

Fostering Communications

Building a Network of People in the Foster Care System

March 2016

Upcoming Conferences...

Foster & Adoptive Parent Festivals
(mini-conferences)

Bismarck
April 15-16, 2016
Grand Forks
April 29-30, 2016

Registration Available:
[HERE](#)

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



C • F • S • T • C
Children and Family Services Training Center
Department of Social Work
University of North Dakota

PRIDE Link

The PRIDE model we follow is built upon five core competency categories including: protecting and nurturing children; meeting children's developmental needs and addressing their delays; supporting relationships with birth families; connecting children to safe, nurturing relationships intended to last a lifetime; and working as a member of a professional team. A critical piece to ensure that all of these are being met while caring for a child in foster care is to in turn care for ourselves. The physical and emotional toll of caring for traumatized children can be simply exhausting and overwhelming. Author of *Trauma Stewardship*, Laura van Dernoot Lipsky shares her personal experience of how the effects of trauma exposure impacted her ability to care for others and how we all need to be conscious of where we are at. Check out the following link to see if any of her examples fit for you and then decide if you need to move yourself up on the priority list to ensure you are getting the time for self-care that is necessary. [Beyond the Cliff](#)

Spring Sensory Issues

Changes in routine can often result in set backs for children in general, but especially for children in foster care. Often we think of this change being related to a concrete change, such as a different visitation schedule or changing the date of a therapy appointment. The following blog entry offers a different spin by considering the change in season impacting children with sensory issues. As a Mom of two children with Sensory Processing Disorders, Jenny shares her thoughts on why your foster youth may be regressing or struggling as well as possible steps you can take to help manage the challenges. [Why Your Child May Be Worse in the Spring](#)

Emotional Intelligence

"When children understand what's happening in the brain, it can be the first step to having the power to make choices. Knowledge can be equally powerful to parents too. Knowing how the brain works means we can also understand how to respond when our children need our help." Clinical Psychologist, Dr. Hazel Harrison offers a simple, playful way to tackle a complicated concept. Acknowledging the connection between feelings and behavior can help caregivers get to the root of the difficult behavior, and in turn can help children build self-awareness about the link between how they feel and how they act. It is important to keep in mind that trauma does impact brain development, so one needs to recognize that a child's chronological age may differ from their developmental age; which is a key point when considering what a child can process and control. [How to Teach Your Kids about the Brain](#)



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.

Fostering Communications

Building a Network of People in the Foster Care System

March 2016

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



C • F • S • T • C
Children and Family
Services Training Center
Department of Social Work
University of North Dakota

ND Post Adopt Support

The AASK Program is excited to promote a focused service, ND Post Adopt Support! After you finalize your adoption, your lifetime journey has just begun. Families are invited to join our network of experienced people for connections, support, and answers. It doesn't matter how the child has entered your family, whether it be by adopting through foster care, infant, domestic, or international adoption, or if you are providing a guardianship for a child in your home. Parents, you know your child better than anyone. Our network of adoptive parents, guardianship families, therapists, social workers, and trainers acknowledge that and understand your unique situation. Contact Sonja McLean at 701-280-9545 for more information or "plug in" through the following:

www.ndpostadopt.org
www.facebook.com/ndpostadopt

Email: postadopt@pathinc.org

Toll Free: 844-454-1139

Also, there will be a **Post Adopt Network Online Support Group** beginning on June 14th, 2016 6:30-7:30pm. Please contact Sonja McLean for log in information at either postadopt@pathinc.org or 701.551.6349

Foster Parent Training

Foster Parent training hours can be hard to fit into one's schedule when you are trying to juggle therapy appointments, visitations, CFT meetings, and home visits by your case worker along with daily life activities. One option is to utilize training materials that can be found within the Children and Family Services Training Center's Library. One of the amazing resources we have are the Foster Parent College DVD's. Topics include: childhood anxiety, grief, working with schools, anger outbursts, sleep problems, self-harm, and many more. These DVD's can be checked out on the CFSTC website and then are mailed to you at no cost. There are also additional training options through other DVD series and books.

[CFSTC Library](#)

Foster Parent Conference

Our Spring Festivals of Trainings are just around the corner. Bismarck is set for April 15-16 and Grand Forks will follow on April 29-30. Both of these festivals will consist of nine training hours, with three being offered Friday night and six on Saturday. We encourage to you attend and receive valuable training. You can view the agenda and register online.

[CFSTC Calendar](#)

Appreciation Central

March is National Social Work Month. The Children and Family Services Training Center would like to extend a heartfelt thank you to the incredible Social Workers who advocate day in and day out to secure safe, nurturing, and permanent homes for the current youth in Foster Care.