

# Fostering Communications

*Building a Network of People in the Foster Care System*

July 2016

Upcoming  
Conferences...

State Conferences

Foster Parent Festivals  
of Training  
*See following  
page for details*

Family Based Services  
Association Conference  
Holiday Inn, Fargo, ND  
April 5-7, 2017  
[NDFBSA](#)



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

## PRIDE Link

### PRIDE Core Competencies

- \* Protecting and nurturing children
- \* Meeting children's developmental needs and addressing their developmental delays
- \* Supporting relationships with birth families
- \* Connecting children to safe, nurturing relationships intended to last a lifetime
- \* Working as a member of a professional team.

The PRIDE model we follow stresses meeting the core competencies referenced above when caring for children in foster care. This can be hard to do if we aren't taking good care of ourselves. "Vicarious Trauma" is a significant change in oneself within trauma situations as a result of being involved with another individual's trauma story. Amy Cunningham shares her perspective in the video below on what vicarious trauma is, how it impacts us, and why it is critical that we take the time to care for ourselves.

[Drowning in Empathy: The Cost of Vicarious Trauma](#)

Another concern that may arise when caring for children who have experienced trauma is that of "Compassion Fatigue". Compassion fatigue is a profound physical and emotional exhaustion that can be developed over time by those in a caregiver role. The stress of compassion fatigue can impact the ability to parent effectively as well as have negative effects on one's mental or physical health. We encourage you to consider the following self-care options. [Self-Care: Do it for Yourself, Your Family, and Your Kids](#)

## Back to School

Hard to believe school is around the corner, but it is, so we need to start laying the groundwork for the school year ahead. This can be a more difficult transition for youth that are in foster care. It may mean starting a new school or going back to the same school after being placed into foster care this summer. All of these transitions need to be approached with care and planning in hopes of decreasing the traumatic effects. The following link offers simple ways to make back to school a little less stressful.

[10 Things to Do Before Sending a Foster Child Back to School](#)

As caregivers, you are asked to advocate for the children in your care. If the child is of school age, one way to advocate is to make sure their teacher and other school professionals have an understanding of the impact of trauma. The National Child Traumatic Stress Network reports that one out of every four children attending school has been exposed to a traumatic event that can affect learning and/or behavior. The following toolkit from NCTSN offers specific examples of behaviors one might see from the different age groups and how to best support a child's ability to learn. We encourage you to share this with your child's teacher before school begins.

[Child Trauma Toolkit for Educators](#)

Dr. John DeGarmo has created a list to help foster parents know what to be prepared for and how to advocate for the child in your care. The following link shares a list of what to do and what not to do to help your foster youth succeed in school this year.

[Be Involved in School to Help Kids Succeed](#)

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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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## Foster Parent Trainings

Dates have been set for our “Festivals of Trainings” in each of the four regions. These trainings will consist of three hours on Friday night followed by six hours on Saturday. You will be able to find additional information on the CFSTC website a month prior to the Festival. The following dates and locations have been set:

September 16-17, 2016 Baymont Inn, Fargo

September 23-24, 2016 Comfort Inn, Minot

March 3-4, 2017 Hampton Inn, Grand Forks

March 10-11, 2017 Comfort Inn, Bismarck

As with other trainings, we ask that you seek permission to travel outside of your region if you plan on seeking reimbursement for your travels. Your case manager will need to contact CFSTC to secure this permission prior to the Festival.

## Media Updates

The new mobile game Pokemon Go has become the new rage for youth and adults alike. Pokemon Go is an augmented reality video game, meaning it mixes video elements with real world physical features. There is no cost to the game; however, there are some risks that caregivers should be aware of. The following article offers some insight into what parents should know before allowing their child to play.

[4 Tips for Pokemon Go Safety](#)

Most of you have likely seen the previews for the latest Pixar movie “Finding Dory”, a sequel to “Finding Nemo”. There are a number of reviews online that share concerns that the theme of this movie along with specific scenes that may trigger past traumas and offer some unsafe, false hopes for children currently in foster care. The following article is written by social worker, Addison Cooper, MSW, LCSW. He offers his prospective on how this movie may connect with children in foster care/adoption and then ends with questions that one may use to bridge into conversations about the movie and life for the child. Cooper’s website “Adoption at the Movies” is a great resource that is aimed at helping caregivers understand the content of a movie before viewing it and how it may relate to the child in your care.

[Finding Dory Adoption Movie Review](#)

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