

FOSTERING COMMUNICATIONS

Building a Network of People in the Foster Care System

February 2023

Upcoming State Conferences

North Dakota Family Based Conference

March 28-31, 2023

Fargo, ND

(In Person)

[Register HERE](#)

Caring for Kids Conference

April 22, 2023

Starting at 8:30 a.m.

Grand Forks

(In Person)

[Register HERE](#)

North Dakota Indian Child Welfare and Wellness Conference

July 25-27, 2023

Sky Dancer Casino & Resort

Belcourt, ND

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 the impact of prenatal drug exposure on a child and the different resulting needs. Parental exposure occurs when a pregnant mother is consuming alcohol and drugs, and as a result that child may have short and long term impacts to their development. It may be apparent early in the child's life how the child's development has been impacted, but it may not be apparent until a child becomes older, even until they are of school age when they experience the effects of that prenatal alcohol and drug exposure. In the podcast, "Parenting a Child with Prenatal Exposure", from *Creating a Family* Dr. Mona Delahooke, a clinical child psychologist and author, talks about the impact prenatal alcohol and drug exposure may have on a child's brain development and the behavioral, mental, and physical health implications that this could cause as well different parenting techniques that may help you and your child find success. Please click on the link below to listen to this podcast for further information.

[Parenting a Child with Prenatal Exposure](#)

Additional resources from *Creating A Family* includes Prenatal Exposure Part 1 and Part 2 links. Both of these resources includes information on how to best care for children and youth who were exposed prenatally to alcohol and/or drugs. *Creating a family* provides information that outlines the impacts of Prenatal Alcohol and drug exposure based on age and stages as well as a variety of parenting strategies for different age groups from Baby to Teenagers. Please click on the links below for information regarding the corresponding age groups.

[Prenatal Exposure, Part 1: Parenting Babies through Elementary Ages](#)

[Prenatal Exposure, Part 2: Parenting Tweens and Teens](#)

Lastly, a baby who has prenatal drug and or alcohol exposure may be diagnosed with Neonatal Abstinence Syndrome (NAS). NAS is a result of sudden discontinuation of the exposure to the substance that the mother was using while pregnant and thus the baby experiences withdrawal symptoms. Many babies with NAS require additional medical care and attention, and caring for a baby with prenatal drug exposure can provide additional challenges. Laura from @fostering.parenting provides a brief 1-2 minute video providing some helpful tips for foster parents when caring for a baby who has been exposed to substances.

[Caring For Baby](#)

HUMAN TRAFFICKING

January was Human Trafficking Prevention month and it is important that we recognize that human trafficking exists in our state, in the communities we live in. All children are at risk for human trafficking, but children involved in the child welfare system are more vulnerable to human trafficking so it is important as caregivers to pay attention and be aware of indicators or signs of Human Trafficking.

The Department of Human Services, Blue Campaign lists indicators of Human Trafficking. Please click on the link below for that list and other resources.

[DHS Blue Campaign](#)

When caring for a child where there are concerns about possible Human Trafficking it is important to be communicating those specific concerns with the child's case manager to ensure that the child needs are assessed. The *Fostering Perspectives* article, "Human Trafficking: What a Foster Parent Should Know", provides additional guidance and tips to foster parents regarding what to do if there are concerns of Human Trafficking.

[Human Trafficking: What a Foster Parent Should Know](#)

There are some ways you can protect any child you are caring for from human trafficking, and six of these tips can be found in Upcoming's Blog, "6 Ways Foster Parents Can Protect Children from Sex Trafficking". These tips include: tune into their feelings, monitoring screen time, model healthy relationships, know their friends, notice what is new, and stay vigilant-stay the course. Please click on the link below to read more about these six tips.

[6 Ways Foster Parents Can Protect Children from Sex Trafficking](#)

In North Dakota YouthWorks provides Anti-Human trafficking services (in addition to other programming) to young survivors as well as community education. Please click on the link below to learn more.

[YouthWorks](#)

BUILDING ATTACHMENT

Having attachment to some children may be easier with some children than others, and this can be due to a variety of different reasons, personalities, past trauma, etc. Building attachment doesn't happen overnight, and at times, it is the small little things caregivers can do that make the biggest impact. In the Honest Adoption Company's Blog, "3 Practical Ways To Build An Attachment With Your Child", Mike Berry is open about how building attachment can be a struggle and provides three little things that caregivers can do that have a big impact.

[3 Practical Ways to Build An Attachment With Your Child](#)

Another set of strategies to help with making a connection with foster children comes from Laura with @foster.parenting. Along with help from Tori Hope Petersen (former foster youth), Laura created a short video re-enacting different ways that foster parents could use to try to use to help build a connect with a child they are caring for.

[Easy, Fun, and Playful Ways to Connect With a Child in Your Care](#)



Building relationship is not only important between the caregiver and child, but also between the child and other members within the family unit to include relationship between foster siblings. In the article, "Promoting Positive Relationships Between Nontraditional Siblings", four areas are identified that you can use to aide to promote these relationships with the children in your home.

[Promoting Positive Relationships Between Nontraditional Siblings](#)

Recruitment & Retention

Establishing Resiliency as a Foster or Adoptive Parent

In the podcast "How to Achieve Resiliency as a Caregiver", Mike and Kristin Berry, with The Honestly Adoption Company, share their perspective on strengthening a child's resiliency. Children will more easily bounce back from tough situations when caretakers place a focus on 4 key factors: connections, trust, time, and commitment. Helping establish this resiliency, while managing the day to day challenges that come with parenting children with a trauma history can be difficult at times. Because this is not always easy, it is equally important for foster providers or adoptive parents to also place a focus on their own resiliency as a caretaker. For those in the caretaking role, this may seem like a daunting task on days that feel consumed by exhaustion. Within the podcast, Mike and Kristin Berry also provide some helpful tips for caretakers on achieving their own resiliency, as well as some insight into self-care and self-compassion. Take a listen!

How to Achieve Resiliency as a Caregiver

Resilience is not connected to an individual's personality. Rather, it involves skills that most anybody can develop. This article from verywellmind.com provides more tips on how to build that resiliency.

10 Ways to Build Resilience

Foster Parent Testimonial

Lori and Shawn Kessel are licensed foster care providers through Nexus-PATH. They provide care to youth in Treatment Foster Care. See what they have to say about opening their home to teenagers!

Kessel Family Testimonial

Virtual Training Opportunities!

Did you know CFSTC offers monthly virtual training as part of the Recruitment & Retention contract with the North Dakota Department of Health & Human Services? One hour of education credit is offered to licensed foster care providers who attend. Kinship homes are also welcome to participate! Watch for monthly fliers sent through email that will include details on upcoming training opportunities! If you have questions, or need access to the monthly flyer, please reach out to your Licensing Specialist, Case Manager, or CFSTC!

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!

Upcoming Panel scheduled for Tuesday, February 28, 2023 from 7:00-8:00 PM CST

Anyone interested can simply register 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. Any comments or questions should be directed to the CFS Training Center.



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 Recruitment & Retention Specialist, Carissa Cox.



UPCOMING Virtual Training:

3.7.23

7:00-8:00 p.m. CST

Education Opportunity
Topic-North Dakota Youth AA (NDYAA) Leadership Board Panel: Listen to the voices of young adults who aged out of foster care!

UPCOMING Virtual Open Chat Sessions:

3.22.23

5:00-6:00 p.m. CST

3.28.23

11:00 a.m.-12:00 p.m. CST

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