

Family Focus Newsletter



Childhood Aggression: Where does it come from?

Children aren't born aggressive, they learn it. Children, parents and caregivers can learn how to cope with it. Aggression is defined as a forceful action, such as an unprovoked attack or hostile, injurious or destructive behavior or outlook especially when caused by frustration.

Most recent studies view aggressive acts not as the sole fault of the child, but also as related to a set of cultural and social circumstances. Factors that lead to aggression include:

◆ **The child** - A child's temperament and his/her learned coping skills are critical to their ability to manage aggression. Parent's and others may

use expressions such as "boys are supposed to act out their anger" or "she is wild" to refer to a child's temperament. Temperament is the part of the personality that appears to be controlled by genetics. Three types of temperament are: easy or flexible (60 percent of the children), fearful and sensitive (25 percent of children) and feisty or difficult (15 percent of children).

◆ **The family** - The level of family stress and the positive and negative interactions of the family influence children learning aggression. Children learn how others handle their anger and frustration by observing and imitating them and

modeling their behaviors after adults around them.

◆ **The community** - Communities where there are supportive adults and healthy alternatives for recreation can protect children while they learning to deal with many situations, including those that give rise to aggression.

◆ **The environment** - Several studies have found that schools, housing and neighborhoods can contribute to aggression. Some examples that have been shown to increase aggression are extreme heat and overcrowding.

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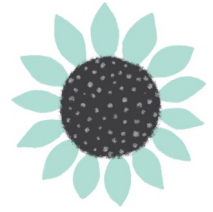


◆ **The culture** - Children are exposed to various models on television and in the community. When adults try to solve problems with physical violence, children mistakenly learn that this is appropriate behavior.

Sometimes children do not have the self-control or social skills to manage their behavior. These must be taught. When children are not encouraged to express themselves and cannot find the words to deal with aggressive feelings, they become frustrated. In other instances, children cannot cope with growing levels of anger in themselves or others. In both cases, children need to learn acceptable ways to assert themselves and to learn coping skills. Please see KVC Pediatrics for some strategies to help with aggression.

From: NC State A&T University, Cooperative Extension, School of Agriculture and Environmental and Allied Sciences. Prepared by Karen DeBord.

Tips From KVC Pediatrics



Strategies to Help Children Manage Aggression

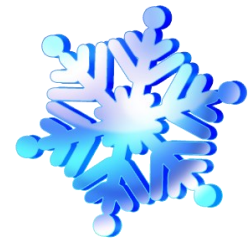
For young children to outgrow their aggressive ways, they need consistent, positive, nurturing discipline. They need to learn positive problem-solving techniques. Parents, caregivers and teachers need to place children in environments that offer a setting and support for learning positive social behavior rather than aggressive, hostile, antisocial acts. In extreme cases, try some of the strategies listed below.

- ◆ Observe to get the facts. Keep a log to find the theme of what triggers the acts of aggression; then help the child steer clear of these actions.
- ◆ Share your notes or journal with caregivers, teachers or parents. Compare to see if similar behaviors are triggered at home and at school.
- ◆ Take a look at the environment. Is some activity or room arrangement causing anxiety or frustration? Does the child feel crowded or is he/she made to sit too long? Does the child have enough personal space?
- ◆ For school-age children, write a plan of action for what the child will do when the negative behavior occurs.
- ◆ Make a list of activities to do “instead” (play with clay, run around the yard, vacuum, draw, take a bath, etc.) Use a poster with pictures if the child can’t read.
- ◆ Recognize success. “Even though I could tell you were mad, that was a great way you controlled your anger!”
- ◆ Teach the child deep breathing and relaxation exercises.
- ◆ During a calm time, talk with the child so he/she understands the consequences of actions. Bedtimes are often quiet times for talking.
- ◆ Say something positive about each child every day.
- ◆ When possible, allow children to help plan their learning and choose their activities. This allows children to feel more in control and they will feel more competent.
- ◆ Listen very carefully when children speak. Seek to understand the message behind their words.
- ◆ Consult a professional to develop a child/family plan to learn aggression management, if you have exhausted all your strategies.

From: North Carolina Cooperative Extension Services: Karen DeBord, Child Development Specialist

Fun With Kids Corner: Snow Flakes

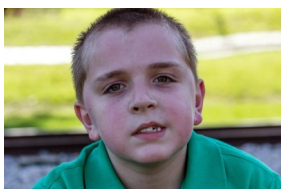
Materials Needed: plastic berry basket, blue construction paper, white tempera paint, white or silver glitter.



How to Make It: Have your child dip the berry basket into the white paint. Press the basket on a sheet of blue construction paper as many times as the child would like.

Repeat the procedure several times overlapping the snowflake grids. Sprinkle with a little white or silver glitter. Hint: Press all around the bottom of the basket with a spoon. This will make the paint adhere better. If you fold the blue construction paper in half, you can also have your child make some pretty New Year’s cards for family and friends.

Adoption Profiles



Dominick, age 9, likes playing games on the computer. He likes school and loves to learn and play independently. Dominick shows pride in the things he does and is making progress in subjects at school. He needs a loving, nurturing family that is patient, calm and structured. He would do best in a family with only one or two children and a household that is small and quiet. Dominick needs consistency, and attention to feel secure and bonded to the family. He will need a family that is familiar with community and educational resources for him. (R19340)



Meet Theodore, age 15, a very polite young man with a great sense of humor. He enjoys drawing, building things with Lego's and playing board games and video games. Theodore has above average grades in school and likes math class the most. He sometimes struggles with staying on task in the classroom. Theodore continues to work on maintaining appropriate boundaries with others and is making progress in this area. Theodore would love to be part of a forever family (R16886)

Please call 1-888-655-5500 or visit www.kvc.org for more information about adopting Dominick, Theodore or other children.

KVC is a Child Placing Agency licensed by KDHE. Our staff hold licenses under the BSRB for their respective disciplines.

Featured Foster Family

KVC is happy to spotlight Catherine and Gary Long who were nominated by Jessica Fangman.

Catherine and Gary have been licensed foster parents with KVC since April 2009 and have had over 100 placements. They provide care for high needs children, including medically fragile infants and teenagers with special needs. They have cared for children in four hour placements, respites and longer-term placements. Catherine and Gary are also adoptive parents. They go above and beyond for every child placed in their home and provide a support system for the children, along with supporting biological family members and other foster parents. They work in partnership with birth parents by providing updates about each child and by modeling and sharing effective parenting strategies. Catherine and Gary work very hard to help each child attach with them and support the child's attachments with their parents. Catherine enjoys being involved with KVC and co-leading TIPS-MAPP. Catherine and Gary have devoted many weekends to respite for other foster homes. Please congratulate Gary and Catherine and thank them for their work in caring for the children we serve.

KDHE Regulation Reminder: Storage of Weapons

K.A.R. 28-4-115. Facility. (h) Storage of weapons.

No child in care shall have access to weapons. All weapons shall be stored in a locked room, closet, container, or cabinet. Ammunition shall be kept in locked storage separate from other weapons. (v) Weapons means any of the following: (1) Firearms; (2) ammunition; (3) air-powered guns, including BB guns, pellet guns, and paint ball guns; (4) hunting and fishing knives; (5) archery equipment; or (6) martial arts equipment. Please contact your Family Service Coordinator if you have additional questions about this regulation.





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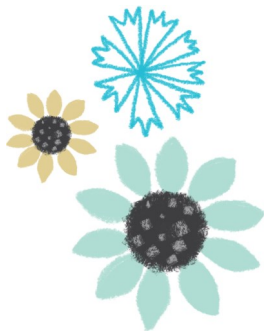
KVC is accredited by The Joint Commission.
KVC is a member of the Child Welfare League
of America and a recipient of United Way

B. Wayne Sims, President/CEO
KVC Health Systems, Inc.

Chad Anderson, President
KVC Behavioral Healthcare

Nancy Snyder Killingsworth, Editor

Foster Parent Advisory Board



**KVC's Foster Parent
Advisory Board wants
YOU!**

Join other KVC foster
parents and help create
opportunities for
improved communication.

The board meetings are
on the dates listed at the KVC Lenexa office,
7940 Marshall Drive, Lenexa, Kansas 66214.

November 24h from 6:00-8:00 p.m.

No December Board Meeting

For more information and to RSVP, please
contact Kerry Hamel at khamel@kvc.org or
913. 956..5370.

Recruitment Finder's Fee

A monetary award of \$300 will be given to a foster
parent who refers a potential foster family candi-
date to KVC. The award will be paid once a family
has completed the following:

- TIPS-MAPP/PS-DT Training
- Licensing process
- Takes first placement

