

Preventing Holiday Meltdowns

1. Tame Your Holiday Expectations

Holidays are meant to be fun. Try to approach them with an attitude of joy and celebration, as opposed to trying to run the season like a well-managed classroom. Not only does over-planning and over-orchestrating ruin the fun for your kiddo, “it will probably fail,” Dr. Hallowell says. “The holidays are supposed to be a time to connect with our loved ones, so make that your goal — not maintaining order.”

2. Discuss Holiday Events in Advance

Concerts, celebrations, and bazaars can throw a wrench into a child’s weekly schedule flow, but if you give your family members a heads up, they have time to adjust. Just be sure to tell them that even the best-laid plans may be interrupted — and that’s OK (sometimes it’s even part of the fun). Advanced warning — and ample time to ponder — helps many children with ADHD to tame their reactions when things don’t go as planned.

3. Establish Ground Rules Where They Matter

When an issue is likely to trigger unease, confusion, or discomfort in your child — from mealtimes during winter break to who is giving gifts to whom — try setting basic ground rules in advance. This could be as simple as saying, “Instead of lunch, we’ll be having dinner at 4 p.m. because the meal is so big and Aunt Jenny has to drive all the way home after.” Explaining when something is happening, and why, can help a child make sense of a disruption in her routine. “Be sure to ask family members who don’t have ADD to help you out with the ground rules, so everyone’s on the same page,” Dr. Hallowell suggests.

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DHS Payment Schedule

REMEMBER DUE TO THE HOLIDAYS YOUR JANUARY CHECK FROM DHS MAY BE SLIGHTLY DELAYED.

Payments to foster families and adoptive families are available for worker approval on the first business day of each month. The payments are mailed out of Central office two business days after the approval occurs. Payments issued via direct deposit are issued two business days after the approval occurs, and are deposited into the account three banking days after issuance.

Arrangements are made in local offices to ensure staff approves payments timely.

Below is an approximate schedule for payments for the first half of the upcoming year. Please know these dates can vary. If you do not have your check within five days of the approximate delivery date, please contact your social worker or subsidy worker. If you don’t know who your subsidy worker is, you can contact your local DHS office and you will be given contact information.

Date Payment available for Worker Approval	Date Payment would be mailed if approved on 1st business day	Date Payment would be deposited in Bank account when paid via Electronic Funds Transfer approved on 1st business day
01/02/19	01/04/19	01/08/19
02/01/19	02/05/19	02/08/19
03/01/19	03/05/19	03/08/19
04/01/19	04/03/19	04/07/19
05/01/19	05/03/19	05/08/19
06/03/19	06/05/19	06/07/19
07/01/19	07/03/19	07/08/19



Never Too Old for Family

By: *Adoptive Families Magazine*

"Home is where one starts from." These simple words are from a poem by T.S. Eliot. For most of us, home and family are a given and, at times, something we might take for granted. Home is not only where we start from, but also a place we revisit throughout our lives—for comfort in times of sadness, for celebration in times of joy, and for daily support and love. Unfortunately, home and family are much more elusive and complicated for the tens of thousands of children in foster care waiting to be adopted.

Today in the United States, more than 443,000 children are in some form of temporary out-of-home care or foster care, most often due to abuse or neglect they suffered in their biological family homes. For more than 123,000 of those children, the professionals charged with their care have determined that their biological family can never be safe enough for their return, and all parental rights and responsibilities have been severed. Permanently. That leaves these children in the custody of the state, waiting for an adoptive family and a home.

Although children of all ages are currently in foster care, nearly 45 percent of the children waiting to be adopted are ages eight or older. Older youth in care experience not only the typical identity exploration, independence cravings, and adult testing that all adolescents experience, but must also grapple with the profound grief and loss that has surrounded their lives—all without a permanent family.

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ADHD and Perfectionism: What You Need to Know

By *The Understood Team*

Both boys and girls with ADHD can be perfectionists. They may be too anxious about small details and "get stuck." Perfectionism can cause a lot of frustration, but there are ways to help your child cope.

People don't often think of kids with ADHD as perfectionists. Kids with ADHD appear to race through homework without worrying about the results. They may also appear to have difficulties paying attention to detail and following through on projects or assignments.

But some kids with ADHD, both boys and girls, *are* perfectionists. And that can be as hard to manage as other behaviors people usually associate with ADHD. Perfectionism isn't just trying to do a good job on a task. It's being too anxious about small details and getting stuck in ways that make it hard to get the task done in a reasonable time. Here's what you need to know about ADHD and perfectionism, and how you can help your child.

ADHD and Obsessive Behavior:

Extreme cases of perfectionism can be more a trait of obsessive compulsive disorder (OCD) than of ADHD. (These two disorders commonly co-occur.) And while OCD and ADHD are very different, they share some similar symptoms.

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The

Left

By Rachel Hillestad

It took his left-behind toothbrush to undo me. I'm sitting here in a parking lot sobbing my guts out. He was mine for two and a half weeks, but those days and nights saw him smile, sleep through the night instead of freezing awake in terror, swing for hours on the swings my kids take for granted. He called me Mama and I told him every time I left that if I said I would come back, I would. I prepared him for his new home as well as I could, but now it's nap time and his new mom says he misses me. I texted her a picture to show him.

The number one thing people say to me is, "I could never do foster care. I would get too attached." Guess what: I'm just like you. I "got attached".

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SEE YOU IN TWO WEEKS

THE WEEKLY
WORD WILL
RETURN ON
TUESDAY, JAN.
1ST. HAPPY
HOLIDAYS

