

Fostering Communications

Building a Network of People in the Foster Care System

November 2015

Upcoming Conferences...

ND Family Based
Services Association
Conference
April 5-8, 2016
Fargo, ND

ND Children & Family
Services Conference
July 25-28, 2016
Bismarck, ND



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

National Adoption Month

November is National Adoption Month, which is a wonderful time to bring attention to the children and youth in ND that are waiting for their permanent home as well as recognize and thank all of the amazing families who have chosen to open their hearts and families to adoption. The dedication and unwavering support for children by adoptive families is more than appreciated by CFSTC. Within North Dakota Governor Jack Dalrymple's proclamation, it is noted that 303 adoptions were finalized last year, including 124 children whom were adopted from foster care. The following link shares the remainder of his proclamation for Adoption Awareness Month:

[ND Adoption Awareness Month Proclamation](#)

President Barack Obama released the following statement within his proclamation .

“More than 400,000 children are in foster care across America today, and over 100,000 of these children are waiting for an adoptive home. Last year, over 23,000 youth aged out of the foster care system without having found their forever families. When people adopt, they open up a world of promise and possibility by providing a steady, supportive environment for youth to live in.”

The following link has the full Proclamation:

[2015 Adoption Month Presidential Proclamation](#)

The North Dakota Heart Gallery has recently released new pictures and stories of 33 youth that are awaiting their forever homes. The ND Heart Gallery is a non-profit organization that was started in 2008 with a mission to reach out to the public and encourage the adoption of children waiting for forever homes. In honor of National Adoption Month, we encourage you to consider opening your hearts to one of the many wonderful children awaiting a family to call their own.

[ND Heart Gallery](#)

PRIDE Link

The PRIDE Model we follow encourages us to understand the trauma that children experience when being removed from their parents care. The PRIDE competency of “meeting children’s developmental needs, and addressing developmental delays” highlights the notion that foster parents need to adapt their parenting style for the needs of the foster child. The following resource is a longer read that focuses on the emotional needs and the healing process for children whom have been abused and neglected, especially those children who appear unable to form a healthy attachment. This resource offers insight into why certain behaviors occur, and then proposes ideas on possible solutions for what foster parents can do to help the child long-term.

[How Foster Parents Can Help In Healing Trauma](#)

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.

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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

Trauma Triggers

Trauma can be defined in many different ways; but often these definitions include the notion of a person experiencing an event that left them feeling helpless, vulnerable, and/or frightened. After such an experience a person may develop reminders of these events, which we regard as Triggers. Triggers can be “false” alarms when one hears, sees, or feels something that reminds them of the dangerous or frightening event from the past. Children placed into foster care have all experienced trauma at some level. It can be hard as a foster parent to understand or even know what a child has lived through. With that being said, we often don’t have the ability to make the connection between a child’s past trauma and the behavior we may currently be experiencing. This forces caregivers to think outside the box and become creative in ways to help a child through a behavior that may be the result of a trauma trigger. The following link is a simple story from that walks you through one foster/adoptive parents journey with their child.

[Tales from Our Bathroom: Adventures in Trauma Triggers & PTSD](#)

Child Sexual Abuse

Discussing Child Sexual Abuse is never easy or something as caregivers we want to do; but the sad truth is often childhood sexual abuse occurs by someone a child already knows. Founder of Safely Ever After, Pattie Fitzgerald says there is more to keeping our kids safe than just teaching them the “stranger-danger” concept. She believes that we need to teach children how to understand their feelings and what she references as “tricky people”. Fitzgerald offers you the tools of how to keep the children in your care safe in the following video.

[How to Protect Your Child from Sexual Abuse](#)

***To receive a downloadable FREE copy of Safely Ever After’s 13 page booklet

Raising Safe Kids-A Guide to Preventing Sexual Abuse, email pattie@safelyeverafter.com for an electronic copy.

Fire Safety

Fire Safety Training is now available online on the CFSTC website. Both the two-hour initial training along with the one-hour refresher are provided. We encourage you to take a look at the Fire Safety as well as peek at the training calendar for other training opportunities.

[Fire Safety Training](#)

Coping with the Holidays

Holiday planning usually means baking fun treats, shopping for those treasured gifts, decorating galore, along with spending time with family and friends. For our youth in foster care, holidays may mean a time of uncertainty and grief. The holidays could even possibly be a trigger to past traumatic experiences. Some children have secret landmarks in their mind that give them hope; for instance, a child may tell themselves that they will be home for Christmas. When those moments come and go, it often leaves great disappointment, which may be expressed through concerning behaviors. To add to this, there are other disappointments with parents who may have made promises for Christmas plans or gifts, which again adds to the heartache. Traditions may feel new and uncomfortable as many of us have traditions of surrounding ourselves with family we don’t see as often as we’d like. Foster Club, a national network for young people in foster care, has published two great resources for foster families. The first is written to help foster youth with holiday-related sadness and stress; and the second is written for caregivers with ideas on how you can help make the best of the holiday season.

[FosterClub Holiday Guides](#)

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