

## Northern Region scholars win at college

Families Now and Forever congratulates the Northern Region graduates on the double accomplishment of attending college and receiving a DCFS Scholarship. These young people stood out in their schools and communities as examples of what hope and hard work can bring about. Right about now the reality of college life is probably sinking in for these students. There remains plenty of road ahead, but with perseverance and the help of dedicated caregivers, caseworkers and others they are on the right path.



### **Bridgette Brdecka**

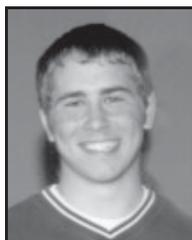
Bridgette Brdecka, 18, graduated from West Aurora High School where she maintained a B+ average. While in high school, Bridgette was on the honor roll, played the violin in the string ensemble,

participated in sports, and held several part-time jobs. She attends Illinois State University with a major in Sociology/Criminology.

### **Daniel Frazier**

Daniel Frazier is 18 years old and a resident of Lake Geneva, Wisconsin. He was valedictorian of his senior class with a 4.0177 grade-point average on a four-point system and scored a 30 on his ACT.

He was active in athletics, his church youth group, and class government. He now attends the University of Illinois, majoring in Materials Science and Engineering.



### **Christine Gill**

Christine Gill, 18, graduated from Alton High School where she was on the honor roll throughout high school. She was named to "Who's Who Among American High School Students". Christine was part of a local group of high school students that volunteered their time to clean up downtown Alton. She now attends Lewis and Clark University, majoring in Elementary Education.

### **Tina Helmick**

Tina Helmick, 18, of Hebron, is a 2003 graduate of Alton-Hebron High School. Tina was an honor roll student along with being freshman and sophomore class Vice President. She played basketball and volleyball all four years. Tina was the captain of the basketball team for two years, MVP for two years and three years All-Conference. She now attends DePaul University.



### **Melissa Jacob**

Melissa is a 17-year-old resident of Glendale Heights. She chose to take extra classes in high school, and thus, graduated a semester early from Glenbard West High School. While in high school, Melissa was a member of the Concert Band and volunteered at the Ronald McDonald House and Gottlieb Memorial Hospital. She attends Chicago State University and plans to major in Nursing.



### **Kristah Krueger**

Kristah Krueger, 18, of Lockport, is a 2003 graduate of Lockport Township High School. She enjoys volunteer work at a local daycare center. She was also employed by the Will County Land Use Department. Kristah attends Eastern Illinois University and is considering a major in Business.

## Stopping impulses

Learning how and when to show emotions is known as impulse control. Help develop impulse control in your 3-, 4-, and 5-year-olds in the following ways:

**Suggest words that your child can use to say how she feels.** If your child gets mad while playing a game, encourage her to use words to show her anger, such as “I don’t like it when you play the game that way!”

**Make it clear that hurting others is not allowed.** When your child gets mad playing a game and pushes or hits another child, take him aside and remind him that hurting others is not allowed. Instruct him to use words instead.

**Help your child think of new ways to solve problems.** When your child has a disagreement with another child, suggest solutions such as taking turns or sharing.

**Respond to your child’s misbehavior with words.** When you tell your child the reasons behind rules and explain the consequences for misbehavior, you help her develop inner controls on her behavior.

**Model self-control when dealing with stress or frustration.** Your child learns many behaviors from observing you. When you model self-discipline and self-control in difficult situations, your child will learn to follow your example.

## Judging child development

Parents often compare their own children with other children in size, personality, and speech, even though they know that each child is different. When should parents be concerned about those differences? Here are four areas of development that you can watch.

**Physical development:** Some children grow bigger and faster than others, but growth should occur at a regular pace. Most babies weigh approximately three times their birth weight by age 1 and about four times their birth weight by age 2. A well-baby or well-child exam from a physician or nurse can help identify many problems early.

**Personality development:** Your child may be one who interacts eagerly with new people and experiences or one who prefers to observe first. Personality development is affected by how much young children trust the people who take care of them. By the age of 2, a child will probably enjoy playing beside another child. By the time children are ready to start school, they typically know how to play in a group and may even have a best friend.

**Speech development:** Your baby will learn to speak and to understand words from the people who talk to him. He is likely to speak his first few words between 9 and 12 months of age, depending on these factors:

- **Hearing:** Babies with poor hearing or a history of chronic ear infections may take longer than those with good hearing.
- **Communication with parents:** Talking to your baby can help him learn to speak. Responding to your baby when she tries to talk can help her learn to speak and learn turn-taking techniques.
- **Other areas of development:** When he is busy learning other things (like walking), his speech development may slow down for a little while.

**Brain development:** Genes, nutrition, and environment work together in brain development. Use a developmental chart to keep track of learning milestones. Talking to your children; reading to them; listening to them, even when they are very young; and letting them explore their world safely are good ways to help.

Contact your child’s doctor or health care provider, or call 1-800-323-GROW, if your child is growing at a much different rate than others of the same age, often avoids eye contact, resists being held, seems to “tune out” the world around him, or doesn’t respond to sounds or a familiar voice as an infant.

## Scholarship winners (cont.)



### Jennifer Manna

Jennifer Manna, 18, of Addison, graduated from Addison Trail High School where she followed a strong college prep curriculum. Among her many activities she served as the co-president of a club that

unites students with disabilities with a friend. She was a varsity cheerleader and helped her squad advance to state competition. Jennifer also has served on the DCFS Regional Youth Advisory Board. She now attends Augustana College and plans to major in Psychology.

### Zachary Schobert

Zachary Schobert, 19, of Lenzburg, graduated from New Athens High School with a G.P.A. of 3.62 on a 4.0 system from New Athens High School. Zachary was elected as a representative to the Student Council, Vice President of his senior class, a member of the National Honor Society, President of the Math Team, and Vice President of the Chess Club. Zachary attends Southern Illinois University at Edwardsville and plans to major in Mechanical Engineering.



### Thema Vietti

Thema is an 18-year-old youth currently residing in Southwest Harbor, Maine. She has a 3.0 G.P.A. out of a 4.0 system. With the ultimate goal of working in the field of medicine, Thema volunteers at a local hospital. Thema excels in science and math and has taken a full college preparatory curriculum. To improve her critical thinking skills, Thema participated in a "mock trial" sponsored by the Maine Bar Association where she delivered her closing statement.

## On-line help available with The Illinois Early Learning Project

The Illinois Early Learning Project's web site provides reliable information for parents, caregivers, and teachers of young children in the state of Illinois.

The web site offers:

- printable Tip Sheets for caregivers and parents
- Frequently Asked Questions and their responses
- a statewide calendar of events for parents and caregivers
- an easy-to-use database of links to the best of the web on topics of high interest
- online chats.

The Illinois State Board of Education funds a group at the University of Illinois to select and create high-quality resources that respond to the early learning information needs of parents and educators in the state. The IEL staff at the University of Illinois has primary responsibility for designing and updating the web site, in close consultation with the Early Childhood Division of the Illinois State Board of Education.

IEL staff work in the offices of the ERIC Clearinghouse on Elementary and Early Childhood Education (ERIC/EECE), a federally funded center that has been providing information to educators and parents since 1967.

## Northern News

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Call with foster parent association news and schedules; local training; features on foster families and community members working for children; photos; and news articles and support all foster families can use.

# Northern Region Training Calendar

## FosterPRIDE In-Service Training

All licensed foster parents and adoptive parents are welcome to attend any or all of the PRIDE In-Service Trainings to enhance their skills and meet yearly training requirements.

**Module 1** - *The Foundation for Meeting the Developmental Needs of Children* (Four 3-hour sessions = 12 training hours)

**Module 2** - *Using Discipline to Protect and Nurture* (Three 3-hour sessions = 9 training hours)

**Module 3** - *Child Development* - New module being written

**Module 4** - *Child Sexual Development and Sexual Abuse* (Two 3-hour sessions = 6 training hours)

**Module 5** - *Supporting Relationships Between Children and Their Families* (Three 3-hour sessions = 9 training hours)

**Module 6** - *Working as a Professional Team Member* (Three 3-hour sessions = 9 training hours)

**Module 7** - *Promoting Children's Personal & Cultural Identity* (Two 3-hour sessions = 6 training hours)

**Module 8** - *Promoting Permanency Outcomes* (Three 3-hour sessions = 9 training hours)

**Module 9** - *Managing the Fostering Experience* (Two 3-hour sessions = 6 training hours)

**Module 10** - *Understanding the Effects of Chemical Dependency on Children & Families* (Five 3-hour sessions = 15 training hours)

**College of DuPage Area**  
630-942-2392

**Rock Valley Area**  
815-874-3000

**Module**

**Module**

**WAUKEGAN - Ramada Inn**  
Nov. 4 (Tue) & 6:30-9:30 p.m. 2  
Nov. 8 (Sat) 9 a.m.-4 p.m.  
**ROMEDEVILLE - Country Inn**  
Nov. 12 (Wed) & 6:30-9:30 p.m. 4  
Nov. 15 (Sat) 9 a.m. - 4 p.m.  
**AURORA - Comfort Suites**  
Nov. 22 (Sat) 9 a.m. - 4 p.m. 9

**ROCKFORD - YSN**  
Nov. 5 (Wed) & 9 a.m.-12 p.m. 7  
Nov. 12 (Wed) 10 a.m.-1 p.m.

**Pre-registration is required for all classes! Call the number listed for your area.**

## Educational Advocacy

Two 3-hour sessions = 6 training hours

It is mandatory for one foster parent in each family to attend Educational Advocacy Training in order to be re-licensed. Educational Advocacy Training is offered following each Foster PRIDE/Adopt PRIDE training and many additional times. This six hour course covers information foster parents need to know so that they can advocate for their foster children's educational rights and needs.

**College of DuPage Area**  
630-942-2392

**AURORA** *Comfort Suites*  
Nov. 8 (Sat) 9 a.m.-4 p.m.  
**CRYSTAL LAKE** *Country Inn*  
Nov. 4 & 6 (Tue/Thu) 6:30-9:30 p.m.  
**ELGIN** *Crowne Plaza*  
Nov. 22 (Sat) 9 a.m.-4 p.m.  
**GLEN ELLYN** *College of DuPage*  
Dec. 8 & 10 (Mon/Wed) 6:30-9:30 p.m.

**ROMEDEVILLE** *Country Inn*  
Nov. 4 & 6 (Tue/Thu) 6:30-9:30 p.m.  
**WAUKEGAN** *Ramada Inn*  
Dec. 6 (Sat) 9 a.m.-4 p.m.

**Rock Valley Area**  
815-874-3000

**ROCKFORD** *Stenstrom Center/RVC*  
Dec. 13 & 20 (Sat) 1-4 p.m.

## Make-at-home clay recipes

### Bakers' Clay

1 cup salt  
2 cups flour  
1 cup water

Mix all together then knead for a few minutes. Mold into desired forms. Bake for about 10 minutes.

### Play Dough

1 cup flour  
1 cup water  
1/2 cup salt  
2 teaspoons Cream of Tartar  
1 tablespoon oil

Heat on stove on low until thick, then put on counter and knead. Divide up and add different food coloring.

### Edible Clay

Take equal amounts of smooth peanut butter and powered dry milk then add some honey to make the thickness of clay. Mold into anything you wish and decorate. When done, eat it!

