

# Fostering Communications

*Building a Network of People in the Foster Care System*

November 2014

## Upcoming Conferences...

ND Family Based  
Services Association  
Conference  
April 8-10, 2015  
Fargo, ND

ND Children & Family  
Services Conference  
July 27-30, 2015  
Bismarck, ND



**C • F • S • T • C**  
Children and Family  
Services Training Center  
Department of Social Work  
University of North Dakota

## National Adoption Month

November is National Adoption Month, which 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. The theme for this year's national initiative, "Promoting and Supporting Sibling Connections" pays tribute to the unique bond between siblings. President Barack Obama released the following proclamation.

[2014 Adoption Month Presidential Proclamation](#)

The North Dakota Heart Gallery is a non-profit organization that was started in 2008 with a mission to reach out to the public and encourage the adoption of children waiting for forever homes. In honor of National Adoption Month, we encourage you to consider opening your hearts to one of the many wonderful children awaiting a family to call their own.

[ND Heart Gallery](#)

## PRIDE Link

The PRIDE Model we follow encourages all of us to acknowledge the fact that with foster care comes loss and grief for all involved. In the September issue of Fostering Communications, we asked you to take time to consider how a child's biological family grieves due to their child being placed into foster care, and asked you to reflect on how you can work to develop a positive relationship with a child's biological family. As you support a child and their family, one can't help but become attached. One piece that is often brushed under the rug is that after a child and their family are reunited, you and your family may also grieve the loss of the child you cared for and supported through this trying process. Often foster parents do not take the time to recognize how this loss has impacted them and their family. The following article walks through the states of grief and loss along with how to work through this transitional time.

[The Challenges of Foster Care; Grief and Loss](#)

## Parenting After Trauma

"All children need homes that are safe and full of love. Children who have experienced severe trauma may need more. Early, hurtful experiences can cause children to see and react in different ways. Some children who have been adopted or placed into foster care need help to cope with what happened to them in the past". The American Academy of Pediatrics and Dave Thomas Foundation for Adoption have put together a wonderful resource to sharing what experts say about early trauma and offer insight into how you can best support the child in your care.

[Parenting After Trauma: Understanding Your Child's Needs](#)



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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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## Holiday Empathy

“Conflicting loyalties and lost dreams often make the holidays a difficult time for children in foster care. Just as studies show that holidays are stressful times for most of us, these reactions are compounded for youth placed in your home”. The following article offers suggestions for the holidays. [Celebrating Holidays with Children You Foster](#)

This second article discusses how after the hustle and bustle of our holiday seasons, families can find themselves out of sorts, often seeing behaviors from their foster child that they may not have seen before. Child and Family Therapist, Robyn Gobbel, shares her thoughts on “why” some of these behaviors occur and key points that we may need to recognize. [Hard Holidays with your Child of Trauma](#)

## Communication Matters

The way we communicate with each other impacts our relationships. As caregivers, it is important that we take time to reflect that we are communicating in a clear, positive manner, and that what we are saying is helping to build a child up, instead of tearing them down. The following video by Lori Petro offers insight into the “5 Biggest Communication Mistakes and What To Say Instead”. This video will cover the five common mistakes parents use and what to say instead, how to create natural willingness rather than resistance, and what you can do if you are no longer handing out punitive consequences language examples you can use right away.

[5 Biggest Communication Mistakes & What to Say Instead](#)

## Bullying

Research shows that parents and caregivers who spend at least 15 minutes a day talking with their child can build the foundation for a strong relationship and help prevent bullying. The time you spend will help boost your children’s confidence and build effective strategies for facing bullying—whether children are being bullied, engaging in bullying, or witnessing bullying. SAMHSA has created the free app, “KnowBullying”. This app has a variety of features that include:

- \* *Conversation Starters*: Start easy, meaningful conversations with your child.
- \* *Tips*: Learn strategies to prevent bullying for ages 3 to 6, 7 to 13, and teens.
- \* *Warning Signs*: Recognize if your child is engaging in bullying, being bullied, or witnessing bullying.

Put the power to prevent bullying in your hands by downloading this FREE app at:

[KnowBullying, SAMHSA](#)

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Comments should be directed to the Training Center.*