

Spirit Lake Tribal Social Services

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Dear Foster Parents,

This month will start the kick off of our newsletter. In this letter you will find important dates, upcoming trainings and/or (community) events. You will also find some useful information each month about foster care. I hope in the future this letter becomes more handy to you all rather than the multiple mail outs.

Coping with the Holidays

Holiday planning usually means baking fun treats, shopping for those treasured gifts, decorating galore, along with spending time with family and friends. For our youth in foster care, holidays may mean a time of uncertainty and grief. The holidays could even possibly be a trigger to past traumatic experiences. Some children have secret landmarks in their mind that give them hope; for instance, a child may tell themselves that they will be home for Christmas. When those moments come and go, it often leaves great disappointment, which may be expressed through concerning behaviors. To add to this, there are other disappointments with parents who may have made promises for Christmas plans or gifts, which again adds to the heartache. Traditions may feel new and uncomfortable as many of us have traditions of surrounding ourselves with family we don't see as often as we'd like. Foster Club, a national network for young people in foster care, has published two great resources for foster families. The first is written to help foster youth with holiday-related sadness and stress; and the second is written for caregivers with ideas on how you can help make the best of the holiday season. See Attachment.



Upcoming Events

December 10

Foster Parent Support Group

January 7

UNITY Training Session 3 SLTSS

January 9

Movie Day: New Rockford

January 14

Foster Parent
Appreciation/Dinner Event

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

Fostering Communications

More Important News

Fire Safety

Fire Safety Training is now available online on the CFSTC website. Both the two-hour initial training along with the one-hour refresher are provided. We encourage you to take a look at the Fire Safety as well as peek at the training calendar for other training opportunities.

<http://und.edu/centers/children-and-family-services-training-center/online-training/fire-safety-training.cfm>

Trauma-Informed

It is important to recognize that children may be traumatized by a number of differing life events, which can vary from witnessing a violent offense to just being removed from their parents care. It is the responsibility of a child's team, including their foster parents to foster care case managers to understand these risks as potential traumatic experiences and do what is possible to help these children placed into our care. The following article by Kim Brown offers some helpful Trauma-Informed responses. (See attachment). Trauma can leave some children feeling like they will never be safe again. At times, it is hard to establish an environment where a child can feel safe as we aren't always aware of what triggers their past negative feelings. The following article by Laura Phipps, offers three basic suggestions as to how we can help children feel psychologically safe and in turn, these actions will allow them to feel safe. While children are learning to let their guard down, they become vulnerable, which may lead to negative, problematic behaviors. It is important to remind yourself that these behaviors aren't about you, it is a response to the child's past life experiences. It can be hard to know how to best respond to these behaviors. This article also offers three general strategies for responding to a child's problematic behaviors and how we can in turn make them teachable moments. (See attachment).



In the Community

Dakota Culture Night

Every Wednesday CCCC will be hosting a Starquilt & Beading class open to the public.

Baking Workshop:

Location: CCCC: Natural Resource Rm., Date: 12/10/2015, Time: 5-7p.

Cookie Making Workshop:

Location: CCCC: Natural Resource Rm., Date: 12/16/2015, Time: 5-7p.

Support Group Adult:

Location: Dakota Baptist Church: Date: every Tuesday, Time: 7-8:30p.

Bible Study: All Ages:

Location: Dakota Baptist Church, Date: every Thursday, Time: 7-8:30p.

Christmas Party @ Rec 4:30p.

Church Christmas Party

Celebration Sunday
December 20, 2015 @ 5p.