

# Families First

a newsletter for Nebraska Families

July/August 2019

N F A P A

## WHY I CAN NO LONGER BUBBLE WRAP MY CHILD

By *Honestly Adoption*

As our children grow into adulthood, we become increasingly helpless to stop them from making choices that could lead to serious consequences.

We're in this season with one of our children. What do you do when you realize you can no longer stop them from doing what they want?

I remember the first time my child did something that led to a serious outcome. It was the summer he was 13 years old. He was enrolled in a day camp in the neighboring town to our home. In the middle of the day, during the second week he attended, we were called to pick him up suddenly in the middle of the day. He became physically aggressive with another camper.

We later received word that the other camper's parents had filed a report with the police. A few days later I had to drive my child to the police station where he met with a detective for about 45 minutes. It was serious. He was scared. And I thought it would make an impression. Often, children who have experienced severe trauma, have difficulty rationalizing choices and consequences and our son was no exception.

Throughout his life, his impulsivity has put him in potentially dangerous situations. A few times, the police were involved. Because we care, and love him deeply, we have spent most of his life, redirecting, explaining, setting up safeguards, and trying to control the outcomes. It was exhausting. And it was often felt defeating. Now, as he's grown we find keeping him from doing the wrong thing, even more difficult.

It can be an extremely helpless and hopeless feeling. Danger is one thing. Of course, we will do whatever it takes to keep him safe. But what about the choices that won't put him in danger, just possibly get him in trouble?

What do you do when you find yourself in a position like this? How do you standby helplessly and watch your child

make choices that could lead to consequences that are out of your control?

### The Friendship Of Natural Consequences.

A few years ago we were interviewing our good friend Ruth Graham, who is a trauma-trained therapist, for a Live Q&A segment we host bi-monthly for our virtual support site Oasis Community. One of the questions that came in from a member centered around a child who was now in her late teens/early 20's, had an FASD, and was out on her own. "What if my daughter melts down at her job, and starts to do the same things she did when she was at home?" the person asked Ruth. Her answer back surprised us.

"Our children are going to have to learn to live in a real world, with real consequences. And when that day comes, there's little we can do to stop their choices. We can pray for them, guide them to the best of our ability, but at the end of the day, if they choose to do what they want, or say what they want to someone in authority, they are going to face the music."

WOW!

In an odd sort of way, this reality both brings peace, and releases us from ultimate responsibility when it comes to our children's choices. Our kids will grow up and live and (hopefully) work in a real world, with real boundaries, real rules, and real consequences, that are out of our control. I don't hope for natural consequences to happen to my son. Let me be clear. I love him and care deeply for him. But I can't keep natural consequences from happening if he makes the wrong choice.

If you continue to reject the healthy foods and instead, eat junk when you're not under our supervision, you're going to gain weight, feel sick, and potentially have diabetes down the road.



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Nebraska Foster & Adoptive Parent Association

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3601 N. 25th Street, Suite D, Lincoln, NE 68521

402-476-2273, toll-free 877-257-0176, e-mail: Felicia@nfapa.org  
[www.nfapa.org](http://www.nfapa.org).

### NFAPA Staff

**Felicia Nelsen, Executive Director:** 877-257-0176 or

Felicia@nfapa.org

**Corinne O'Brien, Program Coordinator:** 402-476-2273 or

Corinne@nfapa.org

**Tammy Welker, Northeastern/ Eastern Area RFC:** 402-989-2197 or

Tammy@nfapa.org

**Robbi Blume, Northwestern Area RFC:** 402-853-1091 or

Robbi@nfapa.org

**Terry Robinson Central RFC:** 402-460-7296 or Terry@nfapa.org

**Jolie Camden, Western RFC:** 308-672-3658 or jolie@nfapa.org

\*RFC=Resource Family Consultant

### NFAPA Board of Directors

#### President

Jay & Tammy Wells

308-928-3111

jt Wells@frontiernet.net

#### Vice-President

Rebecca Rowe

308-737-8430

chocolatedreamsand

sweetthings@gmail.com

#### Secretary/Treasurer

Kathy Wagoner-Wiese

402-752-3712

okwiese@windstream.net

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402-613-3409

KristineRay01@live.com

#### Central Representative

Luke Kliewer

402-705-8971

ragetoroyalty@gmail.com

#### Northern Representative

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joeygaines@aol.com

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#### At Large Board Members

Sam Carwyn, M.A. (she-her-hers)

402-870-4432

sam.annette.carwyn@gmail.com

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Call NFAPA at 877-257-0176 or 402-476-2273.

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# Attention Foster Parents!

## Earn Your In-Service Hours While Getting the Chance to Win a Great Prize!

Answer these 10 questions correctly and you will not only earn .5 credits toward your in-service hours, but your name will also be put in a drawing for a prize. For this issue we are offering a \$10 Walmart gift card.

There are a variety of ways to do this. You can email the information to [Corinne@nfapa.org](mailto:Corinne@nfapa.org), send the questionnaire to the NFAPA office at 3601 N. 25th Street, Suite D, Lincoln, NE 68521 or you can complete the questionnaire online at <https://www.surveymonkey.com/r/julyaugust2019>.

We will then enter your name in the drawing! We will also send you a certificate for training credit to turn in when it is time for relicensing. Good Luck!

1. Finish the sentence: We can pray for them, guide them to the best of our ability, but at the end of the day, \_\_\_\_\_.
2. True or False. We can bubble wrap them but we can be there to catch our children when they hit hard because of a natural consequence.
3. List five things to know about the "fear of getting too attached."
4. Fill in the blanks. As Winnie the Pooh once said, "How lucky I am to have something that makes saying goodbye \_\_\_\_\_."
5. True or False. Kids who struggle with emotional regulation, trust, and attachment also don't know how to accept love and affirmation.
6. What is the biggest reason kids self-sabotage.
7. True or False. When you can no longer keep them safe, or the rest of your family safe, residential treatment needs to be an option.
8. Fill in the blank. We've come to believe in connection, healing, and the transformative power of \_\_\_\_\_.
9. Define Family Scapegoat.
10. Fill in the blanks. Without proper treatment, a deep sense of \_\_\_\_\_ and \_\_\_\_\_ (which is, in reality, completely unwarranted) may persist over a lifetime with catastrophic results.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone #: \_\_\_\_\_

(Continued from page 1)

If you choose to take something you didn't pay for from a store, you are going to get caught and prosecuted.

If you choose to sleep all day during class, you're going to fail and not move on to the next grade.

If you choose to not bathe properly, you are going to stink and other children may say something that hurts your feelings.

Natural consequences are hard but they can be our friend, teaching our children things first hand that are difficult for them to understand in the abstract.

We can't bubble wrap them but we can be there to catch our children when they hit hard because of a natural consequence. We have an opportunity to love them and support them while they walk through the fire.

### **You Can Only Control What You Can Control.**

A few months back, when my child was doing the opposite of what we had asked him to do, and we were feeling the urge to try and control matters, or make him do what we wanted him to do (to no avail), I suddenly had this thought...

*I can only control what I can control.*

I can't physically make him do anything, but I can guide him while he makes his choices. I can't force him but I can control myself and the environment to the best of my ability. "I can only control what I can control."

Here's an example...

A few weeks ago, my son was set to meet with a therapist but refused to leave home. I can't pick him up and move him but I can remove the remote control to the television. I didn't wave it around as a threat, just slipped it into my backpack and went to wait in the car. I can't make him get in the car, but I can remove myself as the audience and I can remove the fun things that might tempt him to stay at home. In the end, he calmed down, got in the car and we weren't more than 5 minutes late!

Make sense?

This one realization has released me from the stress of feeling like I have to control every single choice he makes all the time. Because, simply put, I can't! Sure you feel like you're out of control at times by only controlling what you can control, but in the end, it releases you from entering into potentially bigger battles with your child.

I know you care for your child. I know you love them. I love my children too, and I don't want anything ill to fall upon them. But there's a point when I have to stop and say, "I can no longer bubble wrap this kid."

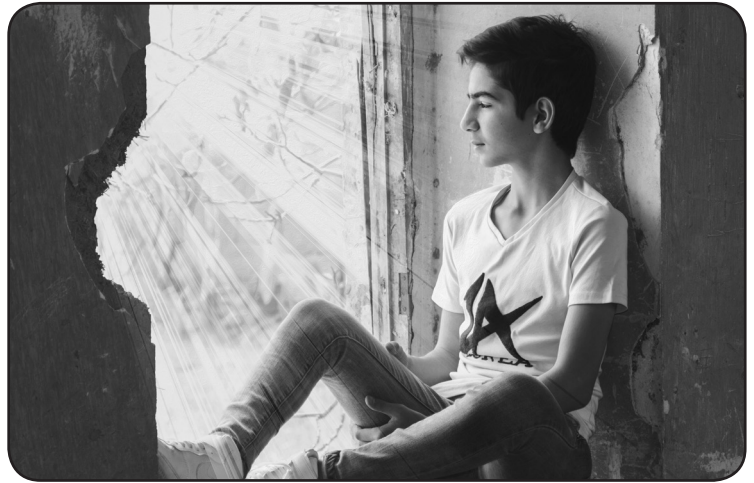
All I can do is build trust, love them, care for them, continue to show up for them, and work to connect with them on a daily basis.

*Reprinted with permission from:*

<https://confessionsofanadoptiveparent.com/why-i-can-no-longer-bubble-wrap-my-child/>

## **Childhood Trauma: How The Child's View Of Their Own 'Badness' Is Perpetuated.**

*by David Hosier MSc*



Do You Ever Ask Yourself The Question : Am I A Bad Person?

When a child is continually mistreated, s/he will inevitably conclude that s/he must be innately bad. This is because s/he has a need (at an unconscious level) to preserve the illusion that her/his parents are good; this can only be achieved by taking the view that the mistreatment is deserved.

The child develops a fixed pattern of self-blame, and a belief that their mistreatment is due to their 'own faults'. As the parent/s continue to mistreat the child, perhaps taking out their own stresses and frustrations on her/him, the child's negative self-view becomes continually reinforced. Indeed, the child may become the FAMILY SCAPEGOAT, blamed for all the family's problems.

The child will often become full of anger, rage and aggression towards the parent/s and may not have developed sufficient articulacy to resolve the conflict verbally. A vicious circle then develops: each time the child rages against the parent/s, the child blames her/himself for the rage and the self-view of being 'innately bad' is further deepened.

This negative self-view may be made worse if one of the child's unconscious coping mechanisms is to take out (technically known as DISPLACEMENT) her/his anger with the parent/s on others who may be less feared but do not deserve it (particularly disturbed children will sometimes take out their rage against their parent/s by tormenting animals; if the parent finds out that the child is doing this, it will be taken as further 'evidence' of the child's 'badness', rather than as a major symptom of extreme psychological distress, as, in fact, it should be).

The more the child is badly treated, the more s/he will believe s/he is bringing the treatment on her/himself (at least at an unconscious level), confirming the child's FALSE self-view of being innately 'bad', even 'evil' (especially if the parent/s are religious).



What is happening is that the child is identifying with the abusive parent/s, believing, wrongly, that the ‘badness’ in the parent/s actually resides within themselves. This has the effect of actually preserving the relationship and attachment with the parent (the internal thought process might be something like: ‘it is not my parent who is bad, it is me. I am being treated in this way because I deserve it.’ This thought process may well be, as I have said, unconscious).

Eventually the child will come to completely INTERNALIZE the belief that s/he is ‘bad’ and the false belief will come to fundamentally underpin the child’s self-view, creating a sense of worthlessness and self-loathing.

Often, even when mental health experts intervene and explain to the child it is not her/his fault that they have been ill-treated and that they are, in fact, in no way to blame, the child’s negative self-view can be so profoundly entrenched that it is extremely difficult to erase.

In such cases, a lot of therapeutic work is required in order to reprogram the child’s self-view so that it more accurately reflects reality. Without proper treatment, a deep sense of guilt and shame (which is, in reality, completely unwarranted) may persist over a lifetime with catastrophic results.

Any individual affected in such a way would be extremely well advised to seek psychotherapy and other professional advice as even very deep rooted negative self-views as a result of childhood trauma can be very effectively treated.

*Reprinted with permission from:*

<https://childhoodtraumarecovery.com/all-articles/childhood-trauma-how-the-childs-view-of-their-own-badness-is-perpetuated/>

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## Five Things To Know About The “Fear Of Getting Too Attached”

by Jason Johnson

It’s arguably the single biggest barrier that keeps people from fostering - the fear of “getting too attached”. It’s an inherent tension in this entirely awkward and broken and beautiful foster care arrangement that never fully goes away - you just kind of learn how to embrace it, live in it and love through it... despite the inevitable.

This fear is real, deeply emotional and extremely powerful. It’s not one to be taken lightly or treated flippantly. It’s nuanced and complicated...and it’s winning. It’s keeping a lot of good people away from A LOT of great kids. So, let’s take a harder look at it - in order to, a) help those considering fostering (or not considering fostering because of this very fear) have a more productive conversation with themselves about it, and b) help those who are fostering have more effective and helpful conversations with those who express this fear to them.

Here’s five things to know about the “fear of getting too attached”:

### 1) IT’S ROOTED IN A FLAWED UNDERSTANDING OF WHAT FOSTER CARE IS

Foster care is less about getting a child for your family and more about giving your family for a child. That’s the goal - to help provide safe permanence for kids. And permanence for them might not mean permanence with us. But if your motivation is to simply “get a child for your family”, then of course the primary fear that will keep you from doing it will be the fear of not getting what you want. The very real possibility of loving a child you might (and will likely) have to let go will be enough for you to simply say no. This fear - as real and deep as it is - is ultimately born out of a flawed understanding of what foster care really is all about - giving, not getting. It doesn’t mean we won’t get attached, but it does mean we will no longer let the fear of loving a child who might leave deter us; but instead let the fear of a child never knowing our love drive us.

### 2) IT’S EXACTLY WHAT THESE KIDS NEED

This is the greatest of all ironies - the quality in themselves people want exposed the least is the very one these kids need the most. That tendency you’re most attuned to - that vulnerable and yet strong part of your soul that causes you to deeply care and emotionally invest in things of consequence - it’s not a liability; it’s one of your greatest assets. Don’t speak of it as if it disqualifies you; it perhaps is what qualifies you the most. In other words, you’re afraid of getting too attached? Good, then you should do it.

### 3) IT’S NOT ABOUT US

Early in our journey I shared this fear with a foster dad friend. His response both challenged and settled me. It exposed how corrupted my concerns were, centered on how I might feel rather than on how these kids do feel. He said he and his wife had resolved to experience the pain of loving a child they might let go if it meant a child who has had so much taken from them could experience the gain of their love. A profound concept for me - one filled with a purity and simplicity that forced me away from what I stand to lose and towards what a child might stand to gain. How could I fight so hard to avoid struggle and pain at the expense of a child who’s become the innocent victim of these very things? Wow. In the end I discovered the most complex simplicity in all of this - it’s about these kids, not me.

### 4) IT’S NOT AN ACCUSATION AGAINST CURRENT FOSTER PARENTS

Here’s how it plays out: Someone says to a foster parent, “I could never do what you do, I’m afraid I would get too attached.” Foster parent then takes it personally, as if that person were suggesting to them that certainly the only way they’re able to do it is by being a cold, heartless, insensitive robot that does

not have feelings or emotions and definitely doesn't love or get attached to these kids. But wait...maybe that's not what they're saying? Perhaps they just don't have the benefit of seeing it from the inside like you do. They're doing their best to piece together and make sense of what they're seeing and feeling and thinking. They're not accusing you of anything, they're just trying to figure out how to protect themselves from the whole thing. We can be helpful in that space. We don't have to be angry or offended. Instead, tell them you understand, you've been there before and sometimes still find yourself back there, but here's some ideas and perspectives that have helped you navigate through it and around it.

## 5) IT'S ACTUALLY ABOUT GRIEF, NOT ATTACHMENT

I've found the fear of "getting too attached" is actually a surface symptom of a deeper root fear, which is not about attachment at all. It's about grief. While we may say we're afraid of getting too attached - I don't think we actually are. As Winnie the Pooh once said, "How lucky I am to have something that makes saying goodbye so hard." We have what it takes to love deeply and fiercely like that, we do it all the time. But I think what we're really afraid of is not having what it takes to grieve well through those hard goodbyes. It hurts deeply, and it's hard - and we simply can't imagine on the front end how we'd ever be able to heal from that on the backend. That's real and raw, and so is the pain. It's a wound that never quite closes but in the end somehow feels worth it. So let's address this fear where the real fear lies - not in our willingness to attach to a child but in our belief that we don't have what it takes to hurt with purpose and still be okay in the end.

By no means do I diminish the very real and raw stories of families who have loved someone else's child as their own and after eight days or even 18 months had to say some excruciatingly hard goodbyes. Through sobbing we have felt that pain deeply along with you - a pain that will always feel raw when revisited, and will never fully go away. It's a particular pain now forever seared into the conscious of our family - one that requires no explanation for those who have walked through it as well. It's gut-wrenching, frustrating, devastating and yet never without meaning and purpose. Because of that it's valid and real and worthy to be recognized and affirmed.

Yet despite all of that, over and over I've found the remarkable stories of those who also have this pain branded into their souls all consistently on some level sound the same - the goodbye was devastating and the grief is hard.

Extremely hard.

But so, so worth it.

No question. These kids are worth it.

*Reprinted with permission from:*

<http://jasonjohnsonblog.com/blog/five-things-getting-too-attached?sfns=mo>

# Why We're Not Sending Our Child To Residential Treatment Again



by *Honestly Adoption*

We've been down this road in the past. Several times if I'm being honest. But now, we've decided to change our entire approach to parenting our child.

I'll never forget December 15, 2014. I sat alongside my wife in a cozy office, in another state, clutching both of my knees with my hands so tightly, I'm sure they left a mark. Just outside the window to my left the gray conglomerate of trees, left naked from winter winds, glistened with a fresh coating of frost in the early sunlight. I would normally take in this type of beauty, and marvel at the winter stillness, but not today. I could hear the intake person ask me questions. He must have repeated himself several times. But it was sort of like watching a movie where everything slows down, even the dialogue and facial expressions, and the protagonist only hears echoes of someone's voice, not clear words.

I couldn't speak, couldn't express, couldn't even look up from the ground where I had fixed my eyes. If I did, I was sure the flood gates would open. I was fiercely holding back tears. Even when my wife asked me a question, I barely squeaked out a word. All I could think of was my child being left behind at this place as we drove away. My mind flashed from this to me as an 11 year old, and how desperately I never wanted to be away from home. I imagined what I would have felt like if my parents had done this to me. All of these thoughts...these emotions...collided in my brain as one massive storm.

The hardest part was, we knew we had no other choice. Our child often made choices that put others in danger. There were days of peace, but those days had become very few and far between. We knew we had to make this decision and we knew this program was the best possible place for healing to occur. But man, did it hurt. Never more than that moment did I feel like a failure.

Fast forward several years, this child is older and is finally

home. It's still hard, and there have been moments that have tested us. But we know this isn't his fault. His trauma history dictates much of his present behaviors. We know that, and we respond with much more grace. We've had to tweak our life in order to help him with his needs, a task that we do without question because...well...this is our child and we love him! If he had a terrible disease and the only way to a cure was to drain our savings, and fly across the ocean to a doctor in Europe, we would do it. So we'll take the same steps with this.

Over the past few months we've determined one thing, as we've worked hard to rebuild trust and form a connection with him:

We're not going to send this child to residential treatment again. Period.

"We won't do that again," we say calmly to him. "We will continue to fight for you and work to connect with you even if it's hard at times. We love you and that will never change."

We will continue to use those therapeutic parenting skills we know to build trust, connect even in the midst of a fierce storm, and respond in a way that helps him re-regulate.

For some of you, you're reading this and relating it back to your situation. You have a child who cannot keep himself or herself safe, and quite possibly is putting the rest of your family in danger. If you've read our past posts on this, then you know what we have to say...when you can no longer keep them safe, or the rest of your family safe, residential treatment needs to be an option. In fact, that is the only criteria we have for choosing RT. To be honest, one reason we have chosen to work hard to build a connection with our child (first and foremost)...understand his trauma history and how it affects present behavior...and apply behavior management strategies is that we really haven't found a residential treatment facility that holistically helps. Most are based around containment and, let's be honest, that doesn't foster healing. At all!

We've come to believe in connection, healing, and the transformative power of trauma understanding so much so, that we are designing a brand new online course called Trauma Knowledge Masterclass that releases in a few weeks.

I reflect back on that winter day in 2014 and I know one thing for sure: I love this kid. I've been to some dark places as a parent, mostly due to my lack of understanding. But I've come through it and gained a deep understanding of what has happened to him in the past, and how it's caused him to sometimes fight against me. That's not his fault. My heart gushes with compassion. Even when his behaviors are impulsive, or agitated, or even mean, I can step back and ask myself some questions that remind me of the why behind all of it. And because of that, I choose to fight for him.

I choose to never again send him away.

*Reprinted with permission from:*

<https://confessionsofanadoptiveparent.com/why-were-not-sending-our-child-to-residential-treatment-again/>

## HOW TO MAKE YOUR CHILD IN FOSTER CARE FEEL NORMAL

Think back to your childhood. Are some of your favorite memories those of participating in activities such as sports, music or dance? Perhaps it was a school trip, camp or prom. These and more are part of a normal childhood and necessary for development. These are examples of the many activities Nebraska Friends of Foster Children funds for children who are removed from their family homes.

Youth in care need normalcy so that they develop the tools for a successful life. The activities funded by NFFC teach discipline, develop skills, encourage healthy relationships and engage the children with their peers in a positive interactions.

Let your child in foster care become a normal kid again. Go to our website at [www.ne-friends.org](http://www.ne-friends.org) to apply for a grant. Nebraska Friends of Foster Children will help foster parents with payment of several activities that are with NFFC's guidelines. If you have questions please email NFFC at [grants@ne-friends.org](mailto:grants@ne-friends.org)



## No Longer Fostering? We Would Love To Hear From You.

Foster parenting is HARD! It takes a special person to care for hurting children. Many of you have decided to no longer provide foster care. We are interested to learn about families leaving foster care and the reasons behind their decision. This information can assist us to advocate for future policies to support foster families. If you are a former foster parent, please take a moment to provide feedback on your foster care experience.

<https://www.surveymonkey.com/r/nfapaexitsurvey>



# Irregular bedtimes have a huge impact on kid's behavior development

by Heather Marcoux

Sometimes the bedtime battle can make a mama feel like it would be easier to just let the kids fall asleep whenever they want, but there are huge benefits to a consistent bedtime routine, and one big drawback to letting kids head to bed whenever.

A study out of the UK looked at the bedtime habits of 10,000 kids when they were between 3 and 7 years old and found that kids with non-regular bedtimes had more behavioral difficulties than those with a predictable bedtime routine.

The study was published in 2013 in the journal *Pediatrics*, and found that about 20% of parents said their 3-year-old did not have a consistent bedtime. The researchers found that kids who did not have a set bedtime scored higher when it comes to things like unhappiness, being inconsiderate and fighting. Those scores came not only from parent reports, but also from teachers of school-age kids, who rated the behavior of kids without regular bedtimes as more problematic.

According to the study's lead researcher, Yvonne Kelly, putting kids to bed at 8 o'clock one night and 10 o'clock the next results in a kind of "social jet lag," even if they're getting the same hours of sleep.

"Without ever getting on a plane, a child's bodily systems get shuffled through different time zones, and their circadian rhythms and hormonal systems take a hit as a result," Kelly explains in a 2017 article she authored for *The Conversation*.

In that article she explains that her team "did find an important piece of good news, too: those negative effects on behavior appeared to be reversible."

When kids in the study switched from having irregular bedtimes to having a regular bedtime there were measurable improvements in their behavior. "This shows that it's never too late to help children back onto a positive path, and a small change could make a big difference to how well they get on," she explains.

In a follow-up study published in 2017 the researchers found that irregular bedtimes don't just impact behavior, but can also put kids at risk for obesity and low self-esteem, and tank their math scores. Regular bedtimes, on the other hand, can have a positive impact on a kid's development, health and behavior.

So the next time you're tempted to let bedtime slide, remember that by being strict with bedtime you're not only protecting your own sleep and self-care time, but also protecting your child's circadian rhythms and happy tomorrow.

*Reprinted with permission from:*

<https://www.mother.ly/news/irregular-bedtimes-have-a-big-impact-on-kids-behavior>

## Upcoming Training

Facilitated by the Nebraska Foster & Adoptive Parent Association

Sponsored by Nebraska Department of Health and Human Services

### The Kinship Connection

This six hour training will provide Relative & Kinship families with training on the following topics:

- The Legal Process
- RPPS/Respite
- Trauma & Attachment
- Safety
- Behavior Management
- Redefined Roles
- Loss & Grief
- Permanency Options for Children & Youth

**Thursday, July 11, 2019**

from 10am – 4 pm: Omaha

**Saturday, July 13, 2019**

from 9 am – 4 pm: Lincoln

**Monday, July 15, 2019**

from 10 am – 4 pm: Gothenburg

**Monday July 22, 2019**

from 10 am – 4 pm: Kearney

**Tuesday, July 23, 2019**

from 10 am – 4 pm: Omaha

**Monday, August 5, 2019**

from 9 am – 4 pm: Lincoln

**Thursday, August 8, 2019**

from 10 am – 4 pm: Omaha

**Monday, August 12, 2019**

from 10 am – 4 pm: McCook

**Monday, August 19, 2019**

from 10 am – 4 pm: Omaha

**Saturday, August 24, 2019**

from 9 am – 4 pm: Lincoln

**Thursday, September 5, 2019**

from 10 am – 4 pm: Omaha

**Monday, September 9, 2019**

from 9 am – 4 pm: Lincoln

**Monday, September 16, 2019**

from 10 am – 4 pm: Omaha

**Saturday, September 21, 2019**

from 9 am – 4 pm: Lincoln

**Sunday, October 13, 2019**

from 9 am – 4 pm: Scottsbluff

*\*Registration is required.*

Register online:

<https://www.surveymonkey.com/r/KinshipRegistration2019>

*These informational classes are for Relative & Kinship families who have not taken pre-service classes to be licensed foster parents.*

# Foster Parent In-service Training

Lied Scottsbluff Public Library, 1809 3rd Avenue

July 20, 2019

Time: 9:30am-4:30pm

Sponsored by Nebraska Department of Health and Human Services  
Facilitated by Nebraska Foster & Adoptive Parent Association

Register online at: <https://www.surveymonkey.com/r/NFAPAINservice2019>

or call the office at 402.476.2273 or 800.257.0176

Participants will receive up to 6-CEU's.



Do you know what to do and say  
when a child has some  
challenging behaviors?  
Attend this *FLIP IT* training!

It explains *FLIP IT*'s four simple steps for transforming  
challenging behavior in young children:

- F – Feelings
- L – Limits
- I – Inquiries
- P – Prompts

This straight forward and practical approach to addressing behaviors  
can help children learn about their feelings and gain self-control.

***Instructor—Jolie Camden***

Nebraska Foster and Adoptive Parent Association  
Western Service Area Resource Family Coordinator





# Upcoming In-service Training

## Reserve your spot now!

Facilitated by the Nebraska Foster & Adoptive Parent Association

Sponsored by Nebraska Department of Health and Human Services

*Earn 6 hours of in-service credit*

Saturday July 27, 2019 9:00am-4:00pm (lunch on your own)

North Platte Hampton Inn

200 Platte Oasis Parkway

Register online: <https://www.surveymonkey.com/r/NFAPAINservice2019>



### Trauma 101

Presented by *Stephaine Morse, LIMHP, LMHP, LADC*

Trauma-informed care is an approach to engaging people with histories of trauma that recognizes the presence of trauma symptoms and acknowledges the role that trauma has played in their lives. One of the key components of building organizational capacity for trauma-informed care is professional education and development. Staff and child caregivers need education about how trauma affects consumers seeking services, what trauma-informed care is, how to create safe environments for persons served and ways to avoid re-traumatizing practices. There will be time for discussion about coping skills, interventions and best practices in working with trauma victims and different therapies like PCIT, TF-CBT, CPP and COS.

**Stephaine Morse** is the owner of Platte Valley Counseling, LLC They provide mental health and substance abuse counseling for children/adolescents, adults and families in a private practice setting. She has worked with families and children for 17 years. Her experience has included working in treatment settings for children/adolescents with behavioral problems, community based services in the homes and since 2001 she has provided counseling for individuals (children/adolescents/adults) and families in an outpatient setting addressing depression, anxiety, grief/loss, behavior problems (ADHD, Oppositional Defiant Disorder etc.), trauma (sexual abuse), adolescents with sexual harmful behaviors, substance abuse evaluations (adolescents/adults) and substance abuse counseling. She is certified in the following evidence based programs for families: Parent Child Interaction Therapy (PCIT), Child Parent Psychotherapy (CPP), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Training in Adoption Competency (TAP) and Circle of Security (COS). I also provide online counseling services and Reflective Consultation.

*Earn 3 hours of in-service credit*

**Lunch – 12:00 -1:00 – on your own**

### Your Money Your Goals

Presented by *Cindy Reed, Youth Advisor for the Fremont Family Coalition*

Your Money Your Goals financial empowerment tools are provided by the Bureau of Consumer Financial Protection. These tools are useful and powerful resources for helping individuals build economic self-efficacy, address barriers and identify goals that lead to long-term financial stability. Together we will cover the following topics; paying bills, saving for emergencies, understanding credit, setting goals and what to do when you're behind on bills. This training will give plenty of time to organically problem solve and brainstorm ways to implement what we learn in our homes. COME PREPARED with questions about preparing youth for adulthood and suggestions for your peers about what has worked in your home.

*Earn 3 hours of in-service credit*

## That First Night In Foster Care

### TRY FOR A MOMENT TO PUT YOURSELF INTO YOUR FOSTER CHILD'S SHOES.

by A Fostered Life



Close your eyes and imagine you are with your mom and your baby brother. You are staying at a motel and Spongebob Squarepants is on TV. Suddenly, someone knocks at the door and two police officers come in and start talking to your mom. She starts to cry or yell, and then one takes you by the hand and tells you to come with him while the other one picks up your baby brother.

No one tells you to grab your toy, so you don't. You just get into the back of his police car. Your mom is crying and you're scared. The policeman gives you a sucker—he even says you can have two!—and then he takes you to an office building, where you sit in a room with some toys, but no one to play with you. They take your brother to another room (he is asleep in his car seat). Adults with folders and papers in their hands come and go, talking quietly with each other and smiling occasionally at you.

Then, after some time (a few hours perhaps?), another adult you've never met introduces herself to you. She may say that her job is to help keep you safe (or something like that), and she tells you to come with her to her car. You're going to have a sleepover with some "nice people" tonight. She grabs a backpack from a closet that (you will find out later) has clothes you've never seen and a toothbrush that isn't yours and a someone else's stuffed animal.

Your baby brother does not come with you.

You drive for a long time. The person who is driving stops at Burger King and buys you a kid's meal, then you arrive at a house you've never been to before. You walk inside the house and a strange woman smiles at you, introduces herself and shows you the room where you're going to sleep.

### IT SMELLS FUNNY IN THIS HOUSE.

The bed is so different from where you sleep at home with your

mom. In fact, you sleep with her every night and now you're in a strange room, in a strange bed by yourself. The woman who lives there opens the backpack you brought and there are some pajamas inside. She tells you to put them on. She says it's time to "brush your teeth," but this is not something you usually do, so you look at her without moving. She says it again, and you don't know what you're supposed to do. Finally, she finds the toothbrush inside the bag (or she gets one she already had) and puts some toothpaste on it. You take the toothpaste and suck it off of the toothbrush and the woman tells you to brush your teeth, but you don't know what she means, so you just stare at her. Finally, she takes the toothbrush and tells you to open your mouth, and she starts scrubbing your teeth. It feels weird and you don't like it and you're starting to feel really mad. But you don't know this person, you don't know what she'll do, so you just go along with it—for now.

Finally, she tells you to pick out a book and sit on the bed. None of the books you like are there, but you choose one from the shelf. She sits next to you and starts to read. She touches your hand and it feels weird.

### SHE FEELS WEIRD.

You miss your mom. You wonder about your baby brother. You do not want to be here, but no one asked you what you want. The woman finishes the book, tells you to lie down and tucks the blanket around you. It's doesn't feel like your blanket, and it smells weird. She turns a nightlight on, but it's not very bright and when she leaves the room, you turn the light back on. The woman comes back in, tells you it's late and time for sleep and turns the light back off.

You hate her. This is not how your mom does it. Your mom stays up late and so do you. You play or watch TV until you fall asleep. It is so strange to be lying in this bed, alone and wide awake. But what can you do? Where can you go?

You lie there feeling afraid, angry and confused. You have no idea why you're here. You have no idea how long you'll be here. You have no idea when you'll see your mom again. You start to cry.

At some point, you fall asleep.

*Reprinted with permission from:*

<https://afosteredlife.wordpress.com/2019/05/14/that-first-night-in-foster-care/?sfns=mo>

## What to Expect When You're Expecting: Foster Care Style

by A Fostered Life

I have yet to find a blog post that explains how hard the first one to two weeks are of a new placement. I'm sure there is probably one out there, but I'll add my voice to the void anyway. I wish I would have known how hard the first week is before starting this crazy business. Not that it would have

deterred me from doing foster care, but it certainly would've prepared me better. **So if you are new at this: LISTEN UP:** Here's your prep!

Expect to know very, very little information about the child(ren) being placed in your care. It may take days to weeks to gather pertinent information. I guess its like being a private investigator and you just keep looking under rocks trying to find something worthwhile and helpful.

Expect little sleep. It will take time for kids to get used to the new bed, new sounds, new smells, the anxiety of the unknown. My advice: Stock up on coffee and have a lot of patience.

Expect to be making quick meals or take-out food, or grabbing that box of Mac-n-cheese a few times in the first week. There is so much to get settled and organized that making a stellar, healthy, seven course meal often is not feasible. Do not apologize for feeding everyone a bowl of cereal for dinner. Heck, most of the kids in foster care are not used to eating veggies and fresh fruit so a hotdog makes them feel some semblance of home.

Expect anger or tears or both. This is age dependent. Obviously a newborn is not going to show anger but they will probably be more irritable and harder to soothe. The school-aged child will have questions you probably can't answer (because you don't know either!) and may express great sadness, fear, anger. They may shut down and be withdrawn or be hyperactive and unable to control their bodies.

Expect them to come with hardly any clothes. And if they do come with clothes expect to throw them away or incinerate them. Trust me, you will.

Do yourself a favor: Expect to do a lice check!!!! Do not skip this, unless you want to have a nightmare on your hands like my family. Oh sure, I read the blogs and they all said to do lice checks. Our first placement was a 14 month old, so I never thought to do a lice check. The child had jet black and had a head full of hair for a toddler. It wasn't until the kiddo had been living with us for almost two months that I one day discovered their head literally moving from the worst case of lice I have ever seen! I had wondered why my head was so darn itchy...

Do yourself another favor: Expect that they will have lice and keep lice treatment in bulk at your house. I love and recommend Lice Freee (this is not an ad) and with my health care professional hat on; I recommend that you treat once a week for four weeks in a row if you want to break the lice life-cycle. In the case of the aforementioned child, we tried to save his beautiful hair but in the end had to shave it all off. \*tear\*

Expect to do laundry immediately. If you are lucky the only thing the children will smell like is cigarettes. Some children come from such atrocious environments so do not be surprised by very strong odors like feces, urine, marijuana, etc. And the only reason to do laundry right away is if you have no other clothes for the next 24 hours until you can go shopping or its a special lovey. See above: burn them. And again; think lice and

scabies. All articles of clothes or stuffed animals or blankets should be washed in hot water. We failed to bathe our first placement and immediately wash clothes because we were so discombobulated. In the first 24 hours we had a lot of skin to skin contact so my husband and I both got scabies (!! ) and lice (!! ) from the poor babe. \*Nightmare\*

Expect to do a bath or shower shortly after arrival. (see above)

Expect hundreds of frantic emails and phone calls between yourself and caseworkers the first week. Then after that you probably will not hear from them for a couple of months. The first few days can be a whirlwind of chaos.

Expect to have at least two caseworker visits to your house in the first week (this is state dependent). For us, we have to have one "safe environment check" within the first few days (even if you've had 1000 placements) and a visit from the child's caseworker within 5-7 days of placement. Essentially what happens is that they watch us eat dinner (probably take-out) and we ask them questions that they do not know answers to.

If you work full-time and you've gotten a wee one placed with you: expect to miss work. There is no other options. You will need at least one day to make daycare arrangements, get supplies that are needed (clothes, diapers, etc). You will need to fill out numerous forms and will ask for information you will likely not know. Such as immunization status, allergies, date of birth.

If you work and you've gotten a school-aged child placed with you: expect to miss work. You will need to get them enrolled and settled into school if they are coming from another school district. Or you may have to figure out transportation logistics if they have to stay in the another district. You will need to meet their teachers and fill out more forms. Thankfully most schools have supplies readily available for kids like them, so if you need a backpack, do not be afraid to ask.

If I miss work I might let down 15-20 sick people who were scheduled to see me, so I really hate missing work. In WI we have something called Prudent Parenting (which is an awesome new law). Under this I can put my foster child in a non-licensed daycare (but I will not get reimbursed for it). I have a friend who is my "emergency daycare placement." I know that if I get a placement one day, she will be my daycare until I have the time to get the child enrolled in a licensed daycare. She has been my savior many times and am so blessed to have her! So if this is you; have an emergency daycare option available as your plan B.

Expect to be on the verge of tears or ugly cry at least once during the first week. It can be a long, hard week and you need to have a Tough Mudder attitude. Set your mind to it and get the dirty work done. The days and weeks following will get so much better- so **HANG IN THERE!**

*Reprinted with permission from:*

<http://www.fosteringabeautifulmess.com/2017/11/30/what-to-expect-when-youre-expecting-foster-care-style>



## What You Don't Know About Children in Foster Care



by Dr. John DeGarmo

“These children are not bad children. These children are simply trying to survive.”

It was late, and I was at my desk in my library, doing some writing for an upcoming book. Earlier that afternoon, we had taken in three foster children, all boys, ages ten, nine, and seven. As I sat over my keyboard, the sounds of crying wafted through from the nearby bedroom, instantly reminding me of the deep sadness that lay heavy in our house. Silently entering into the boy's room, I found Derrick, the youngest sitting in his bed, with tears streaming down his face. Between heartbroken sobs, he asked me when he could go home. “I want muh Momma,” he sobbed. “When kin I go home? I don't wann be here.” Matt and Logan were asleep, or at least pretended to be.

Once again, all my training as a foster parent failed me, as I could not prevent this boy from experiencing the fear, grief, and sorrow that gripped his small body. Scooping him in my arms, I carried him to the library and sat down next to the pot belly stove. What could I say to him to make him feel better? What could I do to take away his fear and sadness? My heart cried out to him, as I shared his own misery. This poor boy; this scared, lonely, poor boy. Once again, I felt the anger swell inside me; anger that parents could do this to a child, anger that those who were to love him the most had placed him in this situation with their own actions and their own choices. Saying a silent prayer to myself, I then stroked his hair. “I know, Derrick, I know,” I whispered to him, wiping the tears that reddened his eyes.

Many psychologists state that it is necessary for young

children to form a relationship with at least one main parental figure or caregiver in order for the child to develop socially and emotionally. Yet, the removal of a child from his or her home, and placement into another's home through foster care, often makes this difficult, traumatic experience. Often, the removal of a child from a home occurs after a caseworker has gathered evidence and presented this evidence to a court, along with the recommendation that the child be removed. Indeed, most foster care placements are made through the court system.

“Maybe you can be that family.”

Without a doubt, one of the hardest parts about being a foster parent for me is the emotional turmoil and trauma a child experiences when first placed into our home. The children are often times confused, and full of fear of the unknown. As distressing as this may be for a child, even more traumatic may be the removal from the child's birth home comes without any notification. These emergency removals oftentimes occur late in the evening. As caseworkers remove a child from a home suddenly, most are unprepared. Foster children leave their home with a quick goodbye, leaving behind most of their belongings, with a few clothing and perhaps a prized possession hurriedly stuffed into a plastic bag. Before they know it, they are standing in front of you, strangers, people they have never met before. Against their will, they are in a strange home, their new home. For most, it is a time of fear, a time of uncertainty, a time where even the bravest of children become scared.

These children are not bad children, as many may falsely believe. These children are victims of abuse, victims of neglect, victims of abandonment. These children are scared and terrified when placed into a home that is not their own, a family that is a stranger to them. These children are simply trying to survive. Fortunately, there are thousands of loving foster parents across the nation who are willing and ready to open their doors, their homes, and their hearts to them.

Maybe you can be that family, too. Maybe you could be a foster parent to a child in need.

Dr. John DeGarmo has been a foster parent for 15 years, and he and his wife have had over 50 children come through their home. He is an international consultant to legal firms and foster care agencies, as well as an empowerment and transformational speaker and trainer on many topics about the foster care system. He is the author of several books, including *The Foster Care Survival Guide*, and writes for several publications. Dr. John has appeared on CNN HLN, Good Morning, America, ABC Freeform, and elsewhere. He and his wife have received many awards, including the Good Morning America Ultimate Hero Award. He can be contacted at [drjohndegarmo@gmail.com](mailto:drjohndegarmo@gmail.com), through his Facebook page, Dr. John DeGarmo.

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<https://medium.com/@drjohndegarmo/what-you-may-not-know-about-children-in-foster-care-cbbfc811adfe?sfns=mo>

# The Effects Of Childhood Trauma On Ability To Feel Empathy

by David Hosier BSc Hons; MSc; PGDE(FAHE)

One of the key features of those who have suffered significant and protracted childhood trauma, especially if it has resulted in associated conditions which can go under the various names of borderline personality disorder (BPD), complex-PTSD or developmental disorder, depending on the frame of reference upon which the diagnosing clinician is drawing, is an impairment of empathic feelings for others.

This impairment may manifest itself in 2 opposing ways:

1. The individual may be unable to feel very much empathy for others at all, or, alternatively :
2. The individual may be overwhelmed by intense feelings of empathy for others.

Let's look at each of these in turn:

## 1) UNABLE TO FEEL EMPATHY FOR OTHERS.

Individuals with conditions such as borderline personality disorder (BPD) (see above) are in a state of such intense psychological pain, fear and anxiety that it is essentially impossible for them to focus upon anyone's suffering but their own (just as someone suffering from excruciating tooth-ache, for example, would find it hard to think of anything else). When such extreme anguish continues relentlessly for months and years, the individual is liable to become 'stuck', through no fault of his own, in survival mode, or, in other words, in an habitual state of 'fight, flight or freeze. This is an automatic, physiological response that has hard-wired into us all through millions of years of evolution, and forces the mind to be solely focused upon one's own survival).

Often, too, those who cannot feel empathy for others have themselves missed out on empathic care during their childhoods (particularly early childhood). And, to make matters even worse, this early life emotional neglect can greatly impair their own ability to evoke feelings of empathy and caring directed towards themselves from others, perhaps ending up with a diagnosis of anti-social personality disorder and becoming a social pariah, left to drown in a sea of profound loneliness and despair. In essence, as a young child, the individual was been unable to internalize, or form an adequate mental representation of, a caring, loving, nurturing, attentive and attuned mother.

A third reason such individuals are unable to feel empathy for others may be due to their traumatic early life experiences disrupting their emotional development to such an extent that they were unable to develop a 'theory of mind.' The term 'theory of mind' refers to having the ability to understand that other people have minds that, whilst similar to one's own, contain different desires, plans, intentions, beliefs, knowledge, emotions. and mental states in general. The failure to develop such a 'theory of mind' in those who have

experienced dysfunctional mothering as babies, infants and young children may occur due to the lack of adequate bonding and attunement between the mother and child in early life.

However, it should also be noted that impaired development of a 'theory of mind' is also linked to various other conditions, including autism, schizophrenia, bipolar disorder, mental retardation, congenital blindness and attention deficit hyperactivity disorder (ADHD) and damaged frontal and / or right hemisphere brain regions.

## 2) OVERWHELMED BY INTENSE FEELINGS OF EMPATHY FOR OTHERS.

What appears to be hyper-empathy (i.e. excessive empathy) displayed by those who have experienced disrupted development in early life may, in fact, be explained by the individual's inability to form an adequate boundary between himself and others, resulting in him experiencing their mental anguish as his own. For example, such an inability to form boundaries can also occur as a result of an 'enmeshed' relationship with a narcissistic mother.

Finally, it has also been hypothesized that, when parenting is unpredictable and abusive, children develop enhanced empathic abilities so that they are able to sense and 'pick up on' subtle and subconscious signals that parents may give out that alert the child to the need to be 'on guard.' In other words, in such cases, hyper-empathy has developed, in evolutionary terms, to help the child protect himself and, ultimately, to survive.

*Reprinted with permission from:*

<https://childhoodtraumarecovery.com/all-articles/the-effects-of-childhood-trauma-on-ability-to-feel-empathy/>

## Rate Change!

Starting July 1, 2019, there will be a 2% increase for foster parents and the child-placing agency who is supporting the foster home. DHHS has increased the rates on the Nebraska Caregiver Responsibility Tool and these rates will go into effect Monday, July 1, 2019.

# The Support you **MUST** have as a Foster Parent

by John Degarmo

I hear it from foster parents all the time.

Yet, so many foster and adoptive parents don't recognize this need. Look at what this foster mother told me.

"I don't know what to do. Dr. John, I am so confused!"

The foster mother stood in front of my resource table, tears in her eyes, voice shaking. It was clear she was at a crossroads in her foster parenting experience, and she was questioning if she could even continue caring for children in her home.

With as warm a smile as I could place upon my face, I tried to reassure her. "I am so glad you are here, and believe me, I understand what you are experiencing I have been there, myself. You have taken the first step in trying to find help." I said, sweeping my open hand across the room. "You are here, at the National Foster Parent Association's conference, surrounded by hundreds of foster parents, and where you will find others who are going through the same experience as you are, facing the same challenges as you are. Let me introduce you to a friend of mine, who I think can better answer some of your questions, and I think can point you in the right direction." I then led her across the crowded room to another table, and introduced her to a friend of mine, a foster parent with years of experience.

I admit it freely. I can't do it by myself, and I don't have all the answers when it comes to foster parenting. That's just one reason why I surrounding myself with other foster parents. Whether it is at my own local foster parent support group, that meets once a month, or when I meet other foster parents as I travel across the nation, speaking at events, and holding training seminars at private agencies and state led foster parent conferences. No one truly understands a foster parent like another foster parent.

There are a number of foster parent support groups and associations across the nation. A few of these organizations may be national ones, like the National Foster Parent Association's annual conference I was a part of, leading some training seminars, while many others are, comprised of foster parent, like you. Either way, you will benefit by being in a support organization, as they will provide you with not only support, but information, fellowship, and important insight that will help you be a better foster parent.

Many associations meet once a month, while others may meet every other month. It is important that you attend these meetings, as it not only keeps you connected with other foster parents, and the resources they might have, but many associations include training during their meetings. Training will take several forms; CPR certification, drug and alcohol awareness, behavior modifications, etc. The hours spent in training will go towards the yearly amount of hours needed in

order to remain certified as a foster parent.

When some of my friends and family members wonder why I continue to bring children into my home, or tell me they could never do what I do for some reason or another; when I grapple with a the grief of a child leaving my home and family; when confusion and frustration from a flawed system threatens to sweep over me; for whatever situation I might be struggling with as a foster parent, I know that I can find a listening ear, and understanding heart, and a comforting word from my fellow foster parents, both at the local and national level.

If you do not belong to some type of foster care support group, some form of foster parent association, I encourage you to do so. If there is not one in your area, it may be the time for you to take that lead, and create one yourself. It is not a difficult task, and I write about it in the book *The Foster Parenting Manual*. If you are still unsure, contact me, and I can give you some suggestions.

So with all this mind, I thank you. Thank you for being there for me. Thank you for helping me, as I try my best to help children in care.

-Dr. John

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<https://www.drjohndegarmofostercare.com/blog/the-support-you-must-have-as-a-foster-parent>

## Waiting for a Forever HOME!

*The following are children available on the Nebraska Heart Gallery. Visit their website:*  
[www.nebraskaheartgallery.org/home](http://www.nebraskaheartgallery.org/home)

### Dynasty 15 years old



Dynasty has a great sense of humor and enjoys laughing and getting others around her to laugh. Dynasty is a very social person and enjoys talking with others once she has built trust with them. She enjoys fashion, shopping and getting her nails and hair done. While Dynasty enjoys many "girly" things, she is definitely not a girly-girl. Dynasty enjoys being active through running, skating and swimming. She also enjoys reading books and watching TV. Her favorite author is John Greene and her favorite show is *The Originals*. Dynasty enjoys eating and is willing to try a variety of foods. Dynasty wants a forever family that has other kids in the home as she does not like being the center of attention.

### Connections

Dynasty needs to maintain a relationship with her younger brother and other extended family members.



## Cameron

### 15 years old



Cameron is described as a very intelligent, laid back teenager. He enjoys reading, playing video games, going outside and swimming. He is generally quiet when first meeting someone new, but once he gets to know you, he loves to open up and have thoughtful conversations with anyone who will listen. Cameron enjoys engaging in activities like going for a walk or riding his bike the most. He enjoys quiet time and just being outdoors. He enjoys reading fantasy and adventure books. Cameron likes music and even plays the trumpet! Cameron loves many types of animals, but dogs are his favorite. Cameron would like a family who is compassionate as well as non-judgmental towards him. He would do best in a home that is able to provide additional supervision as needed to meet his needs and support his desire to continue to grow in all aspects of his life.

### Connections

His forever family will need to support maintaining his relationships with some Aunts and Uncles.

## Steven

### 13 years old



Steven is an energetic and helpful young man who loves to create artwork. His favorite thing to do is build things with Lego's. Steven also enjoys playing baseball, helping to complete around the house and is fascinated with learning all about finances. Steven enjoys school and loves to learn new things. He is a hard worker when it comes to getting his homework done. Steven's favorite subject in school is math! When Steven grows up, he wants to be either a Sign Language Interpreter or a Real Estate Agent. Steven would strive in a home where he can receive a lot of love, support, encouragement and structure. He would do best in a home that is nurturing to his needs and that will help him reach his full potential and goals. Steven's forever family will need to provide continued guidance and support in regards to maintaining all appointments and being a strong advocate for him within the school system to help him reach his academic goals.

### Connections

Steven will need to maintain contact with his brother and sister.

**For more information on these children or others on the Heart Gallery, please contact Becky Bounds at:**

**Email: [bbounds@childsaving.org](mailto:bbounds@childsaving.org)**

**Phone: 402-504-3673**

## NFAPA Support Groups

Have you ever thought about attending a support group? NFAPA offers support groups to foster, adoptive and kinship families! This is your chance to gain understanding and parenting tips through trainings, discussions and networking with fellow foster families.

This is a great way to meet other foster/adoptive families in your area! In-service training is offered at most support groups for those needing credit hours for relicensing. Up to date information with each support group location will be on the calendar page on our website at [www.nfapa.org](http://www.nfapa.org). Support Groups will be cancelled for inclement weather.

Contact a Resource Family Consultant for more information:

Jolie Camden (Panhandle Area): 308-672-3658

Tammy Welker (Columbus): 402-989-2197

Terry Robinson (Central/Southwest Area): 402-460-7296

Robbi Blume (FACES): 402-853-1091

NFAPA Office: 877-257-0176

### IN-PERSON SUPPORT GROUPS

- Scottsbluff Support Group:** Meets the second Tuesday of the month. Registration is required.  
 Contact Jolie Camden to register: 308-672-3658  
 340 K Street, Gering, NE. Potluck, please bring a dish to share.  
 6:00-7:30 p.m.  
 July 9, August 13, September 10, October 8, November 12, December 10, 2019
- Chadron Support Group:** Meets the first Monday of the month. Registration is required.  
 Contact Jolie Camden to register: 308-672-3658  
 TBA  
 6:00-7:30 p.m.  
 July 1, August 5, September 2, October 7, November 4, December 2, 2019
- Broken Bow Support Group:** Registration is required.  
 Childcare is provided. Must register to attend and have child care.  
 Contact Terry Robinson to register: 402-460-7296  
 Evangelical Free Church, 2079 Memorial Drive.  
 6:30-8:30 p.m.  
 July 25, 2019
- North Platte Support Group:** Registration is required.  
 We have had some interest in a support group in this area and Terry is working out the details.  
 Please contact Terry Robinson for further information: 402-460-7296  
 Looking to start September 2019
- Columbus Support Group:** Meets the second Tuesday of the month (except June, July and December). Childcare available.  
 Contact Tammy Welker at: 402-989-2197  
 (Thank you Building Blocks and Behavioral Health Specialists for providing childcare!).  
 Peace Lutheran Church, 2720 28th St.  
 7:00-8:30 p.m.  
 August 13, September 10, October 8 and November 12, 2019

### ONLINE SUPPORT GROUP

- FACES:** Online Support Group: Every Tuesday 9:00-10:00 p.m. CT Contact Felicia at [Felicia@nfapa.org](mailto:Felicia@nfapa.org) to become a member of this closed group. Meets weekly to discuss issues foster parents are facing. Support only.

### TRANSRACIAL SUPPORT GROUP

- Parenting Across Color Lines:** This group supports and strengthens racial identity in transracial families. Support only. Meets the fourth Monday of the month.  
 Children welcome to attend with parents.  
 Newman United Methodist Church, 2242 R Street, Lincoln. 6:15-8:00 pm  
 For more information or to RSVP, contact Laurie Miller at [Laurie@nfapa.org](mailto:Laurie@nfapa.org)

*Be sure to mark your calendars! If you have a topic you want discussed, please contact the Resource Family Consultant for that group.*

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3601 N. 25th Street, Suite D  
Lincoln, NE 68521  
[www.nfapa.org](http://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 families, adoptive families, and relative caregivers
- Opportunity for all foster 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
- 25% of membership dues goes toward an NFAPA Scholarship

### Thank you for your support!

Please mail membership form to:  
**NFAPA, 3601 N. 25th Street, Suite D  
Lincoln, NE 68521.**

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

NFAPA is a 501c3 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
- Friends of NFAPA**, \$5 billed Monthly

My donation will be acknowledged through Families First newsletters.

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