

Fostering Communications

Building a Network of People in the Foster Care System

July 2013

Upcoming Conference Information...

Children & Family Service Conference

July 22-25, 2013
Bismarck, ND

www.cfstc.und.edu/

~Registration Available
Online Now~

ND Foster & Adoptive Family Conference

October 4-5, 2013
Bismarck, ND

Details to come



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PRIDE Link

The PRIDE Model we follow highlights the competency of **”protecting and nurturing children”**. Children need homes that are safe and stable. Children who come into foster care have experienced trauma, which may result in them responding differently to many life situations. The following link provides a information of how trauma can impact a child and a basis for how you can help.

<http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/healthy-foster-care-america/Documents/FamilyHandout.pdf>

Incarcerated Parents

Incarceration of a parent can be a hard topic to explain to children at any age, especially younger children. Sesame Street addresses the notion of incarceration with simple words, easy for a child to understand all while identifying the overwhelming feelings and tough questions. This link offers tools to help the child of an incarcerated parent. The toolkit includes videos, quick facts, as well as downloadable resource guides for both children and caregivers.

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/incarceration>

Teen Talk

Youth in foster care are at a greater risk for early pregnancy than teenagers in general. The National Campaign to Prevent Teen and Unplanned Pregnancy has created specific tools in hopes of reducing this specific risk. The first tool offered is “10 Tips for Foster Parents: To Help Their Foster Youth Avoid Teen Pregnancy”. This brochure provides tips on how maintaining a strong, close relationship while setting clear expectations with open communication can make a world of difference.

http://www.thenationalcampaign.org/resources/pdf/pubs/10TipsFoster_FINAL.pdf

The link below offers “suggestions on how to find the balance between helping youth in care have a ‘normal’ experience while providing them with the support they need to overcome barriers they face as a result of being in the child welfare system”.

<http://www.thenationalcampaign.org/resources/pdf/pubs/Help-Me-Succeed.pdf>

Technology

With more and more technological means being provided to our youth today, concerns in parenting and protecting our youth increase. There are new apps being produced daily, thus making it difficult to keep on top of what is being utilized by our youth today. Below is a link regarding Snapchat, which is one of the newest apps to send pictures. The app is directed towards teens and adults, however, it is free, so can be accessible to youth under the age of 13. The link below gives details of how the app works and reasons to consider why sexting might be of concern.

http://www.snapchat.com/static_files/parents.pdf

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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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Normalization **By: Jim Hooge, President of NDFAPA**

"The National Foster Parent Association looks forward to working with Congress to help make normalcy a reality for our children/youth in care and to help make the processes to accomplish this reality happen as soon as possible. The National Foster Parent Association will work diligently with the foster families around the country to help them trust this move from a risk-averse system to a system that embraces taking some risks so children/youth can experience more normalizing experiences while in foster care. Remember, safety plus opportunity equals well-being."

The above statement is part of testimony presented in Congress this past May by the President of the National Foster Parent Association (NFPA), Irene Clements. The North Dakota Foster and Adoptive Parent Association (NDFAPA) is an organizational member of the NFPA and a number of our North Dakota foster parents are individual members of NFPA. I am passing on the link for the complete presentation for the purpose of stimulating and focusing our discussions here in North Dakota.

<http://www.nfpaonline.org/Resources/Documents/Testimony%20for%20House%20Ways%20and%20Means.%20May.%202013.doc>

Positive Praise for Any Age

Children in foster care may display troubling behaviors as a result of the trauma they have experienced in their lives as well as from the ongoing trauma of being away from their family, such as through visitations. It can become easy to focus on the negative from a child's behavior, instead of the positive. Dr. Rene Hackney reinforces the fact that "catching good behavior is a proactive discipline technique". Her short video clip helps explain how we can implement this into a way of daily life.

<http://www.youtube.com/watch?v=LH6Y-qPnAo>

North Dakota Child Supervision Guidelines

Summer brings on new challenges to supervision for our children. North Dakota has recently updated the Child Supervision Guidelines. Please note the following factors along with the chart on the following page for details:

FACTORS TO CONSIDER BEFORE LEAVING A CHILD HOME ALONE:

- ◆ Age and maturity, emotional health, the child's physical or cognitive abilities, length of time alone, time of day or night, whether the child will be expected to supervise other children, location and safety of neighborhood, frequency of being left alone, and how far a parent or other adult would be from home.
- ◆ A parent or caregiver is responsible for the safety, care, well-being, and behavior of their children, whether they are present to supervise them or not.
- ◆ In all instances below where "yes" is indicated, the parent is ultimately responsible for using sound judgment.

See the next page for further details

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North Dakota Child Supervision Guidelines Continued...

Age of Child	Left Alone for Two Hours or Less	Left Alone for More Than Two Hours	Left Alone-Overnight	Outside Unattended	Left In Car Unattended for brief time (10-15 minutes)	Child Provides Care For Other Children
Newborn - Age 4	NO	NO	NO	NO	Caution! Dangerous in temps over 72° F. or under 32° F; must be in view of caregiver & in a restraint; keys removed, door locked & emergency brake applied	NO
Age 5 - 6	NO	NO	NO	YES Playground or yard within visual sight or hearing distance to supervision	Caution! Dangerous in temps over 72° F. or under 32° F; must be in view of caregiver & in a restraint; keys removed & emergency brake applied	NO
Age 7 - 8	NO	NO	NO	YES Parent/caregiver must be available (visual sight or hearing distance)	Caution! Dangerous in temps over 72° F. or under 32° F; must be in view of caregiver; keys removed & emergency brake applied	NO
Age 9	YES (During daytime hours)	NO	NO	YES	YES (Keys removed & emergency brake applied)	NO
Age 10 - 11	YES (During daylight hours, with ready access to an adult supervisor)	YES (During daylight hours, Not to be alone during sleeping hours)	NO	YES	YES (Keys removed & emergency brake applied)	NO
Age 12 - 14	YES	YES (During hours before curfew)	NO	YES	YES	YES (Child care classes recommended)
Age 15 - 18	YES	YES	Caution! Assess your child's Level of maturity and responsibility	YES	YES	YES

"Act as if what you do makes a Difference. It does"

~William James



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