

Families First

a newsletter for Nebraska Families

October/November 2013

N F A P A

How to help Foster Children Overcome Trauma & Aid Attachment

Posted on June 14, 2011 by Helouise Stenkamp

Attachment Disorders

Many Foster Children have had very difficult and painful histories with their first parents. These children have experienced chronic early maltreatment with a caregiver relationship. Such a history can lead to the development of Complex Trauma, disorders of attachment, and Reactive Attachment Disorder. Children with histories of maltreatment, such as physical and psychological neglect, physical abuse, and sexual abuse, are at risk of developing severe psychiatric problems.



Attachment is the deep and lasting connection established between a child and caregiver in the first few years of life. It profoundly affects your child's development and his or her ability to express emotions and develop relationships.

A child with insecure attachment or an attachment disorder doesn't have the skills necessary to build meaningful relationships. However, with the right tools and a healthy dose of time, effort, patience, and love, it is possible to treat and repair attachment difficulties. Between 50% and 80% of children placed in Foster Care have attachment disorder symptoms. Many of these children are violent and aggressive, and as adults are at risk of developing a variety of psychological problems and personality disorders, including antisocial personality disorder, narcissistic personality disorder, borderline personality disorder, and psychopathic personality disorder. Therapeutic Parenting is often necessary to help these children heal.

This approach to parenting is often not familiar to most parents and requires a significant amount of work and preparation. Attachment facilitating parenting is grounded in attachment theory and is based on a set of

principles that include:

- Sensitivity
 - Responsiveness
 - Following the child's lead
 - The sharing of congruent inter-subjective experiences
 - Creating a sense of safety and security
- The effective implementation of these principles requires parents who:**
- Are strongly committed to the child.
 - Have well developed reflective abilities
 - Have good insightfulness
 - Have a relatively secure state of mind with respect to attachment

This type of parenting is consistent with an evidence-based and effective treatment for children with trauma and attachment disorders (Dyadic Developmental Psychotherapy). Many foster and adoptive parents find their children's behaviors strange, frightening, disturbing, and upsetting. They often don't understand why their child behaves as the child does; "after all, my child is now safe, doesn't he get it?" It can be difficult to appreciate the depth and pervasiveness of the damage caused by earlier maltreatment.

Therapeutic parenting based on Dyadic Developmental Psychotherapy relies on helping parents understand what is causing the child's behaviors. Looking deeper in order to understand what is motivating the child. All behavior is adaptive and functional; however sometimes the behaviors that were adaptive in one environment are ill-suited for the new home. If your first parents were neglectful, unreliable, and inconsistent so that you were often hungry and left alone for long periods of time, hoarding food,



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Attention Foster Parents!

Receive in-service training credit for reading this newsletter! Now you can enjoy reading *Families First* and receive in-service training credit that can apply toward your re-licensure as a foster parent. This in-service training has been approved by HHS. Simply read this issue, write down the answers to the questions below, and mail your answers to your licensing worker (i.e., Agency worker). If your answers are satisfactory, you will receive 30 minutes of credit toward your in-service training requirement. If you have questions, contact NEAPA at 877-257-0176 or 402-476-2273.

Questions for in-service training quiz October/November 2013:

- 1) Who makes the decisions regarding the child during the adoption process?
- 2) True or False – Research indicates kids with poor nutrition during early stages in life may suffer from aggression and anti-social behaviors.
- 3) What is the percentage of kids diagnosed in this country with ADHD?
- 4) True or False – Attachment is the deep and lasting connection established between a child and caregiver in the first few years of life.
- 5) True or False – Children with attachment disorders often act like younger children both socially and emotionally.
- 6) True or False – Healthy lifestyle habits can go a long way in reducing your child's stress level.
- 7) What percentage of foster children have had attachment disorder symptoms?
- 8) True or False – Safety is the core issue for children with reactive attachment disorder?
- 9) What is the mission of Nebraska Friends of Foster Care?
- 10) Megellan of Nebraska is excited to introduce it's new youth program, what is the name of the program?

National Criminal History Check (fingerprint) waiver form

In accordance with the FBI audit of the State Patrol's fingerprint process, the State Patrol is requiring that every foster parent, or potential foster parent who is fingerprinted, must be advised of their right to appeal. The document must be signed prior to the rolling of fingerprints, effective 9/1/13. This is a separate document from the one that is signed for other background checks.

Questions? Call NEAPA at 877-257-0176 or 402-476-2273.

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From the Desk of the Executive Director

Pamela Allen

Happy Fall!! I hope this issue of *Families* First finds everyone ready to charge into the holidays! It seems like school has just started and already we are attending parent teachers conferences, putting pumpkins out and planning our Thanksgiving dinner! I hope that as you plan your holiday gatherings, you keep in mind that the children that are in your home may have traditions that you can incorporate into your family celebrations. This may help children feel more included as they celebrate with your family, and it will also let the children know that you value their family traditions. Please also consider being open to working your celebrations around a schedule that may work for the child's birth family as children deserve to spend time with their birth families during the holidays as well.

As I travel the state and answer the phones, some of the most common concerns families have (especially adoptive families) are: "How do I get services for my child?" and "Can I get help without making my child a state ward?" Please know that NFAPA wants to hear from you when you are struggling! We want to help advocate for you and your child! No parent should have to turn their child over to DHHS in order to get help, and NO parent should feel like they are out there all alone with nowhere to turn. We, at NFAPA don't pretend to have all of the answers, however we are here to listen and if possible offer suggestions and advocacy where we can. We can also help take your concerns to people that may be able to help.

I encourage you to take advantage of support groups in your area to help build your foster/adoptive parent support system. Support groups are a wonderful opportunity for not only on-going training hours, but the opportunity to talk to others who may be dealing with some of the same issues you are or to find someone to trade respite care with. Other foster and adoptive parents that have "walked in your shoes" can offer encouragement and true understanding at times when others cannot.

Since Thanksgiving is upon us soon, I must tell you all how thankful I am that you are helping children and their families! The Nebraska foster care system has many challenges, and there are many things that need to be changed, however I believe that Nebraska has some of the best foster parents! Thank you for being who you are and doing what you do! Thank you for hanging in there when the system has been in turmoil and through all of the changes!

I would like to thank those that have chosen to support NFAPA through their memberships and encourage others to do the same. Please let us know what we do to help you! Our toll free number is 877-257-0176.....!

DeGarmo's Corner

Speaker, Trainer, Author and Leading Expert in the Foster Care System

Dr. John DeGarmo

Find all the latest Foster Care News, Resources, and Information, updated every day at his Facebook page-Dr. John DeGarmo, or at his website-www.drejohndegarmo.com. Email him at drejohndegarmo@gmail.com with your foster care questions.



The Foster Parenting Manual: A Practical Guide to Creating a Loving, Safe, and Stable Home by Dr. John DeGarmo

The Foster Parenting Manual lays the understanding for potential and current foster parents, and is a comprehensive guide offering proven, friendly advice for novice and experienced foster parents. The manual is a must read for anyone involved in foster parenting. The Foster Parenting Manual offers seasoned, sympathetic advice that will be valued by foster parents and the professionals who serve them.

Best Selling and Inspirational Book-

Fostering Love: One Foster Parent's Journey by Dr. John DeGarmo

Children suffering from abuse, Neglect, Malnutrition. Even drug-related problems passed on from a mother's addiction. Children rejected by those who were to love them most; their parents' Fostering Love: One Foster Parent's Journey is the true-life account

of his experience as a foster parent, along with his wife and their own three children, as he followed God's call to take foster children into his home.



Coming In January 2014

A Different Home: A New Foster Child's Story.

This beautifully illustrated children's book is the perfect resource for every foster parent. Dr. DeGarmo's newest book is ideal for foster parents to read to those foster children newly placed in their home, as the book will help to ease their anxieties during this very difficult time for foster children and foster parents.



Why Me? Why Not?

Cody Kaup is the son of Randy and Shelly Kaup. Shelly is the Co-Leader of the Griefin Support Group. She started at the last Support Group meeting that her son was asked in his English class to write a paper on Why Me? This is what he wrote:

Why Me? Why Not?

Have you ever enjoyed the wonderful perks of being the youngest? Only to have them swept away under your feet as they pass by unnoticed by the sounds of crying from a six-week old baby girl. Now she just didn't end up in our house by what's known as the "normal" way or the way you all got your baby, brothers and sisters home; bringing them home and getting them acquainted and all. No, she got here by a caseworker so yes, she's a foster child. She may not live with her parents, maybe that's a good thing, but she's like you and I. Just as human and just as special.

In the beginning there's not much to tell, just that new life is being carried into our home, invading my space. I never actually saw the bright side in all of this. I mean it was totally unexpected by me anyway. So I thought, why me? Why did I have to give up other things for this little kid? This helpless little child that only knows how to breathe and cry? Also, look at it in her shoes, coming into a new home. Knowing no one. Of course she's very young so she didn't understand. At first I almost wished it was short term. I was just not used to it. Hopefully I would get used to it.

Her mom was fine until she got ahold of my mom's cell phone number. That really caused a bigger headache than the one that was getting larger and growing by that little crying kid. The phone would ring off the hook. You could go somewhere else. Like the movies, a friend's house, or even outside and still hear it go off in your head.

The next year she was still with us. Bigger, crawling. Less crying. I was really starting to like her. Scary, huh? She was still partly unknown to me, so far and distant. I started giving her more attention everyday. I didn't miss the good, being youngest in the family, life. It was becoming a lost memory.

There was a judge that lead us through all this chaos. So we went to court a few times. I went twice. It was different. It was not like anything I have ever seen.

She has been with us for two years now and really did well with walking, talking, learning and soaking in anything and everything. We had to go to yet another court case. Hoping it was the last one, I went. Turns out her last name changed to mine. She was adopted that day. We've never had a girl in the house besides my mom but now it is different. It didn't feel any different. I accepted her as my sister long before. I've never noticed the long lost life I had before her; when I carried the label "the youngest". So why can't I teach, guide, show this girl to a better life and future? She sure taught me something. If you think something's bad, look again. You might see a bright side.

Which bring me to the present. I look at the store. The small child getting out of the car with my assistance. I think about the journey long ahead, paved for brother of us. Then she calls my name and holds her hand out, for it to be held. I hold her hand to cross the parking lot. I feel her skin, it seems familiar, similar to my own. I question but then I realize this is why I call her my sister.

Cody Kaup

English 9

National Adoption Day

National Adoption Day is an effort to raise awareness of the more than 100,000 children in foster care waiting for permanent, loving families. National Adoption Day finalizes adoptions of children from foster care and celebrates all families who adopt. Celebrations take place nationwide each year on the Saturday before Thanksgiving. This year, it's November 23, 2013! Take time to celebrate the joys of adoption and encourage more people to create or grow families through adoption!

“When we understand how triggers affect our kids, we are in a better position to either help them, or seek out the best support for them.”

—John Ross, Foster Parent



My Life Nebraska

Magdalen of Nebraska is excited to introduce its innovative youth program, **MY LIFE** (Magdellan Youth Leaders Inspiring Future Empowerment), to Nebraska on Wednesday November 13th from 6-8 p.m. at 2412 St. Mary's Ave Omaha, NE 68105 (CASA Building)

MY LIFE is a youth group consisting of youth between the ages of 13 and 23 who have experience with mental health, substance abuse, foster care and/or other challenges. **MY LIFE** started in Arizona in 2008, and now consists of four additional groups in Pennsylvania, two in Louisiana and one in Tallahassee, Florida with more than 400 members among the eight groups.

Through regular meetings and local and national workshops, presentations, performances and special events the group focuses on important issues affecting youth, while having a tremendous positive impact on the youth who are involved. **MY LIFE** youth have made over 50 local and national presentations to an audience of approximately 5000 people. **MY LIFE** youth have also planned and produced eleven **MY Rest** youth events that have inspired and educated over 30,000 community members about mental health, substance abuse and foster care-related issues in order to share resources, create awareness and reduce stigma associated with these issues.

Now it's time for Nebraska youth to get in on the **MY LIFE** action too. We encourage youth and youth supporters to join us for this fun and inspirational event to learn more about **MY LIFE** and help us prepare for the official launch of **MY LIFE** Nebraska in early 2014.

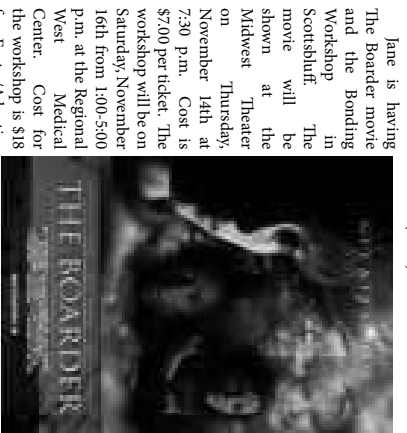


When Attachment & Bonding Go Awry



The Nebraska Foster & Adoptive Parent Association (NEAPA) was proud to help sponsor the Jane Ryan workshop "When Attachment & Bonding Go Awry" on September 28 in Lincoln. We had a room full of people wanting more information on childhood trauma. We hope you all learned a lot!

NEAPA also helped sponsor the showing of *The Boarder* movie. This movie was inspired by true-life events and how the family coped with their adopted child suffering from Reactive Attachment Disorder (RAD).



Jane is having
The Boarder movie
and the Bonding
in
Workshop
in
Scottsbluff. The
movie will be
shown at the
Midwest Theater
on Thursday,
November 14th at
7:30 p.m. Cost is
\$7.00 per ticket. The
workshop will be on
Saturday, November
16th from 1:00-5:00
p.m. at the Regional
West Medical
Center. Cost for
the workshop is \$18
for Foster/Adoptive
Parents (\$34 per couple), \$26 for Professionals (Counselors/
Social Workers) and \$22 for other adults. Contact Speak Out
to register at 308-641-8763.

Jane is working hard to bring this to the rest of the state.
Watch our website for more information at www.infpa.org

The Relationship between Nutrition & Behavior

Did you know that your doctor has probably never taken a nutrition class? It's even more likely that psychologists and counselors who work with your foster children haven't either. Think about what this means! When you or your family visits the doctor or a mental health professional, your nutritional health isn't being taken into consideration! Though it's logical to think that an unhealthy diet would affect physical or mental health, getting advice or guidance on this vital aspect of good health, for parents who are at a loss to control certain behaviors in their foster children, it might be wise to look more closely at the role that food plays in human behavior. You might be surprised at how what we eat affects what foster kids do.

No one can deny the fact that it can be a real challenge to eat healthy in the United States. From GMO's to trans fats, it's hard to avoid the stuff that can hurt us. Foster kids have additional hurdles. First of all, many foster children are picky eaters who like highly processed foods that are bad for them. Their dinner-time behaviors around food are often carefully orchestrated to maintain power and control. It can be comforting for foster children to eat food that's familiar to them and foster parents know this. In the early stages of a fostering relationship, parents must choose their battles, but when bad behavior persists and there's reason to believe that poor nutrition is the cause, it's time to take action.

Anger, Violence, and Nutrition

Recent research has indicated that kids who have poor nutrition during their early, formative (ages 0-5) years may suffer from aggression and anti-social behaviors later on as a result. A lack of proper nutrition when kids are under age five was correlated with 41% higher levels of aggression in eight and eleven year old kids. By age 17, malnutrition was correlated with a 51% increase in violence and anti-social behaviors (Sutlif, 2004). In contrast, kids who eat nutritious food tend to have more positive interactions with adults and other children according to psychologists (Raford, 2013).

Food Dyes and ADHD

Nearly 10% of children in this country have been diagnosed with ADHD (Attention Deficit Hyperactivity Disorder) and the numbers are still rising. No one knows what causes the disorder, but some scientists have suggested a link between ADHD behaviors and certain food colorings and dyes including the following:

- Sunset yellow (E110)
- Carmoisine (E122)
- Tartrazine (E102)
- Ponceau 4R (E124)
- Quinoline yellow (E104)
- Allura red (E129)
- Sunset yellow
- Carmoisine

Parents who are struggling to help their foster children overcome ADHD behaviors might consider reading food labels and avoiding the ingredients listed above just to see if it helps.

Unhealthy Diet, Iron Deficiency, and IQ

In 2002, the Food and Nutrition Information Center studied school children in Taiwan to see how nutrition affected their school performance. Not surprisingly, the study found that an unhealthy diet contributes to poor school performance and negative behaviors. Kids with poor nutrition get lower grades (Raford, 2013). So swap those sugary sweets for something more nutritious and eat fresh fruits and veggies rather than going on fried foods. Troubled kids can have a total turnaround when properly fed.

Though Americans seemingly have access to a diversity of high-quality foods, there are undeniable problems in the food manufacturing industries. According to research, 7% of toddlers in the United States and 9-16% of adolescents and females suffer from iron deficiency. The problem is particularly pronounced in black and Mexican American families. The lack of adequate iron during the formative years can lead to a low IQ, which can, in turn affect behavior in children (Sutlif, 2004).

Gluten Intolerance, Trans Fats and Other Sensitivities

A variety of food "allergies" and "sensitivities" are worth considering if your child has inappetible behaviors that need to be addressed. Gluten intolerance is a problem that has become much more prevalent over the years because of the genetic modification of wheat. Anyone who has weight problems that seem to persist despite dieting should consider the possibility that they are sensitive or perhaps intolerant to gluten. Gluten intolerance destroys the lining of the small intestine and compromises the body's ability to absorb nutrients from food. It's difficult to test for gluten intolerance or sensitivity, but you can do your own test by cutting all wheat products out of your diet for a month to see what happens. Expect that your foster child will feel worse at first and perhaps experience diarrhea and stomach upsets. Wheat contains opiates (narcotics) and withdrawal can be uncomfortable and take a few weeks.

Trans fats can cause other types of problems in children and adults. For example, a number of studies have indicated that ingesting trans fats can lead to migraine headaches. Unfortunately, the food industry has come up with ways to hide the presence of trans fats in foods. If you read labels, you'll find words like "hydrogenated" or "fractionated" or "oleic" used instead of "trans fats" in the ingredients list. Manufacturers aren't required by law to report the presence of trans fats if they exist in the foods in low enough proportions. This has led many manufacturers to change their serving sizes and use obscure terms in their ingredients lists to keep consumers from realizing that a food item contains trans fats. If you decide to avoid trans fats, you'll have to stay abreast

of the words used on food labels by manufacturers to dupe customers. A simple internet search can help you stay on top of this information.

New evidence has also suggested that a tick bite can lead to red meat allergies. That's right! Vomiting and diarrhea as well as hives in response to the consumption of red meat are becoming startlingly more common (Fox News Network, LLC., 2013). Think carefully about your child's diet if the or she is acting out or having strange health issues. Maybe it's the food they're eating.

What's a Foster Parent to Do?

The truth is, many foster children really cling to their favorite foods and rely on certain foods to weather emotional storms. Some kids may gravitate toward sugars. Others may gravitate toward bread products. Others may go for high-fat foods when they're going through hard times. Foster parents need to be mindful of the fact that foster kids who are going through a major crisis probably won't respond well to any change and that includes changes in their diet. But when things are relatively calm, you might want to consider the importance of a healthy diet in maintaining your foster child's positive behaviors and overall health.

Resources:

- CDC. (2010). Increasing Prevalence of Parent-Reported Attention-Deficit/Hyperactivity Disorder Among Children --- United States, 2003 and 2007. Retrieved September 7, 2013 from http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5924a3.htm?s_cid=mm5924a3_w
- Davis, W. (2011). *Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health*. Rodale Books: Emmaus, PA.
- Fox News Network, LLC. (2013). Tick bites are making people allergic to red meat, researchers say. Retrieved September 6, 2013 from <http://www.foxnews.com/health/2013/06/12/tick-bites-are-making-people-allergic-to-red-meat-researchers-say/>
- Rainford, T. (2013). Effect of Nutrition on Kids' Behavior. Retrieved September 6, 2013 from <http://everydaylife.globepost.com/effect-nutrition-kids-behavior-5334.html>
- Sudliff, U. (2004). Nutrition Key to Aggressive Behavior. Retrieved September 6, 2013 from <http://www.usace.edu/news/stories/102723.html>
- WebMD, LLC. (2005-2013). Food Dye and ADHD. Retrieved September 7, 2013 from <http://www.webmd.com/add-adhd/childhood-adhd/food-dye-adhd>

Lying

When my daughter was very young, I taught her not to lie. I admonished her severely for any lie that she told in the hopes that she would grow up into an honest human being. I was younger then and more naïve than I am now. Over the years, I've realized that people, both kids and adults, lie. They have to lie. Knowing when and how to lie is important, especially for foster kids who regularly find themselves in precarious situations at school or at home.

Young children are very literal in the way they interpret the world. When I told my little girl not to lie, she interpreted this message literally. But the fact is, if she had been in a situation with a sexual perpetrator who told her, "Don't ever tell anyone what happened between us," I would want her to nod and promise the perpetrator that she wouldn't tell. And then, I would want her to come home and tell me what had happened right away.

Essentially, I would want her to lie... Convincingly. Sometimes people lie to protect themselves. Sometimes they lie to protect the people they're lying to. Sometimes, the truth just isn't necessary. For example, how often have you answered, "Fine," to the question, "How are you?", when you were anything but fine? Lying can actually be an adaptive behavior which is why people do it. But there are times when lying is decidedly maladaptive. Teaching your kids when lying helps and when lying hurts is more honest (ironically!) than teaching them not to lie at all.

Teaching Kids When to Lie and When to Tell the Truth

Lies function to keep people at a distance. Think about it. When someone asks, "How are you?" And you lie about how you're really doing, it's because you don't really want to share your situation with the person who asked you the question. A canned response, "Fine," is enough to keep the person asking the question at a reasonable distance. Perhaps there isn't time to talk about your problems or perhaps it just wouldn't be appropriate to talk about the fact that you're not fine at that time or place. The fact is, we learn when to lie and we learn that lying is most appropriate in very specific situations with certain people. Individuals who fail to learn these social rules about truth-telling and white lies are often shunned.

There are certain people in our lives that need truth. These are the people we choose to be close to. They're the people who can tell that we're not fine even when we say that we are. Parent-child relationships need to be honest and the relationships between two life-mates should also be based on honesty. In other words, the less that we tell within the context of family are often destructive to the closeness of the relationship. Lies keep people at a distance. When lies become common-place in a family environment, the members of the family become isolated from each other.

I can't control when my kids lie to me, but I can teach them what lies do and then leave the choice up to them. I can

also be open to honesty. I have to be willing to hear the truth. This isn't as easy as it sounds. Think about all the devastating truths you might hear like, "I'm pregnant" or "I'm gay" or "I've been doing cocaine." Lots of kids will lie when they suspect that the truth will shock their caregivers. If you don't want to hear the truth, expect that kids will lie to you.

This is what I teach my kids: I teach them that lying helps to create emotional distance. Sometimes emotional distance is necessary or valuable, but in family relationships, if you want to feel like you belong and feel connected then you need to tell the truth and be honest about what you do and who you are. I also teach my kids that lying makes it so that you can't detect lies as easily in others (paradoxically). A child who lies will tend to end up hanging out with other kids who lie to him (or her). It makes sense right? If you try to pretend you're someone you're really not, you won't end up in a group of friends who accept you for who you really are. You'll end up with friends who pander to the way you want to see yourself. Friends who pander to your lies. And most importantly, when the lies fall apart and the poop hits the fan, if you've lied and created distance from the people who care about you, it's hard for them to help.

As a foster parent, I've felt at times that kids should tell me the truth out of respect for my authority, but the reality is, truth-telling isn't usually about disrespect. In fact, telling the truth is often about personal protection and boundaries. The more a person lies to others, the more confused they become about the reality of who they actually are. A person can even use lies to shut themselves off from...themselves! Most kids don't lie to hurt others (like their foster parents). They lie because they think the truth is too ugly or because they feel like they need to protect themselves.

Finally, as a parent if you choose to tell the truth within the context of your family, you have certain advantages. First of all, you're a role model for your foster children. They can learn from your example and realize that in your home, you say-it-how-it-is. But the most important advantage that you have as a truth-teller is that you'll be able to detect lies in others more easily. You might suspect a lie and it may take time to prove your suspicions, but liars-who-lie-to-those-who-love-them don't have this luxury.

The next time your foster child lies to you, take some time to think about why they're telling lies. First of all are you really open to hearing the truth? Do they feel like they need space? Is the truth ugly? Instead of taking it personally, encourage your foster child to tell the truth so that you can help them if they ever need help. Encourage them to tell the truth so that they can learn about who they really are. Telling the truth builds solid relationships. It can take some time, good role models, and a lot of courage for foster children to really understand how being honest can change their world in a positive way.

Waiting Children...

Name: Araya

Birthdate: **November, 2003**

Sex: F

Race: **African American**

Number of Siblings: **5**

Names of Siblings: NA

Is Contact with Siblings

Requested: Four sisters and a brother (De'ony, Many, S'yaen, Ari'anna, and Jeffrey), but her permanency plan is for her to be placed with Many and De'ony.



Araya is a quiet, but sweet young girl. She is in fourth grade and enjoys school. Araya is a girly-girl and she loves doing her hair and nails. She also enjoys spending her free time outside riding her bicycle, going swimming, and going to the water park. She likes animals and loves to play with dogs. Araya is very sweet and kind. She is a big helper and enjoys helping around the house.

For more information: Email: imerz@fnsneb.org

Phone: 402-661-3132

Name: **Brittany**

Birthdate: **July, 1996**

Sex: F

Race: **White/Caucasian**

Number of Siblings: **2**

Names of Siblings: NA

Is Contact with Siblings

Requested: In the future Brittany may want to have contact with her brother and her sister.



Brittany enjoys playing on the computer, listening to music, and participating in track and field at school. Brittany recently took first place in the 200 meter and would like to continue in this sport again. Brittany is a very independent young lady who needs a family to help her move safely through her teenage years. Brittany is also very creative, and not afraid to express how she feels.

Brittany is in need of her forever family. A family who will place firm boundaries on her, allow her to explore her independence safely and when she is ready, to have contact with her brother and sister.

For more information: Email: scaldararo@childssaving.org
Phone: 402-504-3673

Name: Fabienne

Birthdate:

November 2009

Sex: F

Race:

African American

Number of Siblings: 3

Names of Siblings:

Hayden, Krystopher &

Krysteana

Is Contact with Siblings

Requested: Must be

adopted with siblings.



Fabienne, or 'Fabi' is a very active, happy 3 year old girl. Fabi loves to play make believe, play with toys, and watch cartoons. She loves playing with her siblings, especially her older sister. Fabi loves preschool and always wants to go, even on Saturdays.

For more information: Email: agubbels@chidsaving.org
Phone: 402-553-6000 x 173

Name: Cardie

Birthdate: March 1998

Sex: M

Race: African American

Number of Siblings: NA

Names of Siblings: NA

Is Contact with Siblings

Requested: NA

Meet Cardie, who is into sports and his shoes. He likes shopping, especially if it means expanding his wardrobe. He loves to play football and basketball. He loves the Saints and would love to watch every game if he could. He would like to be a basketball player when he is older. Cardie also has an artistic side and enjoys writing poems. He would like to improve his drum playing skills. Cardie is an animal lover and especially likes dogs. He has a great sense of humor and would be glad to tell you some of his funny jokes. He also enjoys watching TV and playing video games with his friends. He loves good cooking and Lobster is his favorite food.



Name: Jerrod

Birthdate:

July, 2000

Sex: M

Race:

African American

Number of

Siblings: 2

Names of Siblings:

Ariel & Jeronicka

Is Contact with Siblings Requested: Yes



Jerrod is a very kind and considerate 11-year-old young man. He is always looking out for the happiness and well-being of those around him and even frequently puts their needs before his own. Jerrod loves to spend one-on-one time with adults and talk; he is very inquisitive about the world and is eager to both share information he knows and actively listen.

In Jerrod's free time, he loves to visit with his younger siblings, play video games, and hang out with friends. Jerrod would do well in a family that has an older male that would spend a lot of one-on-one time with him.

For more information: Email: Wrotenbucher@lsnneb.org
Phone: 402-978-5667



For more information Email: jdye@lsnneb.org
Phone: 401-591-5077



(continued from page 1)
 going, and going to “anyone” for help is adaptive. When that child is placed in a foster or adoptive home with caring, responsive, sensitive parents, that same behavior is no longer adaptive.

By understanding what is driving the behavior and appreciating the child’s fear, anxieties, shame, and anger, the new parent will be better able to respond to the emotions driving the behavior rather than the surface behavior or symptoms. Unless the underlying emotions are addressed with sensitivity and within a safe, unconditionally loving, and supportive home, the behavior or symptoms are not likely to stop...they may change into other problems, but if the underlying cause remains, then the problems will surface again and again.

The Principles Required

SENSITIVITY: Because children with trauma and attachment disorders are often unable to describe their internal states, emotions, or thoughts, it becomes the job of the parent to do this with and for the child so that the child learns to do this. Of course, this is precisely what one does with a newborn, toddler, and child. We often help children manage their internal states by doing that with them. When a baby cries, we pick up the baby, comfort the child, and when so doing, regulate the child’s level of arousal. Over time the infant becomes increasingly proficient at doing this independently. The parent of a foster or adopted child must be sensitive to the internal states of their child so that the parent can respond to the underlying emotions driving behavior.

RESPONSIVENESS: Once the underlying emotion is identified, the parent must respond to this need or emotion, with sensitivity. By meeting the child’s need (to feel safe, loved, cared about, for food, drink, joy, etc) the child will internalize new and healthier models of relationships and parents.



FOLLOWING THE CHILD’S LEAD: By this I mean that the parent will need to respond to the child and follow the child’s lead in the sense of providing what the child is needing (comfort, affection, support, structure, etc) and at the child’s pace. It is very important to move at the child’s pace to create the necessary sense of safety and security that these children need.

THE SHARING OF CONGRUENT INTER-SUBJECTIVE EXPERIENCES: Inter-subjectivity refers to shared

emotion (also called attunement), share attention, and share intention. You can understand this if you think of playing a board game with your child. When you are playing some game together and enjoying the experience, you are sharing emotions (joy and a sense of competence), sharing attention

(focusing on the game), and sharing intention (playing by the rules, both trying to win, having fun, etc).

It is the sharing of congruent inter-subjective experiences, experiences in which all three elements are the shared, that helps the child heal and learn about intimacy and relationships. **CREATING A SENSE OF SAFETY AND SECURITY:** Safety comes first. Unless the child is physically, emotionally, and psychologically safe, healing cannot occur. So, it is the job of the parent to create safety and security for the child. This then allows for the exploration of underlying feelings, thoughts, and memories. Without an alliance there can be no secure base. Without a secure base there can be no exploration. Without exploration there can be no integration. Without integration there can be no healing.

Unless the child feels safe, exploration is not possible.

Parenting a child with an attachment disorder

Parenter: What you need to know

Parenting a child with insecure attachment or reactive attachment disorder can be exhausting, frustrating, and emotionally trying. It is hard to put your best parenting foot forward without the reassurance of a loving connection with your child. Sometimes you may wonder if your efforts are worth it, but be assured that they are. With time, patience, and concerted effort, attachment disorders can be repaired. The key is to remain calm, yet firm as you interact with your child. This will teach your child that he or she is safe and can trust you.

- **Have realistic expectations.** Helping your child with an attachment disorder may be a long road. Focus on making small steps forward and celebrate every sign of success.

- **Patience is essential.** The process may not be as rapid as you like, and you can expect bumps along the way. But by remaining patient and focusing on small improvements, you create an atmosphere of safety for your child.

- **Foster a sense of humor and joy.** Joy and humor go a long way toward repairing attachment problems and energizing you even in the midst of hard work. Find at least a couple of people or



- activities that help you laugh and feel good.

- **Take care of yourself and manage stress.** Reduce other demands on your time and make time for yourself. Rest, good nutrition, and parenting breaks help you relax and recharge your batteries so you can give your attention to your child.

- **Find support and ask for help.**

Rely on friends, family, community resources, and respite care (if available). Try to ask for help before you really need it to avoid getting stressed to a breaking

point. You may also want to consider joining a support group for parents.

- **Stay positive and hopeful.** Be sensitive to the fact that children pick up on feelings. If they sense you're discouraged, it will be discouraging to them. When you are feeling down, turn to others for reassurance.

Reactive attachment disorder: Tips for making your Child feel safe and secure

Safety is the core issue for children with reactive attachment disorder and other attachment problems. They are distant and distrustful because they feel unsafe in the world. They keep their guard up to protect themselves, but it also prevents them from accepting love and support. So before anything else, it is essential to build up your child's sense of security. You can accomplish this by establishing clear expectations and rules of behavior, and by responding consistently so your child knows what to expect when he or she acts a certain way and—even more importantly—knows that no matter what happens, you can be counted on.

- **Set limits and boundaries.** Consistent, loving boundaries make the world seem more predictable and less scary to children with attachment problems such as reactive attachment disorder. It's important that they understand what behavior is expected of them, what is and isn't acceptable, and what the consequences will be if they disregard the rules. This also teaches them that they have more control over what happens to them than they think.
- **Take charge, yet remain calm when your child is upset or misbehaving.** Remember that "bad" behavior means that your child doesn't know how to handle what he or she is feeling and needs your help. By staying calm, you show your child that the feeling is manageable. If he or she is being purposefully defiant, follow through with the pre-established consequences in a cool, matter-of-fact manner. But never discipline a child with an attachment disorder when you're in an emotionally-charged state. This makes the child feel more unsafe and may even reinforce the bad behavior, since it's clear it pushes you back.
- **Be immediately available to reconnect following a conflict.** Conflict can be especially disturbing for children with insecure attachment or attachment disorders. After a conflict or tantrum where you've had to discipline your child, be ready to reconnect as soon as he or she is ready. This reinforces your consistency and love, and will help your child develop a trust that you'll be there through thick



and thin.

- **Own up to mistakes and initiate repair.** When you let frustration or anger get the best of you or you do something you realize is insensitive, quickly address the mistake. Your willingness to take responsibility and make amends can strengthen the attachment bond. Children with reactive attachment disorder or other attachment problems need to learn that although you may not be perfect, they will be loved, no matter what.
- **Try to maintain predictable routines and schedules.** A child with an attachment disorder won't instinctively rely on loved ones, and may feel threatened by transition and inconsistency—for example when traveling or during school vacations. A familiar routine or schedule can provide comfort during times of change.

Repairing reactive attachment disorders:

Tips for helping your child feel loved

- A child who has not bonded early in life will have a hard time accepting love, especially physical expressions of love. But you can help them learn to accept your love with time, consistency, and repetition. Trust and security come from seeing loving actions, hearing reassuring words, and feeling comforted over and over again.
- **Find things that feel good to your child.** If possible, show your child love through rocking, cuddling, and holding—attachment experiences he or she missed out on earlier. But always be respectful of what feels comfortable and good to your child. In cases of previous abuse and trauma, you may have to go very slowly because your child may be very resistant to physical touch.
 - **Respond to your child's emotional age.** Children with attachment disorders often act like younger children, both socially and emotionally. You may need to treat them as though they were much younger, using more non-verbal methods of soothing and comforting.
 - **Help your child identify emotions and express his or her needs.** Children with attachment disorders may not know what they are feeling or how to ask for what they need. Reinforce the idea that all feelings are okay and show them healthy ways to express their emotions.
 - **Listen, talk, and play with your child.** Carve out times when you're able to give your child your full, focused attention in ways that feel comfortable to him or her. It may seem hard to drop everything, eliminate distractions, and just be in the moment, but quality time together provides a great opportunity for your child to open up to you and feel your focused attention and care.

Repairing reactive attachment disorder: Tips for supporting your child's health

A child's eating, sleep, and exercise habits are always important, but they're even more so in kids with attachment problems. Healthy lifestyle habits can go a long way in reducing your child's stress levels and leveling out mood swings. When children with attachment disorders are relaxed, well-rested, and feeling good, it will be much easier for them to handle life's challenges.

- **Diet** – Make sure your child eats a diet full of whole grains, fruits, vegetables, and lean protein. Be sure to skip the sugar and add plenty of good fats – like fish, flax seed, avocados, and olive oil—for optimal brain health.



- **Sleep** – If your child is tired during the day, it will be that much harder for them to focus on learning new things. Make their sleep schedule (bedtime and wake time) consistent.

- **Exercise** – Exercise or any type of physical activity can be a great antidote to stress,

frustration, and pent-up emotion, triggering endorphins to make your child feel good. Physical activity is especially important for the angry child. If your child isn't naturally active, try some different classes or sports to find something that is appealing.

Any one of these things—good, rest and exercise—can make the difference between a good and a bad day with a child who has an attachment disorder. These basics will help ensure your child's brain is healthy and ready to connect.

Professional treatment for reactive attachment disorder. If your child is suffering from a severe attachment problem, especially reactive attachment disorder, seek professional help. Extra support can make a dramatic and positive change in your child's life, and the earlier you seek help, the better.



Family Circus Reflections

"The cartoon from Herterry's Memory. But I don't see it attached. So I came from the memory's a mark."

Imagine you are 10 years old...

Today you are taken to a new neighborhood to live with a new family – with parents, brothers and sisters you have never met. Your only possessions are the clothes on your back and what has been stuffed into the plastic sack you are carrying. You may never see your favorite stuffed animal or toy again. You are not sure if you will ever see your mom, dad, siblings, friends, or pets again. You are scared and want to become a normal kid again.

Children in Foster Care in Nebraska face this situation often - sometimes several times a year. It can be frightening for a child of any age. They want to appear normal to their friends on the outside however inside they are hurt, confused, and on an emotional roller coaster. Nebraska Friends of Foster Children helps children in foster care get through the days ahead with hope. With the help of Nebraska Friends of Foster Children, foster parents can help a child fit into the normal pattern of sports and school activities that may put a financial burden on that parent.

I know as I am a foster parent to 4 great kids that came to my home over 5 years ago. The first time I asked the kiddos if they wanted to play sports, their eyes lit up. All the kids want to play every type of sport that is available to a child. I wanted to fulfill their dreams. I was thrilled when I learn that NFPC would help me with the expenses of soccer/football/basball/basketball/halle/H/hiphop/swimming-the list is endless. As the kids get older the sports they play are becoming more costly so I am glad to know I can rely on NFPC for grants. I have watched these kids grow and become part of a team. This has built up their morale and helped with their self-esteem. To their friends and teammates, they are normal. During these activities they forget they are a foster kid.

The mission of the Nebraska Friends of Foster Children (NFPC) is to provide for unmet needs and enhance opportunities for foster children in Nebraska. NFPC, a 501 (c) 3 non-profit organization, was founded in 1992 to improve the lives of foster children by accepting and funding requests for items and experiences normally out of reach for foster care families with limited budgets. Requests to the program often include educational assistance, school supplies, driver's education classes, sport and school activity fees, summer camps, graduation caps and gowns, senior pictures, prom attire, music and dance lessons, cultural activities that develop growing interests in music, art or dance. These extras have also included clothing, winter coats and hats, and even eye glasses. NFPC considers all requests.

As can be imagined, the cost of "extras" such as hand uniforms, football shoes, summer camp and music lessons exceed the monthly stipend. While foster families are traditionally giving in nature, they still may not have the resources available to them to offer their foster child any of the additional "extras" that enhance their quality of life, build character and offer life-changing experiences.

NFHC believes that all of these “extras” that are often taken for granted are the type of experiences that help to counter-balance the upset, change and pain of a child being placed in the foster care system. These “extras” become necessities to build character and confidence in children who have been placed in our foster care system.

NFHC is run by an all-volunteer board of directors that oversees everything from finances and fundraising to grant-making.

Nebraska Friends of Foster Children can help a foster child become “normal” by helping to fund “extra needs/wants” in their lives.

To find out more about Nebraska Friends of Foster Children or to apply for a grant, please visit their website <http://ne-friends.org/>

Thank you.

Karen Lewis - Foster Mom and Board Member of NFHC

Adoption

Requirements for Adoptive Parents

When the adoption is complete, you will be the parent of this child. Your family will be no different than any other family. You will give your child all that a family should be. While the adoption is in process, the agency will make all decisions about the child.

You should honor the child's past and help their self esteem by talking about his/her family and history.

As an adoptive parent, you should:

- Incorporate the child into your family.
 - Cooperate with any therapy your child may need.
 - Help your child handle the feelings of abandonment at not being able to return to her/his birth family.
 - Try to incorporate the child's background into your family.
 - Help your child's self esteem by having a good attitude about your child's background, birth family, and history.
 - Be comfortable with your child asking questions about:
 - o his/her adoption,
 - o her/his history of placement, and
 - o why he/she cannot return to the birth family.
 - Try to maintain some contact between the child's birth siblings and his/her adoptive family.
 - If appropriate, maintain an open adoption with the child's extended family, which may include exchange of pictures and letters, or contacts.
 - Maintain confidentiality regarding the child's background.
- Prior to Finalization of the Adoption
- Cooperate with the agency in decision making about the child. After the Finalization of the Adoption
- Accept your child into your family as though he/she had been born to you.

When Grandma Becomes Mom

My husband, Norm, and I are used to the hustle and bustle of a house full of children. We have four biological children, two adopted children and guardianship of three more. In our more than 20 years of foster parenting, we have raised countless more.

I would say we are very experienced parents; however, we are not experienced grandparents. Through a turn of events, completely out of our hands, we have become the adoptive parents of Ariana, our seven-year-old granddaughter. Ariana, our son's daughter, is our first grandchild and was part of our lives since she was a baby. When her mother went to prison and our son was unable to parent her, we became her guardians in 2010.

In 2012, we adopted Ariana two days before her fifth birthday. While we still have a teen son at home, I find myself having a difficult time parenting her as pretty much an only child. “Parent eight children at once, sure why not?” but parenting an only child I'm not so sure.

I am, for the first time in a long time, questioning my ability to parent. I have to quit being so hard on myself and celebrate each day as it comes. Each day I learn as much from her as she does from me. My husband and I take on the challenges and joys of parenting each day. I have learned to call a NFAPA mentor when I am frustrated or just need a listening ear. I have learned not to sweat the small things. If she wants to wear cowboy boots with shorts to school so be it – we will all live and life will go on.

If any of you find yourselves in my position and need some one to listen, please give me a call or send an email. We can laugh and cry together. My information is listed in your newsletter.



-Robbi Blume, North/Central Resource Family Consultant

Mark Your Calendars!

NFAPA offers support groups at the following dates/times/cities. Up to date information with each support group location will be on our calendar page on the website. This is your chance to gain understanding and parenting tips through trainings, discussions, and networking with fellow foster families. In-service training is offered at most support groups. Registration is not required, unless noted, but you are welcome to contact your Resource Family Consultant to let them know you are coming! Support Groups will be cancelled for inclement weather. Call the office or check the calendar on our website at www.nfapa.org

NORTHERN AREA

Childcare offered at Columbus, Norfolk & S. Sioux City Northern Support Groups for families that attend.

Columbus: Peace Lutheran Church
(2720 28th St) 7:00-8:30 p.m.
November 12, 2013

Fremont: Scooters Coffee House
(610 West 23rd St) 6:30-8:30 p.m. (No Childcare)
November 18, 2013

Norfolk: Faith Regional Health Systems
(2700 Norfolk Ave, Norfolk Room) 6:30-8:00 p.m.
October 24, 2013

South Sioux City: Hope Lutheran Church (218 W. 18th St)
7:00-8:30 p.m.
November 12, 2013

CENTRAL AREA

Childcare provided for families that call and register the children they will bring to Grand Island support group by calling 402-883-1092. Child care offered at O'Neill support group in November.

Grand Island: First St. Paul's Lutheran Church
(1515 Harrison) 6:30-8:30 p.m.
November 12, 2013

O'Neill: Ford Park or Assembly of God Church
(204 North 7 St) 7:00-8:30 p.m.
November 7, 2013



WESTERN AREA

Childcare offered in North Platte, Scottsbluff & Alliance for families that attend.

North Platte: Harvest Christian Fellowship Church
(1501 S. Dewey) 1:30-3:30 p.m.
November 10, 2013

Gothenburg: American Lutheran Church
(1512 Ave G) 6:30-8:00 p.m. (No Childcare)
November 7, 2013

Lexington: Parkview Baptist Church (803 West 18)
6:30-8:00 p.m. (Childcare available if needed)
November 5, 2013

Ogallala: New Hope Church (118 East B St)
1:00-3:00 p.m. MT (No Childcare)
November 17, 2013

McCook: Community Hospital (1301 East H St)
6:30-8:00 p.m. (No Childcare)
November 18, 2013

Scottsbluff: St. Francis Community Center
(1605 2nd Ave) 6:00-7:30 p.m.
Nov. 19, 2013

Alliance: Alliance Library Rooms A & B
(1750 Sweetwater Ave) 6:00-7:30 p.m.
Oct. 24, 2013

Nov. 21, 2013

EASTERN AREA

Childcare offered for families that attend.

Gretna: Little Red School House (21730 Laura Street)
6:30-8:00 p.m.
October 28, 2013

November 25, 2013

SOUTHEAST AREA

No childcare offered.

Lincoln: NFAPA Office (2431 Fairfield Street, Suite C)
6:30-8:00 p.m. (No Childcare)
November 11, 2013

Lincoln: 610 J Street, Basement Conference Room.
7:00 p.m. (No Childcare)

This is an Adoption Book Club. Contact Barb Dewey, LICSW at 402-525-9825 for more information and to let her know you are attending. It meets the second Wednesday of each month.

Anxiety

Dr. John DeGarmo

Issues from anxiety can manifest themselves in a number of ways. Perhaps the one that foster children face the most is separation anxiety; an excessive concern that children struggle with concerning the separation from their home, family, and to those they are attached to the most. Indeed, the more a child is moved, from home to home, from foster placement to another foster placement, or multiple displacements, the bigger the concern becomes. Those children who undergo many multiple displacements often times create walls to separate themselves in an attempt to not let others into their lives. In attempting to do so, many foster children end up lying to their foster families, as they try to keep their new family at a distance, and at the same time, give the child a sense of personal control.

Other anxiety disorders include obsessive-compulsive disorder, where a child repeats unwanted thoughts, actions, and/or behavior out of a feeling of need. Panic disorders find a child experiencing intense bouts of fear for reasons that may not be apparent. These attacks may be sudden, and unexpected, as well as repetitive in their nature. Panic disorders also may coincide with strong physical symptoms, such as shortness of breath, dizziness, throbbing heart beats, or chest pains. Another anxiety disorder that foster children may face includes social phobias, or the fear of being embarrassed or face the criticism of others.

The loss of a family may result in a foster child spiraling into depression. These feelings of depression may intrude into all areas of a foster child's life; from their capability to act and function in the home to their school environment and the interaction with those their own age. Children who suffer from a depressive disorder may show strong and continuous signs of sadness. They may also have great difficulty in focusing on school work or life around them, and may instead concentrate on death or feelings of suicide. Loss of appetite or severe changes in eating habits may also be a result of a depressive disorder.

Dealing with separation and loss is difficult for anybody. As an adult, you have had experience with this, and know who and where to reach out to when in need of help. Foster children, though, generally do not know how to handle these feelings and emotions. Yet, these feelings must be released, in some fashion. One way of expressing these feelings of isolation is to lash out in anger and frustration to those around them. Though foster children do not necessarily blame you, the foster parent, or the caseworker, the feelings of frustration and loss are strong within them, and you may be the only one they can release them to.

In regard to the mental health of a foster child, placement disruptions in a foster child's life increase the chances that the child will experience greater risks for future mental health services. The longer a foster child stays within the same foster

home, the greater chance of emotional bonding, and thus a sense of stability is formed, which is beneficial in regard to social behavior, and academic performance in school, in the community, as well as in your foster home.

To be sure, there are high levels of mental health problems with children under foster care. The majority of foster children face the reality that most mental health problems are not being addressed as needed. Furthermore, psychological and emotional issues that challenge foster children may even worsen and increase, rather than improve and decrease, while under placement in foster homes and care. Foster children, in many cases, do not receive adequate services in regard to mental health and developmental issues and will not likely do so in the near future, due to lack of government funding and lack of resources, as well the simple matter that child welfare caseworkers are understaffed and overworked, in most states across the country.

*Dr. John DeGarmo has been a foster parent for 11 years, now, and he and his wife have had over 40 children come through their home. He is a speaker and trainer on many topics about the foster care system, and travels around the nation delivering passionate, dynamic, energetic, and informative presentations. Dr. DeGarmo is the author of *Fostering Love: One Foster Parent's Story, and the new training book The Foster Parenting Manual: A Practical Guide to Creating a Loving, Safe and Stable Home. He also writes for a number of publications and newsletters, both here in the United States, and overseas. Dr. DeGarmo can be contacted at djohndegarmo@gmail.com, through his Facebook page, [Dr. John DeGarmo](#), or at his website, <http://djohndegarmofostercare.weebly.com>.**

Top 10 reasons to adopt a teenager:

(Answered by a group of Georgia foster kids waiting to be adopted)

- 1) No more Diapers to change
- 2) You can sleep through the night
- 3) They move out sooner but you can still visit them
- 4) You don't just get a child you get a friend
- 5) We would keep you up to date on the latest fashion
- 6) No more carpooling, we can drive you places
- 7) No more bottles, formula or bump clothes required
- 8) We can help you around the house
- 9) We can learn from you
- 10) We can teach you how to run your computer



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www.nfapa.org

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JOIN NFAPA...your support will enable NFAPA to continue supporting foster parents state-wide!



Benefits

- Ongoing trainings/conferences at local and state level
- Networking opportunities with other foster (resource) families, adoptive families, and relative caregivers
- Opportunity for all foster (resource) families, adoptive families and relative caregivers to be actively involved in an association by serving on committees and/or on the Executive Board
- Working to instigate changes by alertness to legislation affecting the child welfare system
- An advocate on your behalf at local, state and national levels
- Alertness to legislation affecting the child welfare system

Thank you for your support!

Please mail membership form to:

NFAPA, 2431 Fairfield Street, Suite C,
Lincoln, NE 68521.

Questions? Please call us at 877-257-0176.

NFAPA is a 501(c)3 non-profit organization comprised of a volunteer Board of Directors and Mentors.

Name(s): _____

Organization: _____

Address: _____

City: _____ County: _____

State: _____ Zip: _____ Phone: _____

Email: _____

I am a Foster/Adoptive Parent. I have fostered for _____ years.
(circle one)

I am with _____ agency.

I wish to join the effort:

- Single Family Membership** (a single foster or adoptive parent), \$25
- Family Membership** (married foster or adoptive parents), \$35
- Supporting Membership** (individuals wishing to support our efforts), \$75
- Organization Membership**
(organizations wishing to support our efforts), \$150
- I wish to join the effort through a donation.

My donation will be acknowledged through Families First newsletters.

- Gold Donation, \$1,000 Silver Donation, \$750
- Platinum Donation, \$500 Bronze Donation, \$250
- Other, \$ _____