

MAY 29, 2018

DROWNING DOESN'T LOOK LIKE DROWNING

Memorial Day weekend has just ended, marking the start of a fun-filled swimming season for kids and parents alike. Last summer, Mario Vittone dispelled a popular myth about a preventable risk: drowning. In many child drownings, adults are nearby but have no idea the victim is dying. Here's what to look for to keep your kids safe.

The new captain jumped from the deck, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the couple swimming between their anchored sportfisher and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine; what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept swimming hard. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not 10 feet away, their 9-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"

How did this captain know—from 50 feet away—what the father couldn't recognize from just 10? Drowning is not the violent, splashing call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, had learned what drowning looks like by watching television. [CONTINUE ARTICLE](#)



DID YOU KNOW?

Drownings are the No. 2 cause of accidental death in children, ages 15 and under (just behind vehicle accidents)—of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult.

Positive Change: How to Reinforce Good Behavior

Nagging doesn't work. Neither does yelling or spanking. You know why? Punishments tear down children, whereas positive parenting builds up their self-esteem and behavior.

Strong self-esteem is Job #1. If you're raising a child who has ADHD, you probably spend a lot of time focusing on his weak points—intentionally or not. There's nothing wrong with trying to work on your child's impulsivity or lack of focus—in fact, it's important for parents to do so. But focusing too intently on your child's shortcomings may be doing a number on his self-esteem. [Keep reading](#)

SAT or ACT: How to Know Which Is Best for Your Child

At a Glance

- Most colleges will accept either the SAT or ACT.
- The tests measure different skills and work in different ways.
- Your child may do better with one test than the other.

SAT or ACT? It might not seem like there's much difference between the two college admissions tests. But, in fact, there is. And depending on your child's learning and attention issues, one test may be a better fit than the other.

[Continue Reading](#)

Adoption

By Betsy Keefer-Smalley

Adopted children, as well as foster children separated long-term from their birth families, may experience feelings and reactions commonly called “adoption issues.” Let’s face it, we all have issues related to our experiences and histories. That doesn’t mean we have mental health problems, but it does mean we view the world through a lens impacted by our past experiences.

There are seven identified issues related to long-term separation from birth family. Some issues will be more significant than others depending on the child’s developmental level or current situation. For example, identity will be a more prominent issue for children who are in early adolescence (when identity formation is an important developmental task) or for those children who are in communities that differ dramatically from their own racial or cultural identities. The importance of adoption issues varies with each child depending on a variety of factors, including the child’s resilience, temperament, history of trauma, his understanding of the reasons leading to his separation from his family, and his developmental level.

The following outline provides a list of seven commonly identified adoption issues, reframed from the child’s point of view as “wonders.” Also included (in the link below) are some possible behaviors displayed by a child experiencing feelings associated with each of the issues.

- # 1: Loss and Grief
- # 2: Rejection/Abandonment
- # 3: Guilt and Shame
- # 4: Trust
- # 5: Identity
- # 6: Control
- # 7: Divided Loyalties

[CONTINUE ARTICLE](#)

Source: FosterParentCollege.com *Connections* Newsletter

Questions and Answers About Iowa’s Juvenile Justice System

Authored by Iowa Legal Aid

What are juvenile delinquency cases?

They are criminal cases where the person responsible for the crime is a minor.

How are juvenile delinquency cases different from adult criminal cases?

In a delinquency case, minors are not convicted of crimes and then sentenced to punishment.

Minors are instead "adjudicated delinquent." This means a judge heard all the evidence and found the minor did commit the crime of which he or she was accused. After being found delinquent, a minor is not "sentenced." Instead, there is a "disposition" hearing. The court can order probation or placement in foster care, residential treatment, or a state institution. The goal is providing services to prevent future delinquencies.

Continue Reading

HELPING KIDS WITH ADHD MANAGE SCREEN TIME

Many kids have trouble managing screen time and knowing when it’s time to unplug. But ADHD can make it even harder for kids to make good decisions about technology. Learn about common trouble spots and ways you can help. Some common trouble spots include:

- **Time Management**—ADHD can make it hard to keep track of time. Kids can spend hours and hours in front of a screen.
- **Impulse Control**—Kids with ADHD may be more likely to engage in risky online behavior like watching inappropriate videos or sexting.
- **Sleep**—Winding down at bedtime can be challenging for kids with ADHD. Screen time can make it even more difficult.

CONTINUE READING

USE YOUR ADOPTION RESPITE DAYS!

Each adopted child who receives a subsidy from Iowa is eligible to receive five days of respite care per fiscal year at \$20 per day. The current fiscal year for the Adoption Respite Program runs from July 1, 2017 to June 30, 2018. Depending on the county you live in, Adoption Respite will be paid through Four Oaks or LSI. See the attachment for the forms. **All respite days must be used during these dates and the form must be submitted no later than Friday, July 6th.**

VIEW RESPITE FORM