

Fostering Communications

Building a Network of People in the Foster Care System

January 2016

Upcoming Conferences...

Foster & Adoptive Parent Festivals

(mini-conferences)

Bismarck

April 15-16, 2016

Grand Forks

April 29-30, 2016

State Conferences

Family Based Services Conference, Fargo, ND

April 6-8, 2016

Registration Available:

[HERE](#)

Children's Justice

Symposium, Bismarck, ND

July 25-28, 2016



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

PRIDE Link

Erik Erikson has taught us that the first stage of psychosocial development a child learns is trust versus mistrust. For many children entering foster care, this initial stage of development has not been achieved, given their experiences that lead them to be placed into care. In order to protect themselves during this time of mistrust, children may exhibit behaviors designed to keep adults at a distance. The PRIDE Model we follow stresses the needs for foster parents to address the competency of **“Meeting children’s developmental needs, and addressing developmental delays”**. If we are unable to form a trusting relationship with the children in our care, we likely will be unable to truly address other developmental needs. Brene Brown offers a wonderful way to consider the notion of trust in the following video. During her presentation, she shares the following Charles Feltman quote: “Trust is choosing to make something important to you vulnerable to the actions of someone else”. This quote fits well when we consider asking a child in care to trust us as providers. Brene continues to discuss how we have simple opportunities in life to build trust. She also shares how she feels “trust is when we are braving connections with someone else”. Brene offers a needs way of looking at the word “BRAVING”, which can be a tool for how we approach children in our care.

[The Anatomy of Trust](#)

Small Steps for Life Changing Goals

As foster parents you more than understand that at times you need to step back, reflect, and re-strategize how to make life work for the children you care for. The following blog offers a great example of how one foster mother stopped, reflected, carefully planted seeds for her foster daughter to trust her, and how she then joyfully celebrated through a routine parent task. [She Let Me Clean the Puke and Other Trauma Triumphs](#)

Education & Training Voucher Program

For young people leaving foster care, the daily struggle with adult responsibilities often makes planning for the future and pursuing higher education or training very difficult. The Education and Training Voucher (ETV) Program is an annual federal grant provided to the North Dakota Department of Human Services (NDDHS) to fund youth who have aged out of the foster care system and who are enrolled in college, university and vocational training programs. Eligible students may receive up to \$5,000 a year (\$20,000 maximum) based on their cost of attendance. They must enroll before their 21st birthday and may continue to receive support until age 23. Funds may be used for tuition, dorm fees, books, and qualified living expenses. ETV funds can be combined with other grants and scholarships to minimize or eliminate the need for student loans. Funding for the North Dakota Chafee Independent Living and ETV program is provided through a contract with the NDDHS in partnership with PATH. For further information, contact 1-877-766-PATH or the North Dakota Department of Human Services at 701-328-4934, or visit <http://www.nd.gov/ndyouth/>

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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



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Survey

The CFSTC is once again asking for your input for this coming year's **Regional Foster Parent Trainings** that are held across the state. We ask that you complete the following survey to help indicate what training needs you have. The information you provide will help us offer trainings within your region that are more specific to your needs. Please click [HERE](#) to complete this short survey by **March 15th**.

Once the trainings have been scheduled, you can register online within the Training Calendar on the CFSTC website. You can find the current available trainings within your region on the [Training Calendar](#) as well.

Awareness for School Professionals

"Parents that adopt, foster, or guardian children who have experienced trauma might initially assume that the local school has a good understanding of the way trauma impacts children, especially as it relates to their social and educational needs." However, sadly this is not always the case. The following link offers one parent's insights into the struggles they had with their child's school. This blog entry offers an interesting way to frame a child's struggle to school professionals in hopes that in the end we can form a team effort.

[Things Trauma Mamas & Papas Want Schools to Know or Understood About Children](#)

School Concerns

"It's one thing to read about learning and attention issues. It's another thing to see them through your child's eyes. Experience firsthand how frustrating it is when your hand won't write what your brain is telling it to. Or how hard it is to complete a simple task when you have trouble focusing". The following link from "Understood" offers unique simulations on concerns related to reading, writing, attention, math or organization. After you have chosen your child's age and area of concern, they offer a situation where you can experience how the child feels and then they offer expert advice along with a child's view.

[Through Your Child's Eyes](#)

Independence For Youth After Care

"Born into the world with drugs in his system, Kevin Y. Brown, started very early in life overcoming obstacles". Kevin was placed into foster care at the age of 9 months, where he remained until the age of 18. Since then, Kevin has spent time sharing his beliefs on what he considers to be habits that can help make someone successfully age out of foster care, in spite of past circumstances. Kevin is an award-winning international motivational speaker, author, and entrepreneur. We encourage you to share his insight with teenage youth you have in your care.

[10 Habits of Highly Successful Foster Kids](#)

