



EMPOWERING FAMILIES

MISSOURI FAMILIES 4 FAMILIES NEWSLETTER
OCTOBER 2020



FROM THE DIRECTOR'S DESK

If you haven't had a chance yet - head over and check out our new website!!! www.mofamilies4families.com

We have expanded our regions from three to five across the state, find more information on the regions and their happenings on our website.

Missouri Families 4 Families is here to support parents/caregivers struggling with virtual learning. This is a tough time for families and children, please reach out if we can be of any assistance.

If you need support, have questions, or just need to talk contact us any time at mofam4fam@gmail.com or 573-619-1322 or reach out to a regional contact. (see regions information)

HAPPY FALL!!

Barb Scheidegger, Director

MOF4F
NEWSLETTER

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NEWS AND EVENTS

To view the
**MOF4F Calendar
of Events**

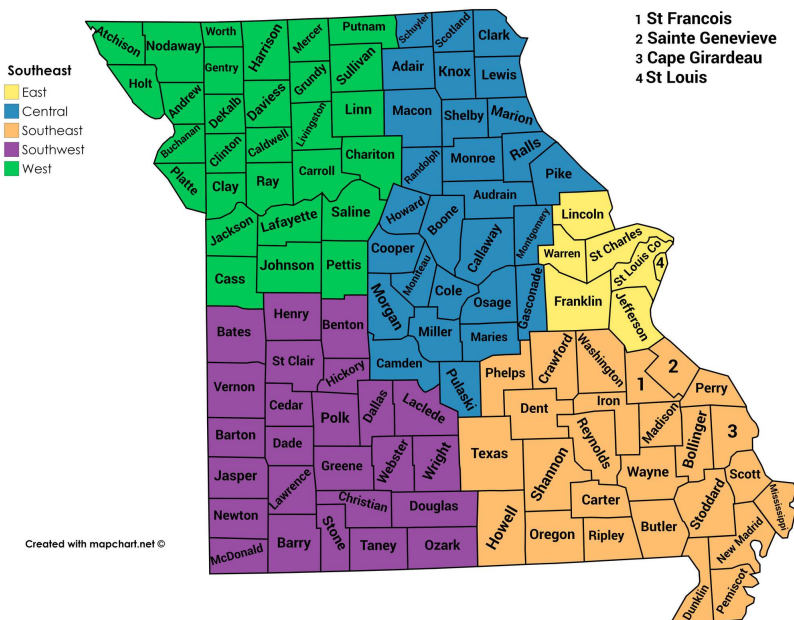
[Click Here](#)



Keep up with us via Facebook @MOF4F

Regional Spotlight

**NEW
EXPANSION
FROM 3 TO 5 REGIONS**



Regions

EAST

Rene Murph
renemurph@gmail.com

SOUTHEAST

Tina Oawster
mofam4famrolla@gmail.com

CENTRAL

Barb Scheidegger
mofam4fam@gmail.com
Shauna Frank
mofam4famcentral@gamil.com

WEST

Bonnie Neal
mofam4famwest@gmail.com

SOUTHWEST

Lynn Prince
mofam4famsw@gmail.com

**Families 2 Gether Support/Network
Groups with zoom
FREE**

**The groups can provide you as a parent,
caregiver, grandparent a place to talk
together. share information and resources
together.**

**Check out the date, time and login of a group
near you on our website
mofamilies4families.com
FB pages @MOF4F**

**You may contact us about a group or for
support. mofam4fam@gmail.com
573-619-1322**

**Families 2 Gether Groups by Zoom
East Region**

*St Louis Area Second Thursday at 7:00pm
St Charles Area-Third Thursday at 7:00 pm*

Southeast

*Phelps-Crawford Counties-Third Tuesday at
7:00 pm*

Central Region

*Jefferson City Area-First Tuesday at 7:00 pm
Jefferson City Area Grandparents Second
Tuesday at 10:00 am*

*Lake Area Second Monday at 7:00 pm
Owensville Area-Second Thursday at 7:00 pm*

Western Region

Kansas Area-4th Tuesday at 7:00 pm

Southwest Region

Springfield Area-Fourth Thursday at 7:00 pm

**Check out our FB pages for login
information or email us**

mofam4fam@gmail.com or 573-619-1322

Opportunities

*for parents/caregivers
Check out our website*

www.mofamilies4families.com



SPOTLIGHTING OUR 2020 SHINING LIGHT AWARD RECIPIENT



Cassidy Atkins **from Jefferson City** **Youth Peer Advocate** **of the Year** **Award**



Nominated by Julie Atkins



Being adopted out of foster care, Cassidy has overcome a lot. When her brother was adopted as well, she stepped in and helped. She constantly wants to learn and be part of her brother's daily routines and therapies'. She physically works with him daily. Cassidy, plans on being a Physical therapist so she can continue to teach her brother. She incorporates him in everything she does, including with her friends. Having her brother around has helped her in her own fears, anxiety. She feels true love and a purpose. Her brother has given her a reason to never give up and he has made great strides because of Cassidy.



Staying Active while Practicing Social Distancing

We know you can't spend the whole day outside—surely work, other responsibilities or the weather will bring you indoors for long periods of time.

You may have to flex your creative muscles a little more to keep kids active, engaged and entertained inside, but we've got you covered with these tips:

Create a scavenger hunt. Pick a theme, and give your kids cards with clues. For example, try a memory hunt! Hand out cards with clues describing a photo in your home. Have the kids match the memory to the photo, and talk about the memories as a family. (Bonus: Enlist older kids to help with clues.)

Try kids yoga. If you have access, try a YouTube search for kids yoga. If not, give the kids 5 stretches and set a 20-second timer for each move. Repeat your "flow" 3 times for a few minutes of active calm. Let them in on grown-up "fun." Kids often love taking part in the tasks we don't enjoy doing as adults—like doing the dishes, laundry or cleaning. Ask them to help you with your chores list, taking special care to let them do the work. For littler ones, start a cleaning race. Set a timer and see who can pick up the most toys and put them back in their rightful place.

Enlist your furry friends. Let the kids play hide and seek with your household pets. If your pet is used to playing with kids, play an indoor game of tag. Tired kids and a worn-out pup? It's a win-win. Pretend the floor is hot lava! Put pillows and blankets around a room. The kids must jump from pillow to pillow (or blanket to blanket) as they try to avoid the "hot lava floor." Remember ... don't fall in! Have a hula hoop contest. If you have supplies at home, see who can keep their hoop up the longest. We promise this will be fun for the whole family, and the laughs will keep you energized long after the fun.

Go on an indoor adventure. Set up a pillow fort or indoor campsite where kids can escape to read, play or learn. From finding supplies to setting up, they're sure to burn some energy.

Use online resources. Virtual resources like GoNoodle are full of games and activities to get kids' bodies moving and brains working. And they just created a free resource to support families with kids at home due to COVID-19.

<https://www.strong4life.com/en/covid-19/staying-active-while-practicing-social-distancing>

Kid Approved FUN Recipe!

1/11/2020

Kettle Corn Recipe | Allrecipes

allrecipes

Kettle Corn



Take a trip to the county fair with a bowl of old-fashioned Kettle Corn. Your family will never want plain popcorn again! If you use white sugar, it will taste like popcorn balls and if you use brown sugar, it will taste like caramel corn.

Prep: 5 mins
Cook: 15 mins
Total: 20 mins
Servings: 5
Yield: 10 cups



Ingredients

¼ cup vegetable oil
¼ cup white sugar
½ cup unpopped popcorn kernels

Directions

Step 1

Heat the vegetable oil in a large pot over medium heat. Once hot, stir in the sugar and popcorn. Cover, and shake the pot constantly to keep the sugar from burning. Once the popping has slowed to once every 2 to 3 seconds, remove the pot from the heat and continue to shake for a few minutes until the popping has stopped. Pour into a large bowl, and allow to cool, stirring occasionally to break up large clumps.

Nutrition Facts

Per Serving:

209 calories; protein 2.4g 5% DV; carbohydrates 24.8g 8% DV; fat 11.9g 18% DV; cholesterol 0mg; sodium 0.6mg.

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WHO WE ARE

Missouri Families 4 Families was organized in 2006 in Jefferson City with families from the Central and Southwest areas of the state who have personal life experiences as families who have children and youth with social emotional, behavioral, and/or mental health needs. They had a vision to use their experiences to support and help other families across the state of Missouri. MOF4F represents families statewide by being a voice for families on state and local committees and advocating for families who have children/youth with mental health needs.



OUR MISSION

Bring hope to Missouri's families with children and youth who have emotional and behavioral health needs.

At MOF4F we:

- Nurture and support family connections to each other and to quality services
- Provide family assistance through information, support, training and technical assistance in local communities resulting in self-advocacy
- Promote family voice on decision making committees that develop and monitor policy, planning, and service delivery for children/youth with emotional behavioral needs at all levels of services

HOW TO CONNECT WITH MOF4F

If you or someone you know is in need of support or has concerns about their child, we invite you to contact us to get help from parents who understand.

CALL: (573) 619-1322

EMAIL: MOFAM4FAM@GMAIL.COM

VISIT: MOFAMILIES4FAMILIES.COM

FOLLOW: FACEBOOK [@MOF4F](https://www.facebook.com/MOF4F)