

FOSTERING COMMUNICATIONS

Building a Network of People in the Foster Care System

March 2025

Upcoming State Conferences

North Dakota Family Based Services Conference

April 1-4, 2025

Holiday Inn

Fargo, ND

Click [HERE](#) to Register

North Dakota Indian Child Welfare & Wellness Conference

April 22-24, 2025

Spirit Lake Casino & Resort

Click [HERE](#) to Register



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

PRIDE Link

In this edition of the PRIDE link we will be focusing on self-care for you, the caregiver. Self-care touches all five of the PRIDE competencies: "Protecting and nurturing children", "Meeting children's developmental needs", "Supporting relationships with birth families", "Connecting children to safe, "Nurturing relationships", and "Working as a member of a professional team". Self-care touches on all of the PRIDE competencies because if you, the caregiver, are not taking care of your own physical, emotional, or psychological needs then having the ability to meet the needs of the children you care for can be more challenging.

Before we talk about ways you as a foster care provider can take care of yourself let us touch on why doing the hard work of loving for and caring for those who have experienced and are impacted by trauma may take a emotional toll on you, the caregiver. The term that is often associated with this is compassion fatigue. Compassion fatigue refers to the impact, including the physical, emotional, and psychological impact of helping and caring or helping others who have experienced trauma, suffering, or distress. Laura Van Dernoot Lipsky, author and director of the Trauma Stewardship Institute, she shares on a Tedx Talk how the impact of being exposed to hardship and trauma has manifested in her life as well signs of impact of being exposed to other's trauma may appear in your life. To listen to Laura Van Dernoot Lipsky's Tedx Talk "Beyond the Cliff" click on the link below:

[Beyond the Cliff](#)

Below is a link of a short video (less than a minute) from Laura Foster Care Partners of ways compassion fatigue may look like for a foster care provider. To view the video click on the link below:

[Laura-Foster Care Partners: What Compassion Fatigue Can Look Like for Foster Parents](#)

Understanding compassion fatigue and how it may manifest in your day to day life may give us pause or insight, but how can we protect ourselves? Creating A Family's online article, "Taking Care of Yourself When Raising a Relative or Foster Child" starts that conversation about self-care by identifying obstacles for self-care that exist as well as ways to find self-care. In addition, the article includes numerous linked self-care resources. Click on the link below to access this article as well as the included resources:

[Taking Care of Yourself When Raising a Relative or Foster Child](#)

Self-care in theory makes perfect sense, and we agree with the adage, "you can't pour from an empty cup", but in practice self-care can feel unattainable, especially as a caregiver. The YouTube video "25 Self-Care Ideas to Practice Today" from Meghan Livingstone provides 25 simple ideas of self care. The challenge is for you to view this video and be inspired to identify one or two small ways you can practice self-care in your daily life. You may view this video through the link below:

[25 Self-Care Ideas to Practice Today](#)

APRIL
National
CHILD ABUSE
PREVENTION MONTH



National Child Abuse Prevention Month



April is National Child Abuse Prevention Month! This year's theme is "Doing Things Differently: Believing in Communities". This year's theme focus on ways that communities can support parents, as a true method to prevent child abuse and neglect in our communities. A concept of how communities can support parents would be considering protective factors. Protective factors are those qualities or attributes that parents or caregivers have that reduces risk of child abuse and

neglect. Protective factors are qualities that parents/caregivers may naturally have, and these factors can be strengthened with community support. Examples of parental factors includes, parental resilience-a parent/caregiver manages and responds to stress, challenges, or trauma; Social Connects-positive relationships or supports that a parent/caregiver can use for support; and knowledge of parenting and child development-knowing child development and strategies to support child development. Child Welfare Information Gateway issue brief, "Protective Factors Approaches in Child Welfare" provides a overview of protective factors, to include why protective factors are important, examples of protective factors, as well as protective factors in practice. To read the entire brief please click on the link below:

[Protective Factors Approaches in Child Welfare](#)

North Dakota's Safety Framework Practice Model does recognize Parental Protective Capacities as it relates to children's safety. If you haven't had a chance to review the Foster Care Provider Safety Framework Practice in North Dakota please check out the link to that training located on Children and Family Services Training website to gain a better understanding of what roles parental protective factors have in keeping North Dakota children safe. Click on the link below to access that training video:

[Safety Framework Practice Model Foster Provider Training](#)

Lastly, the podcast *Fostering Voices* had Arizona's Executive Director of Prevent Child Abuse Arizona, Claire Louge, talking about focusing on needs of families leads to increased child well-being, the need for family support specifically considering ourselves a mandated supporter as prevention of child abuse or neglect, looking at our own bias and standards and how they may factor how we see families, as well as talking about the Strengthening Families Approach and protective factors framework. To listen to this Fostering Voices Podcast please click on the link below:

[Fostering Voices: The Link Between Foster Care and Social Disparities](#)

SOCIAL
WORK
MONTH

March is National Social Worker Month

Social workers are an example of how one person can make a difference.
Thank you to Social Workers for all you do!

-Your Friends at CFSTC



Creating Structure and Giving Control

The title "Creating Structure and Giving Control" feel like one big contradiction. While it may feel like a contradiction, it is something we need to consider when we are caring for children who have experienced trauma. Children or youth that have experienced trauma need structure and consistency, a sense of knowing what comes next/what is expected; AND they also need to have a sense of their own control, a voice and choice when appropriate. To help navigate this balance our friends at Creating A Family have a short (less than four minutes) "Weekend Wisdom: How to Balance Giving Kids Structure and Control". This weekend wisdom addresses this concept, specifically what to consider and simple examples of how you can balance this in your parenting. To listen to this recording and access resources from Creating a Family click on the link below:



[Weekend Wisdom: How to Balance Giving Kids Structure and Control](#)

As noted in the Creating a Family's "Weekend Wisdom: How to Balance Giving Kids Structure and Control" there may be simple ways, depending on child specific factors that you can provide some control. One of those opportunities that you can provide control for children and youth would be in regards to setting up household expectations. While there are household expectations around safety or privacy that caregivers can't negotiate there may be other expectations caregivers can have flexibility in as well as consequence and incentives. Laura from Foster Care Partners demonstrates how this can be done when creating household rules or expectations. Click the link below to view Laura-Foster Parent Partner's video:

[House Rules Considerations for Foster Parents](#)



Recruitment & Retention

March 2025

Surviving the Winter Blues

Even though the days get a bit longer in March, living in North Dakota, the winter season can start to feel long and daunting. The below zero temperatures prevent opportunities to get fresh air and the shorter days that December, January, and February bring make one year for more sunlight that spring and summer provide. After the preparation and celebration of the holiday season has come and gone and the excitement of winter break fades after kids transition back to school, this is often when the winter blues kick in. Both adults and children alike can feel the effects of this on their overall mental health by impacting thoughts, mood, attitude, energy level, behaviors, and interactions with others. For children in foster care or who have been adopted, or for others who have experienced significant trauma or loss, noticeable and sudden changes in behavior could be seasonal and a result of the winter blues. Some children might become more lethargic and withdrawn, while others tend to bounce off the walls with their excess energy. If the children in your care are feeling the impact of the winter blues, and the drawn-out winter is wearing on you as well, it can create a feeling of chaos within the home. In the article "Helping your Family Manage the Winter Blues" shared by creatingafamily.org, helpful tips are offered for surviving the winter blues as a family. Learn more by clicking the link below.

[Help your Family Manage the Winter Blues](#)

As a caretaker, if you are feeling the effects of the winter blues, this weekly mood booster activity sheet created by the Mayo Clinic Health System may be a helpful tool in the winters to come. Try at least one activity from each category on a weekly basis and then take some time to reflect! To access the activity sheet please click on the link below to access the Mayo Clinic Health System and click on the PDF link "Weekly mood booster activity".

[Mayo Clinic Health System-Weekly Mood Booster Activity Sheet](#)

Virtual Training Opportunities!

CFSTC offers monthly virtual training as part of the Recruitment & Retention contract with the North Dakota Department of Health & Human Services. One hour of education credit is offered to licensed foster care providers who attend. Kinship homes are also welcome to participate! Watch for monthly fliers sent through email that will include details on upcoming training opportunities! If you have questions, or need access to the monthly flyer, please reach out to your Licensing Specialist, Case Manager, or CFSTC!

Training Opportunities from CFSTC!

Currently Children and Family Services Training Center is offering "Working as a Part of a Professional Team" Education Series. This Series is 7:00-8:00 p.m. CST every Tuesdays in March (3.4, 3.11, 3.18, and 3.25). To register for the remaining sessions in March click **[HERE](#)**.

If you won't be able to attend this series or missed a session, all of sessions are recorded and you will be able to view them on the CFSTC website. In addition, if you want want to catch any from the Therapeutic Parenting Series with Allison Cooke the recordings are located on CFSTC site for a limited time. To view all recorded sessions click **[HERE](#)**.

Virtual Foster Care Panels

Do you know somebody who is interested in fostering? Attending a Virtual Foster Care Panel is a great place to start! Keep an eye on the UND CFSTC Facebook page for upcoming dates, and consider sharing with friends, family, and through social media!

The next panel is 05.15.25 7:00-8:00 p.m. CST

Click [HERE](#) to register attend!!



Fostering Communications is published by the UND Children and Family Services Training Center under the sponsorship of the Children and Family Services Section within the North Dakota Department of Health & Human Services. It is intended for all foster care providers, kinship providers, adoptive parents, and child welfare agencies. Any comments or questions should be directed to the CFS Training Center.

NORTH DAKOTA

FOSTER OR ADOPT

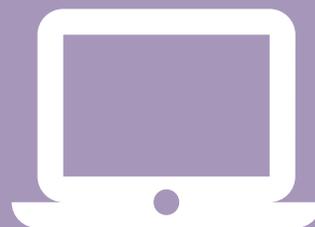


Are you interested or know someone who may be interested in becoming a foster care provider?

Please call the Toll Free Inquiry Line @

1.833.FST.HOME
(1.833.378.4663)

And speak with Recruitment & Retention Specialist, Carissa Cox.



UPCOMING Virtual Training:

"Safety Planning with Youth at Risk of Suicide"
3.31.25

7:00-8:00 p.m. CST

Click **[HERE](#)** to Register

****Watch your emails for further details****

NORTH Dakota Be Legendary.

Health & Human Services