

Foster Care & Adoptive Parent Newsletter

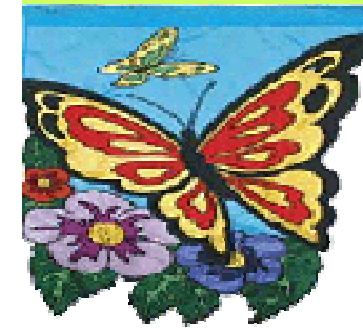
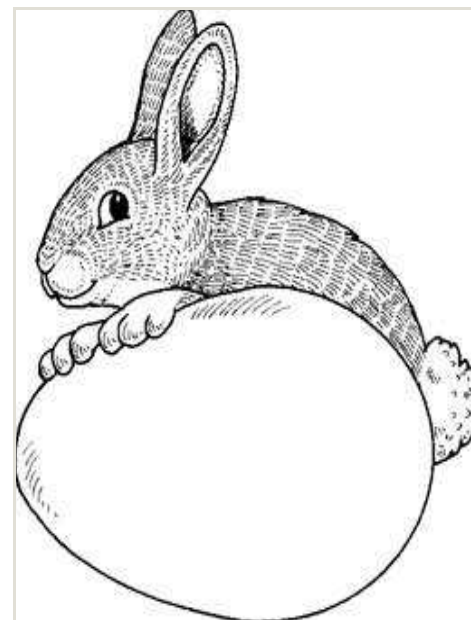
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Reminders
Smoking is not allowed in foster homes or around foster kids.
PRIDE Training for Foster/Kinship/Adoptive homes.
Parenting Classes

Coloring for all ages



Spring 2009

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Volume 2

Osage Nation Social Services Foster & Adoptive Parent Newsletter

Spring is on the way



Todd Lindley

The arrival of the spring season brings a transition from cool, relatively stable air to warm, moist air from the Gulf of Mexico into Oklahoma. The resulting heat in the atmosphere gives way to increased instability, a catalyst for severe weather. The threats from severe thunderstorms include damaging winds and large hail, as well as tornadoes, very heavy rain, and flash floods. Severe thunderstorms damage homes and businesses, and in some cases, cause injury or loss of life. They can form at any time and anywhere conditions are favorable. As a resident, it is best to be prepared ahead of time.

If a tornado was approaching, would you know what to do?

Tornadoes are the most violent atmospheric phenomenon on the planet. Winds of 200-300 mph can occur with the most violent tornadoes. The following are instructions on what to do when a tornado warning has been issued for your area or whenever a tornado threatens:

- **IN HOMES OR SMALL BUILDINGS:**
 - Go to the basement (if available) or to an interior room on the lowest floor, such as a closet or bathroom. Wrap yourself in overcoats or blankets to protect yourself from flying debris.
- **IN SCHOOLS, HOSPITALS, FACTORIES, OR SHOPPING CENTERS:**
 - Go to interior rooms and halls on the lowest floor. Stay away from glass enclosed places or areas with wide-span roofs such as auditoriums and warehouses. See the left figure for an example of where to go in a school. Crouch down and cover your head as shown in the right figure.
- **IN HIGH-RISE BUILDINGS:**
 - Go to interior small rooms or halls. Stay away from exterior walls or glassy areas.
- **IN CARS OR MOBILE HOMES:**
 - **ABANDON THEM IMMEDIATELY!!** Most deaths occur in cars and mobile homes. If you are in either of those locations, leave them and go to a substantial structure or designated tornado shelter. The picture below illustrates clearly what a violent tornado can do to a car.
 - **IF NO SUITABLE STRUCTURE IS NEARBY:**
 - Lie flat in the nearest ditch or depression and use your hands to cover your head. Con't page 6

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Important Phone Numbers

Osage Nation Police
(918) 287-5510

Osage County Sheriff
(918) 287-3131

Oklahoma Poison Control Center
1-800-222-1222

Child/Adult Abuse Hot Line
1-800-522-3511

Adoption Case Raises Questions About Oversight of Private Adoption Practices with Indian Children

Source: Pathways Practice Digest/National Indian Child Welfare Association Winter 2009

Recently, a highly publicized private adoption case in Utah raised concerns over the lack of oversight and the adherence to the Indian Child Welfare Act (ICWA) regarding adoptions of American Indian and Alaska Native (AI/AN) children.

ICWA was passed in 1978 in response to huge numbers of AI/AN children being removed from their families and placed in out-of-home care, many times with families far away from their communities.

These abusive practices threatened the actual existence of tribal communities and displayed an alarming and indifference to the sanctity of Indian families. The agency involved in facilitating the adoption was aware of the requirements of the federal law but still neglected to follow the law in key areas. The consequences for the adoptive parents, birth parents, and the child's tribe were avoidable and caused each of the parties' unnecessary suffering and hardship. Adding to this disaster was the uninformed and biased news coverage that only worsened the pain felt by those involved this failed adoption.

The Utah case is not an isolated incident. At NICWA, we often hear about cases where placement agencies and private adoption facilitators are at the very least ignorant of the law and often willfully disregard it.

Many people have asked why it seemed so difficult for those agencies to follow the law and where the oversight was to correct the deficiencies and prevent further cases in the future. The answers to these questions are in part due to the very limited mechanisms in ICWA to regularly collect information on ICWA adoptions and address both systemic and individual deficiencies where they occur.

In fact, ICWA is the only federal child welfare law that does not provide a regularly conducted review of how agencies are doing in implementing the law and technical assistance to address problems. Given that the law is now 30 years old, is it not time to develop a national review system and technical assistance to help agencies implementing the law?

NICWA believes it is. In the past, federal lawmakers have asked questions about ICWA's implementation, and because there is not a national review system, answers are almost impossible to provide.

In a 2005 Government Accountability Office (GAO) study of ICWA implementation, GAO cited the difficulty in doing the study because of the lack of reliable data and recommended that Administrations for Children and Families (AFC) do more to utilize the limited data they did collect from states.

They also recommended that technical assistance be provided to states to improve practice. Sadly, AFC rejected the recommendation. Awhile the study did not specifically address private adoptions, the area of ICWA practice where the least information is available, it demonstrates the resistance to helping implement and enforce ICWA overall.

NICWA would like to hear from you about that you thing we should do to address these ongoing implementation issues. You can provide your comments to info@nicwa.org.

Article submitted to NICWA Pathways Practice Digest by David Simmons, MSW, NICWA Director of Government Affairs and Advocacy.



Five Fun Flowers for Kids Garden

Children Love Gardening with Special Kid Friendly Flower Plants

Children and gardens naturally go together whether you design a special children's garden or your garden just attracts kids. There are many ways we can encourage children to garden and enjoy gardening by planting fun flowers and plants especially just for them. Children prefer doing active things in the garden: help your child to select their own flower, plant or seed packet at the garden center and then plant it when you get home. Emphasize the rewards of gardening – look how tall this flower is, or smell this leaf, or can you count all these baby plants – rather than the chores. Over the years I have found some special flowers that kids just plain seem to like: here are five fun flowers for you to try growing with your child.

Kids Love to Grow Sunflowers: Everybody knows these big golden yellow annual flowers. The seeds are big and easy to handle, the skinny stems grow straight up to the sky and get taller than your head, the plants make giant flowers, and you -- or the birds -- can eat the seeds. (Make sure your child understands to never eat a plant in the garden without permission from an adult.) Plant the sunflower seed directly in the garden where you want the plant to grow. Look for the words "mammoth" or "giant" or "tall" if you want the tall kind with one gigantic flower at the top.

Impatiens are Great Flowers for Children to Grow: These annual flowers will bloom all summer and do well in shady spots; good for the garden or in pots or containers, can be grown on the windowsill, too. They come in many exciting child-appealing colors from red and orange to hot pink and violet, even stripes. Usually sold as transplants already in bloom, so no there's no waiting for the flowers.

Plant Lady's Mantle for a Magical Child's Garden: This is a perennial plant (*Alchemilla mollis*) that comes back every year. It has very big leaves that hold drops of dew or moisture on their surface. The water droplets sparkle like diamond jewels in the sunshine. We call this the "Diamond Plant" and think it is magical. It is perfect for planting in a Fairy Garden.

Kids Can Pick These Scented Geraniums: There are many different kinds of scented geraniums (*Pelargonium*), but they all have fragrant foliage. Some of them have pretty flowers, too, but basically this is a "scratch and sniff" plant to have a lot of fun with. Look for different scents such as rose perfume, lemon, mint, chocolate, pine, nutmeg and so on. Fun to swap and trade. Good houseplant, too.

Hens and Chicks for Every Children's Garden: A perennial plant for a sunny place with well drained soil, or grow in a pot. This plant (*Sempervivum*) has many cute names including Cats and Kittens as well as Hens and Chicks. The reason for the names is the center plant acts like the mother and multiplies itself by offsets, little baby plants. You can propagate or increase this plant by separating off the little babies and setting them right side up on the soil surface. They will root and make new plants! And when it finally blooms, well, this is one weird looking flower. Weird, but fun.

Garden with Children: Children are our Future Gardeners I hope this gives you a few suggestions for fun flowers to grow when gardening with your children, your grandkids, or to share with the kids in your neighborhood. Every time a child notices or enjoys a garden or a plant, that's another kindred gardener in the making!

Flash Flood Safety

Do you know what to do if you see water crossing over a roadway?

Flash floods and floods are the #1 weather-related killer with around 140 deaths recorded in the U.S. each year. In the picture above, the man and his child were swept away in their truck by water flowing over a roadway, before being rescued at the last minute.

Flash flood safety rules:

- **WHEN INSIDE:**
- If ordered to evacuate or if rising water is threatening, leave immediately and get to higher ground!
- **IF CAUGHT OUTDOORS:**
- Go to higher ground immediately! Avoid small rivers or streams, low spots, canyons, dry riverbeds, etc.
- Do not try to walk through flowing water more than a ankle deep!
- Do not allow children to play around streams, drainage ditches or viaducts, storm drains, or other flooded areas!

- **IF IN A VEHICLE:**

DO NOT DRIVE THROUGH FLOODED AREAS! Even if it looks shallow enough to cross. The large majority of deaths due to flash flooding are due to people driving through flooded areas. Water only one foot deep can displace 1500 lbs! Two feet of water can EASILY carry most automobiles! Roadways concealed by floodwaters may not be intact, as the picture below shows the aftermath of a flood.

Lightning Safety

Do you know what to do if you are caught in the open during a thunderstorm or you feel tingling or your hair standing on end?

Lightning causes around 100 deaths in the U.S. annually (more than hurricanes and tornadoes combined). In the picture above, the young woman and her friends were severely injured by lightning just a few seconds after this picture was taken. Notice that no rain was falling, clearly illustrating that lightning can strike up to several miles away from the thunderstorm.

General lightning safety rules:

- **WHEN INSIDE:**
- Avoid using the telephone (except for emergencies) or other electrical appliances.
- Do not take a bath or shower.
- **IF CAUGHT OUTDOORS:**
- Go to a safe shelter immediately! such as inside a sturdy building. A hard top automobile with the windows up can also offer fair protection.
- If you are boating or swimming, get out of the water immediately and move to a safe shelter away from the water!
- If you are in a wooded area, seek shelter under a thick growth of relatively small trees.
- **Avoid:** isolated trees or other tall objects, bodies of water, sheds, fences, convertible automobiles, tractors, and motor cycles.

CALENDAR OF EVENTS IMPORTANT DATES REMINDERS

Foster Parent Support Group

ONSS Foster/Kinship/Adoptive Parents interested in forming a Foster Parent Support Group, please call Jenny Rush-Buffalohead at (918) 287-5629.

Osage Nation Social Services Foster Parent Honor Dance May 16, 2009 Wakon Iron More Information to follow

Congratulations to Brian & Jann Rose and David & Amber Harris, Completing PRIDE Training

Smoking is not allowed in foster homes or around foster kids.

PRIDE Training for Foster/Kinship/Adoptive homes.

Parenting Classes

April

April 4th Adoptive Parent Training—Bridging Adoption: Connecting Past & Future OU/DHS Training Center 617 W. Rock Creek Road Norman, Ok. (for more information please contact ONSS)

April 4th - Annual Skiatook JOM Pow-wow 710 S. Osage, Skiatook, Ok.

April 4th - Ponca Tribal Hethoska Dance, White Eagle Cultural Center 2:00-10:00 p.m. located 7 miles south of Ponca City on Highway 177

April 10th Good Friday Tribal Offices Closed

April 12th Easter

April 17th & 18th Stomp dance and Powwow at O.U.

April 24 & 25th, Gathering of Nations, 1111 University Blvd. SE, Albuquerque, N.M.

May

May 16th Foster/Adoptive Parent Honor Dance Wakon Iron Gourd Dance 2-4 Supper 5:00

Grand Entry at 700 Children's Contest

Pawhuska High School Graduation is May 22

June

Gray Horse Dances 4th thru 7th

Hominy Dances June 18 thru 21

Pawhuska Dances June 25 thru 28.

Effects of Secondhand Smoke on Children's Health

The Smoking has become a great menace in the society and spreading at the great speed among all ages . The smoking has become a common in all countries of the world . The growing consumption of smokers has also affected the lives of the children and mostly the children try to copy from the parents who usually smoke before the children at home . They are really spoiling the young lives as well as putting an impression of smoking before the young minds .

Secondhand smoke is the collection of the smoke from a burning cigarette and the smoke exhaled by the smoker. It is also known as environmental tobacco smoke (ETS) which has very devastating effects upon the health around the person who is smoking which can be recognized easily by its distinctive odor or smell . The ETS contaminates the air and is retained in clothing, curtains and furniture. Many people find ETS unpleasant, annoying, and irritating to the eyes and nose because they make the eyes burn when some body tries to sit around a smoker. Most importantly it also contains a dangerous health hazard. Over 4,000 different chemicals have been identified in ETS, and at least 43 of these chemicals cause cancer.

According to EPA, the exposure to secondhand smoke can cause lung cancer in adults who do not smoke. The EPA also estimates that exposure to secondhand smoke causes approximately 3,000 lung cancer deaths per year in nonsmokers which is really alarming situation as the statistics show . The exposure or being prone to secondhand smoke has also been shown in a number of studies which reveal that it has increased the risk of heart diseases in the world.

Effects Of secondhand Smoke on Children: The fetus and newborn: Maternal, fetal, and placental blood flow change when pregnant women smoke, although the long-term health effects of these changes are not known. Some studies suggest that smoking during pregnancy causes birth defects such as cleft lip or palate. Smoking mothers produce less milk, and their babies have a lower birth weight. Maternal smoking also is associated with neonatal death from Sudden Infant Death Syndrome, the major cause of death in infants between one month and one year of age.

Children's lungs and respiratory tracts: Exposure to ETS decreases lung efficiency and impairs lung function in children of all ages. It increases both the frequency and severity of childhood asthma. Secondhand smoke can aggravate sinusitis, rhinitis, cystic fibrosis, and chronic respiratory problems such as cough and postnasal drip. It also increases the number of children's colds and sore throats. In children under two years of age, ETS exposure increases the likelihood of bronchitis and pneumonia. In fact, a 1992 study by the Environmental Protection Agency says ETS causes 150,000 to 300,000 lower respiratory tract infections each year in infants and children under 18 months of age. These illnesses result in as many as 15,000 hospitalizations. Children of parents who smoke half a pack a day or more are at nearly double the risk of hospitalization for a respiratory illness.



The Ears: Exposure to ETS increases both the number of ear infections a child will experience, and the duration of the illness. Inhaled smoke irritates the Eustachian tube, which connects the back of the nose with the middle ear. This causes swelling and obstruction which interferes with pressure equalization in the middle ear, leading to pain, fluid and infection. Ear infections are the most common cause of children's hearing loss. When they do not respond to medical treatment, the surgical insertion of tubes into the ears is often required.

The Brain: Children of mothers who smoked during pregnancy are more likely to suffer behavioral problems such as hyperactivity than children of non-smoking mothers. Modest impairment in school performance and intellectual achievement has also been demonstrated.

Research Reports on Secondhand Smoke: According to study of The National Survey on Environmental Management of Asthma and Children's Exposure to Environmental Tobacco Smoke., "About 11% of children aged 6 years and under are exposed to ETS in their homes on a regular basis (4 or more days per week) which is really the issue of concern for all . The Children are particularly vulnerable and prone to the effects of secondhand smoke as they are all developing and growing physically, have higher breathing rates than adults, and have little control over their indoor environments. Children exposed to high doses of secondhand smoke, such as those whose mothers smoke, run the greatest relative risk of experiencing damaging health effects.

**Exposure to secondhand smoke can cause asthma in children who have not previously exhibited symptoms.

**Exposure to secondhand smoke increases the risk for Sudden Infant Death Syndrome.

**Infants and children younger than 6 who are regularly exposed to secondhand smoke are at increased risk of lower respiratory tract infections, such as pneumonia and bronchitis.

**Children who regularly breathe secondhand smoke are at increased risk for middle ear infections.

Health Risks to Children with Asthma

Asthma is the most common chronic childhood disease affecting 1 in 13 school aged children on average. Exposure to secondhand smoke can cause new cases of asthma in children who have not previously shown symptoms. Exposure to secondhand smoke can trigger asthma attacks and make asthma symptoms more severe. Smoking has been on constant research topics according to the research, the effects of prenatal exposure to secondhand smoke on mental development are exacerbated in children who experience socioeconomic hardships during the first two years of life, according to a March 15, 2004, news release from the National Institutes of Health. Though study data indicate that prenatal exposure to secondhand smoke can be harmful to unborn children regardless of socioeconomic conditions, they also suggest that children from lower-income families may be less able to compensate for these effects during the next few years of life. Similarly when the study, conducted by researchers at the Columbia Center for Children's Environmental Health, part of the Mailman School of Public Health at Columbia University, New York, found that children whose mothers were exposed to secondhand smoke during pregnancy had lower scores on tests of cognitive development at age two than children from smoke-free homes. The difference amounted to almost five developmental quotient points out of an average score of 100. Further, the children who were exposed to secondhand smoke in utero were approximately twice as likely to have developmental scores of less than 80, which is indicative of developmental delay. Children of all ages specially aged between 5 to 11 are vulnerable to the Secondhand smoking and ETS . The Smoke which contains hazardous material and nicotine causes lung cancer and asthma among the children . The Children are imitate and copy from the parents be it father or mother who smokes the Cigarette. .They are not only harming themselves but also the people and the children around them who are affected due to smoking .

Article provided by Dr.Abdul Malik, Johns Hopkins Hospital August 22, 2008

Thank you Osage Nation Prevention Programs for providing this article