

Fostering Communications

Building a Network of People in the Foster Care System

November 2018

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Upcoming State
Conferences...

Foster Parent

Festivals of Training

Grand Forks: March 8-9

Bismarck: March 15-16

Register at:

www.cfstc.und

ND Family Based

Services Conference,

Holiday Inn, Fargo, ND

March 27-29, 2019

www.ndfbsa.org



C • F • S • T • C

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

National Adoption Month

As North Dakota Governor Doug Burgum says “each November we celebrate adoptive parents who welcome children and teens into stable and loving families and child welfare professionals and public and private child-serving organizations that ensure North Dakota's children are thriving in safe, nurturing environments”. November is a wonderful time to bring attention to the children and youth in ND that are waiting for their permanent home as well as recognize and thank all of the amazing families who have chosen to open their hearts and families to adoption. The dedication and unwavering support for children by adoptive families is more than appreciated by CFSTC. Within the last year (July 2017 to June 2018), there were 192 children from foster care that were able to find permanency by the finalization with their forever family. There are currently 15 children waiting to be adopted and around 560+ children within the AASK (Adults Adopting Special Kids) adoption process in ND. Read the remainder of Governor Burgum’s proclamation for Adoption Awareness Month: [ND Adoption Awareness Proclamation](#)

President Donald Trump stated within his presidential proclamation “Adoption affirms the inherent value of human life and signals that every child -- born or unborn -- is wanted and loved. Children, regardless of race, sex, age, or disability, deserve a loving embrace into families they can call their own. This month, we honor the thousands of American families who have grown because of adoption”. [National Adoption Month Presidential Proclamation](#)

To find out more about ND adoption from foster care, check out details from the AASK website: [Adults Adopting Special Kids](#)

Handling the Holidays

As KITS (Kids in Transition to School) shares “The holidays can be a stressful and busy time for everyone. For children in foster care, this time of the year can be especially difficult. Many children experience feelings of guilt, shame and sadness during the holidays. And their feelings might be really mixed. One young adult remembers how hard the holidays were for her and her conflicting feelings: she was sad because she was constantly reminded of how she was not with her family but she also felt guilty because she looked forward to presents and time with her foster family. Understanding how difficult this time may be for foster children can help us support them and let them know we care.” *KITS* offers some helpful tips on how to help children cope during the holiday season.

[Helping Children in Foster Care Manage Holiday Stress](#)

Lynn and Jennie Owens are a set of foster and adoptive parents who have learned a few things over the years on how to best approach the holidays from their family happenings as well as have some professional experiences working with children placed into residential treatment. They more than understand that as caregivers we often only have a few moments to soak in some education or information, hence the title of their video series called “Potty Break”. The link below offers 13 short videos on how to best prepare and manage all our holiday celebrations. [Handling the Holidays](#)

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.

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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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PRIDE Link

The PRIDE Model we follow highlights the competency of “**Supporting children’s relationships between children and their birth families.**” When working with birth families of the children in your care, it is important to recognize that just as the child has experienced trauma in their life, it is likely that their parent has as well. Many parents have their own history of childhood trauma which can be compounded by the trauma of having their own children removed from them. Due to these traumas, it can be hard for birth parents to work effectively with case workers and foster parents. The following link offers insight into how this trauma may impact the birth family, ideas on how you as a caregiver can help to assist the birth family, and then stresses the need for self-care throughout this process.

[Birth Parents with Trauma Histories and the Child Welfare System](#)

Learning through a Trauma Lens

Our education system today often offers new and impressive material for our youth, which for many is just what is needed to challenge them in a positive way. However, for some youth who have experienced trauma in their lives, such as the youth we meet through foster care, concentrating and learning such material can become an unrealistic expectation if not managed appropriately. The school year is approaching the halfway mark, which means that most classes are moving quite fast with what is being offered. If the youth in your care is struggling in school, we encourage you to share the following article with your child’s school team to see if any of the suggested ideas fit for them.

[Ways to Calm a Young Brain in Trauma](#)

Building Resiliency

“All children are capable of extraordinary things. There is no happiness gene, no success gene, and no ‘doer of extraordinary things’ gene. The potential for happiness and greatness lies in all of them, and will mean different things to different kids. We can’t change that they will face challenges along the way. What we can do is give them the skills so these challenges are never able to break them. We can build their resilience. Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.” These are the words of psychologist, Karen Young from her article on “Building Resilience in Children”. In this article she shares twenty practical, powerful strategies that are backed by scientific research along with her experience from working with youth over the years. It is a well worth read that offers many inspiring ways how you as a foster parent can help to strengthen the child(ren) in your care resiliency and ability to manage life's adversities.

[Building Resilience in Children](#)

The staff here at CFSTC would like to wish everyone a joyous holiday season, safe travels out of town celebrations, and hope for the wonderful new year.



As always, if there are topics that you would like to see addressed in the Fostering Communications Newsletter, please email us at und.cfstc@und.edu