

# Fostering Communications

Building a Network of People in the Foster Care System

March 2019

## Upcoming State Conferences...

ND Children & Family Services Conference, Bismarck, ND July 22-26, 2019

Registration available soon on [CFSTC website](#)

ND Conference of Social Welfare Fall 2019 [www.ndcsw.org](http://www.ndcsw.org)

ND Family Based Services Conference, Holiday Inn, Fargo, ND March 31-April 3, 2020 [www.ndfbsa.org](http://www.ndfbsa.org)



**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 highlights the competency of “**protecting and nurturing children**.” We understand that each child in our care will likely express and receive love in different ways, which would mean that they may require different forms of nurturance. *The Five Love Languages*, by Dr. Gary Chapman, shares the idea that each of us gives and receives love in different ways. The use of love languages is a way to build bonds with anyone that you care about and a wonderful way to build an attachment with a child placed in your care. Chapman believes that each child has an “emotional tank.” When a child feels loved, his love tank will be full; however, when the “love tank” is empty, the child may misbehave. Much of the misbehavior of children is motivated by the cravings of an empty “love tank.” If we are able to understand a child’s “love language” we are able to better meet their emotional needs and provide nurturance to fill their “tank.” The following links offers details on each of the five love languages as well as quizzes, resources, podcasts, and a few short videos that can even be shared with children. [5 Love Languages](#)

## Coping with Incarceration

Sesame Street offers a set of valuable tools in aiding in the processing of a parent’s incarceration with their child. “Because of the feeling of stigma, it takes special effort to start important conversations and answer kids’ questions”. Normalizing the notion of incarceration may help alleviate some of the child’s concerns. Sesame Street has a number of tools within the following link to help guide a child through the hardship of having their parent be absent due to incarceration. [Parental Incarceration](#)

## Self-Care Routines

Exposure to traumatic events may affect various areas of a child’s development. Fine and gross motor skills may become delayed due to such experiences. Children in foster care possibly will need extra guidance on certain tasks that may appear simple, such as self-care routines as brushing their teeth or getting dressed. The following link offers a video that explains how to incorporate a chart to help assist a child be successful and gain new self-confidence to master their daily self-care routines.

[2-Minute Tutorial: Self-Care Routines for Kids with Motor Skills Issues Bed-Time Checklists](#)

If you have concerns regarding the child in your care’s development, the CDC offers great resources through their “Learn the Signs. Act Early” website. Click [HERE](#) to obtain a list of developmental milestones, a milestone tracker app, free material, and guidance of what to do if you have any concerns.



*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 2019

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

## Survey

The CFSTC is once again asking for your input for this coming year's **Regional Foster Parent Trainings** that are held across the state. We ask that you complete the following survey to help indicate what training needs you have as well as to share any additional ideas in regards to potential trainings. The information you provide will help us offer trainings within your region that are more specific to your needs. Please click [HERE](#) to complete this short survey. If you have already completed this survey, we appreciate you taking the time to do so.

## Screen Time

As caregivers, we can all likely agree that we do not believe long hours spent in front of a screen hold any positive benefit for the youth in our care. There is more and more research being produced that states high amounts of uncensored screen time impacts brain development. With that being said, it is easy to say that we if we allow screen time on a tablet or cell phone, it must be monitored. However, often, as adults, we do not practice what we preach. Many of us keep our phones close in hand at all times. Since there is no one regulating our screen time, we must practice self-regulation. The following link offers a couple of apps to use as tools to help care out more phone-free time as well as share some impactful questions to help one analyze our usage.

[Look Up: Three Apps that Will Help You Put Your Phone Down](#)

## Kids Chat

Some kids will talk a mile a minute when you ask them how their day was at school and then there are others that you have to pry until the sun goes down. "Cole Miles Blog" author Hillary Cole offers three simple three simple conversations starters in the following link. We all understand kids these days are under more and more pressure, so having open and honest communication with a trusted caregiver can make all the difference.

[Questions to Get you Kids to Actually Talk](#)

## Appreciation Central

The staff at CFSTC would like to take a moment to extend our appreciation for all of the social workers across the state. As Governor Doug Burgum stated within the 2019 proclamation declaring March Social Work Appreciation Month, "social workers will continue to contribute to the success of our state and nation as they support and protect the most vulnerable among us". He also shared that "the social work profession is expected to grow faster than average over the next seven years, with more than 682,000 people employed as social workers by 2026". Read the full proclamation [HERE](#). So we celebrate ND's social workers and hope they are proud of the work they do, the people they serve, and the difference they make in the lives they impact on a daily basis!!!