

Fostering Communications

Building a Network of People in the Foster Care System

March 2013

Upcoming Conference Information...

ND Family Based Association Conference

April 3-5, 2013
 Fargo, ND

[http://www.ndfbsa.org/
ConferenceINFO.htm](http://www.ndfbsa.org/ConferenceINFO.htm)

Children & Family Service Conference

July 22-25, 2013
 Bismarck, ND

Details to come

ND Foster & Adoptive Family Conference

October 4-5, 2013
 Bismarck, ND

Details to come



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PRIDE Link

The PRIDE Model we follow highlights the competency of *“Meeting children’s developmental needs, and addressing developmental delays”*. It is important for foster and adoptive parents to understand healthy child development and to be aware of developmental delays, which may require special intervention. Session Three of the PRIDE Manual is a resource to reference for an overview of human development as well as how maltreatment and trauma on a child impacts their overall development. The link below is a quiz that you can utilize as a tool to grasp where your knowledge level is at currently.

http://pediatrics.about.com/library/quiz/bl_child_dev_quiz.htm

Northern California Training Academy gives insight into the developmental stages, what you can do to promote development, and offers examples of developmental concerns.

http://theacademy.sdsu.edu/resources_new/Child_Development_Milestones.pdf

Foster Parent Training

The Children and Family Services Training Center is beginning the process of planning for 2013/2014 foster parent trainings around the state. In the past a survey has been sent out on a postcard asking for you to indicate what training needs you have. This year we are asking for you to complete the survey online through the link below. The information you provide will help us offer regional trainings that are relevant to those of you fostering children in your home.

<http://www.surveymonkey.com/s/BH77766>

Role Model Moments

EducatorsCoach offers the idea into considering a child’s self-esteem as poker chips. This short video relays the message as role model figures in the lives of the children within our homes we have the responsibility to ensure that they have more “poker chips” at night when they go to bed than they did when they awoke earlier that day. Many of the youth in foster care today were not given many “poker chips” early on, so it is your responsibility to see what you can do to increase their self-esteem to be successful in life.

<http://educatorscoach.com/hello-world/>

Safety Alert

Bumbo International Trust is conducting a voluntary recall to add a restraint belt to their BumboBaby Set. The concerns came from infants maneuvering out of or falling from the seat, thus posing risk for serious injury. Here is the website where you can order the free belt kit.

<http://recall.bumbousa.com/>

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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

Teen Talk

Binge drinking continues to be a concerning problem for North Dakota teens. Talking to our youth about the dangers of alcohol and other drugs is critical in today's society; however, this topic is ever changing, so ensuring that our discussions cover the "right" information can be incredibly hard. A North Dakota resource tackles the subject with great insight on how to have such a conversation. Parents LEAD (Listen, Educate, Ask, Discuss) is a program designed to help parents talk to their children about underage drinking. The link below offers Tips and Tools for the varying age groups as well as a section called "What do I say". The program also offers an interactive blog where current topics are discussed and new information is posted regularly.

<http://www.parentslead.org/>

The following link provided by the North Dakota Department of Human Services Substance Abuse Prevention Specialists show us how alcohol in ND is a rising concern that has become a fatal reality.

<http://www.youtube.com/watch?v=KQdsvIav6WA>

Toolbox

Parenting today takes the notion of "thinking outside the box" to whole new level. The following link gives literally 101 principles that one could follow when creating a plan for disciplining a child. It is important to remember "Discipline must be constructive or educational in nature and may include diversion, separation from problem situation, talk with the child about the situation, praise for appropriate behavior and gentle physical restraint such as holding" (NDCC 50-11-02).

<http://ww2.odu.edu/~kkersey/101s/101principles.shtml>

Appreciation Central

March is National Social Work Month. The Children and Family Services Training Center would like to extend our appreciation to the incredible Social Workers who advocate and help secure permanence for the current youth in Foster Care.



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North Dakota Foster and Adoptive Association News...



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We Are Learning

By: Jim Hooge, President of the ND Foster and Adoptive Association

My wife and I know some folks who are gifted in artistic areas. They are teenagers and are able to spark in others a recognition of emotions and understanding about life through the things that they produce. (How do you describe what art is, or does for you?) We think that this is pretty cool and it is fun to encourage. We also know a school art teacher who is working to challenge these gifts and teach some of the terminology, science and mathematics that provides a foundation to understanding and producing art. Did you know that the Greeks developed a technique to give a mathematical equation to beauty? Do you know what a fibonacci sequence is? We are learning.

Anyway, like many teenagers, these folks don't always like to do the hard work that goes into learning such things. There are things my wife and I can do to motivate and support this hard work. We are learning.

Whether it is in music, drawing, sculpture, or banking, nursing, or farming, there are always things that we may be gifted to do, and some things we do because we can figure out how to accomplish the task. But most of the time this is not enough. There are still things to do that are just plain hard work. They take study, practice, and picking ourselves up after mistakes. This is true with parenting or fostering children as well. There are things that may come easily to us and techniques or skills that we have seen others use, or can figure out, but there are often things that are just plain difficult and confusing and frustrating. It is a test of our character and our commitment to find solutions to these situations.

When we attend foster care training, we usually have a list of reasons or motivations. There are the required sessions at the beginning, and for some of us there may be specific things that are necessary on a yearly basis. There are also sessions that we may attend because we expect to hear things that validate or support our point of view. There may be particular speakers or teachers that we would attend regardless of the subject.

There are also those times when there is an opportunity to learn something in an area we never knew existed, or a situation that we plan on never being in. There are books and training materials available that use different approaches or techniques in working with children. There are people in our communities that can be resources when we are stressed and exhausted. Sometimes there is not a great solution to a problem, there is only persistence and determination to persevere. We are learning.

For several years I have had the opportunity to help with planning the fall training conference sponsored by the North Dakota Foster and Adoptive Parent Association. By this time of the year we have a good sense of the overall theme and we are well into arranging the speakers and presenters for that conference. By this time I am always excited about the training that will be available and this year is no exception. We hope that you will schedule that time to attend. This year it is October 4 and 5 in Bismarck. Look for more information in the summer. Do well.