

# Fostering Communications

*Building a Network of People in the Foster Care System*

February 2021

Upcoming State  
Conferences...

20th Annual ND  
Indian Child Welfare &  
Wellness Conference  
VIRTUAL EVENT  
Feb. 24-25, 2021

Please check NATI's website  
link below for pending info  
[ND Indian Child Welfare &  
Wellness Conference](#)

2021 ND Family Based  
Services Conference  
Educational Opportunity:  
Bright Futures Together  
VIRTUAL EVENT  
March 9-11 & 23-25  
To register go to  
<https://ndfbsa.org>



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Services Training Center  
Department of Social Work  
University of North Dakota

## PRIDE LINK

In this issue of the PRIDE link we are taking a closer look at one the PRIDE competency *“Meeting children’s developmental needs and addressing their delays”*. Specifically, we are looking at the how childhood trauma, which we know that many children in foster care have experienced, impacts not only their mental health, but also physical health throughout a life time. When parenting a child who has experienced trauma, it is necessary to be trauma-informed to meet a child where they are at within their emotional development and understand how trauma has impacted their development. Their emotional response to stressors needs to be look at through that trauma informed lens, and it is important to ensure that the child feels safe emotionally and that we are understanding that the behavior that is being exhibited is a response to their past trauma. The Child Welfare Information Gateway has provided a factsheet for those who are parenting a child who has experienced trauma. This downloadable factsheet provides valuable information on what trauma is, the impact of trauma if left untreated, understanding your child’s behavior, and tips to help your child. Please click on the link below to access this Factsheet.

### [Parenting a Child Who Has Experienced Trauma](#)

The impact of childhood trauma may also have lifelong impacts on one’s physical health. California’s Surgeon General and one of the leading experts of childhood trauma and Adverse Childhood Experiences (ACES), Dr. Nadine Burke Harris shares details on the unsettling trend that she found while examining patients related to the impact that childhood trauma has on a person’s long-term health, both physical and mental, and how the “...Adverse Childhood Experience (ACES) is the single greatest unaddressed public health threat facing our nation today.” To view Dr. Burke Harris’ TedTalk please click the link below.

### [TedTalk - How Childhood Trauma Affects Health Across A Lifetime](#)

## Flipping Our Lids

It is not an uncommon response when a child is under stress to “flip their lid” or just lose all control. This response may leave you scratching your head not sure what the source of the stress even was that caused an such a strong response, but we know that trauma effects the brain and thus there is a biological reasons for “flipping our lid”. Dr. Daniel Siegel has a short video, linked below, walking through what happens to the brain when a person “flips their lid” by using his hand as the model of the brain.

### [Dr. Siegel Hand Model of the Brain](#)

Lastly, below is a link to child friendly video you can share with a child in your life, who may struggle with “flipping their lid”. The video describes what is going on in their brains as a way to build interventions on how to not “flip their lid”.

### [Why Do We Lose Control of Our Emotions](#)

*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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## Showing Empathy

Being empathetic at first thought may appear to be an easy concept. How can we not be empathetic to some of the struggles to those who have experienced trauma and the effects of trauma? Not to mention, we understand how being empathetic towards every day stressors that pop up is so crucial when being trauma-informed. However, we are not super humans, and with all of the additional challenges this year has brought, we may have reached our limit at times when it comes to being empathetic, especially to the ones we love and cherish most, our children. Understood.org has provided a article with nine ways we can respond with empathy when your child is struggle. This includes using the “Platinum Rules”, treating others they way you want and need to be treated as well; not responding with frustration; not rushing to fix the problems; validating feelings; and more. Please click on the link below to read the entire article with all nine tips.

[9 Ways to Show Empathy When Your Child Is Struggling](#)

## February is Black History Month

Understanding cultural diversity, with race being one component of diversity, is important when fostering children. Really, understanding cultural diversity is important to being a citizen of our diverse global community. Thus, in honor of February being Black History Month we are pausing to honor and learn more about Black History, how Black history is part of all American History, and understand that taking time to learn and honor all aspects of American History is important as we grow to expand our own cultural awareness in our homes and communities. Below are links that you can view, share, and discuss with your family as you honor Black History Month.

The first PBS link includes printable activities, questions to create discussion with your children, as well as additional links to additional resources and articles promoting Black History month. [PBS-Black History Month](#)

The second PBS link is a short child friendly video from PBS sharing the history of Black History month. [PBS-Black History Month Video](#)

The next two links are geared towards older children. First, Learning For Justice provides a link to articles geared for older children that talk about importance for Black History, especially with current struggles for racial equality.

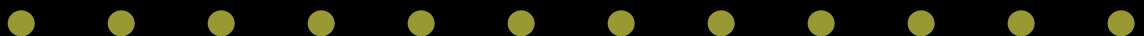
[Learning for Justice-Why we need Black History Month](#)

Next, Facing History and Ourselves provides resources and links Honoring Black history and connecting Black History Month to current events.

[Facing History and Ourselves-Honoring Black Agency and Black Joy](#)

Lastly, Conscious Kid that includes book recommendations promoting Black History.

[The Conscious Kid Book Recommendations](#)



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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

### Foster Care Recruitment Approach : Virtual FC Information Panels

Monthly foster care information panels are being offered virtually on Zoom! The panels will include an adult who has experienced foster care, foster and foster/adoptive parents, and foster care licensing professionals. Panelists will share their experiences related to foster care and attendees will have the opportunity to ask questions. Please share these opportunities with anyone that you know that is considering foster care! For more event information, please check the CFTSC Facebook page at <https://www.facebook.com/UNDCFSTC>.

### Upcoming foster care information panel dates are:

**Tuesday, March 9th at 7 p.m. CST & Monday, April 12th at 7 p.m. CST.**

### *Are you Interested participating as a panelist?*

If (you are interested so, please contact the Recruitment/Retention Specialist, Sheila Muus, at [sheila.muus@und.edu](mailto:sheila.muus@und.edu) or call 1-833-378-4663.

### Self Care & Encouragement for Foster and Adoptive Parents

We all know that self-care is essential for all caregivers; however, we also know that it is extremely difficult to find time for self-care in the high demand lifestyle of foster parenting. This article from North American Council on Adoptable Children identifies ways to confront the roadblocks to self-care and outlines simple steps that foster parents can take to make self-care an essential part of their routine.

### Self-Care: Barriers and Basics for Foster/Adoptive Parents

Do you have any foster care angels? Has anyone ever offered you a helping hand? Have you taken someone up on their offer? The following article from HomeFront Magazine shares how one family saved their placement by allowing others to help them. It highlights some of their personal ways they allowed others to assist them. We encourage you to read this and possibly create your own practical list of ways others can assist you so you are prepared when the offer comes or to share with your support system.

### 5 Practical Ways to Help Foster Parents

Many times, when fostering one questions "Is anything I am doing sinking in?" "Is it making a difference?" Although this letter may not have been written by your foster child, it could have been! Enjoy this letter on AdoptUSkids blog written by Catherine Pearson, former foster child, and know that your foster kiddos may indeed have many of these same thoughts someday!

### Letter To A Foster Parent

