

Fostering Communications

Building a Network of People in the Foster Care System

January 2017

Upcoming Conferences

North Dakota Family Based Services Association Conference, Fargo, ND
April 5-7, 2017
Registration open at:
www.ndfbsa.org

North Dakota Children and Family Services Conference, Bismarck, ND
July 24-28, 2017

Festival of Training Dates to Remember

March 3-4, 2016
Grand Forks

March 10-11, 2017
Bismarck

Registration available at:
CFSTC



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PRIDE Link

PRIDE Core Competencies

- * Protecting and nurturing children
- * Meeting children's developmental needs and addressing their developmental delays
- * Supporting relationships with birth families
- * Connecting children to safe, nurturing relationships intended to last a lifetime
- * Working as a member of a professional team.

The PRIDE Model we follow stresses meeting the core competencies referenced above when caring for children in foster care along with their families. In order to meet each of these competencies, we need to make connections with others at an authentic level. This connection encourages change through vulnerability. Brene Brown, a researcher/storyteller, shares her insight into why people fear making a connection and offers ideas on how we can motivate people to connect. [Wholeheartedness](#)

Foster Parent Handbook

It is easy to say parenting is not an easy task these days, so adding the notion of foster care takes parenting to a whole new level. The ND Foster Parent Handbook is a wonderful tool to provide guidance on many of those hard foster parent topics, ranging from how do we welcome this new child into our home or how do we really help prepare this child for visiting their parent to what does permanency really mean and how do we get there. We encourage you to take the time to review the handbook, while noting the following highlighted new changes:

- Foster Parent Immunity, page 17
- Trauma Informed Care, page 21
- Scrapbook vs. Lifebook, page 27
- Emergencies (sentinel events), page 34
- Important Phone Number Log, page 35
- Substitute Care, page 49
- Normalcy, page 59
- Personal Belongings/Clothing, page 64/87

Each chapter of this manual contains information on state policies related to foster parenting. Where relevant, you are encouraged to check with your foster care agency for local policies on specific issues. [Foster Parent Handbook](#)

Independence

The road to adulthood officially begins for many teenagers when they either obtain their GED or graduate from high school, begin their first official job or attend college, and start living on their own. "RUReady ND" is a wonderful, free resource to assist youth in planning for their independence. This website offers options beginning with helping to choose which classes to take in high school and then takes the youth all the way through either career or college planning. Once the student has created a profile within the site, it creates specific tools and resources specific to the youth's grade or stage of life, allows them to save items to refer back to and then assists them in planning their long term goals. [RU Ready ND](#)

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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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Survey

The CFSTC is once again asking for your input for this coming year's **Regional Foster Parent Trainings** that are held across the state. We ask that you complete the following survey to help indicate what training needs you have as well as to share any additional ideas in regards to potential trainings. The information you provide will help us offer trainings within your region that are more specific to your needs. Please click [HERE](#) to complete this short survey by March 1st.

Once the trainings have been scheduled, you can register online within the Training Calendar on the CFTSC website. You can find the current available trainings within your region on the [Training Calendar](#) as well.

Trauma and Memory

Understanding the impact of trauma on the youth in our care can be a daunting task. There are many articles and tools out there to offer insight into this topic; however, many are full of jargon and medical terms many of us can't easily grasp. Adoptive parent, Stacy Manning shares a simple analogy to this complicated matter which she refers to as the "Swiss cheese effect". Manning states that parents need to recognize that often times a child's defiant actions as not actually defiance, but a deficit resulting from the trauma that they have experienced. To learn more about her thoughts on this matter, please read her blog entry in the following link. [Swiss Cheese Effect](#)

Teenage Chats

Negative pressures from outside sources paired with a developing brain makes growing up without a few bumps in the road nearly impossible. It is the caregivers roll to help assist the youth through these hard moments. Taking advantage to these teachable moments is critical, which means each opportunity needs to be approached carefully with a well thought out plan. Former at-risk foster kid turned youth advocate, Josh Shipp shares in the following video some ideas on how to create a solid plan for engaging in those "not so fun" conversations with the youth in your care. [How To Talk So Kids Will Listen](#)



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Comments should be directed to the Training Center.*