



**CASA**  
Court Appointed Special Advocates  
**FOR CHILDREN**



## November 2023 Newsletter

Adams, Brown, Cass, Hancock, Morgan, Pike, Schuyler

### Friendly Reminder's!

\*To stay up to date with CASA children's academic progress check in with the school or daycare at least quarterly.

\*Ensure you are checking emails and getting background forms to CASA staff when you have been notified that you are due for a background re-check.

\*With holidays approaching please get child visits scheduled prior to the holidays so families can enjoy the holiday season with no interruptions.

*Sorry* We're  
**CLOSED**

November 10<sup>th</sup>-  
Veterans day

November 23-  
Thanksgiving Day

November 24-  
Thanksgiving Friday

### Birthdays!

4-Allison Sutter  
10-Brooke Stokes  
10-Amanda Bunch  
11-Beth White  
12-Amanda Sutor  
15-Erica Atterberry  
15-Marilyn Kimmons  
17-Bob Bergman  
24-Joni McLees  
29-Anne Meyer

**Enjoy your  
day!**

### Adams, Pike, Brown, Cass, Schyler Counties

**Topic:** Hobby Horse-  
Parenting Classes  
**When:** November 9th, 2023  
**Time:** 12:00pm  
**Location:** 1420 Harrison  
Quincy, IL 62301 and Zoom

Link for Zoom:  
<https://us02web.zoom.us/j/89044223882>

**\*Please note location  
change\***



### Article-Understanding Fetal Alcohol Spectrum Disorders

Here's the link: [Click Here to Read](#)

### Hancock County

**Topic:** Prevent Child Abuse  
Training Overview  
**When:** November 16<sup>th</sup>, 2023  
**Time:** 4:30pm  
**Location:** Hancock CASA  
Office

### Morgan County

**Topic:** Prevent Child Abuse  
Training Overview  
**When:** November 9<sup>th</sup>, 2023  
**Time:** 12:00pm  
**Location:** Presbyterian  
Church

## Navigating Holidays with Foster Children

The holiday season is a special time for families to come together, celebrate traditions, and create lasting memories. Navigating the holidays as a foster family can be a challenging time. While it's meant to be a joyful time of year, it can also bring up complex emotions for children in care and logistical challenges. Continue reading for tips and ideas to help foster families thoughtfully enjoy the season.

- **Involve Everyone in the Planning**

Involving all family members in holiday planning is essential, including children in care. In addition to helping them feel included, it also allows them to understand their feelings, preferences, and potential triggers.

- **Discuss Traditions**

Every family has traditions, and children in care may come with cherished holiday memories and traditions from their biological families or previous placements. Discuss their memories and consider incorporating some of their traditions into your holiday celebrations.

In addition, consider establishing new traditions to help children in care feel more integrated into their new family. It could be as simple as making ornaments, baking a unique treat, or even watching a specific holiday movie together.

- **Be Sensitive to Emotions**

The holidays can stir multiple emotions for children in care. They might feel sadness, loss, or even anger. Recognize these feelings, provide a listening ear, and offer support as needed. Respect children's unique grieving process around the holidays. Get professional help if needed.

- **Establish Clear Expectations**

Setting clear expectations about gift-giving, family visits, and holiday activities is helpful. Having clarity can reduce potential stress or disappointment for children in care. Help children understand that traditions may look different this year. Communicate changes ahead of time.

- **Offer Support and Stability**

The holidays can be overwhelming. Prioritize creating a stable environment. For example, try to stick to a routine, provide quiet time, and ensure that talking with someone is always possible.

- **Educate Extended Family and Friends**

It's vital to communicate with extended family and friends who may be joining you to celebrate the holidays so they can make children in care feel welcome and accepted.

- **Capture Memories**

Document the holidays with photographs, journals, or videos to preserve memories and help children in care feel like an integral part of the family's history.

- **Focus on Connection**

Quality time together matters more than elaborate traditions or gifts. Simple, focused activities build family bonds. Whenever possible and appropriate, facilitate communication between children in care and their biological family during the holidays. Connecting with their biological family can be critical for a child's identity and self-esteem.

- **Plan Logistically**

Confirm holiday visitation plans with biological family, social workers, and courts well in advance. In addition, arrange respite care if you need breaks. The holidays can be emotionally and physically draining, so consider the comfort and emotional state of the child in care when planning activities. Avoid over-scheduling and allow downtime for relaxation and reflection.