

# Fostering Communications

Building a Network of People in the Foster Care System

January 2018

## Upcoming Conferences

North Dakota Indian Child Welfare & Wellness Conference, St. Michael, ND  
February 26-28, 2018  
Further information, click [Here](#)

North Dakota Family Based Services Association Conference, Fargo, ND  
April 4-6, 2018  
Registration open at: [www.ndfbsa.org](http://www.ndfbsa.org)

North Dakota Children & Family Services Conference, Bismarck, ND  
July 23-27, 2018

## Festival of Training Dates

March 9-10, 2018  
Grand Forks

March 16-17, 2018  
Bismarck

Registration available at: [CFSTC](#)



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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 along with their families. In order to meet each of these competencies, we need to develop a secure relationship with the youth in our care. The *Search Institute* states that "a developmental relationship involves a dynamic of five elements, which are expressed through 20 actions. The following tool is a downloadable publication that shares further details on how a caregiver can implement these five elements. Even though this publication is directed for educational providers, it can be a tool for caregivers as we all are given teachable moments, are in a position of being role models, and can impact our youth through intentional actions.

[Relationships First: Creating Connections that Help Young People Thrive](#)

## Never Give Up: Youth Tool

Never Give Up is a film made by the National Child Traumatic Stress Network (NCTSN) that walks through complex trauma for youth. This "gripping film features a highly diverse cast of seven adolescents and young adults who examine the shared and unique challenges faced, mistakes made, and growth attained in the struggle to transcend legacies of developmental trauma. Unexpectedly insightful, unsentimentally poignant and always real, Never Give Up is an offering of collective wisdom, inspiration and hope for young people ensnared by adverse life experiences such as chronic neglect, violence, abuse, bullying, and exploitation from seven peers and mentors who came just before them and found their way through.

[Never Give Up Film](#)

NCTSN describes complex trauma as when a child is exposed to "multiple traumatic events, often of an invasive, interpersonal nature, and the wide-ranging, long-term impact of this exposure". The following fact sheet offers insight into how you can recognize the signs and symptoms of complex trauma as well as recommendations for how you can assist in the healing process for the child in your care.

[Complex Trauma](#)

## Trauma Triggers

When a child experiences a traumatic situation or is exposed to prolonged trauma, a child's brain is changed in how they process stress. Trauma often causes a child to fall into survival mode when faced with adversity. This often triggers a fear response, creating a flight, fight, or freeze response. In these moments, children are often unable to reasonably think through their actions or put into action any healthy coping skills. You may have experiences moments like this with the youth in your care; when their response to a "simple" problem seemed off the charts. It is important during these moments to meet the child where they are. The following tool gives four simple questions to think through as you process your response to those hard parenting moments.

[Four Questions to Ask When Early Childhood Trauma Causes Behavioral Issues](#)

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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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## Babysitting Policy

North Dakota Department of Human Services, Children and Family Services Division issued new policy on the allowable babysitters for youth in foster care. In the past, North Dakota foster care policy has not allowed individuals under the age of 21 to care for a child in foster care in the absence of the licensed foster parent. It has been allowable for a “substitute caregiver” (responsible adult over the age of 21) to provide care for the youth in care for a portion of one day. The new updated policy issued allows foster parents to secure a babysitter over the age of 14, along with additional criteria, which you can find within the North Dakota Foster Parent Handbook (link below). We encourage you to look at the specifics of this policy that gives details on the difference between babysitting, substitute care, respite, and child care along with examples to offer additional insight into what is allowable. [North Dakota Foster Parent Handbook](#) (reference pages 49-51)

Here also is the link to the ND policy on babysitting and substitute care.

[ND Policy 624-05-15-47/624-05-15-49](#)

## Social Skills

Many children are given opportunities as they develop over the years to learn appropriate, healthy social skills. Children who experience abuse and neglect may not have been given these same opportunities, thus there becomes a need for foster and adoptive parents to step in and offer teachable moments. *Understood* offers a breakdown of what a conversation entails. Though this breakdown, caregivers are able to create an understanding of the skills that are involved within a conversation as well as ways to help assist the child to implement into their daily lives. [Four Parts of a Conversation](#)

## Learning Differences

As a caregiver for a child who may have some learning difficulties, there is an ever pressing need to provide opportunities to assist the child in meeting their full potential. At times, the use of technology can offer a playful learning opportunity. *Common Sense Media* offers a guide within the following link that shares a number of apps to assist in areas such as communication, social interaction, organization, readying/writing skills, math, and motor skills. [Special Needs Guide](#)

## Confidentiality

CFSTC is excited to offer a second webinar training for foster and adoptive parents as well as child welfare professionals on the topic of *Foster Care Confidentiality*. We encourage you to save the date of Friday, February 23rd, 2018 from 7:00-8:00pm. Registration for this training along with others will be posted shortly on the CFSTC training calendar.

[CFSTC Calendar](#)

*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.*