

# Foster Parent Newsletter

**OCTOBER 2022**

# DATES

COURT: 10/24, 25

SEPT PAYMENT: 10/14

OCTOBER PAYMENT: 11/10

FOSTER PARENT NIGHT OUT: 10/20

# Foster Parent Spotlight- John & Jennifer Cockman

We are a family of four in Blowing Rock who began fostering eight years ago. John was a lecturer in the department of Physics and Astronomy at Appalachian State, and Jennifer was a homemaker who homeschooled our two daughters, Arwen and Lorien. We began to consider fostering when our youngest daughter Lorien turned 10 years old and displayed a heart for helping children. After gathering information, we decided to become licensed through the nearby Grandfather Home for Children (now part of the Children's Hope Alliance) in Banner Elk, NC. We are very thankful for the social workers who trained and encouraged us, and for the seasoned foster parents who mentored us early in our journey.

As we became introduced to our local child welfare system and workers, we felt overwhelmed by the magnitude of the need for fostering and adoptive families in our community. However, this made us even more determined to do our part. After several successful placements that ended in reunification, we were united with Morgen, who was two years old at the time. When it became apparent that reunification would not be possible, we prayed together as a family and decided to adopt. Before that time, our goal was simply to foster. After Morgen's adoption was complete, we began to work with DSS in Boone, NC, to reach children and parents in Watauga County. Since that time, we have fostered many other local children. We have adopted three, including Daniel who came to us at less than a year old, and most recently Elowen and Rowan, twins that came to us at only four days old.

To us, fostering and adoption was always a family adventure that deeply involved both our biological daughters. It was a joy to have their blessings and assistance as we began to grow our family. We recognize that Arwen is a natural caregiver, and Lorien volunteers in the judicial system as a Guardian ad Litem, an advocate for abused and neglected children. Lorien and Jennifer are currently active in creating a local ministry to assist and encourage fostering and adoptive families, as well as the parents whose children are currently being served by the child welfare system. James 1:27 says, "Religion that is pure and undefiled before God, the Father, is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world." Our goal is to continue to minister to parents (often single mothers) during their darkest hour, while keeping fostering and adoptive parents strengthened through prayer and community assistance



# The Cockman Family



# Meet the SW- Kelly Stroud

**Kelly Stroud is one of four of our foster care workers. She graduated from Appalachian State with her Bachelors of Social Work in 2020 and Masters in Social Work in 2021. She has been working with us for almost 2 years. Before becoming the foster care social worker, she was our adoptions worker, and before that she interned with us on and off for a few years. She chose to go into social work with the goal of working with children in foster care to be able to help them through one of the toughest times in their lives. In her free time you can probably find her kayaking at Price Lake, reading on her front porch, or hanging out with her two dogs, Oscar & Penny.**





# **Discipline Tip**

## **B. breathe**

## **A. acknowledge**

## **R. respond**

Remember that children's heart rates increase when they are experiencing a trigger or escalated behavior. Give them space to calm down (if not in physical danger) and give yourself some time to make a rational decision about what discipline is appropriate. Discipline should teach them responsibility, accountability and show them that they are capable, worthwhile and loved.

# Halloween Events



10/27 5:30pm  
Trunk or treat  
400 Shadowline Dr  
Boone

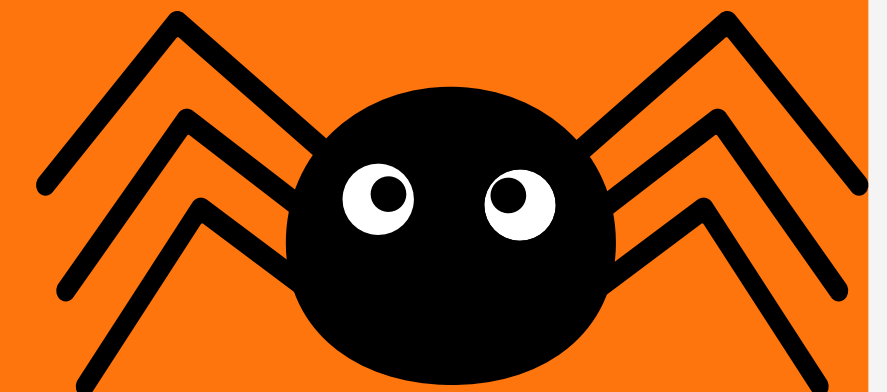
10/28 4:30-6:30  
Trunk or Treat  
Caldwell Community  
College

10/29 3-7  
Downtown Blowing  
Rock

10/30 5-7  
Trunk or Treat  
Watauga Rec Center

10/31 5-7  
Trick or Treat  
Tanger Outlets

10/31 5-7  
Trick or Treat  
Boone Mall



# Contacts

Office: 828-265-8100

After hours/weekend: 828-264-  
3761

Mental Health Crisis: 828-264-4351

We appreciate you!



# Happy Halloween

