

# Kinship Quarterly Strengthening Families

## October 2023 Supporting Youth during the Holidays

The holiday season can bring mixed emotions for youth in care who are missing their families' holiday traditions. The holidays may trigger very happy or very painful memories, and stability during this time can really help children cope. Be watchful of their needs and emotions, and actively listen if they express concerns or anxieties about the upcoming holidays. Offering a safe space for open communication can help children navigate this potentially challenging period.

<https://www.anniec.org/holiday-tips-for-foster-adoptive-and-kinship-families/>



## Keeping your family safe during the winter months.

Fall is here and Texans have already experienced our first cold weather of the season! Here are some great tips for surviving the cold: ensure kids dress warmly, use layers and don't forget the coat and gloves; remember the buddy system and always plan ahead.

Don't forget to build your winter emergency kit now before we are experiencing severe winter weather, which can cause power outages and pipes to freeze. Check out more info at the links below:

<https://www.ready.gov/winter-weather>

<https://www.weather.gov/safety/winter-before>



Texas Department of  
**Family and Protective Services**  
*Child Protective Services*



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## ECI Article for Kinship Quarterly

The Center for Disease Control's [Learn the Signs. Act Early](#) program aims to improve early identification of children with developmental delays so families can get the services and support they need. *Learn the Signs. Act Early* offers tools to help educate families about developmental milestones and how to help children grow and thrive, and are designed to help identify children with developmental delays. Materials are free and available in English and Spanish. Some of the materials include:

- Developmental milestones checklists
- Milestone Tracker mobile app
- Children's books
- Watch me! A free on-hour training for early care providers

**Kinship Support Groups** are an important part of The Kinship Program. If you want more information about support groups in your area, please ask your Kinship Development Worker. If you want to be involved in improving the Kinship Program, consider joining the Kinship Collaboration Group. For more information on kinship support groups or becoming an advocate, please contact

**Stephen Martinez at 512-960-9254.**

**"The journey of a thousand miles begins with a single step." – Lao Tzu**

- How to Help Your Child and How to Talk with the Doctor tip sheets

For more information on how to order materials, visit <https://www.cdc.gov/ncbddd/actearly/freematerials.html>.

Texas Health and Human Services Early Childhood Intervention (ECI) program works with families caring for children birth to 36 months old with developmental delays, disabilities or certain [medical diagnoses](#) which impact development. ECI services support families as they learn how to help their children grown and learn. Visit the [ECI Program Search](#) page or call the HHS Office of the Ombudsman at 877-787-8999, select a language, then select Option 3.

## Resources

- **Superior/STAR Health**  
<https://www.fostercaretx.com/for-members/find-a-provider.html>
- **Parenting Tips**  
<https://www.getparentingtips.com>
- **Housing/Utility Assistance Programs**  
[www.needhelppayingbills.com/html/get\\_help\\_paying\\_rent.html](http://www.needhelppayingbills.com/html/get_help_paying_rent.html)
- **Your Texas Benefits**  
[www.yourtexasbenefits.com/Learn/Home](http://www.yourtexasbenefits.com/Learn/Home)
- **2-1-1 Texas**  
[www.211texas.org/](http://www.211texas.org/)
- **Texas WIC**  
<https://texaswic.org/>
- **Kinship Manual**  
[www.dfps.state.tx.us/Child\\_Protection/Kinship\\_Care/documents/KinshipManual.pdf](http://www.dfps.state.tx.us/Child_Protection/Kinship_Care/documents/KinshipManual.pdf)
- **Texas Kinship Caregivers Facebook Page**  
[m.facebook.com/TexasKinshipCaregivers](https://m.facebook.com/TexasKinshipCaregivers)
- **Kinship Care**  
[www.dfps.state.tx.us/Child\\_Protection/Kinship\\_Care/default.asp](http://www.dfps.state.tx.us/Child_Protection/Kinship_Care/default.asp)