

# FOSTERING COMMUNICATIONS

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

August 2022

## Upcoming State Conferences

### The Behavioral Health & Children and Family Services Conference

October 11-13, 2022

Fargo, ND

(In Person & Virtual)

Click [HERE](#) for further information

### North Dakota Family Based Conference

March 28-31, 2023

Fargo, ND

(In Person)

Details to come...



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

## PRIDE LINK

In this issue, the PRIDE competency we are taking a closer look at is "Meeting children's developmental needs and addressing their delays", specifically looking at adolescence and how trauma may impact these youth developmentally as well ways to respond with more of a trauma informed approach.

Youth in foster care often have experienced childhood trauma, to include placement in foster care. An adolescent coping with trauma is also experiencing developmental changes, to including brain development. You may wonder how trauma and brain development impact youth. In the article, "The Teen Years: Brain Development and Trauma Recovery" from Adoptalk walks through teenage brain development, how trauma may impact that brain development, and how YOU can be a difference maker by making a connection and respond to the youth that you are caring for.

Please click on the link below to access the entire article found on NACAC's (North American Council on Adoptable Children) website.

### [The Teen Years: Brain Development and Trauma Recovery](#)

One way to respond to the need of any youth in your home, especially adolescents, is communicating what is expected. When an adolescent (or any child) enters your home they are bringing with them their own culture, experiences, and trauma that impacts how they interpret and respond to their surroundings. Establishing household expectations in the beginning with the teen (or child) in your care is one way to help them feel safe, be more successful, and is a step to establishing a trusting relationship. Foster Care & Adoption Resource Center's article, "It's All in the Family: Establishing Household Rules" provides trauma informed ways you can do this in your home, for teenagers and children of all ages. The article outlines tips to keep expectations basic, how to involve the youth and family in setting up expectations, and the difference between rules/expectations vs. routines. Please click on the link below to read the complete article.

### [It's All In the Family: Establishing Household Rules](#)

Lastly "10 Tips for Disciplining Traumatized Children", from Barbara Tantrum, provides tips on how you can think about providing appropriate discipline to any child who has experienced trauma. Tantrum has experience as a therapist and foster/adoptive parent. Check out her tips within the link below.

### [10 Tips for Disciplining Traumatized Children](#)

## Supporting LGBTQ+ Youth

According to Capacity Building Center For States, LGBTQ+ youth make up 20% of children and youth in the foster care system, which makes LGBTQ+ over-represented in foster care. In addition, to experiencing trauma due to abuse and neglect, some of these youth come into the child welfare setting have also experienced rejections or have been mistreated because they identify as LGBTQ+. A foster parent plays a vital role in supporting a youth who identifies as LGBTQ+ in navigating through some of these trauma. The article from Parents.com "What Foster Parents Need to Know About Adopting and Affirming a Queer Child" points out that educating yourself regarding



LGBTQ community is key, in addition the article provides other guidance on what foster parents should do as well as information on what you shouldn't do or say when fostering a LGBTQ+ youth. To read the complete article, click on the link below.

### [What Foster Parents Need to Know About Adopting and Affirming a Queer Child](#)

The Child Welfare Information Gateway has additional resources for both foster parents and child welfare professionals to support you working with LGBTQ+ Youth and Families. The link below includes a factsheet, "Supporting LGBTQ+ Youth: A Guide for Foster Parents", with great information as well as offers videos and other resources regarding various topics such as terms and misconceptions and ways you can create a welcoming and affirming home for youth.

### [Child Welfare Information Gateway-Working with LGBTQ+ Youth and Families](#)

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## RESPONDING TO DISHONESTY

If we are honest with ourselves when our children are dishonest with us it can push our "buttons", lead to power struggles, and feelings of overall frustration. These feelings can be natural; however, being dishonest (lying) can often be a child's response to trauma and may even be a means for survival for children who is in foster care.

The article "How to Handle Lying" from Fostering Forever offers reasons children may not be honest as well as tips on how you, as a foster parent, can address that with the child in your care and how adults, especially a trusting adult, makes a difference.

### [How To Handle Lying](#)



In addition, the article "The Best Ways to Help Children Stop Lying" from Foster2Forever provides a link to a video from Bryan Post where he provides some explanation why a child may lie, such as a state of stress, and intervention strategies that you may find helpful. Please click on the link below to access the short article and link to the video.

### [The Best Way To Help Children Stop Lying](#)

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## NORTH DAKOTA FOSTER CARE REIMBURSEMENT TRAINING

If you were unable to attend the live virtual Foster Care Reimbursement Training held on July 28, 2022 you can NOW view the recording of that training located on the CFSTC web page. This training provides detailed information regarding the foster care reimbursement process. Click on the link below to access the recording as well as additional handouts from this training.



### [Foster Care Reimbursement Training](#)

# Recruitment & Retention

## The School Year Is Upon Us!!!

Transitioning back to school is fun and exciting for many children. New school clothes, getting to shop for needed supplies, meeting teachers, and reconnecting with friends who they have not seen all summer long. Come summer's end, this is what a lot of youth look forward to. However, back to school can look and feel much different for children who have experienced trauma, especially children in foster care. For children with a trauma history, all new settings can feel unsafe and bring a sense of uneasiness. Often times, for these same kids, back to school can bring an abundance of "new". A brand new school, new teacher, new peers, and a new routine just to name a few. In turn, stress levels are elevated and the transition back to school can be challenging. Because of the uncertainty that the start of a new school year can bring, those in a caretaking role likely will have questions and even some worries of their own. With a new school year upon us, the podcast below from creatingafamily.org provides insight and tips on how to make the back to school transition a bit easier for children with a trauma history.

**Podcast: Back to School with Foster & Adopted Kids**

## Advocating In The School

The school setting heightens stress levels for some children and can also be anxiety provoking, which may present itself through unpleasant behaviors, academic performance, or socially with peers. Children of all ages deserve to have adults in their life committed to assuring their needs are being met. Parents and caregivers also have a voice and deserve to be heard, especially when it comes to the best interest of the children in their home. Parents and caregivers can be the strongest advocates because of their familiarity with the child. However, advocating is not always easy, and can be out of one's comfort zone. As your family transitions into the school year, here are some tips on how to sharpen those advocacy skills to support a child's need in the school setting:

**8 Steps to Advocating for Your Child At School**

Through their blog, Adopt US Kids shares insight into advocating for children at school. Follow the link to learn more!

**Advocating For Your Child at School**

## Virtual Foster Care Panels



Do you know somebody who is interested in fostering?  
Attending a Virtual Foster Care Panel is a great place to start!  
Keep an eye on the UND CFSTC Facebook page for upcoming dates,  
and consider sharing with friends, family, and through social media!

**September Panel: Thursday, September 29, 2022 7:00-8:00 PM CST**

Anyone interested can simply registered through the Zoom Link [HERE](#) and join on the scheduled date!

*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.*

NORTH DAKOTA

FOSTER OR ADOPT



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

Please call the  
Toll Free Inquiry Line @  
**1-833-FST-HOME**  
**(1-833-378-4663)**

And speak with  
Foster Parent Recruitment &  
Retention Specialist, Carissa Cox.



**UPCOMING  
Foster Parent  
Support Sessions:**

**09.08.22**

11:00 a.m.-12:00 p.m. CST  
\*Open Chat\*

**09.13.22**

8:00-9:00 p.m. CST  
\*Education Opportunity\*  
Topic-LGBTQ+:  
101 Crash Course

**09.26.22**

6:00-7:00 p.m. CST  
\*Open Chat\*

Session details come by email from CFSTC. Please reach out if you would like to attend, but have not received an email invite.