

Fostering Communications

Building a Network of People in the Foster Care System

November 2021

Upcoming State
Conferences...

ICWA Conference
February 15-17, 2022
Bismarck, ND
Details to come!!

North Dakota Family Based
Services Association
(NDFBSA) Conference
March 29-April 1, 2022
Details to come!!



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Children and Family
Services Training Center
Department of Social Work
University of North Dakota

PRIDE LINK

In this issue of PRIDE LINK we are taking a closer look at the PRIDE competency “**Strengthening Family Relationships**”. Strengthening Family Relationships needs to be a priority when a child is removed from their home. This includes promoting a child’s cultural identity and for a child to maintain their connection to their family and culture. Specifically, in honor of November being Native American Cultural Awareness month, we are taking a look at how foster parents can promote a child’s Native American culture in their home, as well as the importance of the Indian Child Welfare Act (ICWA). First, the link below provides information regarding Native American Heritage month as well as additional links to resources and information regarding Native American heritage. [Native American Heritage Month](#)

A better way to promote a child’s culture is to be open to learn and to practice culture humility. Cultural humility can provide us a greater understanding of cultures that are different from our own and can help us recognize each family's unique experiences. When we pause and consider there are nearly 600 federally recognized tribes in the United States, it is important to consider that each tribe has it’s own unique culture, customs, and traditions. If you foster a child who is Native American, continue to be open to learn more about that child’s tribe(s), engage with the child’s family to learn how to best incorporate the child’s culture into your home, and find cultural opportunities for that child to participate in.

The Children & Family Services Training Center website contains information on North Dakota’s Tribal Nations to include tribal history for the Mandan, Hidatsa & Arikara Nation, Spirit Lake Nation, Standing Rock Sioux Nation, and Turtle Mountain Band of Chippewa. Please click on the link below to access information.

[CFSTC-North Dakota Tribal Information](#)

To obtain links as well as other valuable resources regarding other regional Native American tribes within Minnesota, South Dakota, and Montana please click on the link below.

[Minnesota Indian Tribes](#)

[Montana Tribal Nations](#)

[Native American Tribes in South Dakota](#)

The key to preserving Native American culture is through future generations. The Indian Child Welfare Act (ICWA) was enacted to preserve Native American culture and way of life by keeping Native American children with their families and within their culture. Click on the link below for The National Indian Child Welfare Association (NICWA) article about ICWA as well as a video The Heart of ICWA:

[NICWA: About ICWA](#)

[NICWA Frequently Asked Questions-ICWA](#)

[Native American Children’s Literature Reading List](#)

Fostering Communications is published by the UND Children and Family Services Training Center under the sponsorship of the Division of Children and Family Services, North Dakota Department of Human Services. It is intended for all foster parents, foster care providers, and child welfare agencies. 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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Managing the Holidays & Foster Care

The holiday season can be a wonderful time of year, a time to engage in holiday traditions with the ones you love and care for the most. However, to many children in foster care, the holiday season can also magnify the huge losses in their lives to include loss of family, friends, and their own holiday traditions just to name a few. This time of year can lead to a wide range of emotions for children in foster care, from excitement to grief to loneliness. The holiday season may also leave foster and adoptive parents with a sense of uncertainty on how to help support the youth/foster child in your life during the holiday season. Please click on the link below from the Foster & Adoptive Care Coalition article, "The Holidays in Foster Care: Why Things Might Get Rough". This article provides helpful tips to assist those children you are caring for ease into this time of year.

[The Holidays In Foster Care: Why Things Might Get Rough](#)

Dr. John DeGarmo, a leading expert in fostering and parenting, offers additional insight on why the holiday season can be difficult for youth in foster care as well as additional tips on how you, as a foster parent, can navigate this difficult time with the children in your home. Please click on the link below to access the full article from Foster Focus.

[Foster Care & The Holidays](#)

Lastly, the link below is for an article from *Creating a Family Newsletter*, which provides a former foster youth's perspective regarding their experiences of handling the holidays while being in foster care. This youth provides their insight regarding their feelings of loss, loneliness, and feelings of not belonging they experienced during the holidays, as well as how a foster parent's actions changed that perspective for the positive for this youth.

[Celebrating the Holidays in Foster Care](#)

Regulating Emotions in Children

Let's play out a situation that may come your way this holiday season. You are enjoying a Christmas dinner and everyone around the table is engaging in conversation and merriment. Fast forward five minutes later and now your 6 year old child is on the floor yelling, screaming, and crying. All eyes are on you and Tylor Swift's song, "You Need To Calm Down" may be playing in your mind. The million dollar question is how do you handle these emotions and how can these times of dysregulation can minimized. Child Mind Institute's article "How to Help Children Calm Down" provides tips on how best to manage these emotional dysregulation as well as how to prepare for these moments. Please click on the link below to read the entire article.

[How to help Children Calm Down](#)



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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 Carissa Cox, Foster Parent Recruitment & Retention Specialist



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Recruitment & Retention

“Settling In”

Message from Carissa Cox, North Dakota Recruitment and Retention Specialist

It's that time of year again! Pumpkin spice is everywhere, local businesses are actively prepping for the holiday season, and for many of us, we have already experienced that first snowfall! As we have all settled into fall and begin winter preparations, I am excited to share that I am also settling into my new role with the Child and Family Services Training Center. On October 29th, the CFSTC team gave me a warm welcome as the Recruitment and Retention Specialist. For the past 15 years, I have worked closely with foster parents in both case management and recruitment and licensing roles. Foster parents are very special people who truly are champions for children. I feel equally as strong for those that step up to provide permanency to foster children through adoption. As I transition into my new role with the CFSTC, I look forward to the continued opportunity to support foster children, foster parents, and adoptive families! To learn more, I encourage you to reach out to me by phone at 701.777.5913 or through email at carissa.cox@und.edu.

Shining a Light on Adoption

“There is no unwanted children, just unfound families.” -National Adoption Center

November is National Adoption Month, where all those impacted by adoption are recognized, including waiting children. There are over 120,000 kids in foster care in the United States waiting for a permanent home. Throughout the month, communities are encouraged to emphasize and shed light on this need. Adopting through the foster care system can lead families on a beautiful journey filled with grief and loss, hope, grace, growth, and most importantly, unconditional love. The journey may not always be easy, but worth it. To hear real-life stories from adoptive families that will open eyes, inspire, and teach, check out the six episode podcast “Navigating Adoption” presented by AdoptUSKids!

[AdoptUSKids Blog: Navigating Adoption](#)

To learn more about waiting children right here in North Dakota, please visit the North Dakota Heart Gallery link below:

[North Dakota Heart Gallery](#)

Presidential Proclamation

We encourage you to read the National Adoption Month proclamation by President Biden within the following link:

[National Adoption Month Proclamation](#)

Statewide Virtual Foster Care Support Group

We continue to offer our statewide virtual foster care support group, with the next support session being held **Tuesday, November 30th** at **7:15-8:15 pm CST** via Zoom. This session includes an education opportunity Q & A with a Case Manager. December support groups are scheduled are December 9th at 7:15pm CST and December 20th at 11:30am CST. Please reach out to your licensing worker for further details to attend.