

Fostering Communications

Building a Network of People in the Foster Care System

September 2014

Upcoming Conference Information...

ND Foster & Adoptive
Family Conference
October 3-4, 2014
Fargo, ND

Online at: [http://
und.edu/centers/
children-and-family-
services-training-
center/](http://und.edu/centers/children-and-family-services-training-center/)

ND Family Based
Services Conference
April 6-10, 2014
Fargo, ND



C • F • S • T • C
Children and Family
Services Training Center
Department of Social Work
University of North Dakota

ND Foster & Adoptive Family Conference

This year's ND Foster and Adoptive Family Conference is just around the corner and we are looking forward to seeing many of you there. The conference will once again be filled with valuable information on how we can better serve the children in our care. The opening keynote address Friday evening will come from ND DHS Chaffee Independent Living Administrator, Kelsey Bless. Mrs. Bless, along with a panel of youth from the ND Youth Leadership Board, will share how you can make a difference in how a child transitions to adulthood. Mrs. Bless will offer tips for providers caring for youth who are or will be transitioning from care to adulthood.

The conference also includes a full day training with Dr. Bruce Perry on Saturday. Dr. Perry will share information on the impact of trauma and neglect on the developing child as well as implications for adoptive and foster parents. The conference will be held in Fargo on October 3rd and 4th. Registration is still open and can be completed online at: <http://und.edu/centers/children-and-family-services-training-center/>

PRIDE Link

The PRIDE Model we follow encourages all of us to acknowledge the fact that with foster care comes loss and grief for all involved. Through your Pre-service PRIDE training you are asked to not only consider your own losses but to see if you are able to manage these losses to become a loss manager for the child in your care. Another aspect to consider is the loss and grief that the child's biological parents go through. You are asked by the custodial agency to form a relationship and become a support for these biological parents, which can be hard when so many emotions are present from all parties involved. The following article entitled "Building a Positive Relationship with Birth Parents" discusses the grief process often faced by birth parents after a removal of their child, breaking down the grief process into different stages to help prepare you for some of the potential reactions you may receive from your foster child's birth parent(s). The article also briefly covers how you can work towards developing a positive relationship with the birth parent.

<http://www.fosteringperspectives.org/fpv13n1/foster.htm>

What about the possibility of Adoption?

When a person or a couple decides to open up their home for adoption, the discussion needs to include talking about this being a lifelong commitment to a child. This can be a daunting idea as none of us know what the future holds or truly know what questions need to be addressed within ourselves to ensure we are ready to make such a commitment. The following link offers a list of self-examining questions that could be helpful when determining your decision to adopt.

<http://www.focusonyouth.com/pdfs/Tips%20for%20Parents%20Who%20Are%20>

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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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Safety 101

As foster parents, you are asked to keep your foster child safe while in your care. One of the most simple ways to do so is to properly utilize your child's car seat. A recent study completed by the General Motor Foundations found that nine out of ten parents move their child from a booster seat to a seat belt too soon. According to ND state law, a child needs to be at least 57 inches tall and weigh at least 80 pounds.; which is generally between the ages of 8-10 before they move to using just your car's seat belt without a booster seat. Within the Foster Parent Handbook that you were given from your foster care licensing worker, you can review the ND requirements under the safety portion in chapter four. The following link also offers further details on what these requirements are per age and size for child in ND. This link also offers a list of car seat checkup events across the state, so you can locate a checkup site near you or contact a certified child passenger safety technician for an appointment to ensure you are utilizing the correct car seat for the child(ren) in your care.

<http://www.ndhealth.gov/injuryprevention/childpassenger/default.htm>

The following link offers car seat installation instructions by type of car seat., along with videos that may be helpful.

<http://www.safercar.gov/parents/How-To-Install-Car-Seats.htm>

Parenting Outside the Box

Sometimes even the best of parenting techniques don't fit for children who are placed in foster care due to their traumatic histories along with the trauma that comes from being removed from their families and homes; thus we, as caregivers, are left feeling helpless and hopeless. Howard Glasser and Jennifer Easley's book "Transforming the Difficult Child" shares the notion that "we need to reverse our typical, inadvertent pattern of paying more attention to misbehavior than to good behavior. Instead of making a big deal over negativity ("why water the weeds?"), make a big fuss over the good stuff. Their Nurtured Heart approach has 3 basic aspects:

- * Super-energizing experiences of success ...
- * While refusing to energize or accidentally reward negativity ...
- * And still providing an ideal level of limit-setting and consequences

This approach helps therapeutically shift intense children to using their intensity in wonderful ways, and creates a world of first-hand experiences of prosocial behavior: "Here you are being successful ..." This is more than "catching kids being good", it's about having powerful ways to make any moment an opportunity to create success, by finding the good in what IS happening, but also in what ISN'T happening." The following link is a small piece from this book, which is shared from Julian Davies.

<http://adoptmed.org/topics/transforming-the-difficult-child.html>

If this snapshot isn't enough for you, the book "Transforming the Difficult Child" is available through the CFSTC library along with other great resources on parenting. The link to the library is: <http://und.edu/centers/children-and-family-services-training-center/>