

November 2023 NEWSLETTER



NH Foster & Adoptive
Parent Association



NEWS INSIDE:

GET YOUR FAMILY HOLIDAY READY

Tips to gear up for the holiday season.

GIVING UPDATE FOR NHFAPA-

Highlight showing a portion of Giving for 2023.

PLAN AHEAD WITH THANKSGIVING PREP

Prep offers a smooth Thanksgiving day.

Thinking of relicensing?

TIPS FOR A SMOOTH LICENSE RENEWAL

Foster parents are a vital component to the child welfare system in New Hampshire. Allowing adequate time to process paperwork and complete inspections, makes the renewal process stress free.

1. Ask your Resource Worker for a renewal packet 3 months prior to the expiration of your license.
2. Be sure to update changes in household members.
3. Note any physical changes to the home.
4. The bedroom designated for youth in care will be visually inspected.
5. Some municipalities charge a fee for safety/fire inspections. This fee may be reimbursable.
6. Household members ages 17 and older will need a signed "Criminal Record Release Authorization".

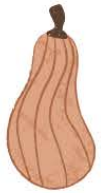
Get your family READY FOR THE HOLIDAYS

As we look forward to the festivities, and all of the wonderful food, decorations and time with family and friends that it brings, our thoughts turn to the necessary planning that comes with hosting during this period. These tips will help you to prepare your home for holiday guests.



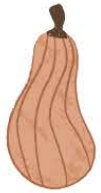
HELP KIDS MAKE CRAFTS

Assisting a child to make a craft for a family member helps maintain healthy connections, and allows for the joy of giving.



HOLIDAYS = BIG FEELINGS

The holiday season triggers big feelings for children and families. Share traditions, be flexible, and prepare for emotional dysregulation. Talk to your worker for case/child specific pointers.



LESS IS MORE

It's normal to feel gift giving pressures. Give modest and thoughtful gifts to children and adults. See your worker for community resources if you or someone you know is struggling to gift.



ADD A FESTIVE TOUCH

Celebrate the holiday season by adding favorite seasonal decor items, preparing a special meal, and creating a nurturing environment. Help children feel all the warmth of the season. Be mindful this is an especially stressful

Get started with preparing your home for the holidays, to make your home a special place to gather this holiday season.

November SelfCare Checklist

- ✓ Create space for down time. Don't let the holiday hustle take over.
- ✓ Practice accessing community supports and receiving care from others unapologetically.
- ✓ Give yourself affirmation/praise.
- ✓ Take breaks from the news and technology. Try a social media cleanse for 24 hours.



HAVE A HAPPY

THANKSGIVING!

NHFAPA IS THANKFUL TO HAVE CAREGIVERS LIKE YOU, THANK YOU FOR ALL THE SUPPORT!

Support Groups

JOIN US!

NOV 3

Local City Event Number 1 |
5pm, Location & address here

NOV 12

Local City Event Number 2 |
6pm, Location & address here

NOV 16

Local City Event Number 3 |
4pm, Location & address here

NOV 23

Local City Event Number 4 |
6pm, Location & address here

NOV 29

Local City Event Number 5 |
2pm, Location & address here

Join in local events!

Bombas Socks- Business of the Month!

THANK YOU FOR YOUR SUPPORT!

NHFAPA is pleased to partner with Bombas Socks. 750 pair are awaiting distribution throughout the state. If you or someone you know would like to help get quality socks to the feet that need them, please email Mariellen (Exec director) nhfapaed@gmail.com.



Giving Update* FOR THE LOCAL NEIGHBOURHOOD

67

Camperships
\$21K

82

School
Supplies
\$6K

200

Winter
Clothing
\$60K

\$7200

Conference
Donation

700

Foster
Homes

1200

Kids in
Care

*Does not include all giving for 2023. Not even close.



Featured Donor

WENDY'S RESTAURANT
SECOND STREET MANCHESTER, NH

NHFAPA is deeply honored by the support given by Wendy's. In the words of franchise owner Larry Wiley " We are totally dedicated as an organization to the concept that every child deserves a loving home." Larry, NHFAPA couldn't agree more.

Funds are used for therapeutic grants, winter clothing, camperships, family licensing support, foster parent education, teens aging out of care, kinship caregivers, and SO MUCH more.

Plan ahead with THANKSGIVING PREP

2-4 WEEKS OUT

Take stock, make stock and order (or buy) your turkey

4-5 DAYS OUT

Buy fresh ingredients, start thawing the turkey & making desserts

2-3 DAYS OUT

Start on your sides and gather your remaining ingredients

THE DAY BEFORE

Peel and cut your potatoes, decorate your home, & start brining your turkey

THANKSGIVING DAY

Bring your turkey to room temp, cook it, make the rest of the meal – and enjoy!

To help Thanksgiving go smooth make little bits and pieces of your meal ahead of time, before all the madness sets in. Here are some tips and pointers on what you can make ahead for Thanksgiving now, and what should wait for later!

1

THE TURKEY: PREP IT FOR ROASTING

If you're planning on brining or dry brining your turkey, that can be done anywhere between one and three days ahead of time.

2

MASHED POTATOES: FREEZE THEM

Just make mashed potatoes as you usually would, and freeze them in a freezer bag or container. Defrost them in the fridge one to two days before!

3

GRAVY: YES, EVEN WITHOUT TURKEY

You can make it without drippings or roast a few turkey pieces to achieve both homemade stock and drippings to make the gravy, and then freeze

4

STUFFING: BAKE BREAD, TOAST NUTS

Do you make a special bread or cornbread for your stuffing? Take care of that now and stash it in the freezer.

Enjoy your thanksgiving!



Sharon Carson
PRESIDENT

Meet The President

Sharon Carson lives in Londonderry, NH and is a member of the New Hampshire State Senate. Carson served in the US Army Reservists, is a UNH Adjunct Professor and tireless advocate for children.