

Fostering Communications

Building a Network of People in the Foster Care System

May 2013

Upcoming Conference
Information...

Children & Family
Service Conference

July 22-25, 2013
Bismarck, ND

www.cfstc.und.edu/

ND Foster & Adoptive
Family Conference

October 4-5, 2013
Bismarck, ND

Details to come



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Children and Family
Services Training Center
Department of Social Work
University of North Dakota

National Foster Care Month

Each May we are given the opportunity to bring awareness to the great number of children in foster care across our nation. May is also a time to show appreciation for our dedicated foster parents that are advocates, caring for and making a difference in children's lives on a daily basis.

Governor Jack Dalrymple has declared May 2013 "Children's Foster Care Month" in ND. Please note the picture to the right along with his proclamation shown below.



Front row: Cassie Quintus (Morton County Foster Parent), Governor Jack Dalrymple, Lori Quintus (Burleigh County Foster Parent). Back row: Bob Quintus (Burleigh County Foster Parent), Karin Stave (Assistant Regional Supervisor, WCHSC), Mike Bartholomew (Director, Morton County Social Services), Dean Sturn (ND State Foster Care Administrator).



The Presidential Proclamation of National Foster Care Month by President Barack Obama is also shared through the link below for your reference:

<http://www.whitehouse.gov/the-press-office/2013/04/30/presidential-proclamation-national-foster-care-month-2013>

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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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PRIDE Link

The PRIDE Model we follow highlights the competency of “**Supporting children’s relationships between children and their birth families**”. Recognizing that children and their family need to maintain connections seems simple; however, this requires effort from both social workers and foster parents alike. The following link brings awareness on how powerful of a difference making this connection consistent is within the goal of permanency.

<http://www.fosteringperspectives.org/fpv15n1/v15n1.htm>

Wendey Negard offers insight into how foster parents can aid in making this connection less traumatic as often “visits can trigger the trauma of the original separation and loss for children”. The actions and statements made by foster parents have great impact on how a child in foster care will do on the journey through visitation.

<http://www.cehd.umn.edu/SSW/cascw/attributes/PDF/events/familyAlternatives/SampleFosterParentGuide.pdf>

Role Model Moments

“The Opportunity of Adversity” is a message Aimee Mullins sends strongly through the video link below. She shares a message that new and promising experiences shape who we become. Ms. Mullins gives this message through her personal triumph over the “label” she was given as a child. She praises one of the doctors who learned from her a notion called “potential of the human will” which means “no prognosis can account for how powerful this can be as a determinant in the quality of someone’s life”. Her message ends with the note that the only disability is a “crushed spirit”. As foster parents, you have the opportunity as Aimee shares to “reshape an awful daily occurrence into a new and promising experience”. Ms. Mullins personally states that one person can show a child the strength of their own power!!!

http://www.ted.com/talks/aimee_mullins_the_opportunity_of_adversity.html

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Comments should be directed to the Training Center.*

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"To create more positive results in your life, replace *If only* with *next time*".

~Anonymous



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Change

School will be out in the next few weeks, which is most likely great news for children and adults alike. With the warm weather approaching, many children are very anxious and counting down the days until school is out; some children on the other hand struggle and have concerning anxiety regarding what summer will bring. The following article offers "5 School-to-Summer Transitional Strategies".

http://adoptiontoolbox.com/files/Schools_Out.pdf

Create Character

Dr. Seuss is usually great for making us smile and little one's giggle. The book "My Book About Me" goes a step further by encouraging "children to find out about themselves, while having fun writing and drawing their own biographies." As a child is placed in foster care, we promote that foster parents help this child create a life book. Dr. Seuss's book creates the possibility of doing so in a fun manner. This book is made for a child to add the details of their life and possibly increase self-esteem by doing so.

http://www.seussville.com/books/book_detail.php?isbn=9780394800936#.USJcmQQdnE4.facebook

Teen Talk

Technology certainly has its benefits; however; when parenting a teen this can be downright scary. A number of studies state that the average teen sends/receives approximately 60 messages a day. Even if parents attempt to be attentive to what the teens in their lives are doing online or on their phones, however, this can be extremely difficult with the lingo that is being used to communicate. For example, the message "PAW", means "parents are watching". This lingo is often used today for emails, instant messaging, and texting, as well as within the social media of MySpace, Facebook, Instagram, and Twitter. The following links are offered as tools to help decipher the lingo being used:

<http://www.teenchatdecoder.com/530/teenchat-pq/>

http://downloads.spectorsoft.com/resources/lit/SpectorSoft_ChatLingoGuide.pdf

Appreciation Central

Along with May being National Foster Care Month, the Children and Family Services Training Center would like to send a belated Happy Mother's Day wish all Foster Mothers!!! The care you provide makes such an impact to the youth in your home. This can also a critical time where one can be a role model by supporting a child to recognize this time to celebrate their biological mother as well. A Grand Forks Foster Mother was recognized in the link below for her amazing work as both a Mom and Foster Mom.

<http://www.grandforksherald.com/event/article/id/263344/group/Columns/>

