

Kinship Quarterly Strengthening Families

January 2024 New Year New Start

May the upcoming year be full of beautiful inspirations for you, to help you achieve all your goals and dreams. Wishing you a wonderful and blessed New Year.



Keeping your family safe during the winter months.

Winter 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





Kinship Quarterly Strengthening Families January 2024

Women, Infants and Children

Have you ever wondered what the pink WIC labels are at the grocery store? WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children, and it's a nutrition program for pregnant, postpartum and breastfeeding women and families with children younger than 5. If an item has a pink WIC label, it is one of the many healthy foods offered by Texas WIC.

While WIC is best known for providing healthy foods, the program offers so much more. Families can receive counseling with nutritionists and dietitians, breastfeeding support, attend classes and get referrals to other services in their area.

How to refer to Texas WIC

[TexasWIC.org](https://www.texaswic.org) and [BreastmilkCounts.com](https://www.breastmilkcounts.com) both have resources online and available to all families at no cost. Just visit [texaswic.org/apply](https://www.texaswic.org/apply) and start your application online.

CANS

Did you know that the Child Adolescent Needs and Strength (CANS) assessment is available via telehealth for all children 3-17 years of age? While an in-person, face-to-face visit is the best, we know that things can happen that make this hard. CANS is available via telehealth for these situations. STAR Health Member Services can assist with finding providers and even setting up the appointment for you. Star Health Member services can be contacted at: 1 (866) 912-6283. You can also look up a CANS provider in the child's area on the <https://tinyurl.com/3yv2w83z> and call them directly to schedule. CANS providers lists are links titled "STAR Health Certified CANS Providers," with one list each for Central, East, North and South Texas.

As a reminder, children ages 3-17 years of age must have a CANS assessment within 30 days of coming into care, and annually while they remain in conservatorship. The annual re-assessment must occur within 30 days after the anniversary of the last CANS assessment.

Resources

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

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 Caseworker. 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.

"When you help someone, you help everyone" – May Parker