

# Our Kids

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For Southern Region Foster Parents

## Foster Family Spotlight

Butch and Brenda Marshall of New Baden never dreamed that their roles as foster/adoptive parents would lead to interviews, photo sessions and a documentary film about their family, but it has.

Cathy Bouillon, a placement stabilization worker with Children's Home and Aid Society of Illinois, was so impressed with the commitment the Marshalls have for children she nominated them for the United Way Family of the Year. "They are just so committed to their family," said Bouillon. "They provide stability and love. Whatever these kids need in their home they provide it for them. You have families who do just what has to be done, but these folks really go the extra mile."

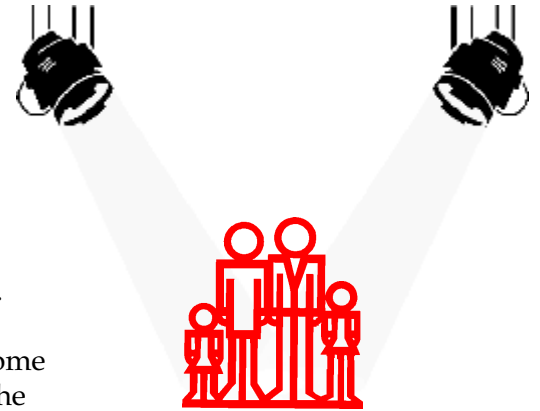
Forty foster children have been placed in the Marshall home during their fourteen years as foster parents. The Marshalls adopted two of the children, Kylee and Cole. They also have 21-year-old son Shawn, 24-year-old son, Chris and three foster children also are now a part of the family.

As the Greater St. Louis area United Way Family of the Year the Marshalls will be featured in the United Way Fundraising Campaign, on posters and in a documentary. All the attention has left Butch Marshall a little unsettled. "I prefer to keep a low profile," said Butch. Brenda believes that being named the family of the year is a real honor, but says that it doesn't even approach the rewards that come with helping children.

"There is satisfaction in knowing that you are touching lives. You may not make a big difference but you are making some difference," she said.

Brenda is eager to tell others about the needs of children and how they can help. She is a PRIDE trainer and is teaching prospective foster parents. Butch, who works at Arrow Group Industries in Breese, has a second full-time job assisting with the household chores and kids.

Twenty four hours a day and seven days a week is the usual household schedule for the Marshalls, and they do it well. Congratulations to the Marshalls



*Kylee and Cole Marshall*

# Fire Safety Tips While Keeping Warm in the Winter



The leading cause of fire in the United States is due to equipment used to keep warm. Fireplaces, wood stoves and portable heaters pose special fire hazards and require precautions to reduce the risk of fire. As part of licensing, foster homes must meet safety standards, including provisions for smoke detectors, evacuation plans, and a working telephone. Below are tips to make sure your home and your family are prepared in case of a fire.

**Install and maintain smoke alarms:** Smoke alarms will warn you of a fire in time for you to escape. Install them on every floor of your home and test them once a month. Be sure to replace the batteries when the alarm begins to chirp.

**Sleep with bedroom doors closed:** This provides protection against heat and smoke, and slows the spread of fire.

**Plan and practice two ways out:** Escape routes must not include elevators. Choose a meeting place where everyone will gather. At least twice a year, practice the escape plans.

**Test doors before you open them:** While kneeling or crouching at the door, reach up and touch the door, the knob and the space between the door and frame with the back of your hand. If it is hot, use another escape route.

**Crawl low under smoke:** If you encounter smoke, use another route because smoke is dangerous. If you have to exit through smoke, the cleanest air is just several inches off the floor. Crawl on your hands and knees to the nearest exit.

**Once you are out stay out!:** If a fire starts, don't wait for anything. Get outside. Go to your family's meeting place. Then someone can call the fire department from a nearby phone. Do not go back into your home for any reason.

Many people don't realize how dangerous a fire can be. A survey by the National Fire Protection Agency found that 25 percent of individuals wrongly believed that it would take 10 minutes or more for a fire to become life threatening. It actually only takes about two minutes.

"Parents have to preach fire prevention in the home. Make sure that all members of your family are prepared to respond safely in a fire," advises Derrick Whitehead, a certified firefighter and former licensing representative.

On average more than 800 residential fires occur each year in Illinois due to heating devices. The Illinois State Fire Marshal maintains that many of the home heating-related fires could be prevented. Stay warm but practice smart fire safety tips.

*Submitted by Derrick Whitehead of The Fire Prevention and Information Plan (FPIP), an organization that trains individuals and businesses in fire safety. FPIP can offer training workshops to foster parent associations or individual families. For more information, Derrick Whitehead can be reached at 800/633-9534.*

**Stop, Drop and Roll:** If your clothes catch fire, don't run. Stop where you are, drop to the ground, cover your face with your hands to protect your face and lungs, and roll over to smother the flames.

**Space heaters need space:** Keep portable space heaters at least three feet from anything that can burn. Never leave heaters on when you leave home or go to bed. Keep children and pets away from portable heaters.

**Matches and lighters are tools, not toys:** In the hands of a child, matches and lighters are deadly. Store them high where kids cannot reach them, preferably in a locked cabinet. Teach children early that matches are not to be played with, and should be given to an adult if found.

*National Fire Protection Association and Illinois Fire Marshal*

## OUR KIDS

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Call with foster parent association news and schedules; local training; features on foster families and community members working for children; photos; and news articles and support all foster families can use.

## DCFS Honors ComBank with Appreciation Luncheon

The Department of Children and Family Services recently honored Community National Bank of Mounds with an appreciation luncheon at the bank. ComBank employees were treated to the luncheon for their efforts in providing DCFS children with Christmas presents during the Holidays. Pictured with ComBank employees are DCFS employees:

**Ann Terry**, Caseworker, Cairo Field Office  
**Marilyn Bush**, Family Development Specialist,  
 Marion Area Office  
**Naomi Whitaker**, Cairo Field Office



**Latara** is a bubbly, very smart 14 year old who wants to be a permanent member of a family. She loves singing, knows the lyrics to many songs, and is a talented dancer (tap, ballet). It is important for Latara to be able to keep in touch with her younger sister, who has been adopted. She would like to be a part of an active, young family who can commit to her and provide her with opportunities to develop her talents.



## Help! A Phone Call Away

The Advocacy Office for Children and Families resolves issues and complaints regarding quality of service, responsibilities of workers and problems related to the application of Department Rules and Procedures.



The help line is open to anyone in need of assistance. It has been utilized by foster and adoptive parents, biological parents kids and judges. The goal of the office is to open up lines of communication and resolve the problem.

The Advocacy Office is staffed by experienced personnel who have a wealth of child welfare experience. Placement issues are frequently called about. A wide variety of other issues including licensing, adoption and board payments are among callers concerns.

If you need assistance please call the Advocacy Office at 1-800-232-3798 or fax 1-217-557-7278.

# Southern Region Training Calendar

## FosterPRIDE In-Service Training

All licensed foster parents and adoptive parents are welcome to attend any or all of the PRIDE In-Service Training offerings to enhance their skills and meet yearly training requirements.

**Module 1** - *The Foundation for Meeting the Developmental Needs of Children*  
(Four 3-hour sessions = 12 training hours)

**Module 2** - *Using Discipline to Protect and Nurture*  
(Three 3-hour sessions = 9 training hours)

**Module 3** - *Addressing Developmental Issues Related to Sexuality* (One 3-hour session = 3 training hours)

**Module 4** - *Responding to the Signs and Symptoms of Sexual Abuse* (Two 3-hour sessions = 6 training hours)

**Module 5** - *Supporting Relationships Between Children and Their Families* (Three 3-hour sessions = 9 training hours)

**Module 6** - *Working as a Professional Team Member*  
(Three 3-hour sessions = 9 training hours)

**Module 7** - *Promoting Children's Personal and Cultural Identity* (Two 3-hour sessions = 6 training hours)

**Module 8** - *Promoting Permanency Outcomes*  
(Three 3-hour sessions = 9 training hours)

**Module 9** - *Managing the Impact of Placement on Your Family* (Two 3-hour sessions = 6 training hours)

**Module 10** - *Understanding the Effects of Chemical Dependency on Children & Families*  
(Five 3-hour sessions = 15 training hours)

**East St. Louis**  
**618-650-3213**

**Marion**  
**618-536-7751**

FAIRVIEW HEIGHTS - Ramada Inn		Module
Feb. 10 & 24 (Sat)	9:30 a.m.-12:30 p.m.	7
March 24, 31 & April 7 (Sat)	9:30 a.m.-12:30 p.m.	6

CARBONDALE - Hampton Inn		Module
Feb. 7, 14 & 21 (Wed)	6:30-9:30 p.m.	6
HARRISBURG - Harrisburg Medical Center		
March 3 & 10 (Sat)	9:00 a.m.-4:00 p.m.	1
SALEM - Salem Township Hospital		
March 6, 13, 20, 27 & April 3 (Tues)	6:30-9:30 p.m.	10
ULLIN - Shawnee Community College		
Feb. 6, 13 & 20 (Tues)	6:30-9:30 p.m.	5



## Educational Advocacy

Two 3-hour sessions = 6 training hours

It is mandatory for one foster parent in each family to attend Educational Advocacy Training in order to be licensed or re-licensed. Educational Advocacy Training is offered following each Foster PRIDE/Adopt PRIDE training and many additional times. This six hour course covers information foster parents need to know so that they can advocate for their foster children's educational rights and needs.

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**Marion**  
**618-536-7751**

FAIRVIEW HEIGHTS	DCFS Office
March 13 & 20 (Tues)	6:30-9:30 p.m.
March 24 & 31 (Sat)	9:30 a.m.-12:30 p.m.

MARION	Marion Comfort Inn
March 24 (Sat)	9:00 a.m.-4:00 p.m.
OLNEY	Rickland Memorial Hospital
March 3 (Sat)	9:00 a.m.-4:00 p.m.

**Pre-registration is required for all classes!**  
**Call the number listed for your area.**

## BACK TO SLEEP CAMPAIGN IS WORKING



Sudden Infant Death Syndrome (SIDS or Crib

Death) is the unexplained death of an infant between the ages of 1 month and 1 year, usually between 1 month and 4 months. It strikes about 3000 babies yearly. African-American babies are 2 to 3 times more susceptible to SIDS than Caucasian babies and Native-American babies are 3 times more susceptible.

### WHICH BABIES ARE MOST AT RISK?

- ❖ Babies who sleep on their stomachs
- ❖ Babies whose mothers smoke during pregnancy
- ❖ Babies who live in a home where there are smokers around them
- ❖ Babies whose mothers are teenagers when they have their first child
- ❖ Babies whose mothers had little or no prenatal care
- ❖ Low birth-weight babies

### FOLLOW THESE SLEEP RULES

- ❖ Position the baby on his back: This has reduced the number of SIDS deaths by almost 1/2 in countries where sleeping on the stomach was traditional. Give the baby time on its tummy when he is awake.
- ❖ If the baby sleeps on his side, put his lower arm in front of him to keep him from rolling on his stomach
- ❖ Use a firm mattress-no waterbeds
- ❖ Do not use fluffy blankets, comforters, pillows, or stuffed animals under or around the baby
- ❖ Keep the baby warm, but not too warm. Temperature comfortable to an adult is comfortable to the baby. Do not overdress the baby.