

Fostering Communications

Building a Network of People in the Foster Care System

August 2021

Upcoming State Conferences...

The North Dakota
Department of Human
Services' & Children and
Family Services Conference
October 26-27 2021
Bismarck, ND
(In Person & Virtual)
Registration available soon.
Details available [HERE](#)

Fall Festival of Training for
Foster and Adoptive Parents
October 2021
TBD In Person or Virtual
Details to come



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PRIDE LINK

In this issue of PRIDE LINK we are taking a closer look at the PRIDE competency “Meeting children’s developmental needs and addressing their delays”, specifically how to prepare your child or children (any maybe yourself) for a start of a new school year. Each child is an individual with their own strengths as well as set of challenges, and the goal is to ensure that the academic year provides opportunities for developmental growth as each child embarks on new academic and social experiences.

The academic setting is important as children gain academic skills as well as provides opportunities for children and adolescents to grow socially and gain skills with their interpersonal peer relationships. This can be more challenging for some children, and may cause some feelings of anxiety as they are preparing for a new year. The Boys Town article, “Making Friends-Help for Children, Kids, Tweens, Teenagers and Parents” provides tips you can use to help support your child/children as they face this journey in making new friends. For the complete article from Boys Town, please click on the link below.

[Making Friends-Help for Children, Kids, Tweens, Teenagers and Parents](#)

The school environment can also be challenging for children who are impacted by trauma. Child Mind Institute article, “How Trauma Affects Kids in School” provides information on different challenges the school environment may pose for children who are impacted by trauma, indicators or behaviors that may be seen in the school setting, as well as ways to support children in the classroom. This article is geared towards educators; however, we feel it is informative for caregivers who are advocating for children and the benefits of a trauma informed lens when applied in the school setting. We encourage you to check out the link below for the entire article.

[How Trauma Affects Kids in School](#)

A child’s history, much less trauma history, is very personal and must only be shared when needed (and if a child is in foster care with a release of information in place). Knowing that trauma may impact a child’s education/learning, it may be important and necessary to share information related to past trauma with your child’s educators. It can be challenging to know what, or how much, information is crucial to share with your child’s educators. Kristin Berry, with The Honestly Adoptions Company, notes that this information is on a “need to know basis” and provides six guidelines that may assist you in knowing what, and how, much information you should be providing to those trusted to educate your child. Click on the link below for the complete article with the six guidelines to assist in determining what is “need to know”.

[About Your Child’s Trauma?](#)

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Comments should be directed to the Training Center.*

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ONE....



One tree can start a forest;
One smile can begin a
friendship;
One hand can lift a soul;
One word can frame a
goal;
One candle can wipe out
darkness;
One laugh can conquer
gloom;
One hope can raise your
spirits;
One touch can show you
care;
One life can make the
difference;
Be that ONE today!!

~Author unknown



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Self-Harming Behavior

When a youth is struggling with coping with difficult feelings, including feelings of anxiety and depression, they may cope by engaging in self-harming behavior, to include cutting, scratching, burning, etc. This coping skill can provide temporary “relief”; however, it often leaves the youth struggling with their original emotions they were seeking relief from. In addition, it can lead to feelings of embarrassment and guilt that perpetuate the cycle of self-harm. When you are caring for a youth who is engaging in self-harming behavior, you may feel helpless and unsure how to best to be a support to your child and help them navigate the emotions they are feelings as well as support them in gaining healthy coping skills for their “tool box” . Boys Town has numerous resources for caregivers that provide information on self-harming behavior, including what self-harming is, what it means, and how to support a individual who is engaging in this behavior as they need support to build their “tool box” of coping skills.

Please click on the two links below from Boys Town for information on what self-harming means as well as signs that may indicate that your child is engaging in self-harming behavior.

[Understanding Teen Cutting and Self-Harm](#)

[Teens and Self-Harm: The Causes and Signs](#)

Understanding what self-harming means and signs to look for are helpful, but knowing what you should do as a parent if your child is engaging in self-harming behaviors is the needed next step. Click on the link below to the article from Boys Town that provides tips for parents who have teenagers struggling with self-harm.

[How Parents Can Prevent Teenage Self-Harm](#)

If you know someone who is engaging in self-harming behavior, please take it seriously and get them the immediate professional help. As an additional support, Boys Town has a National Hotline to help at **1-800-448-3000**. For further information on the National Hotline click on the link below.

[Cutting and Self-Harm: We Can Help](#)

TRAINING NOTICE

Safety Framework Practice Model

North Dakota has adopted a new Safety Framework Practice Model (SFPM) that is utilized across the state to identify when a child is safe/unsafe and to include making decisions regarding when a child can safely return home. CFSTC has received feedback that foster parents are eager to learn more about SFPM, and plans are in the works to offer foster parents a training opportunity to learn more about why the SFPM was chosen as well the goals the SFPM is designed to achieve. This training will be delivered as an online module and a continuing education hour will likely be provided. Please watch for further details to come by email as well as posted on our Facebook page in the near future.



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NORTH DAKOTA
FOSTER OR ADOPT

Are you interested or know someone who may be interested in becoming a foster parent?

Please call the **NEW** Toll Free Inquiry Line

1-833-FST-HOME
(1-833-378-4663)

And speak with
Sheila Muus,
Foster Parent Recruitment
& Retention Specialist



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Recruitment & Retention

Wow! August already! This is a month that is so chock full of transitions with getting ready to go back to school. For some families this fall might be a bigger adjustment as some might be returning to in person school and work after at home, hybrid, or the back and forth of COVID for the first time in a year and half. In more “average” times, fall and back to school can be plenty stressful! This is an important time to be thoughtful about all the upcoming transitions ahead to support your foster children, your family, and how to care for yourself during this time. Everyone at the Child and Family Services Training Center recognizes the incredible effort that Foster Families put forward to support their foster children and ensure their success. **Thank you is simply not enough to express gratitude for all that you do!**

Check out this quick video from Dr. John DeGarmo, a leading expert in parenting and foster care. Dr. DeGarmo and his wife are biological, adoptive, and foster parents. In this video, he sheds additional light on why school can be so incredibly challenging for children in the foster care system.

Foster Care 101: Why Kids in Care Struggle in School

In addition, Dr. DeGarmo succinctly provides practical ways to assist foster children with adjusting to school and promoting increased success in their academic setting. Please click on the link below for the complete article.

Back-to-School Tips for Parents | Children's Mental Health Ontario (cmho.org)

Taking Care of YOU!

We all know that foster parents are the center of the foster home. You are the hub and the engine that makes it all work! Caring for yourself is so vitally important, however, most foster parents are not as adept at self-care as they are at caring for others. Prioritizing yourself as the foundation of the family can not be overstated. Role modeling self-care activities and techniques is a wonderful opportunity to help yourself function at your best while demonstrating for your family and foster children approaches that they can implement. Visit this link from AdoptUSKIDS to learn about using mindfulness to manage stress.

Managing Stress Through Mindfulness

Statewide Virtual Foster Care Support Group

A great way to kick off the school year right will be to join the Statewide Virtual Foster Care Support Group on **Tuesday, August 31st**, at **7:15-8:15 pm CST** via Zoom to hear from Robin Rosenthal, Protection and Advocacy, talk about advocating for your child's education, 504 plans, and IEPs (Individualized Education Plans). Attendees at this session will earn one hour of foster parent training. Mark your calendar for this awesome opportunity! To join click on: <https://nexus-yfs.zoom.us/j/97675150642> or join by telephone (1-312-626-6799 Meeting ID: 976 7515 0642).