

Fostering Communications

Building a Network of People in the Foster Care System

May 2014

Upcoming Conference
Information...

Children's Justice
Symposium
July 21-24, 2014
Bismarck, ND

Registration & brochure
available online at:
[http://und.edu/centers/
children-and-family-
services-training-center](http://und.edu/centers/children-and-family-services-training-center)

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



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

Appreciation Central

Each May we are given the opportunity to recognize all of the children in foster care across our nation as well as show appreciation for all of the individuals who contribute to the care and safety of our children. Governor Dalrymple has declared May 2014 "Children's Foster Care Month". Please note the proclamation shown below.



Pictured Above:

Back Row:
Rita Weisz, Regional Supervisor;
Kim Osadchuk, Burleigh County
Director; and Shari Doe, North
Dakota Department of Children
and Family Services Director.

Front Row:
Blain Luck, Foster Parent;
Governor Jack Dalrymple; and
Tricia Luck, Foster Parent.

President Obama's 2014
Proclamation shares the
following message:
*"Every child deserves to grow,
learn, and dream in a supportive
and loving environment. During
National Foster Care Month, we
recognize the almost 400,000
young people in foster care and
the foster parents and dedicated
professionals who are in their
lives. We also rededicate every
child a sense of stability and a
safe place to call home"*

Read the full proclamation at:
[http://www.whitehouse.gov/the-
press-office/2014/04/30/presidential-
proclamation-national-foster-care-
month-2014](http://www.whitehouse.gov/the-press-office/2014/04/30/presidential-proclamation-national-foster-care-month-2014)



State of
North Dakota
Office of the Governor

Jack Dalrymple
Governor

PROCLAMATION CHILDREN'S FOSTER CARE MONTH MAY 2014

WHEREAS, citizens and communities in North Dakota have historically offered their services and talents to assist individuals and families in need or crisis; and

WHEREAS, competent and compassionate foster family care assures that children and youth are able to grow and develop in a safe and secure environment until they can be reunited with their families or achieve permanency through adoption and other lifelong connections; and

WHEREAS, Foster Care Month is an opportunity for the state of North Dakota and its residents to recognize the valuable contributions of foster parents and everyone involved with the community effort to provide quality foster care; and

WHEREAS, there are numerous individuals, and public and private organizations that work to increase public awareness of the needs of children in and leaving foster care, as well as the enduring and valuable contribution of foster parents; and

WHEREAS, all those involved with foster care deserve recognition this month and all year long for their loyal and steadfast devotion to the safety, permanency and well-being of children and youth.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim May 2014, **CHILDREN'S FOSTER CARE MONTH** in the state of North Dakota.

Jack Dalrymple
Governor

ATTEST:

Alvin A. Jaeger
Secretary of State

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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 *“Protecting and Nurturing Children”*. Nurturing can be provided through play and “curative touch”. Janet Courtney, Director of Developmental Play and Attachment Therapist, shares through video the power of utilizing “first play” with the children in our care as it empowers a child through positive sensory input, through eye contact, smiling, giggling, and touch. Research has shown that this form of play is vital in forming healthy neurological pathways within our brains and with healthy “wiring” a person is able to form healthy, secure lifelong connections.

<http://www.youtube.com/watch?feature=youtu.be&v=kYZqyjzuaOw&app=desktop>

Building a Child’s Spirit

The following blog article reminds us as caregivers and role models that our words are far more influential than we might like to believe. Special Education Teacher, Rachel Macy Stafford blogs about how we need to celebrate a child’s efforts rather than the outcomes and strive to speak three times as many positive words than negative ones. This blog speaks to the power we hold in the lives of the children we care for through the simple notion of the words we use. Sometimes a child needs to hear a humbled message of “I love you just the way you are, exactly as you are”.

<http://www.handsfreemama.com/2014/05/20/to-build-or-break-a-childs-spirit/>

ND Foster Youth Handbook

The North Dakota Youth Leadership Board has been working hard for the past 18 months to develop an amazing resource for youth in foster care. The following link will connect you to the ND Foster Youth Handbook. The vision of this handbook from the Youth Leadership Board is to have all youth over the age of 16 have this available to them. The handbook offers support, answers, and comfort regarding the “process” from youth whom themselves were in foster care in ND.

<http://www.nd.gov/dhs/services/childfamily/fostercare/>

Employment for Teenagers

“Few young adults walk out the door at age 18 ready to take care of themselves. Most young people rely on caring adults to support them with guidance, housing, financial assistance, and ongoing emotional connections.” Youth from foster care may miss out on many of these supports, which are provided traditionally by family members. Having employment early on as a teenager can help one learn how to effectively manage their time and finances, form stable work habits, instill a sense of responsibility, and obtain valuable work experiences, which are excellent for a resume. With summer just beginning, you may be having to assist the teen in your care in securing employment. The following link from Casey Family Programs offers a guide for making the transition into adulthood with employment.

http://fcsn.org/pti/topics/transition/tools/employment_guide_casey_foundation.pdf

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**North Dakota
Foster &
Adoptive
Parent
Association
News...**



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My Sister Helped Make Piano Lessons Easy

By: Jim Hooge, ND Foster & Adoptive Parent Association President (jim43hooge@gmail.com)

My sister is two years older than me. We grew up on the family farm and while she mostly stayed in the house and read books, I was outside, making go-carts and climbing trees. One thing we both did was take piano lessons. She may have started before me, but over the years we had a number of the same teachers and once a week our mother would drive us to the teacher's home, or perhaps a local church and we would each have a half hour lesson. Of course, we were also required to practice a half hour each day at home.

After a while, I reached the point where I was getting the same lessons (John Thompson Grade 3, anyone?) and songs to practice that my sister had been through earlier. I didn't think much of it at first, but I realized that since I had heard the music before, it was relatively easy to get the piano to make the correct sounds. I knew what it was supposed to sound like.

This pattern went on through all of grade school, and I don't recall when our teachers began to move to different things for the two of us, but eventually my sister left for college and I was on my own to learn new and increasingly more difficult music. Those early years of learning to play what I had already heard coming from our own piano were very helpful to me. That helped to make piano lessons easy.

As I relate this story of my own childhood I am struck with the number of things that happened to me that while individually they seem simple, minor, and typical of my own cultural background, still they demonstrate significant patterns and strengths that I was fortunate to receive.

My wife Shirley is a patient person and over the years has worked with a few beginning students in piano, and has occasionally taught some of the foster children in our home, when they have shown an interest in music. I am not so patient as she, but I do play at home from time to time, and I think it may help some of the children to realize that it is possible for them, if even that 'old guy' can make something come from the piano.

I have been reading a book by Dr. Bruce Perry of the ChildTrauma Academy, titled "The Boy Who Was Raised As A Dog." Dr. Perry describes many situations of children who have, at a very young age, been exposed to regular and repeated patterns of trauma and abuse and the long term effects of that on brain development. The cover of the book also says "What traumatized children can teach us about loss, love, and healing." As I have been reading the stories that are included and Dr. Perry's assessments, I find myself re-evaluating our family's relationship with children that we have known over the years. Sometimes as I think back, I say "Yes! We got that right". Other times I think of what we might have done much better.

When we have children living in our homes, we are not principally a therapist or a counselor. We are not first a preacher or even a teacher. We do a lot of all of those, but we fill the role of parents. We care for, we encourage, we support and yes, we love the children (even if sometimes we are not sure we like them). We also have the opportunity to play for them music that they may have never heard before, that they may have forgotten, and something they may not realize they know. Our daily example, consistent and repeated, can help re-form and replace patterns that have already been made. We model, demonstrate and hopefully, inspire.

I am excited to announce that we have confirmed Dr. Perry as the keynote presenter for our October conference at the Holiday Inn in Fargo. He will be with us on Saturday, October 4. Please consider attending this significant training event that begins with pre-conference sessions on Friday afternoon and includes a banquet on Friday evening. It will be a time of learning, sharing, and celebration.