

Letters from Home March 2010



Strategies for Avoiding Tantrums and Keeping Them From Coming Back

Written by: Brandon Pickett D1 Behavior Specialist

Minimize the need to say, "No". Store breakable items and child-proof living areas.

Use distraction. When frustration occurs, redirect the child/adult to less frustrating or more acceptable activity.

Present choices within the limits of what is acceptable. "Do you want to wear your red pajamas or your blue ones?"

Pick your battles carefully. The more important the issue, safety, for example, the more firmness and consistency are required.

When a child or adult throws a tantrum, stay within their line of sight and carry on normal activities without engaging. Intervene with proper behavior management physical techniques if CIT certified, if the child or adult is a danger to themselves or others.

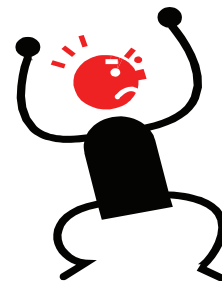
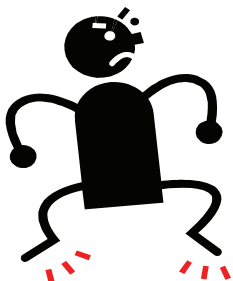
For an older child or developmentally abled adult, establish the rule that they must go to their room until they calm down. When a tantrum or behavior occurs, redirect them to their room to calm down, but do not lecture, threaten or argue. Model self-control.

Take into account that your own emotions may interfere with effective management of a tantrum. Never let them hurt them self, or others, including you. Someone who is in danger of hurting himself (thrashing around on a hard floor, for example) should be moved to a safer place, but remember, foster/adoptive parents are only allowed to put hands on a child/adult if they are CIT certified and must utilize only the trained and certified CIT techniques. The child or adult's team must be in agreement with the use of CIT techniques.

Use words like "inappropriate" or "unsafe behavior" instead of "bad child" to describe tantrum-throwing behavior. Praise their ability to regain control after a tantrum. You might say, "You did a good job of getting yourself calmed down."

Once a tantrum is over, start over with a clean slate. Comfort and positive reinforcement for calming down are important, but do not give in to any original demands. Otherwise, you are just reinforcing tantrums to occur and subsequently, tantrums will become a way of life.

Catch them being good. Try to establish an environment of positive reinforcement in the household, by commenting on and praising desirable behavior every few minutes as a general habit.



Ten Ways To Support A Person With Challenging Behaviors

By Phyllis Johnson D2 Trainer

In *The Community Journal*, David Pitonyak wrote that supporting a person with challenging behavior starts with knowing the person, not just looking at the person as someone needing “fixing.” The following list can be viewed as first steps to building a more effective behavioral plan.

1. Get to know the person.
2. Remember that all behavior is meaningful.
3. Help the person develop a support plan.
4. Develop a support plan for the supporters.
5. Don't assume anything.
6. Relationships make all the difference.
7. Help the person to develop a positive identity.
8. Instead of ultimatums give choices.
9. Help the person to have more fun.
10. Establish a good working relationship with the person's primary health care physician.



Coming Together

By: Carri Lynne Rios D2 Family Specialist

Dr Seuss Fun for the Whole Family!

Dr. Seuss, born Theodor Seuss Geisel, was born in 1904 in Springfield, Massachusetts. Theodore's father was a brew master and his mother was a homemaker who would often recite silly rhymes which Theodor credits as his inspiration and desire to create. Much of his work and illustrations were inspired by things that he saw on the streets of Springfield when he was growing up. After high school, Theodore attended Dartmouth College and became the editor-in-chief of the college magazine. He was later fired from the magazine for throwing a party, but he would contribute to the magazine and would sign his contributions as Seuss (which was his middle name). Theodore's father wanted him to become a college professor so Theodore attended Oxford University in England after his graduation from Dartmouth. Theodore quickly became bored with academics and decided to travel around Europe instead. While at Oxford, he met Helen Palmer who suggested that he become a cartoonist instead of a teacher. Theodore took Helen's advice and later married her. Theodore and Helen returned to the United States and Theodore pursued a career as a cartoonist with the Saturday Evening Post and creating advertising campaigns for Standard Oil. As World War II approached, Theodore shifted his focus to political cartoons that were published in PM Magazine. Theodore continued to draw for a variety of magazines and then was approached to illustrate a children's book. Illustrating this book motivated him to write and illustrate his own children's book. "And to Think That I Saw It on Mulberry Street" was rejected twenty seven times before it was published. "The Cat in the Hat" was created when a publisher asked Theodore to create a book using only two hundred and twenty five "new reader" words. This became the defining book of Theodore's career and secured him as a children's author and illustrator. Theodore's first wife passed away in 1967 and he later married a long time friend, Audrey Stone Geisel, who continued to encourage him and influenced many of his books. At the time of Theodore's death on September 24, 1991, he had written and illustrated forty-four children's books. His books have been translated into more than fifteen languages and over two hundred million copies have been sold.

District 1/ Community Events by Jacqueline Destremps

3/20/10

10:00 AM – 5:00 PM
Enchanted Island Amusement Park
1202 W. Encanto Blvd
Phoenix, AZ

Arizona's For Children is hosting a Free Day at Enchanted Island Amusement Park for foster children, their foster families and group homes! Live Music from 10:00 AM ---3:00PM, rock climbing wall, obstacle course with slide, dragon castle, sport games, double slide, carnival games, 9 amusement rides

Includes food: Hot dogs, soda, chips & cookies.

Foster Kids with Birthdays in February & March will receive gifts.

Please RSVP on or before March 5 to Kaye McCarthy at 480-838-0085 or kayemccar@cox.net

Please include:

- 1) Number of Children
- 2) Number of Adults
- 3) Name of foster agency
- 4) telephone number
- 5) Name, gender and age of child having a birthday in February or March



3/27/10

10:00 AM – 2:00 PM
Special Day for Special Kids

A free, fun event for children with disabilities and their families. Train rides, carnival activities, carousel rides, games, activity booths, clowns, face painting, petting zoo, plus lots of food and ice cream...all for FREE! Register on day of event. Questions? Contact Dan McAuliffe 480-315-5216 or Al Chavez (En Espanol) 480-221-7259

District 2/ Community Events by Lora Sall

3/6/10 7:30am Registration, Walk starts at 9am, event 9-12
MS Walk on the Wild Side
Food, a live band, & health fair / walkmsarizona.org 747-7472

3/13/10 10-5pm Free
Tucson Festival of Books, includes an estimated 400 authors and 200 exhibitors. A celebration of reading & literacy for all ages, children activities, storytelling, artist, musicians & food. 626-5653

3/20/10 10-12 Free
Spring Craft Event, 1930 E. Grant Rd., Tucson, 325-5767 / Build your own kite.
Learn about birds of prey & see them in person.

3/20/10 8am—11am 429-6201
Tucson Epilepsy Walk , At the U of A The walk is pledge driven, non competitive, www.tucsonepilepsywalk.org,

3/19 to 3/21/10 All day / Free
4th Ave. Spring Fair, Artist from across the country selling art, Between University Blvd & 7th St.
The Tucson Event for more than 30 years.

3/27/10 9am—3pm 883-7299
St. Christopher's Craft Fair, A wonderful arts & craft fair



March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6 Tucson CPR Recertification
7	8 Mesa Home Improvement	9	10	11	12	13
14	15	16	17 St. Patrick's Day 	18	19	20
21	22	23	24	25 Tucson Home Improvement	26	27 Tucson CPR Recertification
28	29	30	31			

A PLACE TO CALL



A Place to Call Home
 1830 S. Alma School Rd.
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 Mesa, AZ 85210