

Fostering Communications

Building a Network of People in the Foster Care System

January 2019

Upcoming Conferences

North Dakota Indian Child Welfare & Wellness Conference,
Further information, click [Here](#)

North Dakota Family Based Services Association Conference, Fargo, ND
March 26-29, 2019
Registration open at:
www.ndfbsa.org

North Dakota Children & Family Services Conference, Bismarck, ND
July 22-26, 2019
Registration Coming Soon

Festival of Training Dates

March 8-9, 2019
Grand Forks

March 15-16, 2019
Bismarck

Registration available 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 stresses how we need to meet the above stated five competencies. All of these focus on the child in our care, so it may feel odd to consider self-care as a requirement to actually meeting these core competencies. When one stops to think through each of these as a deeper level, they really require us to put our needs to the side and step up for the child, no matter the cost. For example, *working as a member of a professional team* asks us to advocate for the child, even though advocating for the child may mean we keep our personal emotions to ourselves. *Supporting relationships with birth families* can be much harder than expected as one may struggle with having anger or feelings of sadness when thinking of the neglect or abuse the child endured while in the care of their parent. We more than understand why all of these competencies are needed, but sometimes meeting them takes its toll on the resource parent. Thus to meet these competencies, one needs to practice self-care. Resource parents often forget to put themselves on the list. Aoife Rose Magee, Ph.D. walks through challenges that create stress and burnout as well as explores effective strategies to bring balance, enjoyment, and a sense of well-being to our daily life.

[Self-Care for the Caregiver: Creating Balance While Caring for Others](#)

Self-Talk

"We hear kids say negative things about themselves all the time: "I'm so stupid!" "Nobody likes me." And, of course, "I'm ugly." Sometimes these things are throwaway lines, or fishing for reassurance. They may be harmless. But what experts call negative self-talk can also reflect an unhealthy tendency in kids to think the worst of themselves, and that can lead to—or be a sign of—something more serious" says Katherine Martinelli. The following link shares insight into when to be concerned with negative comments and what we can do as caregivers to help change their inner self-talk.

[How to Help Kids Who Are Too Hard on Themselves](#)

Chocolate and Chicken Under the Bed

Food hoarding and trauma may go hand in hand for some children that come into care. And the reality is that neither of these can be resolved with one simple solution. Both require patience over time with thoughtful, therapeutic strategies to cope. The following three links offer some interesting perspectives along with potential treatment approaches.

[The Link Between Early Childhood Trauma and Food Hoarding](#)
[Healing from Food Insecurity: Beyond the Stash](#)
[So. Your Adopted Child](#)

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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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University of North Dakota

Transition to Adulthood

Through these cold winter months, it can be hard to imagine that May and the end of the school year is just around the corner. With that being said, preparation with our young adults need to be in full force. The *Better Futures Project* offers a great resource through their *Pathways to Positive Futures*. They more than understand that transitioning out of foster care can be a difficult and confusing process, so they interviewed a “group of young adults who either had navigated or were in the process of navigating that transition in order to gain insight into important life areas such as finances, employment, healthcare, transportation, and relationships, among others”. They hope that by sharing these experiences we can learn as caregivers how to best prepare our youth for independence and success as they enter “real” adulthood.

[Things People Never Told Me](#)

Teen Talk

Between the stressors of social media, drug usage, and the new scary trend of e-cigarettes, it is easy to maybe skip past some critical conversations with our youth today as these pressures grow. Nonetheless some conversations remain the same, such as the need to talk about the risks of binge drinking and consent within relationships. All of these big topics can be awkward and it can be hard to really find the time to tackle. The Today Show parenting expert Dr. Deborah Gilboa offers some guidance in the following two videos on how to tackle some of these hard conversations.

[How to Talk to Your Kids About Drinking](#)
[Tips for Talking About Consent with Your Child](#)

Connections

Through a child’s time in foster care, the hope is that we maintain connections to the child’s family, community, culture, school, etc. Through all of this there are likely transitions, which means some connections may change. Creating a lifebook can be one way to preserve the connections to a child’s past as a foundation for their wellbeing and sense of identity. No matter if a child is returning home to their birth family or securing permanence with an adoptive family, lifebooks can be priceless to capture the journey they have lived. With 2019 ahead of us, a new year can be the perfect time to start a lifebook for the children in your care. Below you will find two free lifebook templates as well as two options to kick off the book with doing a “year in review”.

[2018 Year in Review Sample One](#)
[2018 Year in Review Sample Two](#)
[Lifebook Sample One](#)
[Lifebook Sample Two](#)



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