

Foster Parent Helpful Hints-
please share, add and pass it on

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WIC Offices - PLEASE note if the state has custody of the child and you have the paperwork naming you the foster or guardian YOU DO NOT NEED TO HAVE BIO PARENT WITH YOU, you call make an appt. bring in the child and YOUR paperwork and you will get WIC, IT IS NOT BASE on your income it is base on the child, and since the child has no income you will be approved. Please NOTE WIC is only to age 5 BUT IT WILL cover the formula WHICH IS EXPENSIVE Find your local office here;

http://www.msdh.state.ms.us/msdhsite/_static/19,821,166.html

Integrated Health

5779 Getwell Rd., Building D, Suite 3

Southaven, MS 38672

(Behavior, Development and Attention ADHD)

662-510-6507

<http://www.integrated-health.net/contact-us.html>

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APELAH

We find a way to help children in Mississippi's foster care system

Concetta Wells, Recruiter/Trainer

Address: 2022 Oak Tree Cove, Hernando, MS 38632

Phone: 662-429-3652 ext. 401

Fax: 662-429-9801

www.apelah.org

Simple Strokes Therapy

A Pediatric Therapy Group

Contact: Robin Smith, PT, DPT

83 Airways Place, Southaven, MS 38671

Phone: (662) 349-8787

Fax: (662) 349-8757

<http://desotochildrensclinic.com/ped/>

They work with foster children with ADHD, Dr. Krasin is excellent they have two locations, Southaven and Senatobia

Desoto Children's Clinic and Senatobia Children's Clinic provide comprehensive pediatric and adolescent health care from birth to age 18. It is our belief that the goal of pediatric care is to work with the parent and child to achieve the best health possible. We accomplish our goals through parental guidance, lifestyle education, screening/early detection of illnesses and thorough, prompt, aggressive treatment of diseases when they do occur.

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Southaven: (662) 349-6577

Olive Branch: (662) 333-5001

Senatobia: (662) 562-4418

IF MEDICIAD turns you down and will not pay for a prescription, you must go to Oliver Drug in Southaven, they have agreement set up with CPS to pay for the prescription

<https://www.oliverdrugstore.com/>

25 Physicians Ln

Southaven, MS 38671

p: (662) 349-9481

f: (662) 349-6409

Developmental Pediatrics and Medicine

<http://www.lebonheur.org/our-services/developmental-pediatrics/>

Developmental Pediatrics

Caring for a child with developmental disabilities takes a team of family members and medical professionals. In partnership with The University of Tennessee Health Science Center, Le Bonheur has the only developmental pediatrics program in the Mid-South.

Appointments: 1-866-870-5570

Our experts

Our comprehensive team performs the evaluation of children who either have, or show symptoms of having, developmental problems. Physicians in our group have extensive training and are certified by the American Board of Pediatrics in neurodevelopmental disabilities. The team conducts [research](#) to further our knowledge of developmental disabilities.

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Developmental pediatric physicians work collaboratively with psychologists, audiologist and speech pathologists, nutritionists, physical therapists, occupational therapists, nurses and other specialty physicians to determine the best approach to care for your child and family.

Development disabilities

Developmental disabilities begin during infancy or early childhood and can persist through adolescence and adulthood. Often times these disabilities are not recognized until children start school, which can hinder learning and social development. [Approximately 17 percent of children have a developmental or behavioral disability, according to the Centers for Disease Control and Prevention.](#)

Examples of developmental disabilities or clinical concerns include the following:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Autism Spectrum disorders
- Cerebral palsy
- Developmental delay
- High-risk newborn follow up
- Intellectual disabilities
- Learning disabilities
- School problems
- Speech-language disorders

There is another Location in Memphis

The Boling Center

Le Bonheur works with The Boling Center at The University of Tennessee Health Science Center to care for families and children with developmental disabilities. The Boling Center's core programs at Le Bonheur include the [Spina Bifida Clinic](#), the [Feeding Clinic](#) and the [Newborn Follow-Up Clinic](#). The specialists work alongside clinicians from [Rehabilitation Services](#) and [Radiology](#).

In addition, The Boling Center offers the following programs:

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- Diagnostic and Evaluation Clinic
- Developmental Pediatric Consultation Clinic
- Family Autism Clinic, a Le Bonheur collaboration
- ADHD and Learning Disabilities Clinic
- Latino Clinic
- Supported Parenting Group
- Center of Excellence for Children in State Custody
- Maternal and Child Health LEND graduate training program
- Harwood Center
- Shelby County Relative Caregivers program

For more information about The Boling Center, visit <http://www.uthsc.edu/bcdd/>. Contact Bruce Keisling, PhD, Clinical Services Coordinator (901-448-6511), for further information about clinical services at the Boling Center, or Marion Abbott (901-448-6928) to schedule an appointment.

If you have a child under the age of 3:

Le Bonheur Early Intervention and Development

[Le Bonheur Early Intervention and Development \(LEAD\)](#) provides early intervention services children age birth to three years. Services are provided in homes and community-based childcare centers. LEAD partners with the [Tennessee Early Intervention System](#). LEAD is designated as an Early Intervention Resource Agency by Tennessee's Department of Education.

Families who benefit from Early Intervention typically have children who:

- were born prematurely
- have genetic, neurological or acquired disorders
- have vision, hearing or other sensory impairments

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- experience delays in one or more areas of developmental or are at risk for delays
- have feeding difficulties

Specialty areas include:

- speech and language therapy
- physical therapy
- occupational therapy
- developmental therapy
- adaptive equipment modification and fabrication
- behavior analysis
- early childhood education
- inclusion support for children with special needs in childcare

For more information, contact 901-287-4900.

Early Intervention Desoto County:

https://msdh.ms.gov/msdhsite/_static/41,0,74.html

To learn more about First Steps and to find out whether you are eligible, contact [your local health office](#), or call **(601) 576-7427** in the Jackson area, or call toll-free **1-800-451-3903**.

If you have a child that is under three years old, First Steps may provide developmental services and other resources to help your child meet his or her maximum potential. Services provided include (but are not limited to): screenings, evaluations and assessments, Individualized Family Service Plans (IFSPs), Early Intervention services, and transition plans to preschool services under Part B of IDEA, or other programs.

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Services Provided at No Cost to the Family

Comprehensive, Multidisciplinary Evaluation

Two or more qualified professionals in separate disciplines administer two evaluation tools, one of which is a standardized instrument, to determine a child's initial and ongoing eligibility for early intervention services.

Assessment

The ongoing procedures used by qualified, multidisciplinary personnel to identify the child's unique strengths and needs and the services appropriate to meet those needs.

Service Coordination

Active and ongoing coordination of services for infants, toddlers with potential developmental delays and their families. Services include, but are not limited to:

- comprehensive, multidisciplinary evaluation
- assessment
- service coordination
- family-centered programming
- nutrition counseling
- behavioral services
- vision and hearing assessment
- physical therapy
- occupational therapy
- language development

Individualized Family Service Plan (IFSP)

A written plan under Part C of IDEA for providing early intervention services to an infant or toddler with a disability and to the infant's or toddler's family.

- [**Directory of Early Intervention Service Providers**](#)
- [**Referral Form**](#)

Procedural Safeguards

Protections for infants and toddlers and their families eligible under Part C of IDEA, which include confidentiality of and access to records, parental consent and notice, dispute resolution options, and the appointment of a surrogate parent when needed.

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Eligibility Requirements for EIP Services

To be eligible for early intervention services through the First Steps Early Intervention Program, a child must meet the criteria in at least one of the following categories:

1. Developmental Delay

- 33% delay in one area of development or a 25% delay in two or more areas of development: cognitive, physical (gross motor, fine motor, vision and hearing), communication, social or emotional, and adaptive development.
- The child has to score 2.0 standard deviations below the mean in one developmental area or 1.5 standard deviations below the mean in each of the two areas on the testing protocols administered.

2. Diagnosed Physical or Mental Condition

These conditions include, but are not limited to:

- chromosomal abnormalities
- genetic or congenital disorders
- sensory impairments
- inborn errors of metabolism
- disorders reflecting disturbance of the development of the nervous system
- congenital infection
- severe attachment disorders
- disorders secondary to exposure to toxic substances, including fetal alcohol syndrome

3. Informed Clinical Opinion

Clinical opinion may be used by qualified professionals to determine the initial and continuing eligibility if the child's evaluation and assessment results do not meet the criteria for developmental delay, and the child does not have a diagnosis that has a high probability of resulting in developmental delay.

Documents

- Performance Plans and Improvement Plans (Mississippi SMART)**
- How to Apply for Mississippi Early Intervention Unit Approval**

Application packet for trainers and sponsors

- Procedural Safeguards and Advocacy**

Family Rights notice, complaint form, complaint process, resources

- Public Awareness**

Natural environments, order form for awareness materials

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•[All documents](#)

Reports

•[Annual Performance Reports, Progress Reports and Data](#)

Healing Hearts Child Advocacy Center staff has established a closet that provides vital basic necessities for children removed from unsafe environments by Desoto and Tate County's Child Protection Services.

<http://www.healingheartscac.org/>

Address:

5627 Getwell Rd., Suite B3
Southaven, MS 38672

Phone: (662) 349-1555

Fax: (662) 349-1111

Email:

info@healingheartscac.org

Foster Care Clothing Closet opening in Hernando April 1
Jayden's Joy Wishr Closet, there will be a Wishr Well for items
needs as well as first night necessities and something to get you
started

terry@jaydensjoy.org

www.jaydensjoy.org

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READ AND GET TO KNOW ABOUT The Wrap Around Process, this will wrap around services for the children in your care:

In Mississippi, Youth Villages offers home-based services through MYPAC: Mississippi Youth Programs Around the Clock.

The Mississippi Division of Medicaid developed MYPAC to provide intensive services to children and their families where they need it most - at home. Under MYPAC, families select an organization that will provide children's mental health services and coordinate all other services needed by the child and family.

Youth Villages MYPAC uses the family-driven, strengths-based wraparound approach. Our Primary Service Coordinators visit with the child and family in their home at least weekly to provide intensive case management. The coordinators also facilitate child and family teams that brainstorm and decide which services and supports a child and family will need in order to be successful. Family members and natural supports for the child and family are an integral part of each child and family team. If a family lacks natural supports, our coordinators will help build a family's support system.

<http://www.youthvillages.org/services/mypac-provider#sthash.EEO2Bi3L.dpbs>

<https://www.usm.edu/center-discovery-integration-and-transformation/mississippi-wraparound-institute>

[https://nwi.pdx.edu/NWI-book/Chapters/Pierce-4a.2-\(teams\).pdf](https://nwi.pdx.edu/NWI-book/Chapters/Pierce-4a.2-(teams).pdf)

https://www.nicwa.org/wp-content/uploads/2016/11/2011_WraparoundProcess_FactSheet.pdf

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Scope All DMH Certified Providers of Children and Youth Mental Health Services Purpose Inform all DMH Certified Providers of Children and Youth Mental Health Services of the new Wraparound Facilitation Agency/Organization registration process with the Mississippi Wraparound Institute. Background The Department of Mental Health, the Division of Medicaid and the University of Southern Mississippi's School of Social Work has worked diligently to develop the Mississippi Wraparound Institute (MWI). MWI provides monthly training, technical assistance, coaching, evaluation and outreach to promote and implement Wraparound Facilitation across the State. This includes the required training; "Introduction of Wraparound", "Engagement", and "Analyses of Wraparound". As Wraparound Facilitation expands across the State, there is a need to streamline certification and monitoring processes. MWI has developed a registration process for DMH Certified Wraparound Facilitation Provider Agencies/Organizations. This process will ensure that your agency and Wraparound Facilitators get the training and individualized technical assistance needed to implement this service with high-fidelity. Subject Providers that are currently certified by DMH to provide Wraparound Facilitation will have until February 26, 2016 to register with MWI. Registration should only take 15 minutes of your time if you have the needed information. DMH Certified Providers that are not certified in Wraparound Facilitation, but plan to apply in the future, will need to register with MWI before submitting a New Service application to DMH. Instructions and Guidelines for registering are attached.

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MS and MYPAC Definitions (this is really good to know)

<https://medicaid.ms.gov/wp-content/uploads/2014/01/Provider-Reference-Guide-206.pdf>

Sensory Gym in Southaven,MA

<https://www.theplaygroundms.com/>

The Playground by **Simple Strokes Therapy** is your exclusive safe, clean, and family friendly indoor sensory play gym providing children and families with resources to enhance both physical and social development

Learining Concepts, Institute LLC

970 Swinnea Ridge Suite #2

Southaven, MS 38671

832-758-5582

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<https://www.learningconceptsinstitute.com/read-reading-education-assistance-d>

Free reading for kids everyone other Sunday

PAWS Reading Academy

Canine Reading Tutors

TAXES-If a child has lived with YOU for 6 months and a day in an CALENDAR year , you may claim them on your income tax. BE CAREFUL have your tax preparer prerun the child's social in the event the birth parent has used it. If you have had the child for more than 6 months, it is your right to claim the child, there is an exception, if you take an infant directly from the hospital, even if its on December 31 you will be able to claim that child on your taxes, if you take an infant on September 1 and they are still with you at the end of the year (remember this is

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right from the hospital) you may claim this child on your taxes

Daycare/after-school/summer-vacation camp vouchers- Please note there are vouchers for all of the above, you do not have to use your monthly board payment towards this expense. CPS has a daily rate that they pay for this and have providers that accept it. In some rare cases you might find you want to send a child to the same after school or summer camp as your child, in this case you would need to pay the difference of the daily rate allowed and the rate the provider charges. ASK your social worker THIS DOES EXIST

Need Legal help for a child in your care:

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Welcome to CASA Mississippi's website. CASA Mississippi, Inc. is a non-profit organization that advocates for the best interests of abused and neglected children through the development and support of court-sanctioned, community-based programs which provide trained and supervised volunteers.

The purpose of CASA Mississippi, Inc. is to support the development, growth, and continuation of CASA programs in the state of Mississippi. In order to ensure a healthy future for Mississippi's abused and neglected children, CASA MS, Inc. believes in breaking the cycle of abuse through volunteer advocacy within the court system. <http://www.casams.org/>

CONTACT CASA Mississippi's Executive Director:

Mary Largent Purvis
Executive Director
CASA Mississippi
Post Office Box 23879
Jackson, Mississippi 39225
(601) 600-3353

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Meeting a BME child's identity needs

Introduction

Identity is important for all children but is particularly crucial for Black and minority ethnic children from the day they are born. Foster carers need to be aware of this and think about what can be put in place to help the child with their identity as soon as possible.

The dynamics of which group Black and mixed heritage children identify with are very complex. It is often stated that some children "want to be white" or are rejecting their colour or "denying their blackness." This is an over simplification of what is going on and all sorts of factors need to be considered.

For some Black and mixed heritage children, particularly those who live with their white parent and have little or no contact with their Black parent or the Black parent's family, recognising and understanding that they are Black and then starting to identify with a Black racial group, can have emotional consequences. For example, if they perceive their white parent as caring and supportive, they may not wish to hurt a loved person by rejecting the white racial identity of their main carer, or white people in their main care giving environment.

Therefore helping a Black child to understand, and feel positive, about their racial identity is crucial in enabling them to develop into an emotionally healthy adult.

Mixed heritage children in the UK live in a predominantly white society (The BME population of the UK at the time of the last census was approximately 8% of the entire population) and the white part of their family background is therefore constantly reinforced by both the community they live in and the wider mass media i.e. television, newspapers.

Foster carers therefore need to be pro-active in encouraging mixed heritage children to understand and feel positive about the Black and minority ethnic part of their family background.

People who have not taken time to consider identity may think that a mixed heritage child "looks white" and will therefore be viewed as white within their community and accepted.

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However research shows that mixed heritage children will be seen as Black children by the community they live in, and by wider society, and so need to be equipped by their carers for the racism and discrimination they will experience as a result of this.

Providing emotional support

The trauma of separating a child from the birth parent/parents, family and community is probably the worst trauma any child will ever experience. The effects should never be underestimated or ignored even if many years have passed. Therefore, because of this disruption, Black and Minority Ethnic children may face several new complex challenges not only physically but culturally. Appropriate support, help and understanding are needed to negotiate these. It is important to:

- Encourage and enhance positive Black identity, culture, linguistic knowledge and skill
- Provide the child with techniques and survival skills necessary for living in a racist society e.g. good communication skills in order to avoid conflict; being proud of who they are
- Intervene if a child is being laughed at or excluded because of the colour of their skin or the way they speak
- Try to ensure that the child is not isolated within the home or at school by e.g. including them in family activities and encouraging other children in the home to involve them in their activities. Find out what special interest the child may have and speak to the school about encouraging the child and stimulating the child's interest
- Speak with the child to identify any problems he/she may be experiencing e.g. harassment, bullying and racism
- Seek out appropriate people within the Department or Voluntary organisations who may have the skills to assist with providing emotional support; think about appropriate counselling and support groups
- Empower the child to develop their self-esteem by praising the positive things about him \ herself; encourage the child to seek out and engage in recreational activities.

Providing practical care

A child's identity is based on a range of factors including their ethnicity, language, family relationships, the community they live in.

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Practical things, such as food and diet, hair care, social activities, education etc are also very important in forming a child's identity and we enclose below some advice on how foster carers can meet these practical needs in regards to BME children.

Education

From a psychological perspective, there is no difference in the cognitive or educational capacity or development of Black children as compared to white.

However, in social terms, there is no aspect of child development in which racism has had a greater impact in this country than that of educational and cognitive development.

It is very important to be aware of this and to find out where extra support can be put in place. There is advice in this pack (see page on emotional and practical support). You can speak to the child's teacher, you can get advice from your own supervising social worker.

One important local contact is EMAS (Ethnic Minority Achievement Service). They have an early years service, bi-lingual family support groups and a range of advice for language support and cultural development.

They are able to support foster carers who are caring for Black and minority ethnic children including unaccompanied asylum seekers. They can assist with bi-lingual support needs and with difficulties at school. For further information about their services please contact 01273 507367 or email caty.lyth@brighton-hove.gov.uk.

Food and Diet

It is important to provide a Black child or young person in your care with foods that are familiar, both in the way they look and taste, so they can maintain their links or begin to build links with their cultural background. As carers you have a responsibility to ensure that where possible, this is maintained.

Some cultures are strict about the food they eat as well as how it is handled and prepared and where indicated this should be adhered to. Some carers who are not used to preparing foods for Black children and young people often can perceive this as too difficult, taking up too much time and cannot see the difference it makes in the way a dish is prepared and cooked.

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It is therefore important that carers understand the cultural and religious beliefs behind many Black children and young people's diets. For some Black children and young people, strict religious and cultural beliefs may not have been followed with their birth families and they therefore do not perceive themselves as having any strict dietary need.

- Ask the birth family (if possible) or social worker for information on the dietary needs of the child
- Check out if the child or young person has any religious and cultural dietary restrictions; ask the child or young person if they have any favourite foods; do not make assumptions; try involving other members of the household when planning meals
- Introduce the different dishes to other members of the household so the child or young person does not feel isolated at meal times
- If you have been given strict guidance about a child or young person's diet, do not substitute it with an alternative because you cannot see the difference it makes; develop your own understanding of foods from different countries and cultures.
- If in doubt, ask! There are plenty of books available in local libraries, there are recipes online; we have useful books in the fostering office. You could contact local groups in this pack.
- Advice is also available from your supervising social worker and the Brighton and Hove BME recruitment and publicity officer, Virginia Collison, who is happy to visit you to offer advice. Virginia is based in the Fostering Team and can be contacted on 01273 295444.

Skin Care

All children and adults need to pay attention to skin care. People's skin differs in colour, texture and types. However, appropriate care of a Black child or young person's skin is an important part of caring for their well-being and should not be neglected. Black people's skin is often naturally dry due to the climate conditions and natural make up of the skin and needs to be cared for by regularly moisturising with creams and lotions. This is even more prevalent during the winter months when the skin is often more at risk from excess dryness, left neglected it can often develop cracks. Not recognising or acknowledging a Black child or young person's need for appropriate skin care products could have a long-term effect on their self-image and self esteem.

You can care for a Black individual's skin by obtaining the right products;

Using oil based products, body lotions, creams specially developed for Black skins e.g. Cocoa Butter, can help to relieve skin dryness and keep skin supple.

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Black skin is very sensitive therefore avoid using alcohol based products as these can further dry the skin. Lotion/creams should be applied on a daily basis (sometimes more than once a day) especially to the face, arms and legs and after bathing. Using bath oils in the bath is also helpful to keep the skin soft. Skin that has not been moisturised can often have an ashen appearance.

Exposure to the Sun

Climate changes can affect the skin. It is often thought that because of skin colour Black people cannot get sunburnt. Black people can and do frequently suffer from sunburn if exposed to the sun for long periods. Sun protection creams should be used to protect against sunburn. For babies and young children use a high factor sun cream.

Hair Care

In all cultures, hair grooming is an important part of a persons every day personal care and appearance and should not be overlooked. Adolescence is a time of great change that often presents some difficulties. For most young people appearance matters and becomes a real issue, it is important to feel right, and look right, as this often affects the way they are seen by others. Too often the hair care of Black children and young people being looked after is neglected as most workers and carers have little, or no knowledge about it's care and perceive it to be difficult to manage.

A foster carer caring for a child of mixed heritage (age 3) said

“I did not know where to start with her hair, she was with me for several weeks, before I got up the courage to ask a Black mother at the school for advice. I knew it needed combing and that is all I did and bunched it into a ponytail, because it was so dry. She gave me some tips on what I should use and now we try a different style every day”

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Often children who have been removed from their birth families and communities at a young age have not acquired the necessary skills, knowledge and information on how to care for their own hair, e.g. what hair products to use etc and therefore often cannot offer any guidance to their carers.

You will need to be aware that for some Black children and young people because of religious beliefs, hair should not be cut i.e. Rastafarian and Sikhs.

Advice from Local Hairdresser

Shae Shae Creations Afro & European Hair and Beauty Salon are based in Brighton and are happy to provide advice to foster carers on hair care for BME children. Below is some practical advice on hair care from them. They also run positive hair days (PHD.) These are hair care workshops held in Brighton, for Black and mixed heritage individuals and their carers.

PHD website will shortly have a designated section for male and female hair styles and Q & A hair advice.

The dates for PHDs and further information can be found on their website: www.positivehairday.org.uk

Daily Maintenance if you have Afro/mixed heritage hair

(Advice from Shae Shae hairdressers)

Afro and mixed race/heritage hair needs a different care routine from European hair. For example it is not advisable to wash your hair every day. Once a week is usually sufficient, although this depends on your daily routine (for example people who swim regularly in chlorinated water should use anti chlorine shampoos to remove the chlorine from their hair as often as they need to).

Depending on your hair type, it's a good idea to grease, comb (using a big toothed comb) and massage your scalp up to 3 times a week. This helps to look after your scalp, and it prevents dryness and encourages healthy new growth. How often you grease the scalp depends on how dry it is.

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In order to do this, section your hair into 4. Part the hair and put hair food on the scalp (you can use a more natural alternative such as olive oil for young children). Comb this thoroughly into the roots and apply to the scalp. After you have covered the whole scalp, then apply curl activator to the hair itself.

If you don't comb the ends of your hair regularly they will fuse together in clumps. This is particularly damaging if you don't trim your hair regularly since you will cause further damage to ends which are already weakened.

Do tie your hair up at night to keep in the moisture. Twist (or plait it) and apply softening oil moisturiser. You could wrap it with a satin scarf.

Relaxing your hair

People sometimes relax their hair because they don't know what to do with it. But relaxing is very harsh on your hair (because of the strength of the chemicals which are used) and it can be particularly harsh and damaging on young people's hair.

Products

Avoid using hair products created for White European hair which are too drying for our hair.

Products containing Cocoa butter and Shea butter are very good for Afro/mixed heritage hair.

Products can be divided as follows:

Hair Food sometimes called Hair Dress; This is aimed particularly at the scalp to help moisturise and encourage healthy new growth

Daily Use Moisturiser for daily moisturising of hair and Curl Activator for daily dressing of curly hair. Shampoo and Conditioner (use separate shampoo and conditioner) Oil Sheen used to give extra shine to the hair (optional).

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Top Tips for Boys Afro/Mixed Parentage Hair :

(from Shae Shae Hairdressers continued)

- Groom hair everyday with Hair moisturiser (Hair food/cream/oil) massaged into scalp from the root to the end of the hair.
- Use a comb or brush depending on length, texture and type of hair. #
- Try not to wash any more frequently than every 3 to 4 days (Dependant on lifestyle).
- Use a Shampoo and conditioner suitable for Afro hair.
- Hair will need to be trimmed every 4 to 8 weeks dependant on speed of growth. #

Top Tips for Girls Afro/Mixed Parentage Hair:

- Girls may also need to use a de-tangler lotion or spray when combing hair
- You do not need to wash your hair every day; leave it at least 3 or 4 days, a week if possible.
- Moisturize at night! Twist or section hair into loose plaits If hair is prone to be dry, use a head wrap at night before sleeping (Durag, silk scarf, old stocking)
- Hair styles can be viewed on the internet via YouTube. Search Afro hair styles.

Choosing positive learning - toys and books

Books and toys are often a child's first link to learning and exploring the world around them. Therefore, when choosing play and reading materials, you should look to select quality items with good play and learning potential. In addition to this, it is important to be aware of the messages toys and books can carry. Many such items may present racist, sexist and discriminatory images.

In order for children to live in and play a positive role in a multi-cultural society, we need books which reflect and respect the diversity of culture, ethnic and religious backgrounds. At the early stage of their development children are eager to learn and absorb knowledge quickly. It is crucial therefore, that the visual and written images presented do not show discriminatory views.

When buying or selecting books, some points you will need to consider:

- Who is represented in the pictures? Are the images mainly of white people? Do they reflect the multi-racial society in which we live?
- Look at the quality of the illustrations. Are the skin tones correct, physical features, hair textures and styles accurate?
- Do they give an accurate balance and up-to-date picture of today's multicultural society?

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- Do they show people from different ethnic groups in positive roles in every day situations, rather than nominal roles and stereotypes?
- Do they give positive recognition to the cultural roots of different ethnic groups?

Music

Music plays a central role in all cultural expression. Therefore, it would be helpful to introduce children to different forms of music and instruments. Another good way to share and value a child's own language is to learn a few lines of a song or nursery rhymes. Look around for CDs of relevant music or traditional songs/ lullabies that you may be able to borrow from a Library.

Magazines and newspapers

Purchasing newspapers such as Asian Times, The Voice, and magazines targeted towards the Black community which may be familiar to some children and young people, is also a way of keeping young people in touch and up to date on issues for Black people around the country and the world.

Contacts June

Refugee and Asylum Seekers Project – RASP

A Brighton based mentoring and befriending project with outings and fun events.

01273 234779 / 07500 271887

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[Brighton Voices in Exile](#)

Offer a wide range of support to asylum seekers.

01273 328598

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www.brightonvoicesinexile.org

British Red Cross International Tracing and Message Service

British Red Cross help for those who have lost contact with family members due to conflict, political upheaval or natural disaster

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www.redcross.org.uk

Black and Minority Ethnic Young People's Project

Activities and advice for young people (11 years plus.)

Foster Parent Helpful Hints- please share, add and pass it on

Contact Vanessa 01273 609298

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Ethnic Minority Achievement Service

formerly known as SEAL

01273 507367

Black and Minority Ethnic Community Partnership

Based in central Brighton in a purpose- built resource centre for the Black and minority ethnic community. They offer support, they have a wide range of contacts and they are happy to share advice.

www.bmecp.org.uk

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www.multipleheritage.co.uk

A website where you will find information and training on issues relating to multiple heritage.

www.everygeneration.co.uk

www.100bmol.org.uk

This website (100 Black men of London) is dedicated to the education, development and uplifting of young people from an African or Caribbean heritage.

Do not forget to use the search engines e.g. Google to do your own research and find out more.

With thanks to Bath and North East Somerset Council for additional information on caring for a Black child.