

Fostering Communications

Building a Network of People in the Foster Care System

September 2017

Upcoming State Conferences...

ND Family Based Services
Association Conference
Fargo, ND
April 3-6, 2018
www.ndfbsa.org

Additional Training

Minot Fall Festival
October 13-14, 2017
Register [HERE](#)

Check out CFSTC
calendar for upcoming
foster parent
trainings at:
[CFSTC](#)



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Services Training Center
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PRIDE Link

Parenting at times can be extra challenging, especially when we see the child in our care struggling emotionally. We often want to rush in and fix it, because we care and never want to see a child in pain. However, if we try to fix every bump in the road, the child will never learn how to manage without us by their side. They will never learn how to independently conquer life and those hard days that will indeed come. The PRIDE Model we follow highlights the competency of “**Protecting and Nurturing Children**”. During those emotional, hard times, we do indeed need to protect and nurture the children in our care; however, that doesn't necessarily mean save. Writer and parent, Katie McLaughlin shares an interesting and thought provoking way of managing a child's emotional moment.

[The Train Analogy](#)

Building Resiliency

“All children are capable of extraordinary things. There is no happiness gene, no success gene, and no ‘doer of extraordinary things’ gene. The potential for happiness and greatness lies in all of them, and will mean different things to different kids. We can't change that they will face challenges along the way. What we can do is give them the skills so these challenges are never able to break them. We can build their resilience. Resilience is being able to bounce back from stress, challenge, tragedy, trauma or adversity. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world.” These are the words of psychologist, Karen Young from her article on “Building Resilience in Children”. In this article she shares twenty practical, powerful strategies that are backed by scientific research along with her experience from working with youth over the years. It is a well worth read that offers many inspiring ways how you as a foster parent can help to strengthen the child(ren) in your care resiliency and ability to manage life's adversities.

[Building Resilience in Children](#)

Foster Parent Wisdom

For many Foster Parents, the first year or even years into fostering can be a blur. They can be filled with wonderful memories and maybe some not so fun memories. It is important to take time to reflect on the journey and learn from these moments. Adoptive and Foster Dad, Mike Berry shares his insight on what he has learned over the past 12 years. This is shared to encourage you to take the time to reflect on your time as a foster parent to see what you have learned. And for those of you that are new to fostering, these may be game changes to how you pursue this journey as foster parents.

[15 Things I'd Change From My First Year of Foster Care](#)



*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.*

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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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Emotional Control

Understanding how our brains work and why we react the way we do is a complex matter. Dr. Dan Siegel created a hand-brain model that can be quite helpful when trying to understand the connections between emotions and our brain. We all function better when we have access to all parts of our brain. The following video shares how stress impacts the functioning of our prefrontal cortex, which results in us losing our ability to problem solve. When the part of our brain that allows us to think and respond respectfully is not functioning well, we often “flip our lid”. This term is used in the video to show how the prefrontal cortex shuts down as a result of stress or high emotion. The video is geared for you to use as a resource with the child in your care to help encourage problem-solving, mindfulness, emotional regulation through education.

[Why do We Lose Control of Our Emotions?](#)

Mealtime Struggles

After a long day, the notion of getting through supper for some families can be an obstacle in itself. Mealtime struggles can make what should be a safe, bonding place for families instead become a place of daily battles. There are many factors that can come into play to make mealtime a “success”. An important factor to keep in mind, however, is that children placed into foster care may have had traumatic experiences related to food or meal time in general. These may require therapeutic interventions. As caregivers, we do need to explore all options though to see where the battle may be coming from. Occupational therapist and owner of *Your Kids Table*, Alisha Grogan encourages us to think outside the box and consider some other realistic reasons in the link below.

[Why Your Child Refuses to Eat](#)

Discipline Time

Children who have experienced trauma can be extra vulnerable when it comes to disciplining. Trauma makes one second guess intentions and can even make one overreact to a situation that seems minor to most. As caregivers, one has to become very methodical in your approaches to ensure that you are gentle and consistent in the ways you discipline the children in your care. Therapist Barbara Tantrum offers ten tips on how to approach discipline with a youth that has experienced trauma.

[Disciplining a Traumatized Children](#)

Motivation to Keep Going

As one looks through this newsletter, one may say “why do I do it; why do I open my home and heart to hard times including potential heartache; why do I go through sleepless nights and stressful visits only to be followed up by some tough behaviors; why do I go to appointment after appointment after appointment; why do I foster?” Somedays you may not have strong answers to these, but we encourage you to remind yourself that you are ONE CARING ADULT that is making a difference in the lives of every youth you care for. Many of you may have seen Josh Shipp’s video, but it is worth re-watching, which is why we are sharing this once again. With that being said, we thank you for sticking through those hard moments.

[One Caring Adult](#)