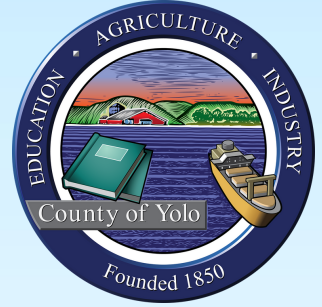




Yolo County Resource Family Approval



Upcoming Events:

- **August 10-13, 2021** - Yolo Biennial Review
- **August 28, 2021** - Caregiver Forum (via Zoom)

Tentative Events for 2021

- **September** Caregiver Forum
- **October** Pumpkin Event
- **November** Caregiver Forum
- **December** Holiday Event



Yolo County RFA is wanting to hear from you!

**Please take our Resource Parent
feedback survey here:**

<https://forms.gle/edRnDgwATmbqWytE9>

**We will continue to offer monthly feedback surveys to learn
how to better support you and our children in care!**

A message from our RFA supervisor

Hello Everyone,

It is hard to believe that summer is fast coming to an end. We are going into the fall with some exciting plans in the RFA Unit. Our unit is completing an annual review by the State August 10-12, 2021 and we are looking forward to the feedback about how we are doing, as well as areas we can improve. Also, we are working on our Newsletter and our Website, which is going to be a way for you all to get information from our Team. Just a friendly tip, please remember that the youth placed in your homes including their stories are confidential and need to remain that way, please don't openly discuss amongst one another about the youth in your home.

**Thank you,
Alicia Wasklewicz, MPA**





Local updates

Family Urgent Response System (FURS)

FURS went live on July 1, 2021 to provide support to current & former foster youth as well as current & former care providers. You can call, text, email 24/7 the statewide hotline to provide immediate trauma-informed support .



CHAT •



CALL •



TEXT •



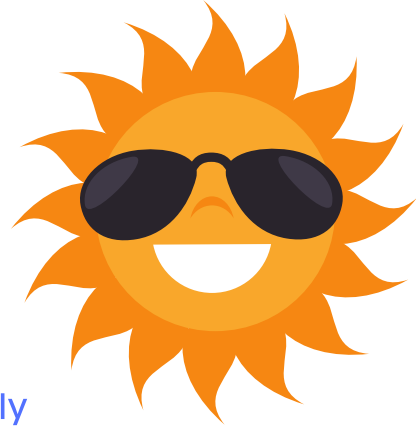
EMAIL

Call (833) 939-3877 or visit cal-furs.org
for more information

email: info@cal-furs.org



Summer safety tips



By: Jessica Rose on quadcity

1. Protect skin from the sun.

Apply sunscreen with SPF 30 or higher whenever your child is going to be outdoors. Reapply every three hours or immediately after your child has been in or splashed by water. Try to avoid outdoor activities during peak sunshine hours, and consider dressing children in sun-protective clothing.



2. Drink enough water.

Another important summer safety tip for kids is that they are more prone to dehydration than adults. Just as with adults, their risk increases as temperatures rise. The amount of water a child should drink varies by age, weight, and activity level. However, a general rule is to take half of your child's weight (up to 100 pounds) – and that's the number of ounces of water they should drink every day.

Be sure to keep cool water or sports drinks with you when you are outside and keep your child drinking at least every 20 minutes. Remember, children are more susceptible to heat-related illnesses because their central nervous system is not yet fully developed, therefore it is important to not just rely on how you are feeling to know how hot or thirsty your little one is!

3. Avoid bug bites.

As the weather warms up, bugs come out in full force. To avoid bug bites, apply insect repellent before spending time outdoors, avoid using heavily scented soaps or lotions, and cover arms and legs as much as possible.

It is more important than ever to keep our children protected from bites and stings, especially with the danger of West Nile, Lyme, and other potential diseases that can be spread by insects. While the most highly recommended repellents are those containing DEET, you must use these DEET repellents on children sparingly and do not use on infants. DEET can be toxic, so if you'd prefer to use a substitute, the Centers for Disease Control and Prevention (CDC) recommend using repellents containing picaridin or oil of lemon and eucalyptus.

Caregiver spotlight:

Our Caregiver Spotlight is to share the stories of our amazing Yolo Resource Families. We will be interviewing a different Resource Family each month.

Michael and Daniel Melgoza-Fleming have been selected for our August 2021 spotlight and here is a little bit of what they had to say about summer activities and some advice for new care givers: The Melgoza-Fleming family shared that this summer they kept busy hanging by the pool and attending class activities like, karate with their children. The family has also gone on local adventures to the ocean to visit tide pools and learn about starfish & sea anemones. The family shared they are exploring a new family hobby of rock climbing to stay busy also! When the family is not by the pool or playing a sport, they like to read books together before bedtime.

Advice for new caregivers: Michael shared that you will never get this experience back and somethings are hard and we learn by each experience and somethings you never stop learning once you have it. Daniel shared to "take it day by day" and they have reached a point where they have more of a routine by now. The family shared that when children must experience foster care they go through a lot and foster parents also go through a lot. The family shared those challenges aside they continue to feel thankful to have gone through it.

