slam Poetry

Bring Your Family and Friends!

Questions? Call Jennifer Cilfone at 349-8906

* **TEEN ZONE** will feature Teen Activities, Resources for College & Housing plus a Raffle which includes 2 iPod Shuffles!

Discounted entry to the Bishop Museum's Galleries:

\$5 Adults—\$3 Children