



EMPOWERING FAMILIES

MISSOURI FAMILIES 4 FAMILIES NEWSLETTER
DECEMBER 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 HOLIDAYS!!

Barb Scheidegger, Director

MOF4F
NEWSLETTER

TABLE OF CONTENTS

From the Director's Desk

- News and Updates
- Regional Spotlights
- Families 2 Gether Support Groups

**Spotlighting Shining
Light Award Recipient**

Zane Lankford

Family Fun!

NEWS AND EVENTS

To view the
**MOF4F Calendar
of Events**

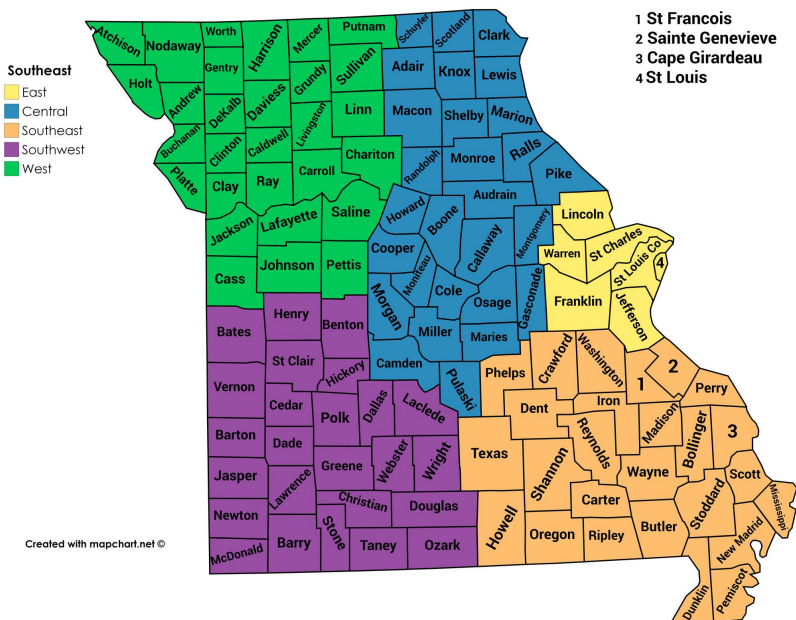
[Click Here](#)



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**

**Zane Lankford
from Henley**

**Resilience
Award**

**Nominated by Jill Richardson,
Statewide Family Network
Coordinator
Department Behavioral Health**



Zane has had to face many challenges in his young life. He felt quiet and reserved much of the time and did not know how to accept affection or play much with other youth. In September of 2018, his life changed when he began to live with his new guardian, his aunt, It takes a lot of courage to start a new school, especially facing the challenges he has. He was a year behind when he started 6th grade and was determined to catch up. He certainly has. He has worked extremely hard to get where he is. He is happier, and is more and more like a young person, having fun and learning at a rapid rate. He now plays after school sports and enjoys track with his cousin. In the time I have known him, he has changed from a quiet serious little boy, into a mostly grown, easy going young man enjoys horses, the outdoors, and sports on the school team. Zane continues to work hard in school, and recently got the best score on a social study test he has ever had. Zane showed great resilience in becoming the young person that he is today with support from family members.

Socially Distanced Holiday FUN!

Socially distant cookie swap → with neighbors or friends!

Organize willing participants and have everyone drop off their goodies on the front doorstep of 1 other participant! Everyone will have a lovely little sweet treat waiting for them when they open the door.

Decorate a gingerbread house. An oldie, but a goodie! Gather your supplies and get to decorating... If you end up snacking on the whole thing before it's finished – we won't tell.

Send holiday cards to the armed forces and to children's hospitals. Send your holiday wishes to those in our communities who could really use the extra warm wishes this (and every) season.

Christmas movie night! Pull out the pillows, pop the corn and decide which Christmas classic to watch – or make it a Christmas movie marathon!

Take a drive around to see the holiday lights. If you have a car, driving around to see all the lovely Christmas lights around your neighborhood is a great way to observe social distancing while getting out of the house.

Bake holiday cookies... or cakes... or pies. It's your kitchen, you choose!

Start some new holiday traditions in 2020!

Ok, so maybe some of these festive activities have been making appearances in your yearly festivities and maybe not. Either way, here are some more fun holiday-esque ideas to spend your time indoors this year!

Send a letter to Santa with the kids.

Get the kids excited about writing with a letter to Santa Clause! The whole family can get in on the fun and use the opportunity to teach proper letter writing (envelope addressing and all).

Take a holiday family photo yourself (hello, self timer).

Sure, your Instagram account is filled to the brim with photos of your family, but are you all in it and are there Santa hats involved?

Donate toys!

If you're able to donate toys this holiday season – there are a lot of children who would benefit greatly. Another teaching opportunity for the kids and a lovely new tradition to start in 2020.

Start a tradition to read a bedtime story by the Christmas tree.

Get cozy under the Christmas tree with some holiday blankets and pillows and get the kids excited about reading! Go through the Christmas classics and feel free to include some modern books as well!



Kid Approved FUN Recipe!

Marshmallow Snowman



Marshmallows
Pretzel sticks
Candy corn
Mini Chocolate Chips
Extra long toothpicks (4 inches)

A few notes:

The pretzel sticks are a little too long for the proportion of the snowman, so I bit off the ends, leaving them about 3/4 as long as they were to begin with. Just experiment and see what look you like. Also, I find that they go in a little easier if you twist them as you're pushing them into the marshmallow.

Normal sized toothpicks won't work; you need the 4 inch variety, which is pretty easy to find at most grocery stores. Slide three marshmallows on the toothpick to create a snowman, then use scissors to clip off the pointy end of the toothpick.

Use the toothpick to poke holes for the arms, legs, and nose, and then push pretzels and a candy corn in the snowman. Then poke small holes for the buttons and push mini chocolate chips into the holes.

Place some mini chocolate chips in a sandwich baggie and melt in your microwave (30 seconds at a time until melted). Snip off a tiny corner of the baggie and "pipe" the chocolate out to draw eyes and a mouth on the snowman.

Make sure to let small kids know that there is a toothpick inside the snowman before they start eating it.

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)