

MARCH 2023

FOSTER PARENT NEWSLETTER





Important Dates

Court: 3/30 & 31

Feb \$: 3/10

March \$: 4/14

Pool Party: 3/25 3-6pm

Meet the Sigmons



Josh and Katie Sigmon have been licensed since August 2020. Life is anything but dull at their house. Their daughter, Zeffie came into their lives October of 2020 through foster care and they are in the final stages of adopting her. Their son Peter was born one year later. They dance, sing at the top of their lungs, cook together, go outside as much as possible, snuggle up for movie nights and spend as much time with family and friends as they can. They wouldn't haven't it any other way!



Meet Laurel Lestrangle Ashley



Laurel is currently an investigator with us and previously did in home services. She has many years working for DSS and the state in various roles. She enjoys helping families be able to stay together. She likes to cook, ride motorcycles and hang out with dogs and significant other in her free time.

EMOTION COACHING

Attend to the emotion
acknowledge somethings wrong

01

SAY

"Whoa! I can tell something's up right now"

Name the emotion
Put the emotion your child's experiencing into words

02

SAY

"You look really mad " or "you seem disappointed"

Validate the emotion

Remember - all emotions are valid, even if the behavior accompanying them is inappropriate.

03

SAY

"It makes sense that you feel [emotion] because [reason 1], and [reason 2], and [reason 3]"

Meet the Need of the Emotion

Help your child get through the emotion until it passes

04

SADNESS needs comfort
FEAR need safety & security
ANGER needs patience & boundaries

emotion coaching helps children learn feelings are normal, and they need to be experienced, not suppressed or avoided.



Reminders

- All kids have \$100 Clothing Allowance
- You can receive a \$100 referral bonus for referring families who get licensed
- Kids 13+ can receive financial resources through LINKS





Contacts

Office: 828-265-8100

Emergency On
call/weekends: 825-
264-3761

Mental health crisis: 828-
264-4357



**We
appreciate
you!**