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(Grandparents Raising And Nurturing Dependents with Disabilities)

A program of:



NEWS

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HAPPY
New Year

Learning to Manage Difficult Behaviors: ACT Raising Safe Kids Classes Begin January 20

It is impossible to know all the things the relative children in your care might have experienced before their placement with you. We do know, however, that children in kinship or foster care are nearly four times more likely to have been exposed to violence, abuse or neglect than other children.

These experiences can leave profound invisible wounds on children, no matter their age. Their distress can be communicated in a number of ways that can be challenging for caregivers, including defiant and difficult behaviors, anxiety and bullying.

ACT Raising Safe Kids is an evidence-based curriculum from the American Psychological Association designed to provide caregivers of children 0 – 8 years old with a toolbox of skills to effectively

deal with difficult behaviors and form strong, healthy, loving attachments with your relative children.



In **nine weekly, two-hour fun and interactive classes**, you'll learn what children can do and understand at different ages, effective methods of discipline, how to resolve conflicts in positive ways and how to reduce the influence of electronic media.

Classes are held virtually on Thursdays from 10:00 – 12:00 noon beginning January 20, 2022. The course is free, but pre-registration is necessary so that we can mail the class materials to you.

Register on-line: <https://bit.ly/Jan2022ACT> **or by phone (470) 310-3025** (Sherri Felicia – who will also answer any questions you have).

Teens 16-17 can now receive COVID-19 Boosters

The CDC is now recommending that teens 16-17 years old can get a Pfizer-BioNTech COVID-19 vaccine booster at least 6 months after completing their primary COVID-19 vaccination series. COVID-19 vaccines are FREE and vaccination is the best way to ensure that you, your family and everyone in your community stays safe! The only way to beat this virus is through vaccination.

To find a COVID vaccination location near you do one of the following:

- 1). Visit [Vaccines.gov](https://www.vaccines.gov)
- 2). Text your **ZIP code** to **438829** or call **1-800-232-0233**
- 3). Check your local pharmacy's website to see if vaccination appointments are available.

Support Groups >>>



Joining Virtual Support Groups

Due to COVID-19, all of our group programming is offered virtually via Google Meet. Use the links below to join by computer, tablet or smart phone. You can also dial in to participate by phone.

USE VIDEO IF YOU CAN TO SEE EVERYONE IN THE GROUP AND ENJOY THE PRESENTATIONS!

Adult Support 1/4 *Support & Sharing*
10a.m. - 12p.m.

Google Meet: <https://bit.ly/ISDDAdult>
Phone: 414-600-9528 PIN: 888 104 633#

10a.m. - 11p.m. 1/11 *Transition from High School*

Special Workshop from Parent 2 Parent!
Register here: <https://bit.ly/P2PHighTrans>
See back page for details – Join by ZOOM

10a.m. - 12p.m. 1/18 *Support & Sharing*
10a.m. - 12p.m. 1/25 *Money Management*

Google Meet: <https://bit.ly/ISDDAdult>
Phone: 414-600-9528 PIN: 888 104 633#

Child Support 1/5 *Sharing & Games*
6p.m. - 7p.m.

Google Meet: <https://bit.ly/ISDDChild>
Phone: 617-675-4444 PIN: 730 691 702 0287#

Teen Support 1/12 *Sharing & Games*
6p.m. - 7p.m.

Google Meet: <https://bit.ly/ISDDTeen>
Phone: 929- 226-1946 PIN: 508 364 396#

Home Fire Safety Tips From *FEMA: US Fire Administration*

There have been several tragic house fires in the local news recently, including a DeKalb county family of 10 that lost five of their members: two children, their mother and two uncles in a fire that occurred after midnight on December 14. Children under four and older adults are more at risk of home fire injury, so let's review some home fire safety tips from FEMA's US Fire Administration to ensure your family stays safe:

- 1. Fire is FAST!** In less than 30 seconds a small flame can turn into a major fire.
 - Put smoke alarms on every level of your home, inside and outside of all sleeping areas.
 - Make sure your alarms work – test them monthly.
 - If your alarm is making a “chirping” sound, it is time to change the batteries.
 - Replace smoke alarms that are 10 years old or older
- 2. Cooking is the number one cause of home fires.**
 - Stay in the kitchen when you are frying, grilling, broiling or boiling food.
 - Turn the burner off if you leave the kitchen.
 - Keep things that can burn away from the cooking area.
 - Turn pot handles toward the back of the stove.
- 3. Heating is the second leading cause of home fires.**
 - Keep anything that can burn at least three feet from any space heaters, radiators, fireplaces or wood stoves.
 - Turn the heaters off when you leave a room or go to bed.
 - Never use a power strip or extension cord to plug in a heater.
 - Make sure your heater has an automatic shut off switch that turns off if it tips over.

For more fire safety advice, download FEMA's Home Fire Safety booklet here: <https://bit.ly/HomeFireSafety2021>



Funded in Part By:



Where Do We Go From Here?

Parent to Parent of Georgia presents a special workshop on preparing for transition from high school- Jan 11 @10:00 am

Some children with disabilities graduate from high school with the skills they need to succeed. Other children need more support. Planning is essential in these cases.

Join us as for a special support group on **January 11, 2022 at 10:00 am** as Clarissa Blanco, Regional Coordinator Parent 2 Parent Georgia, explains the steps involved in preparing for the transition from high school. You will **learn the keys to successful transition, the role of the school in transition planning and things to consider when planning your child's transition to adulthood.**

Register for this event here: <https://bit.ly/P2PHighTrans> **for link to attend by Zoom.**

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