

SERVING 50 COUNTIES  
IN NORTHEAST AND  
NORTH CENTRAL  
NEBRASKA  
~ SINCE 1998 ~



## *September is National Foster Parent Month*

Building Blocks would like to take this opportunity to thank our foster parents and respite providers for their hard work and dedication to children. We are truly blessed to have you as part of our team.



As a sign of our appreciation:

- We are hosting two fall festivals.
  - Poppy's Pumpkin Patch located at 55275 837<sup>th</sup> Road in Norfolk. It will be held on September 29<sup>th</sup> from 1-3 p.m. Check out Poppy's at:  
<http://www.poppypumpkinpatch.com>
  - Helgoth's Pumpkin Patch located at 121 Eagle Road in St. Libory. It will be held on September 29<sup>th</sup> from 1-3 p.m. Check out Helgoth's at:  
<http://www.helgothspumpkinpatch.com>
- FREE admission for Building Blocks families.
- RSVP to Rachael at: 402-336-4841 or [rachael@buildingblocksforkids.org](mailto:rachael@buildingblocksforkids.org)





# Save the Date

## Building Blocks Annual Holiday Party



Northeast Community College  
Lifelong Learning Center  
801 East Benjamin Ave.  
Norfolk, NE 68701

Saturday, December 1, 2018  
3:00PM - 6:00PM

HOPE TO SEE YOU THERE!



CONGRATUALATIONS

PRUTER FAMILY  
MAY 24, 2018



## National Adoption Day 2018

On National Adoption Day, courts and communities in the United States come together to finalize thousands of adoptions of children from foster care. More than 300 events are held each year on the Saturday before Thanksgiving in November, in all 50 US states, the District of Columbia and Puerto Rico to finalize the adoptions of children in foster care.

This year's adoption day will be celebrated on Saturday, November 17, 2018.

celebrate  
BUILDING BLOCKS  
20 YEAR ANNIVERSARY  
OPEN HOUSE

10:00a.m. - 12:00p.m.  
Friday, September 28, 2018

Building Blocks  
118 N. 5th Street  
O'Neill, NE 68763

PLEASE JOIN US!

# *Parenting Beyond Consequences*

*By: Heather T. Forbes, LCSW*

Children need unconditional love and unconditional acceptance from their parents; we all know this and believe this. However, do we ever stop to consider how so many of the traditional parenting techniques accepted in our culture work contrary to this primary goal? Traditional parenting techniques that involve consequences, controlling directives, and punishment are fear-based and fear-driven. They have the ability to undermine the parent-child relationship and because they are tied into behavior, children easily interpret these actions to mean, "If I'm not good, I am not lovable." Thus, children often build a subconscious foundation that says that love and approval is based off of performance. Parenting from a love-based paradigm means going beyond our children's behavior and beyond consequences to first see that negative behavior is a form of communication and that negative behavior is a response to stress. If we see the kicking and screaming child as one who is having difficulty regulating due to an overflow of feelings, we can learn to stay present with the child in order to help him modulate these feelings and thus, help him to build his emotional regulatory system. A child kicking and screaming or in a rage is a child who has been "emotionally hijacked." Emotions are not logical or rational; the hitting and kicking is the body's natural fear reaction gone awry. Allowing a child emotional space to safely dissipate this energy will then allow him to calm down. As we provide reassurance, unconditional love, and emotional presence for our children, the need to kick and scream will disappear. Many times our children kick and scream simply because they do not feel that they are being listened to nor do they feel as if they have been heard. Staying present and reassuring a child that you really are listening to him can be enough to help them begin to regulate. The life lesson that kicking and screaming is inappropriate does indeed need to be reinforced. But this life lesson can only happen once the child is fully regulated (when the child is calm) and his cognitive thinking is intact. This is also the time to present alternatives to kicking and screaming. This is a way of teaching our children instead of punishing them. The definition of discipline is to teach. The more we can stay focused on the relationship with our child and strengthening this relationship instead of controlling it through consequences, the more we will be helping our child learn to work through their stress appropriately. Below are four pointers to help you stay in a loving and emotionally open place for your children:

## **Just Be Happy! But I'm not!**

Did anyone ever tell you, "Just think happy thoughts and it will be okay."? Did it really work? Probably not. Emotions do not simply disappear. If feelings are not released and acknowledged, they are stored and become part of our physical make-up. Research has convincingly shown that being able to express feelings like anger and grief can improve survival rates in cancer patients. With our children, feelings that become stored and "stuffed" become activators for negative behaviors.



## ALL Feelings are Good Feelings

As parents, it is important for us to understand the necessity of emotional expression, both in teaching it to our children and in modeling it to our children. Blocked feelings can inhibit growth, learning, and the building of a trusting relationship between the parent and child. The first step to take is to recognize that ALL emotions are healthy. In our culture, feelings such as joy, peace, and courage are seen as good feelings, yet feelings such as sad, mad, and scared are seen as bad feelings. Let's rethink this to understand that it is not the feeling itself that creates negativity; it is the lack of expression of the feeling that creates negativity. And in children, this negativity is most often expressed through poor behaviors.

## Getting to the Core of the Behavior

When children are acting out and being defiant, we need to begin to understand that their behaviors are simply a communication of an emotional state that is driving these behaviors. If we simply address the behavior, we miss the opportunity to help children express and understand themselves from a deeper level. Start by modeling basic feeling words to your child. Keep it simple and teach the five basic feeling words: **sad, mad, bad, scared, and happy**. Even the youngest of children can learn to say, "I'm mad!" When the toddler is throwing his toys or the teenager is throwing his backpack across the room, encourage him at that moment to get to the core of the behavior through emotional expression. Remember...it really isn't about the toys or the backpack; and they really do know better than to do the negative behaviors.

## Responding vs. Reacting

So the next time your child becomes defiant, talks back, or is simply "ugly" to you, work to be in a place not to react to the behavior, but respond to your child. Respond to your child in an open way—open to meeting him in his heart and helping him understand the overload of feelings that are driving the behaviors. He doesn't need a consequence or another parental directive at that moment; he just needs you to be present with him. As your children learn to respond back to you through the parent-child relationship, they won't have the need to communicate through negative behaviors anymore. You'll both have more energy for each other, building a relationship that will last a lifetime.

© Beyond Consequences Institute, LLC 2015 [www.beyondconsequences.com](http://www.beyondconsequences.com) 2

To find out more about the Beyond Consequences parenting approach or to purchase a copy of one of this author's book, please visit [www.beyondconsequences.com](http://www.beyondconsequences.com)



## "Inspired to Improve" Conference

**September 8, 2018**

**8:00 am- 4:15 pm**

### Target Audience:

Parents, Foster Parents, Educators,  
Community Service Providers,  
Caseworkers, Social Workers, Probation  
Officers, Coaches, anyone working with  
youth.

**Lifelong Learning Center  
701 E. Benjamin Ave.  
Norfolk, NE 68701**

**Registration Deadline:  
August 31, 2018**



## "Inspired to Improve" 2018

### Registration Information

Name \_\_\_\_\_

Title/Organization \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Contact Number \_\_\_\_\_

\_\_\_\_\_ Building Blocks Foster Parent \$25

\_\_\_\_\_ Sponsor Participant \$25  
(ticket must accompany form)

\_\_\_\_\_ General Public Participant \$50

### Method of Payment:

\_\_\_\_\_ Check (payable to Building Blocks Foster Care)

\_\_\_\_\_ Credit Card

Card # \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV# \_\_\_\_\_

Billing Zip Code \_\_\_\_\_

\_\_\_\_\_ Purchase Order # \_\_\_\_\_

(Cancellation fee of \$15 prior to 9/4/18  
No refunds after 9/6/18; substitutions permitted)

For conference or registration questions contact:  
Tonya Bauman 402-851-1097 or  
tonya@buildingblocksforkids.org

Send Registration/Payment to:  
Building Blocks Foster Care  
"Inspired to Improve"  
118 N. 5th St.  
O'Neill, NE 68763  
rachael@buildingblocksforkids.org  
(402) 336-4640 Fax

## Program Agenda

- 8:00 - 8:30 Registration
- 8:30 - 8:45 Welcome/Introductions
- 8:45 - 10:15 Opening Keynote - Brian Mendler  
"That One Kid"
- 10:15 - 10:30 Break
- 10:30 - 12:00 AM Breakout Session  
"Why Kids Misbehave...and What to do About it" -  
Brian Mendler
- Or  
"Effective Search Techniques" - Julie Clark
- 12:00-12:45 Lunch (Provided)
- 12:45 - 2:15 PM Breakout Session  
"Active Shooter - Civilian Response" - Julie Clark
- Or  
"Understanding Behavior through a Trauma Lens" -  
Frank Grijalva
- 2:15 -2:30 Break
- 2:30 - 4:00 Closing Keynote - Michael Carnes  
"Call Me a Survivor"
- 4:00 - 4:15 Closing Remarks, Evaluations,  
Certificates

### CEU Information

This Conference in it's entirety is worth 6  
clock hours of continuing education.

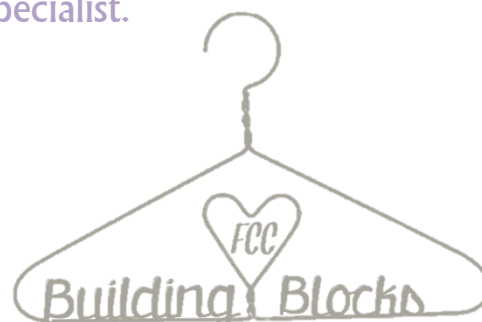
Criminogenic hours are anticipated for  
much of the program, approval is  
"pending".

The Building Blocks Foster Care Closet  
is available for your foster child's clothing and accessory needs.

To fulfill your foster child's clothing needs, download a form from our website  
[www.buildingblocksforkids.org](http://www.buildingblocksforkids.org) and submit the completed form to  
your Foster Care Specialist or Resource Development Specialist.

~ Offered free of charge ~

We are NOW offering seasonal clothing updates.



## Nebraska's Child Passenger Restraint Law:

- Children up to age 8 must ride correctly secured in a federally-approved child safety seat. *(Primary Law)*
- Children must ride rear facing until at least age 2 or until reach the upper weight limit allowed by the car seat's manufacturer. *(Primary Law)*
- Children under age 8 must ride in the back seat, as long as there is a back seat equipped with a seat belt and is not already occupied by other children under age 8. *(Primary Law)*
- Children ages 8 up to 18 must ride secured in a safety belt or child safety seat. *(Secondary Law)*

***LB 42, the Child Passenger Restraint Law, goes into effect January 2019***

## Social Media, Facebook, Confidentiality: Things You Need to Know. . .

*As technology advances and becomes more accessible, so does the desire to share your joys and concerns on social media like Twitter and Facebook. Building Blocks would like to remind you that you cannot do so. It is a violation of confidentiality policies that you agreed to uphold as a foster parent for your licensure. For your convenience, we have listed the policy for you to review as we are again getting closer to the holidays.*

### ***1-007 RELEASE OF PHOTOGRAPHS AND IDENTIFYING INFORMATION REGARDING WARDS.***

*No photographs or slides, electronic video, or other identifying information regarding a Department ward may be released for use on posters, in news stories, presentations, press releases, newsletters without the written consent of the child's worker and agreement of the parent, if parental rights are intact.*

*In deciding whether to give consent, the worker will consider:*

- Legal status of parental rights;*
- The child's opinion and wishes;*
- Purpose and use of material;*
- Effect of use on child and family*

*If a situation is questionable, consent shouldn't be given*

*If you have any questions on this policy, please contact your Resource & Licensing Specialist!*

## WANTED

Building Blocks is looking for additional foster homes to provide care for high needs children including teens, sibling groups, kids with severe behaviors and those exiting higher levels of care. Building Blocks will be offering a reward to anyone that recruits a new foster home willing to take placements of this population that completes the licensing process.

**For information contact the office at 402-336-4841.**



*A Friendly Reminder . . .*

*DHHS Regulations require that each foster parent get at least 12 clock hours of Department Approved In-service training annually within the effective dates of his/her license. (DHHS Compliance Review Form).*

*Each Building Blocks location has a lending library as well as various self-directed study materials for your assistance. Our website also maintains a current and upcoming training schedule. For your convenience, your Resource & Licensing Specialist will be sending you a quarterly update of the number of hours remaining for the year.*

*Don't forget to check out our website, [www.buildingblocksforkids.org](http://www.buildingblocksforkids.org) for updated information on events, resources, in-services and pre-service training.*

*Provide your e-mail addresses to Tonya Bauman at:*

*[tonya@buildingblocksforkids.org](mailto:tonya@buildingblocksforkids.org)*

*or 402-851-1097 for enrollment in our online training services.*



# Support Groups

## IN-PERSON SUPPORT GROUP

**Columbus Support Group:** Meets the second Tuesday of the month (except July and December). Childcare available. Contact Tammy Welker at: 402-989-2197. Peace Lutheran Church, 2720 28th St. 7:00-8:30 p.m. September 11, October 9, November 13, 2018

**Norfolk Support Group:** Meets quarterly. Childcare available. Contact Terry Robinson at 402-460-7296 Northern Heights Baptist Church, 3000 Harvest View Drive 6:30-8:00 p.m. September 27, October 25, 2018

**Grand Island Support Group:** Coming SOON!

## ONLINE SUPPORT GROUP

**FACES:** Online Support Group: Every Tuesday 9:00-10:00 p.m. CT Contact Felicia at Felicia@nfapa.org to become a member of this closed group. Meets weekly to discuss issues foster parents are facing. Support only.

## TRANSRACIAL SUPPORT GROUP

**Parenting Across Color Lines:** This group supports and strengthens racial identity in transracial families. Support only. Meets the fourth Monday of the month. Children welcome to attend with parents. Newman United Methodist Church, 2242 R Street, Lincoln. 6:15-8:00 pm Contact the NFAPA office to register for Family Events or any questions. 402-476-2273 For more information or to RSVP, contact Laurie Miller at Laurie@nfapa.org Meetings: September 24, October 22, 2018

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# GENERAL INFORMATION

## BOARD OF DIRECTORS

**PRESIDENT**  
AMY SHANE

**VICE PRESIDENT**  
PATSY HURLBERT

**SECRETARY/TREASURER**  
TRACI OBER, CFO

**DIRECTORS**  
RICHARD HACKER  
SARAH HENDERSON  
RUTH MATTHEWS-MOTT  
DARCY POESE  
RICHARD FITCH, M.D.

## OFFICES

118 N. 5<sup>TH</sup> STREET, O'NEILL  
402-336-4841  
FAX-402-336-4640

101 EAST WILSON AVENUE, NORFOLK  
FAX-402-379-1056

1312 DAKOTA AVENUE, STE. A, S. SIOUX CITY  
FAX-402-404-8315

1300 SOUTH LOCUST, GRAND ISLAND  
FAX-308-675-6966

CEO: JACQUELYN MEYER  
PROGRAM DIRECTOR: RACHAEL KALLHOFF

1-800-689-0945 ~ ON-CALL 402-394-5736  
WWW.BUILDINGBLOCKSFORKIDS.ORG

# Upcoming Events & Activities

## September

National Foster Care Month

- 3 - Labor Day
- 8 - Building Blocks 1<sup>st</sup> Annual "Inspired to Improve" Conference - NECC in Norfolk
- 11 - Columbus Support Group
- 22 - Autumn begins
- 24 - Board of Directors Meeting - 5:00p.m.
- 27 - Norfolk Support Group
- 28 - Building Blocks 20 Year Open House Celebration - 10:00a.m. - O'Neill Office
- 29 - Helgoth's Fall Festival - St. Paul - 1:00p.m. - 3:00p.m.
- 29 - Poppy's Fall Festival - Norfolk - 1:00p.m. - 3:00p.m.

## October

- 6 - Harvest of Harmony Parade - Grand Island
- 9 - Columbus Support Group
- 15 - Grand Island Support Group
- 25 - Norfolk Support Group
- 31 - Happy Halloween!

## November

National Adoption Month

- 4 - Daylight Savings Time ends
- 6 - Election Day
- 11 - Veteran's Day
- 13 - Columbus
- 22 - Thanksgiving
- 23 - Building Blocks offices will be closed
- 26 - Board of Directors Meeting

## December

- 1 - Building Blocks Annual Holiday Party - 3:00p.m. - 6:00p.m. - NECC in Norfolk
- 21 - Winter begins
- 25 - MERRY CHRISTMAS!!

# RESOURCES

**Nebraska Lifespan Respite Network:** Respite care, planned or emergency, is the provision of short-term, temporary relief to those who are caring for family members with special needs. <https://nrrs.ne.gov/respitesearch/>

**Friends of Foster Children:** Foster parents and providers have the opportunity to apply for special grants for foster children. [www.ne-friends.org](http://www.ne-friends.org)

**Project Everlast:** Foster youth council; [www.projecteverlast.org](http://www.projecteverlast.org)

**Susan Buffet Scholarship:** Scholarships for graduating youth. [www.buffetscholarships.org](http://www.buffetscholarships.org)

**Right Turn:** Good support site for Foster Parents. [www.RightTurnNE.org](http://www.RightTurnNE.org)

**NFAPA Newsletter:** The NFAPA Newsletter is a good resource for articles about foster care news, legislature, behaviors, and ideas for foster parents. [www.NFAPA.org](http://www.NFAPA.org)

**EMK Press:** Publishes a variety of books and helpful resources as your families evolve on the journey of parenting. [www.emkpress.com](http://www.emkpress.com)

**Foster Parent Insurance Information:** Information on the process and contacts for Foster Parent Insurance and how to make a claim. [www.das.ne.gov/risk/foster-parent.html](http://www.das.ne.gov/risk/foster-parent.html)

**WIC:** Women, Infants and Children subsidy program. ALL foster children are eligible for WIC because they are on Medicaid. [http://dhhs.ne.gov/publichealth/Pages/wic\\_index.aspx](http://dhhs.ne.gov/publichealth/Pages/wic_index.aspx)

**Through the Eyes of the Child:** Is a good website to find information about Court and Documents. [www.throughtheeyes.org](http://www.throughtheeyes.org)

**ATTACH:** Providing training to foster parents and professionals to promote healthy attachment and heal trauma. [www.ATTACH.org](http://www.ATTACH.org)



**Visit us on Facebook at: Building  
Blocks for Community Enrichment.**

Building Blocks for Community Enrichment  
118 North 5<sup>th</sup> Street  
O'Neill, NE 68763

Return Service Requested

