

# Fostering Communications

Building a Network of People in the Foster Care System

March 2017

## Upcoming Conferences

North Dakota Children and Family Services Conference, Bismarck, ND July 24-27, 2017  
Registration available soon!!  
Check back on the [CFSTC](#) website in May.

## Foster Parent Training

Check out CFSTC calendar for upcoming foster parent trainings at: [CFSTC](#)



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## 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 encourages us to follow the above stated competencies, including *supporting relationships with birth families*. Investing yourself into a relationship with your child's parents and family members can be a critical key for establishing permanency for a child. Sometimes to establish this relationship we need to think outside of the box and try a variety of approaches. *Fostering Perspectives* offers some critical points to consider when working to establish these relationships.

[Making a Difference By Maintaining Connections](#)

## Drugs + Your Kids

Drug culture is ever changing, which makes it almost impossible to track. As caregivers, we need to do our best to be aware of what the newest trends in drug usage and drug paraphernalia are as well as have knowledge of how youth conceal these drugs. Youth today seem to have more and more pressures on them. These pressures can lead to the use of drugs of all types. We encourage you to do your research, engage in open dialogue with your youth about drugs within our society, and if need be, check your youths personal belonging for their safety. The following video was produced by the Minnesota Department of Public Safety as a resource for caregivers to identify some signs of possible drug use.

[Drugs +Your Kids: Learning to Recognize the Signs](#)

## Child Abuse Prevention Month

April is designated nationally as Child Abuse Prevention Month. President Trump shared the following within his proclamation:

*"We also honor foster and adoptive parents, child protective workers, faith leaders, community mentors, teachers, and law enforcement officials, whose tireless work every day protects children who have been tragically abused or neglected. Their often thankless service in these difficult and painful situations helps restore the safety and dignity of these wounded children and, in many cases, dramatically improves the course of their precious lives."*

The entire proclamation can be found within the link: [2017 Presidential Proclamation](#)

## Appreciation Central

March was 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.

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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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## Anger to Calm

“Whether your child has a slow-burning fuse or explodes like a firecracker at the slightest provocation, every child can benefit from anger management skills. As parents, we lay the foundation for this skill set by governing our own emotions in the face of an angry outburst.” Managing these anger outbursts often is tiresome and frustrating for everyone involved. Children in foster care may struggle with managing their emotions even more so due to the trauma they have experienced. Because of this, as caregivers we need to make extra efforts to model our emotional regulation as well as use our words carefully during those anger outbursts. Writer Renee Jain from *GoZen!* offers 26 phrases for us to consider when helping a child calm.

[Phrases to Calm an Angry Child](#)

## Modeling Moments

Mindfulness allows us to be present in life and in the way we parent, choosing a thoughtful response instead of surrendering to an emotional reaction. Mindfulness can help our children to calm when upset and improve their attention, which are just a couple of reasons why it can be beneficial to practice mindfulness when our children are present. The following video shares Shauna Shapiro’s wisdom from her personal journey along with her neuroscientific research on the benefits of how incorporating mindfulness can help us to make positive changes in our brains and our lives.

[The Power of Mindfulness: What You Practice Grows Stronger](#)

The following link is a great resource that offers examples of how to teach children this life-long skill.

[Fun Ways To Teach Your Kids Mindfulness](#)

## Tough Pill to Swallow

Youth in foster care often require mental health treatment due to a variety of reasons. For some, this includes the use of psychotropic medications. As caregivers, it is up to you to report if the medication’s dosage appears to be at a therapeutic level and if you feel like the impact is positive on the child. This oversight is not something we can afford to take lightly. Thankfully *Fostering Perspectives* has a number of suggestions on how to best manage these medications for the youth in our care.

[Caring for a Child Who Takes Psychotropic Medication](#)



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Comments should be directed to the Training Center.*