

## Meaningful Resolutions for 2020

This is the time of year that most people start thinking about their resolutions for the upcoming year. Most people resolve to lose weight, exercise more, save money, etc. When you are making your list, please consider making one or all of the following resolutions that can make a huge difference for the child you are advocating for:

- Do more than the minimum required contact. CASA Volunteers are often the person who has been with the child the longest on their journey towards permanency. If visiting more than one time is not possible, call your CASA child or send them a note.
- Spend quality time with your CASA child. Having contact with the caretakers and parents is important but it should not distract you from making the visit special for the child you are serving.
- Make your visits fun by playing with your CASA child. Bring board games, coloring books, books, jump ropes, basket balls, or whatever activity your CASA child enjoys. Playful interaction builds trust and rapport.
- Become a trauma informed advocate; take advantages of training opportunities that help you understand how trauma impacts all foster children and how resiliency is built.
- Make your CASA child feel like a super star! Be mindful of how you respond when caretakers, parents, or teachers are telling you about every negative behavior your CASA child displays and make sure the child is not hearing these words. Words are powerful and can impact a child tremendously. Don't be afraid to ask the adults in your CASA child's life to look at the need behind the behavior.
- Tell yourself every day that your work matters to your CASA kiddos and take care of yourself!

Your work is appreciated by Child Advocacy Services CASA! It has been a pleasure serving with all of you in 2019!

Merry Christmas and Happy New Year to all!

