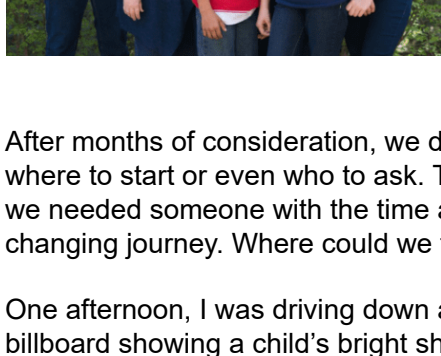




Meet Lisa & Michael's Family



Lisa and Michael decided they were interested in adopting a foster child but did not know where to start. After noticing an All For Kids billboard and giving our agency a call, the process began. Read their interview with All For Kids to hear more about the journey that led to them welcoming three siblings permanently into their family.

All For Kids: How did you find All For Kids and why did you choose to foster/adopt through this agency?

After months of consideration, we decided to adopt a foster child, but we did not know where to start or even who to ask. The bureaucracy at other agencies was daunting, and we needed someone with the time and the knowledge to guide us through this life-changing journey. Where could we turn?

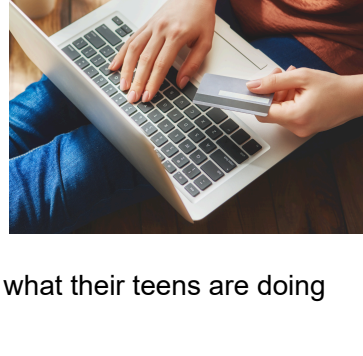
One afternoon, I was driving down a street in the South Bay and happened to notice a billboard showing a child's bright shiny face. It was as if she was saying "I'm here and am ready for you." The words said something about adopting a foster child. It gave a phone number and the name of an agency, "All For Kids." I did not catch the phone number, but I could not forget the name of the organization, nor could I forget that face.

When I got home, I mentioned this to my wife and got on the internet to learn more about All For Kids. A phone conversation with a responsive, caring, informed adoption professional followed, and the rest is history.

[CLICK HERE TO READ MORE](#)

How to Limit a Teen's Screen Time

Teens tend to spend a lot of time in front of screens. But too much screen time can interfere with getting enough exercise, doing homework and being with friends and family. It also can contribute to obesity, sleep disruption, attention and learning problems.



Screen time can include things like researching a school projects, creating music/ art or scrolling on social media. It also includes watching TV shows, streaming videos and playing video games.

CHOC (Children's Hospital of Orange County) experts advise parents to set limits on screen time and stay aware of what their teens are doing online.

How much screen time is too much?

The American Academy of Pediatrics (AAP) recommends that parents of kids and teens place consistent limits on media use. Media includes entertainment (like watching TV and playing video games), and education (like researching a school project).

Not all screen time is the same. Teens are more independent, but it's still up to parents to decide how (and how often) their teens use screens. Teens may need to spend more time online doing homework, but they may also spend a lot of time on social media, playing games or watching TV and videos.

Screen time should not replace time needed for sleeping, eating, being active, studying and interacting with family and friends.

[CLICK HERE TO READ MORE](#)

How Nutrition Affects the Quality of Sleep for Children

By Jessica Rizo, CHOC Dietetic Intern, and Adriana Assenti, RD, CHOC Clinical Dietitian



We've all been there — tossing and turning through those sleepless nights, too tired to think straight, a little grumpy from lack of sleep, and needing those extra cups of coffee to get us through the day.

Sleep isn't just a luxury; it's a cornerstone of our health, playing a massive role in our mental, emotional, and physical well-being. It rejuvenates our bodies, keeps our hormones in check, and is crucial for learning new information and forming memories.

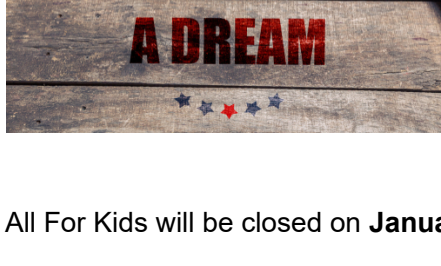
While numerous factors can disrupt our slumber, there are plenty of tricks to help us slip into dreamland more easily — including paying attention to what we eat.

Adequate nutrition plays a key role in keeping us alert throughout the day. Eating the right balance of carbohydrates, proteins, and healthy fats is crucial for enhancing our sleep quality.

- Limit sugary foods and heavy carbohydrates: Consuming too much sugar and dinners high in carbohydrates can cause blood sugar levels to spike and hinder your ability to fall asleep.
- Monitor caffeine intake: Avoid giving children caffeine, which can be found in soda, coffee, tea and chocolate, as it can significantly disrupt their sleep.
- Magnesium: This is an essential mineral that plays an important role in regulating multiple functions in the body such as nerve function, blood sugar levels and immune function.

[CLICK HERE TO READ MORE ABOUT NUTRITION AND SLEEP](#)

All For Kids Closed in Celebration of Martin Luther King, Jr. Day on January 20th



Dr. Martin Luther King, Jr. was a visionary who focused his efforts on ending segregation and promoting racial equality and nonviolent civil rights protests.

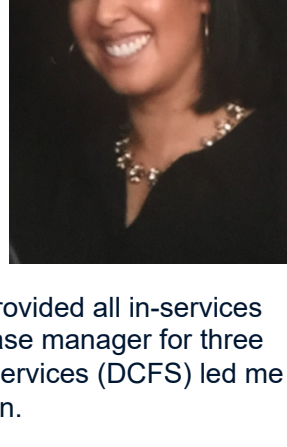
At the age of thirty-five, Martin Luther King, Jr., was the youngest man to have received the Nobel Peace Prize. When notified of his selection, he announced that he would turn over the prize money of \$54,123 to the furtherance of the civil rights movement.

All For Kids will be closed on **January 20th** in his honor.

[READ THE MARTIN LUTHER KING, JR. SPEECH "I HAVE A DREAM"](#)

Meet Our Sr. Director of Foster Care & Adoption Leslie Oropeza

Meet Leslie Oropeza



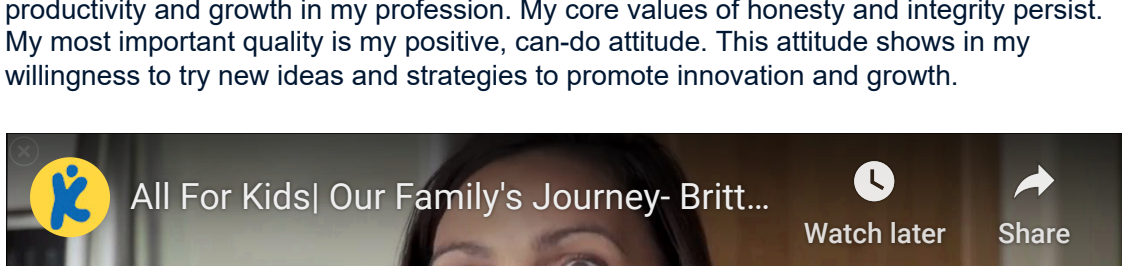
My name is Leslie C. Oropeza. My childhood was spent in East Los Angeles until the age of 16 when I moved to Northridge and began my college education at California State University, Northridge. I later transferred to California State University, Los Angeles in 2000 and graduated with a B.A. degree in Psychology in 2002 and an M.A. graduate in Counseling in 2008. This being my 23rd year in Social Services, my expertise spans foster care, adoptions, community services, strategic planning, and my life-long passion for working with marginalized populations.

My social services career started in February 2000, at the Union Rescue Mission, a homeless shelter in Downtown Los Angeles. I provided all in-services with the Hispanic population and was the only Spanish-speaking case manager for three years. My interaction with the Department of Children and Family Services (DCFS) led me to seek employment with foster family agencies through this position.

My work in foster care began in 2003 and I learned tools to help the families and foster children thrive within the foster care environment. Wanting to explore other careers, I accepted a Wrap Around Facilitator position in December 2007. More leadership skills were acquired from this position and my ability to think outside the box developed while continuing to maintain quality and effectiveness. During the same year, my work in Adoptions began. Although I ultimately decided to return to the foster family and adoptions realm, the Wrap Around field allowed me to gain knowledge in services that would further aid the foster care and adoption population.

In 2010, Masada Homes FFA, allowed me to serve as an Administrator. In 2017 Masada Homes became Wayfinder and I became the Executive Director of Foster Care and Adoptions. This was the most challenging and rewarding aspect of my career as it enabled me to build strong relationships with community entities that have impacted the lives of both foster and adoptive parents and children.

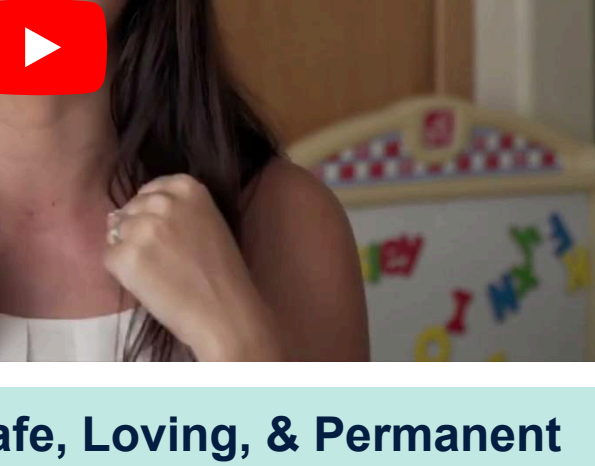
My relationships with DCFS and Community Care Licensing (CCL) have developed professionally and amicably over the years. Successful collaboration with these entities has been demonstrated by three excellent audits. Nurturing relationships with the community, staff, and foster parents have proven to be the best way to achieve productivity and growth in my profession. My core values of honesty and integrity persist. My most important quality is my positive, can-do attitude. This attitude shows in my willingness to try new ideas and strategies to promote innovation and growth.



Siblings Deserve a Safe, Loving, & Permanent Family

There is an Urgent Need for Resource Families to Help Children in Foster Care

Foster and adoptive resource parents are needed for children entering foster care on a daily basis. In Los Angeles County alone, the foster care population exceeds 25,000 children with 200 of those foster children waiting for an adoptive family. Many of these children are siblings in need of families who are willing and able to keep them together. In fact, All For Kids turns away at least 10 sibling sets weekly due to lack of families.



"Being a resource parent then you help someone in their time of need. You're the support system for a child and for their parents," says Brittany, who with her husband Jeremy, foster-adopted two sibling children in addition to their three biological children.

All For Kids offers trainings and welcomes every individual to become a resource for children. For questions and/or to get started, call **800-730-3933** or [click here](#) to complete a quick inquiry form.



[VISIT THE FOSTER CARE AND ADOPTION WEBSITE FOR MORE INFORMATION](#)

License #197807041 | License #197805422 | License #197805428