



## Connections - December 2, 2020

*Keeping us connected in this temporarily remote world*



*Road to Success Specialist Rebecca Morgan participates in the production of a special holiday video that will highlight the many resources in our community and the agencies that provide them. Catch the video this month on [Facebook](#).*

## CarePortal to Roll Out Thursday

**By Christina Kaiser,**  
*Community Relations Director*

**St. Lucie West** – Communities Connected for Kids, 4KIDS of South Florida, the Department of Children and Families and the Global Orphan Project are partnering with churches throughout the Treasure Coast and South Florida to launch CarePortal, a church and state initiative to help children at risk of abuse and neglect remain safely at home.



Along the Treasure Coast and Okeechobee, CarePortal will launch December 3, 2020, at a hybrid event with in-person invitees limited due to social distancing capacity. Those interested in knowing more about how to attend by Zoom, please contact Tim Putman, 4KIDS Vice President of Prevention and Quality Assurance, at (772) 485-3587.

CarePortal is a tech platform developed by the national Global Orphan Project to connect child-welfare professionals with churches willing to meet both tangible and intangible needs of families and children in the system of care.

This is how it works: A case manager at CCKids identifies a need and submits it into the system. Responding churches receive an email with the request and can respond immediately or collaborate with others to meet the request. Through CarePortal, the church responds directly to the requestor and the connection is coordinated to meet the needs of the family.

While this is a new initiative in the Treasure Coast and South Florida, CarePortal has served more than 80,000 children, engaging nearly 2,500 churches and providing over \$26 million of financial benefit to child welfare systems across the United States.

As implementing partner for the initiative, 4KIDS brings church and agency partners together, providing training and support for the use of CarePortal on the local level.

*Communities Connected for Kids is the non-profit organization responsible for the child-welfare system in Indian River, Martin, Okeechobee and St. Lucie counties. The system of care includes foster care, adoptions and protective services.*



## Beat the Bedwetting Blues *In this week's, "In the Clinic"*

**By Lisa McBride, RN, BSN**

**St. Lucie West** - Nocturnal Enuresis is bedwetting. It's very common among children in the United States, and it usually is familial - meaning it runs in the family.

Children age 6 and younger are most likely to experience nocturnal enuresis though it can extend into the teen years. Bedwetting is often developmentally appropriate but it can also be caused by underlying health issues such as a UTI, diabetes, structural abnormalities, and neurological and emotional problems, like stress or conflict.

Children just cannot hold urine all night long and/or have poor daytime toileting habits (ignoring the urge to pee—crossed legs, squirming in their

seat). Surprisingly, bedwetting for the child whose parent also experienced nocturnal enuresis usually stops around the same time it did for his or her parent.

Address bedwetting with your pediatrician in order to rule out any underlying health conditions and include her in a plan to weather this trying time.

Do not scold, yell or humiliate a child who wets the bed—their bladders just can't hold it all night! Some solutions include rewarding the child for waking up dry, bedwetting alarms, limiting caffeine in the evening, super training pants and waterproof sheets.

And try this life hack to make nights a little easier for you: Make your child's bed with two sets of sheets separated by a waterproof sheet. That way, you can simply remove the top layer of soiled linens and don't have to remake the bed in the middle of the night.

Some parents have success with the “lifting” technique: Set an alarm and take the child to the bathroom twice during the night. There are medications, also, but these have side effects. If you decide to try them, be sure to discuss it first with your pediatrician.

Finally, the best piece of advice might be the oldest and truest: Relax, don't worry too much; this too shall pass!

## Let's Celebrate Quality Parenting!

Do you know someone who went the extra mile to strengthen relationships and ensure excellent parenting for children in care this year?

If so, please nominate that person for special recognition during the national Quality Parenting Initiative's final webinar of the year. Nominees will be featured on social media and during this special event, scheduled for 2 p.m., Tuesday, December 15.



Simply send in a few sentences about what your nominated individual did to keep QPI principles front and center in a year of significant challenges.

Anyone can nominate by emailing [info@qpiylc.org](mailto:info@qpiylc.org). Nominees can come from any stakeholder group, including foster parents, kinship caregivers, birth parents, youth, social workers, administrators, legal partners and anyone else committed to ensuring excellent parenting.

*The Quality Parenting Initiative (QPI) is a national child welfare system change initiative of the Youth Law Center. QPI is a relationship-based approach to*

*foster care based on the concept that every child needs excellent parenting everyday. QPI works to reform child welfare practice and policy to meet that goal by listening to and partnering with those who are directly impacted.*

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