



# YOLO COUNTY RESOURCE FAMILY APPROVAL



September 2021 Newsletter

[www.yoloforkids.com](http://www.yoloforkids.com)



## Upcoming Events:

### RFA EVENTS FOR 2021

- September Caregiver Forum: 9/29/21 @ 6pm via Zoom
- October Pumpkin Event TBD
- November Caregiver Forum: 11/10/21 @ 6pm via Zoom
- December Holiday Event TBD

YOLO RFA WANTS TO HEAR FROM YOU!  
PLEASE TAKE OUR FEEDBACK SURVEY  
SO WE CAN LEARN TO BETTER SUPPORT  
YOU!

[copy & paste this link to access the survey:](https://forms.gle/fujcKHQd3b6YV51v7)

**[https://forms.gle/fujcKHQ  
d3b6YV51v7](https://forms.gle/fujcKHQd3b6YV51v7)**

# RFA UPDATES

**Shout out to Windy Acosta for organizing and preparing over 90 bags for the community. Windy single handedly did this event on her own for RFA. Windy collaborated with Davis Lutheran Church. Also, a huge thank you to the Hemsley family for providing much needed school supplies for the bags.**

A MESSAGE FROM OUR RFA SUPERVISOR

**HELLO EVERYONE,  
SUMMER IS SLOWLY COMING TO AN END AND WE ARE BEGINNING A NEW SCHOOL YEAR. THE RESOURCE FAMILY APPROVAL (RFA) TEAM UNDERSTANDS THAT THERE IS STILL A LOT OF ANXIETY AND STRESS GOING INTO THE FALL WITH ALL THAT IS HAPPENING IN THE WORLD. WE WOULD LIKE TO ACKNOWLEDGE YOU AND LET YOU ALL KNOW THAT THE RFA TEAM IN YOLO COUNTY IS HERE TO SUPPORT AS WELL AS ADVOCATE FOR YOU AND YOUR HOME. PLEASE DON'T HESITATE TO REACH OUT TO ANY OF US ON THE RFA TEAM - WE ARE ALL HERE TO PROVIDE SUPPORT. I WOULD LIKE TO SHARE A QUOTE THAT I LOVE AND LIVE BY, ESPECIALLY DURING THIS TIME: "WHEN YOU COME TO THE END OF YOUR ROPE, TIE A KNOT IN IT AND HANG ON." - THOMAS JEFFERSON**

**HAVE A GREAT SEPTEMBER EVERYONE,  
ALICIA WASKLEWICZ, MPA**



## A reminder of the FURS program



## Family Urgent Response

The statewide collaborative system for urgent response during moments of instability. This program is for caregivers and youth. Keep as a resource for future support. 833-939-3877



# Back-to-School Anxiety during COVID

Back to school season is an exciting time and also brings about a lot of changes. Here is an article about Back to School anxiety and COVID

## Set the tone

“To me, the most important thought about going back to school is that parents lead the charge. If you lead with your own anxiety, you’re only going to fuel anxiety,” says Dr. Busman. “So you want to say what you know, answer questions and act calm even when you are not.” Try not to ask leading questions (“Are you nervous about going to school tomorrow?”), which can indicate to your child that there really is something to worry about.

## Help them think positive

Another way to help kids focus on positive things is to try to get them to talk about the good things about school. What are they looking forward to? What did they enjoy the previous day?



*By Caroline Miller, Child Mind Institute.*

<https://childmind.org/article/back-to-school-anxiety-during-covid/>

## Validate their feelings

It’s worrisome when kids are clingy or fearful about separating from you, but it’s important for parents to stay calm and stay positive. “If your child is telling you that they’re worried or having those negative feelings, you want to validate that and let them have some space to express that. But you don’t want to feed it too much and you want to help them think of something they can do about it,” Dr. Louie says.

## Emphasize safety measures

We can’t promise our kids that we won’t get sick, but we can express confidence that the schools have done months of planning to minimize risk and keep everyone safe — that’s why all the new rules are in place. “I think it helps to reassure kids that everybody’s doing their best to keep things healthy,” suggests Dr. Louie, “and they wouldn’t open the school unless they were going to be really careful.”



# Podcast to look out for

Childwelfare.gov is an excellent resource on all things related to child welfare and foster care. This episode takes a look into how to discuss policy changes through the perspective of the youth and their lived experiences. Take a listen to learn more or check out the website link:

[https://www.childwelfare.gov/more-tools-resources/podcast/episode-65/?utm\\_medium=email&utm\\_source=julyelert21](https://www.childwelfare.gov/more-tools-resources/podcast/episode-65/?utm_medium=email&utm_source=julyelert21)

*click on the link above to listen*



# *Caregiver Appreciation*

## **YOU SHOW OFTEN WHEN NO ONE ELSE DOES**

You drop everything when you get a call to help. You are committed to your role.

## **YOU ARE PART OF THE SUPPORT SYSTEM**

You share your personal struggles and stories so others are inspired and encouraged to no longer feel isolated or overwhelmed

## **YOU ARE A HARD WORKER**

You roll up your sleeves and dive into care and many sticky or messy situations.

## **YOU ARE COURAGEOUS**

You explore new alternatives when presented challenges and you face it head on.

**FOR THIS MONTH'S CAREGIVER SPOTLIGHT WE  
THOUGHT WE'D TAKE A MOMENT TO SAY  
THANK YOU AND EXPRESS HOW MUCH WE  
APPRECIATE ALL YOUR SUPPORT FOR OUR  
CHILDREN IN CARE!**