Fostering Communications

Building a Network of People in the Foster Care System

September 2015

Upcoming Conferences…

Foster & Adoptive Parent Festivals
(mini-conferences)

Fargo
October 2-3, 2015
Registration open
Click HERE

Minot
October 16-17, 2015
Registration open
Click HERE

Upcoming..
Bismarck
April 15-16, 2016
Grand Forks
April 29-30, 2016

Other Upcoming:
Family Based Services Conference, Fargo, ND
April 6-8, 2016

Children's Justice Symposium, Bismarck, ND
July 25-28, 2016

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

PRIDE Link

The PRIDE Model we follow highlights the competency of *"Meeting children's developmental needs, and addressing developmental delays"*. We believe that children who have been placed into foster care have experienced trauma at some level, which varies from child to child. We understand that these experiences may also physically alter their brain development resulting in delays in a variety of areas. Dr. Stuart Ablon does a wonderful job challenging us as adults to understand that these delays impact a child's behavior, which according to his theory, is not a choice. Dr. Ablon suggests a way of thinking that challenges behaviors from a point of view that children "misbehave" due to not having the skills of flexibility, frustration tolerance, and problem solving. When one considers how impactful these skills are in daily living, it is easy to see how difficult it would be as a child who grew up in a home without being taught or shown how to implement such skills. Dr. Albon challenges us as caregivers to think different by slowing down and taking a different approach as shown through this video. Where There's a Skill, There's a Way

Foster Parent Trainings

As we shared in the March Fostering Communications edition, this year we are offering 4 mini-conferences around the state in place of the large statewide ND Foster and Adoptive Family Conference. We are calling these mini-conferences "festivals". The Fargo and Minot Festivals are just around the corner, on October 2-3 and October 16-17, respectfully. Our Spring Festivals have been set for Bismarck on April 15-16 and Grand Forks April 29-30, 2016. Please click on the links to the left for registration for either of the Fall sessions. We encourage you to also spend some time looking at the other trainings along with further information on these festivals on our calendar. Please contact us with any questions you may have. CFSTC Calendar

Normalcy

It is likely you have already heard the buzz around Public Law 113-183 "Preventing Sex Trafficking and Strengthening Families Act" that was recently implemented across the country. The ND Division of Children and Family Services has been busy making the necessary changes to policy to ensure we are on track. As a Foster Parent, you will need to understand the notion of "Reasonable and Prudent Parenting". ND foster care policies have been changed in regards to normalcy, high risk activities, decision-making, and immunity. We encourage you to read the following policy. There will also be training opportunities available in the near future. Reasonable/Prudent Parent Standard

Supervision

A new school year has begun and with that may come questions in regards to supervision needs for the children in our care. We encourage you to refer to the North Dakota Supervision guidelines along with having a discussion with your child's case manager to make the appropriate decision. ND Supervision Guidelines

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.

Fostering Communications

Building a Network of People in the Foster Care System

September 2015

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

Lifebooks

We all have a story to share. For children in care, a Lifebook is a great option to help document a child's journey as a chronological and evolving record. A lifebook may contain pictures, drawings, and writing, which may help a child look back on what their journey has been including the losses and celebrations they may have experienced. Regardless of their permanency goal, lifebooks are important for all children in care. The following links are options that offer both ideas and easy to make lifebooks.

Wisconsin Tip Sheet

Iowa Foster & Adoptive Parent Association Sample Lifebook with 70 Pages

Center for Children & Family Services 25 Lifebook Pages

Mixbook offers a template that you can download pictures and art along with space to add in any narrative you would like. There is a cost to this book as once it is completed you order it from their website. Mixbook Template

Truth about Consequences & Rewards

A child who has been neglected, abused, and traumatized will react differently to consequences, discipline and rewards than a child who has been loved consistently. As an Adoptive Mother, Tracy Dee Whitt understands fully how the notion of consequences and rewards don't work for children in care. She offers further insight into why children who have come from a traumatic background aren't impacted by taking away a material item or aren't influenced by rewards through the following blog entry.

Why Consequences and Rewards Don't Work For Hurting Children

Within the above blog, Mrs. Dee Whitt references another blog entry and encourages caregivers to use "time-in" rather than "time-out". She reminds us that raising a "hurting child looks different", thus our parenting styles may need to be different. She offers additional insight into this way of thinking by sharing 7 reasons why time-in's should be considered. 7 Reasons Why Time-In NOT Time-Out

Communication Basics

Our words are very powerful in shaping the lives of the children we have around us. Sometimes we don't realize that certain phrases or sayings can have a negative tone and actually can make situations worse for the child. To change our mindset can be hard to do, but at times it is what we as adults need to do, to have children really hear us, especially if these children have experienced trauma. Play Therapist, Brenn Hicks offers 10 ideas on how to rethink some common sayings or thoughts in parenting.

10 Things NOT to say to our Kids

Teenager "Wisdom"

We all understand caring for children during their teenage years takes lots of patience and moments where we shake our heads. Sometimes it is easy to get caught up in the drama and in turn, we forget to listen. The following article contains twelve ideas that teens want their caregivers to know.

Twelve Things Your Tween Wants You to Know

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