

# Families First

a newsletter for Nebraska Families

March/April 2013

N F A P A

## Our Words to a Child Make a Difference

*Warning: You might want to have a tissue close by...*

“SO, WHY ARE YOU HERE?”

That was the question I'd grown accustomed to hearing. Gone were the days when someone would ask for my name, or where I went to school. Suddenly, the sum of my existence could only be defined by one factor; the reason why I had become a foster child.

The answer to that question would provide all the necessary information needed to place me into one of two categories; someone who had done something terribly wrong, or someone to whom something terrible had been done. Was I the victim, or the offender?

So... why was I there?

Does it really matter? Would it make much of a difference? Sure, those details may tell you about where I've been, but what would it say about where I was headed?

I had been ripped out of my home and away from my family, only to be dropped into a house full of strange adults and strange boys. I was being held against my will, and nobody seemed to be in too much of a hurry to rectify the situation.

About two months after I had been placed into foster care, someone told me something that that I will never forget...

You can allow yourself to become bitter, and thus gain nothing from the experience. Or, you can take the opportunity to learn something from your situation, and grow into a better person as a result.

His words were simple and to the point. At first, they stung. Imagine the nerve he had to insinuate that I should

assume any responsibility for my current circumstance. That I should become an active participant within my surroundings and not just a spectator.

It wasn't until after his words sank in that I began to see the truth in them.

Up until that point, all anyone ever seemed to be concerned about was why I was in foster care to begin with. Nobody had stopped to talk to me about my future, or how my attitude in the present could affect it. That conversation, however brief, made a world of difference for me.

I had other experiences with foster parents and social workers that were not as positive. Perhaps I encountered them on a bad day. I don't know. What I do know is that the negative comments did not produce positive results. Maybe if they'd understood how much their negativity set me back they would've chosen their words more wisely. Maybe.

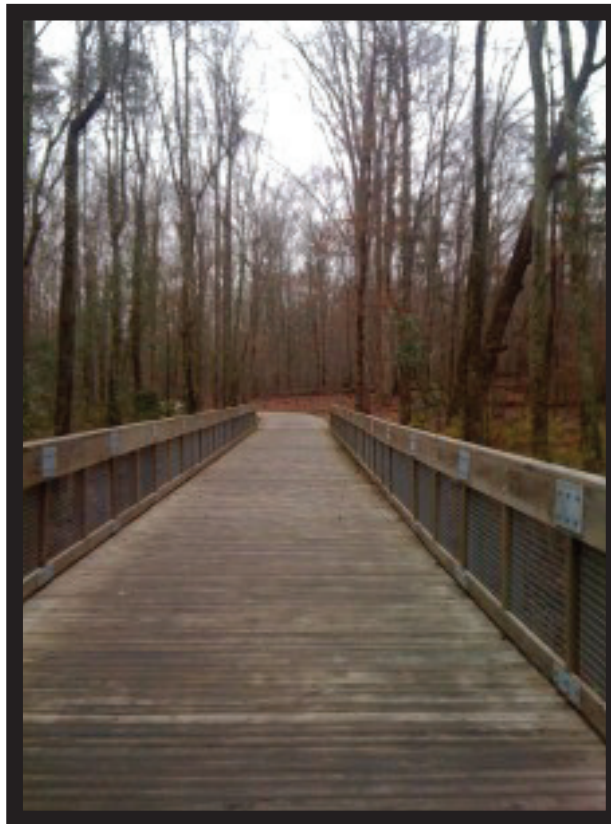
It's very important for those whose occupation involves working with children, to remember that what may be 'just another day at work' for them, could very well be a life defining moment for a child. Words are powerful and can

change the course of a child's life. I know this has definitely proven to be true in mine.

The next time you are 'on the job', please ask yourself, "Why am I here?" Perhaps the answer will lead you in the direction of kindness. It could very well change the course of someone's life.

Isn't it amazing how one moment can change a child's life?

*From Foster2Forever by Peter Combs*



Nebraska Foster &amp; Adoptive Parent Association

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# May is National Foster Care Appreciation Month!

I would like to take this opportunity to thank all Resource Parents (Foster Parents) for opening your homes and your hearts to the children you take into your hearts and homes! Healthy families are the root system and foundation of our communities. Sometimes the root systems become ill and foundations crack. When families come apart, Resource Families open their hearts and homes to help children and families heal and come back together.

I am hoping that each and every one of you that are fostering and those who have adopted from the foster care system, will take the opportunity to reach out in your community and connect with one family that can do what you are doing! Please join NFAPA and the National Foster Parent Association in the "Blue Ribbon Campaign"! Tie blue ribbons to trees in your yard and encourage others to do the same to represent all of the children that are in foster care in Nebraska...in the nation! An easy way to do that is to purchase inexpensive blue plastic tablecloths and cut them into strips...they are perfect for ribbons!

Governor Heineman will be signing a Proclamation declaring May as Foster Care Appreciation Month, on **May 15, 2013** at 10:30 at the **State Capitol**.

## YOU ARE ALL INVITED!!

NFAPA will be hosting an open house at our office immediately following the Proclamation Signing, at 2431 Fairfield Street, Suite C. RSVP to 877-257-0176 so we have plenty of food! I look forward to seeing you at the Capitol!

*Pamela Allen*, NFAPA Executive Director

## Fishing & Park Entry Day

**FREE** Fishing and Park Entry Day is May 18, 2013, and May 17, 2014. It is intended to attract those who no longer fish or who have never fished with an opportunity to do so without purchasing a permit. It is held on the Saturday before Memorial Day weekend. All bag and length limits are still in effect. Learn more by contacting Nebraska Game & Parks.

## Kits for Kids

Have a new foster child in your home? Contact NFAPA at 877-257-0176 to have a Kits for Kids bag delivered to you at support groups.



# National Foster Parent Association Position Paper

## 107.88 - Participation of All Foster Parents & Child Care Workers in Foster Parent Associations

The National Foster Parent Association, herein referred to as NFPA, is an organization of foster parents agency representatives, and community people. We strongly feel that all foster parents should be aware of foster care issues. We also believe that the teamwork approach in foster care will improve the quality of service that children in placement receive. Local and state foster parent associations provide information to their members on foster care issues. Members of these organizations also exchange ideas and share information. The teamwork approach is encouraged through continued training offered and promoted by the association. Professionalization of foster parenting is becoming a nationwide movement. The agency is beginning to recognize foster parents and associations as valuable components in providing services to children. NFPA therefore believes that service providing agencies should encourage all licensed foster parents and child care workers to actively participate in local and state foster parent associations.

## Support to Foster Parents

This information can be found in DHHS Policy in 390 NAC, Chapter 7

### 7-001.10 SUPPORT TO FOSTER PARENTS

Support will be provided to foster parents or relative foster parents in order to provide quality care for children. These supports include:

1. Respite care used on a regular basis, especially in cases where the child's needs are high or foster parents have several children. Respite can be provided by a family member of the foster parent or by a provider. Time the child spends with the biological parent will also provide a respite for the foster parent and child.
2. Payment for the care of the child is based on the child's needs and behaviors. This includes payment for supervision, child care, respite care, transportation, clothing and personal needs.
3. Counseling through a program such as the Foster Parent Assistance Program.
4. Foster parent insurance.
5. Support groups or a "buddy foster parent."
6. Training - preservice and ongoing training to address the needs of the foster parents.
7. Accessibility to the case manager and other Department staff.
8. Timely licensing or approval.
9. Membership on the team. Joint information on sharing, problem-solving and planning among the foster parent,

parent, worker, child and other team members.

10. Family support provider or additional staff for exceptional needs children, based on the needs of the foster parent and child(ren).

Child care providers used for children who are wards must be licensed or approved by HHS. Central Register and law enforcement checks will be done on all respite providers. Relatives of the foster parents are eligible for reimbursement for respite care to the child in the foster home. Payment for respite may be to the foster parent or the provider, based on the foster parents' choice. Payment for child care will be made to a provider as billed, up to child care subsidy rates (except payment may be made based on enrollment if the provider charges other families on that basis). See 474 NAC 7-000 for child care subsidy policy and Case Management Guidebook for child care fee schedule.

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

### Questions for in-service training quiz March/April 2013

1. What patterns do you look for to tell if your teen is lying?
2. How should you respond to your teen who is lying?
3. What should you remember when working with Foster children?
4. Can Abuse and Trauma alter brain functioning?
5. Name two realities that underline the need of a trauma focused system?
6. How old should a child be when we start independent living skills?
7. What is a teachable moment?
8. What can you do as a foster parent to help biological parents learn to help and care for their children?
9. What are some ways you can bond with the Biological Parents?
10. Name 4 supports foster parents have.
11. Name the Family Resource Consultant in your area?

# Why A Trauma Focus

By Stan Waddell

It was a hot day in the summer of 1993 when I found myself sitting poolside with a group of foster families interviewing for my first counseling job. The foster parents introduced me to the kids and shared some of their stories. I will never forget Sean, a boy of about 10 years of age, who was sitting alone poolside picking at his skin. I went and sat beside him and started a conversation. Sean told me he was just letting the pain out by picking sores on his arms and legs. I worked with Sean for almost four years until he disrupted from the foster home. I learned a lot from Sean. I also look back and think I could have done more to help.

When I was still a student in the 1980s, the prevailing thought was that by the time infants were born, the structure of their brains was largely determined. However, emerging research shows evidence that abuse and trauma can alter brain functioning. These children who experience the trauma of abuse and neglect will have consequences in brain functioning and that must be addressed.

The need of a trauma focused system is important in addressing the needs of children in the foster care system and to assist them on the path of a productive life. The foster care system, as well as the child welfare system, is faced with several realities that underline the need for a trauma focused system.

**The first, is the reality** of how pervasive violence is against children. The statistics are shocking to say the least and according to Childhelp.org:

A report of child abuse is made every ten seconds.

More than five children die every day as a result of child abuse.

Approximately 80% of children that die from abuse are under the age of 4.

It is estimated that between 50-60% of child fatalities due to maltreatment are not recorded as such on death certificates.

More than 90% of juvenile sexual abuse victims know their perpetrator in some way.

Child abuse occurs at every socioeconomic level, across ethnic and cultural lines, within all religions and at all levels of education. It seems that childhood trauma is becoming an all too common part of childhood in America.

**The Second reality** is the consequences of childhood trauma is disabling. Childhelp.org states:

About 30% of abused and neglected children will later abuse their own children, continuing the horrible cycle of abuse.

About 80% of 21 year olds that were abused as children met criteria for at least one psychological disorder.

The Adverse Childhood Experiences (ACE) study is an ongoing study conducted by the Centers for Disease Control and Prevention and Kaiser Permanente. This is one of the largest investigations ever conducted to assess links between childhood trauma and later-life health and functioning. Almost two-thirds of the participants reported at least one adverse childhood experience of physical or sexual abuse, neglect, or family dysfunction and more than one of five reported three or more such experiences. ACE research discovered that the greater the number of adverse childhood experiences, the greater the risk for negative outcomes. These include alcoholism and alcohol abuse, depression, illicit drug use, risk for intimate partner violence, sexually transmitted diseases, suicide attempts and unintended pregnancies. Heart disease, liver disease and chronic obstructive pulmonary disease are also affected by adverse childhood experiences.

**The Third reality** is childhood trauma is shrouded in secrecy, denial and is often ignored. The American society has bought into the idea that what happens in the home should stay in the home. This culture does not want to face the cold stark realities of childhood trauma. Families have learned it is better to keep traumas hidden and hope the family secret is never revealed.

These are realities that are faced daily in the foster care system, but there is hope. Research by the National Childhood Traumatic Stress Network shows that even when a child has gone through complex trauma, the brain is capable of dealing with trauma and there is hope for healing. In order to help these children heal from trauma, the entire system must be trauma focused, not just during therapy. Trauma-specific therapy is one piece of the puzzle, but a much broader approach is needed. The foster care system must adopt a system wide approach which ensures that all children who come into contact with the foster care system will receive services that are sensitive to the impact of trauma. The foster care system must address the totality of the child's life, providing frequent and consistent replacement experiences so that the foster child's brain can begin to incorporate a new environment—one that is safe, predictable and nurturing. We can begin by recognizing the primacy of trauma as an overarching principle. Being trauma informed means realizing that the vast majority of children we come in contact with have trauma histories. Trauma must be seen as the expectation, not the exception, in the foster care systems.

In order for the foster care system to become trauma-informed, we must start building on some basic understandings of the children and families we serve.

**First:** trauma is viewed as a core life event that impacts the child's development and brain development. Behavior is best understood not merely as a symptom but as attempts to cope and survive.

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**Second:** treatment for traumatized children recognizes maladaptive behavior and their strengths. The treatment must build upon the child's strengths and be intentional in teaching them the tools to deal with their trauma.

**Finally:** A trauma informed system is coordinated across multiple service systems. The problems of childhood trauma impact emergency services, legal services, mental health, healthcare, substance abuse treatment and domestic violence. All too often trauma survivors cycle in and out of these various systems without ever receiving appropriate services. We can't let that continue. We must also forge a strong working relationship within the team that surrounds each foster child.

Foster and adoptive parents play such a key role in the foster care system. It is the parents that are with these traumatized children 24 hours a day and are the primary agent of change. Take the stand in asking for trauma history and advocating for trauma focused therapy that includes the foster parents as part of treatment. Continue to learn all you can about trauma and how to help children deal with the effects of trauma. Most importantly advocate for your kids that the team surrounding them keep the focus on the trauma they have gone through.

Sean is a grown man now and I hope he has learned to heal from his trauma. The foster care system is starting to learn and understand the impact of childhood trauma. It is important that as a system we take that knowledge and allow it to reshape our system and approach to the children we work with. The changes we make will open the door for a new therapist to sit down next to a hurting child with the expertise to help that child heal with their trauma.

## Aging Out

By Dr. John DeGarmo

Each year, between 20,000 to 25,000 foster children age out of the system in the United States and attempt to begin life on their own. For thousands who do not find reunification with family in their lives, reaching 18 years of age can be a tremendously frightening experience. For others, 21 is the year where they may find themselves no longer part of the foster care system, depending upon the state the foster children reside in.

Most young adults leaving home for the first time have someone to rely on when facing challenges, difficulties, and trials. Whether the problems are financial, emotional, school oriented, or simply a flat tire that needs to be fixed, most young adults can pick up a phone and call an adult who is quick to help. Too often, these children have already faced such hardships as neglect, abuse, learning disabilities, and abandonment. Furthermore, the majority of foster children

have difficulties with school, with over fifty percent of those who age out dropping out of school. Indeed, only two percent of all foster children who age out graduate from college. Lack of financial skills, work experiences, social skills, and various forms of training, along with the lack of support from family and caring adults makes it even more problematic.

As a result of these obstacles and challenges, most find themselves at risk in several ways. To begin with, when foster children leave the foster care system, they often have no place to call home. Over half of all youth who age out of the system end up being homeless at least once in their young lives. As they struggle with financial problems, finding a safe and stable place to call home is often hard. Too many foster children are forced to turn to the streets for a time.

Recent studies have found that adults who have spent time in foster care suffer from the ravages of post-traumatic stress disorder. Indeed, many youth who leave foster care suffer from a number of mental health disorders, including depression, high anxiety levels, and mental illnesses. Along with this, large numbers of these young adults face the trials of not having proper health care and insurance, as they lose the coverage that was provided for them while in care. Many simply do not have someone to care for them when they fall sick or face medical emergencies. Pregnancy levels at an early age are at greater risks among those females who have spent time in foster care, and many young men who age out of the system unexpectedly find themselves fathers and are unable to properly provide for the child.

As many foster children do not graduate from high school, they find it difficult to obtain a job that will be able to provide for them financially. Adding to this, most simply do not have the skills, training, or tools necessary in procuring a stable job. Many also turn to drugs and even crime, thus resulting in jail sentences. The percentage of those in jail at any given time in the United States who have had some experience with foster care in their lives is a staggering statistic at well over seventy percent. Next month we shall examine some strategies designed to best aid these children in need as they age out of the system and face an unknown world.

*Dr. John DeGarmo has been a foster parent for 11 years, now, and he and his wife have had over 30 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 the highly inspirational and bestselling book *Fostering Love: One Foster Parent's Story*, and the upcoming 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 [drjohndegarmo@gmail.com](mailto:drjohndegarmo@gmail.com), through his Facebook page, Dr. John DeGarmo, or at his website, [www.drejohndegarmo.com](http://www.drejohndegarmo.com).*



# Is Your Foster Child Aging Out?

Pamela Allen

*This map comes from a great story by a Northwestern U. Medill graduate about the state of foster care in Illinois. <http://news.medill.northwestern.edu/chicago/news.aspx?id=218389#>*

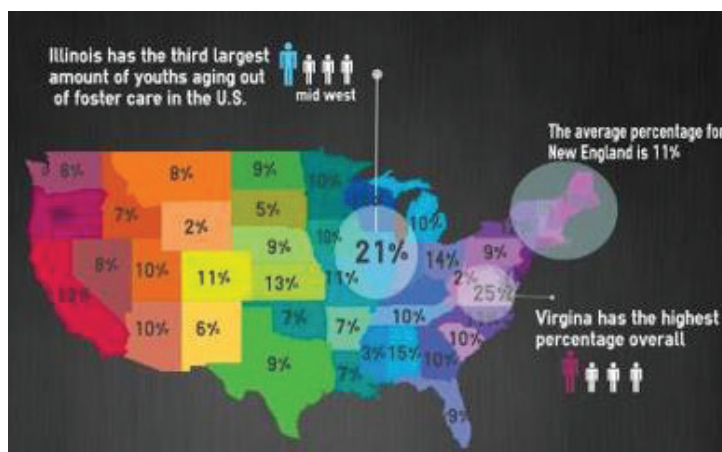
As Resource Parents we all need to remember that the answer to the question above is YES! All of our children eventually “age out” whether they age out from our home or from another home. It is important that all of us are working with the children in our care from the time they are placed with us, on independent living skills. Simply “housing” children and leaving the rest up to the schools and the case managers is not acceptable.

At a recent training I was asked, “How old should the child be when we start to do independent living skills?” My answer... three year olds can help make a bed.” Any age appropriate activity, any chore that a child learns to do appropriately is moving slowly towards the ability to live independently with success. The Casey Foundation has an awesome program called “**Ready Set Fly**” you can go onto their website at <http://lifekills.casey.org>. This is a FREE website that will guide you through what is appropriate for children ages 8 and older. It is divided up into four ages groups:

1. Is for youth ages 8-10 years
2. Is for youth ages 11-14 years
3. Is for youth ages 15-18
4. Is for youth ages 19 and older

## What is a teachable moment?

In the course of daily life, opportunities appear to guide a youth’s life skill development. Often these occur when the youth wants, needs or shows interest in something. The parent then invites the youth to engage in learning. Parents may also “create” these moments. The key for parents is to develop awareness of teachable moments and use them! (reprinted from Ready Set Fly)



Percent of youths aging out of foster care by state 2011

Often, in our busy schedules, it is easier for parents to “do things ourselves”. This, however, does not help the youth! Casey Family Lifeskills teaches:

## Daily living skills:

- Nutrition
- Menu Planning
- Grocery shopping
- Meal preparation
- Dining etiquette
- Kitchen clean-up and food storage
- Home cleaning and clothing care
- Home safety and repairs

## Housing, Transportation and Community Resources

- Housing
- Transportation
- Community resources

## Money Management

- Beliefs about money
- Savings
- Taxes
- Banking, Credit Cards, and Loans
- Budgeting and Spending

## Self Care

- Personal Hygiene
- Health
- Alcohol, Drugs and Tobacco
- Relationships and Sexuality

## Social Development

- Personal Development
- Cultural Awareness
- Communication
- Relationships

## Work and Study Skills

- Work Skills
- Decision Making
- Study Skills

So, you are not out there all alone trying to figure out what the children in your care need! There is an evaluation that is filled out in the beginning by the child, the caregiver and the worker that will access the needs and skill level of the youth. Youths who age out are faced with severe challenges such as unemployment, homelessness, incarceration, and education deficits, according to a 2011 study by Chapin Hall, a research and policy center at the University of Chicago for children and families.

Of the 732 study participants from Illinois, Wisconsin and Iowa, by age 23 or 24, almost 30 percent reported they had been

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homeless for at least one night since exiting foster care. One quarter did not have high school diplomas and only 6 percent had college degrees, which includes two year programs.

Almost 50 percent of the young men had been incarcerated and almost half, both women and men, were not working at any given time after exiting care.

WE can ALL make a difference for the youth in our care! Teaching life skills, providing forever families for children. .... just being there for support can make a difference. Most adults, whether coming out of foster care or not continue to need people in our lives we can remain connected to as we move into our adult lives. Often times when our youth age out of the system, foster parents do what I call a “dump and run”. PLEASE don’t be a “dump and run” Resource Parent! Be there for encouragement and a resource as youth step out into the world of independence.

## Why do Teens Lie?

Loren Buckner, Guest Specialist

*It seems to me that my teen will lie about ANYTHING. It's frustrating sometimes, and confusing. Why do teens lie, especially when telling the truth might serve just as well?*

Kids lie for all sorts of reasons. My teenage daughter once said to me, “Kids have to lie, Mom; otherwise we can’t do what we want.” During adolescence, parental feelings and preferences just aren’t as important as they were when the child was younger. Many (but not all) kids try to solidify their core selves by rebelling against family values. Pleasing their friends becomes more important than following the rules. So, when teenagers have to choose between lying to parents and disappointing a friend, parent often lose that coin toss. If, however, lies become frequent or if parents have other “pit in the stomach” concerns, a more serious problem could be developing, and then it’s a good idea to seek professional help.

## How Can Parents Tell if Their Teen is Lying?

Knowing whether or not teenagers are lying isn’t necessarily easy. Parents want to believe that their kids are truthful, so that kind of accusation feels awful. Besides, teenagers are pretty good at concocting credible stories to explain questionable circumstances.

If teenagers are basically managing their lives appropriately, lying will make them anxious. They’ll probably avert their eyes, change their story, or be in a hurry to get out the door. But teenagers who are not lying can act this way too! Parents should look for patterns. For instance, is their teen usually where he or she is supposed to be? Do they generally stick to curfew and come home clear-headed? Do Parents know at least some of their child’s friends? Is school still somewhat of a priority?

## How Should We Respond When They Lie?

Grilling teens to ferret out the truth doesn’t make them more honest; it makes them more deceptive. Parents should make it clear they’re paying attention. They should wait up for them at night, go into their room and chat with them about their day. When something minor happens, treat the event as an opportunity to have a heart-to-heart about the importance of truth and trust. Serious lies, of course, require more serious and stronger consequences.

Threatening, belittling and shaming make matters worse. Kids need to know they’re loved, even when they get into trouble. Loving unconditionally doesn’t mean approving of everything children do, nor does it mean parents will never get angry or be disappointed. It means that, whatever teens do, love is not at stake, even when parents are furious. It’s a spoken and an unspoken certainty.

## How Can Parents Set a Good Example?

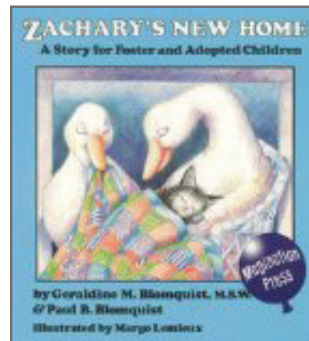
Kids learn what to expect from family life by watching their mothers and fathers. Therefore, the most obvious way to set an example is for parents to be truthful and trustworthy themselves. It’s also important for teenagers to know that, when they mess up, their parents can handle it. No matter what happens, keep the lines of communication open. Demonstrate self-respect and respect for others (including all the other family members).

Finally, try to laugh and have some fun together.

These strategies won’t necessarily prevent lying in the short-term. Over time, however, parents will be teaching their children lessons that will last them a lifetime.

*Loren Buckner, LCSW is a psychotherapist in Tampa, Florida. She is the author of Parent Wise: The Emotional Challenges of Family Life and How to Deal with Them.*

## NFAPA Suggested Readings



**Age Level:** 4 and up

**Grade Level:** P and up

This story for adopted and foster children describes the adventures of Zachary the kitten, who is taken from his mother’s house when his mother is unable to take care of him. The book follows Zachary as he first goes into foster care and then is adopted by a family of geese. Zachary experiences the expected and true-to-life feelings of shame, anger, rebelliousness, and hurt, and his adoptive parents struggle with their own feelings during Zachary’s tougher times, until Zachary finally finds a place he can call home. The poignant story is brought to life by Margo Lemieux’s detailed, evocative drawings.

# Nebraska Foster & Adoptive Parent Association 2013 In-Service/Conference Registration

**April 19, 2013**

**Gretna, NE**

3 hours in-service credit

**Trauma Informed Parenting** by Stan Waddell, LPC

- Learning Essential Elements of Trauma Informed Parenting, Trauma 101 and understanding and dealing with trauma's effects. We will look at some case studies and ways to parent kids who have been through trauma.

**Location:** Good Shepherd Lutheran Church, 11204 S. 204th Street, Gretna, NE

**Time:** 6:30 p.m.-9:30 p.m.

**Cost Per Person:** \$15 foster/adopt parent \$10 NFAPA Member \$30 agency/other

**April 20, 2013**

**Lincoln, NE**

3 hours in-service credit

**Trauma Informed Parenting** by Stan Waddell, LPC

- Learning Essential Elements of Trauma Informed Parenting, Trauma 101 and understanding and dealing with trauma's effects. We will look at some case studies and ways to parent kids who have been through trauma.

**Location:** NFAPA Office, 2431 Fairfield Street, Suite C, Lincoln, NE

**Time:** 9:00 a.m.-Noon

**Cost Per Person:** \$15 foster/adopt parent \$10 NFAPA Member \$30 agency/other

**June 8, 2013**

**North Platte, NE**

6 hours in-service credit

**Darkness to Light Stewards of Children** (3 hrs) by Matt Fosket

- Evidence-based child sexual abuse prevention training proven to increase knowledge, improve attitudes and change child protective behaviors. Workbook, DVD and discussion.

**CAN 101 (Child Abuse & Neglect)** (3 hrs) by Matt Fosket

- Prepare mandatory reporters with the knowledge and skill needed to recognize and report child abuse and neglect. Participants will discuss challenges associated with reporting abuse and neglect, practice asking minimal facts questions, and receive resources that will help them with knowing how and when to report.

**Location:** Sandhills Convention Center at Quality Inn & Suites, 2102 S. Jeffers, North Platte, NE

**Time:** 9:00 a.m.-4:30 p.m. (Lunch included)

**Cost Per Person:** \$20 foster/adopt parent \$15 NFAPA Member \$40 agency/other

**This training  
is funded by:**



Please fill out the registration form below. Mark which training you will be attending by putting in the date of the training. **REGISTRATION IS REQUIRED!** Send form and payment to: NFAPA, 2431 Fairfield Street, Suite C, Lincoln, NE 68521



## Foster Parent In-Service Registration: Spring 2013

Name \_\_\_\_\_ Training Date \_\_\_\_\_

Name \_\_\_\_\_ Training Date \_\_\_\_\_

Email Address \_\_\_\_\_ Cell # \_\_\_\_\_ Home # \_\_\_\_\_

Address, City, State, Zip \_\_\_\_\_ NFAPA Membership Number \_\_\_\_\_



# Right Turn® Trainings and Workshops

Right Turn is pleased to offer numerous trainings to educate both parents and professionals across Nebraska on adoption and parenting related issues.

Registration for all trainings can be done online or by calling Suz at 402.661.7107

## 7 Core Issues of Adoption

**Grand Island Workshop** \*please feel free to bring your lunch  
March 26, 2013 • \*12:00 PM - 2:00 PM

**Lincoln Workshop** \*please feel free to bring your lunch  
April 18, 2013 • \*11:30 PM - 1:30 PM

**Omaha Workshop**  
May 14, 2013 • 1:00 PM - 3:00 PM

## Understanding The Attachment Challenged Child

**Omaha Workshop**  
April 11, 2013 • 5:30 PM - 7:30 PM

**Lincoln Workshop**  
April 29, 2013 • 5:30 PM - 7:30 PM

## Open Adoption And Working With Biological Family Members

**Lincoln Workshop**  
May 10, 2013 • 2:00 PM - 4:30 PM

## Adoption And Adolescence

**Lincoln Workshop**  
June 17, 2013 • 1:00 PM - 4:00 PM

**Kearney Workshop**  
May 24, 2013 • 1:00 PM - 4:00 PM

## Transracial Adoption

**Grand Island Workshop** \*please feel free to bring your lunch  
April 23, 2013 • \*11:30 AM - 1:30 PM

**Omaha Workshop**  
June 11, 2013 • 1:00 PM - 4:00 PM

## Parenting a Child with Fetal Alcohol Spectrum Disorders

**Kearney Workshop**  
May 16, 2013 • 1:00PM - 3:00 PM

## A Step Further: Parent Workshop

### Lincoln Workshops

Session 1 - March 1, 2013 \*please feel free to bring your lunch  
\*11:00 AM - 4:00 PM

Session 2 - March 15, 2013 \*please feel free to bring your lunch  
\*11:00 AM - 4:00 PM

Session 1 is required before attending session 2

### Tri-City Workshops

Session 1 - April 5, 2013 \*please feel free to bring your lunch  
\*11:00 AM to 4:00 PM

Session 2 - April 26, 2013 \*please feel free to bring your lunch  
\*11:00 AM to 4:00 PM

Session 1 is required before attending session 2

### Grand Island Workshops are held at:

Saint Francis Memorial Health Center  
Conference Room C  
2116 West Faidley Avenue • Grand Island NE 68803

### Tri-City Workshops are held at:

Kearney Public Library  
2020 1st Avenue • Kearney, NE 68847

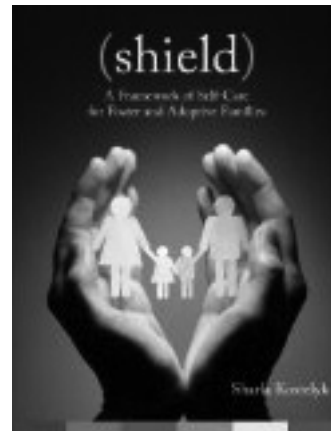
### Omaha Workshops are held at:

Nebraska Children's Home Society  
4939 South 118th Street • Omaha NE 68137

### Lincoln Workshops are held at:

Nebraska Children's Home Society  
4700 Valley Road • Lincoln NE 68510

## NFAPA Suggested Readings



Foster care and adoption are very rewarding, but carry with them additional stresses that many people are not prepared for or familiar with. This book offers practical, encouraging advice for those in all stages of the foster care or adoption journeys. It covers everything from important preparation ideas beforehand, to surviving the first weeks home, to PADS (Post Adoption Depression Syndrome), to tips and suggestions for ongoing self-care for years to come.

Written by a former foster parent and adoptive mom of many, "Shield" offers hope and support from someone who has been there. It is an essential guide for all foster and adoptive parents.

## Waiting Children...

Every child deserves someone that loves them unconditionally and forever! Can you be that forever family for a child?



Name: **Zachary**  
 Birthdate: **July 2006**  
 Sex: **M**  
 Race: **White/Caucasian**  
 Special Needs: **Moderate Emotional, Mild Behavioral and Mild Developmental**  
 Number of Siblings: **NA**  
 Names of Siblings: **NA**  
 Contact with Siblings Requested: **NA**

Zachary is a lovable active little boy who loves to stay busy so he is looking for a family who is willing to keep up. He enjoys company while playing kick

ball or riding his bicycle outside. During the summer Zachary enjoys playing t-ball. Zachary likes outdoor activities and doesn't spend much time in front of the television.

Zachary is a kindergartener who enjoys school and works very hard at following the rules. Zachary is quiet at first but is friendly and outgoing when comfortable. He will warm up very quickly with his favorite ice cream treat. Zachary does not like cats as they make him itchy and sick.

Zachary is awaiting a patient loving family to call his own. He wants a family who is willing to work with him and love him.

For more information:

Email: [Meagan.barnett@nebraska.gov](mailto:Meagan.barnett@nebraska.gov)

Phone: 402-241-0032 or 402-241-0032 ext. 125



Name: **Ethan**  
 Birthdate: **June 1996**  
 Sex: **M**  
 Race: **White/Caucasian**  
 Special Needs: **Moderate behavioral, Severe Emotional**  
 Number of Siblings: **NA**  
 Names of Siblings: **NA**  
 Contact with Siblings Requested: **NA**

A typical young teen, Ethan says he "really, really, really likes music" (particularly heavy metal) and has taught himself to play guitar, piano, and harmonica. He also enjoys videogames (it's no surprise Guitar Hero is one of his favorites), art projects and writing.

Ethan dreams of being a rock star, but his backup plan is to be an astronaut since he really likes the astronomy channel. His favorite foods include Asian and Chinese dishes – but don't leave out the tacos!

Ethan describes his perfect family as a "single man with no other kids, who plays music, and has a cat" who resides in the Lincoln or Omaha area.

For more information:

Email: [wrottenbucher@lfsneb.org](mailto:wrottenbucher@lfsneb.org)

Phone: 402-978-5667 or 402-978-5667



Name: **Taylor**  
 Birthdate: **March, 2002**  
 Sex: **F**  
 Race: **White/Caucasian**  
 Special Needs: **Mild physical/medical, moderate emotional, moderate behavioral, mild developmental, mild learning**  
 Number of Siblings: **NA**  
 Names of Siblings:  
 Contact with Siblings Requested: **NA**

Taylor is a sweet and caring 10-year-old girl. Taylor is interested in becoming bilingual, she has Hispanic heritage and hopes to maintain ties to the culture. She is currently in the 4th grade.

Taylor is creative and in her spare times she enjoys making artwork and playing games on the computer. Taylor is currently involved with Girl Scouts. She states that she wants to be a Teddy Bear doctor when she grows up.

Taylor would benefit from a 2 parent household due to her desire to have a father figure in her life. She would also do best in a home that where she is the only or youngest child.

For more information:

Email: [dmahoney@childsaving.org](mailto:dmahoney@childsaving.org)

Phone: 402-504-3652 or 402-504-3652



Name: **Alyssa**  
 Birthdate: **May, 2003**  
 Sex: **F**  
 Race: **White/Caucasian**  
 Special Needs: **Mild physical/medical, moderate emotional, moderate behavioral, mild developmental, moderate learning**  
 Number of Siblings: **1**  
 Names of Siblings: **Nichole**  
 Contact with Siblings Requested: **Yes**

Alyssa has a bubbly personality that will bring a smile to your face. She is an active nine-year-old who loves to play with Barbies, dance, sing, and tell jokes. Alyssa describes herself as "beautiful, funny, and shy." She can be shy at first, but has an outgoing personality once she gets comfortable.

Alyssa stated her favorite subjects in school are math, science, and social studies. Her favorite color is blue and she loves to eat cheese pizza or at Golden Corral. She would love to be able to take dance classes so that her dream of being a dancer when she is older can come true.

Alyssa also enjoys spending time playing with her big sister, Nichole. Alyssa needs a forever family to share with her sister.

For more information:

Email: [cthompson@nchs.org](mailto:cthompson@nchs.org)

Phone: 402-677-5283 or 402-677-5283



## DHHS website



Name: **Angela Gall**  
 DOB: **1/28/99**  
 MC#: **157479**  
 Gender: **Female**  
 Race: **Caucasian**  
 Siblings: **Yes**; however, they will not be adopted together.  
 Contact person: **Lisa Kelly**  
 Email: **lkelly@lfsneb.org**  
 Phone number: **(402) 661-3135**  
 Photographer: **Rich Deyo**

Angela (born January 1999) can be described as a “social butterfly.” She is easy to talk to and get to know. Angela says that she is a very nice person unless she feels disrespected.

Although she is an outgoing, people person, there are some things she prefers to do on her own – like her school work. She is an extremely smart girl who excels in her classes when she puts forth the effort. Currently, Angela’s favorite subject is Honors Science; as she states - she enjoys a challenge. Her goal is to become a heart surgeon. Angela has a special interest in this career because she has had two open heart surgeries herself.

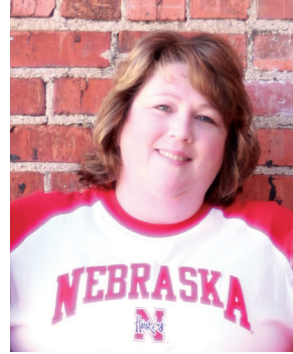
Angela enjoys watching scary movies and listening to rap music. Her favorite music artist is Nicki Minaj. Angela is not currently involved in any sports; however, she would like to be on a wrestling team someday.

If granted three wishes, she would want the superpower to fly, to own a limo for when she needs a ride and to own a McDonalds.

Angela desires to live in a larger city in a two-parent or single mother home. Angela would do best in a home where she is an only child or the youngest, although she does not want to be “bossed” by older children. She has the desire, like most teenagers, to have some freedom and control over her life and states that sometimes she needs to be left alone and allowed to “just breathe”. She needs a family that is understanding and will be there to listen. Angela would like a family; however, she admits that she does have a hard time trusting others and allowing them to get close. Angela needs a family that will create a safe, structured environment; provide a lot of praise and positive reinforcement; and guide her to become the woman that she can and wants to be.



## Meet our New Resource Family Consultant!



I have been married to my husband, Ross, for over 10 years. He works for the UPRR, and adopted my two daughters, Katelyn and Kiersten, after we married. A few years later we became foster parents and our family has been so blessed! Ross and I adopted our son, Chet, in 2008 and our daughter, Maliya, in 2012. This past January, we took guardianship of a third Foster Child. With five children and a grandson who is less than a year old, my life is full of “wonderful chaos.” I like to scrapbook and read when I have the time, but most of my time is spent tending to my family.

I am an LPN, but chose to leave nursing a year ago in order to provide the emotional support my family needed here at home. Nursing is a demanding profession that often requires working odd hours, long shifts, holidays and weekends. For our family, we found it to be a better choice to tighten the purse strings and have one parent home full-time. It hasn’t always been easy, but I haven’t regretted my decision. Our youngest will be starting Kindergarten in the fall, and I am looking forward to working part time again. I am passionate about Foster Parents and the children we serve. Two of my children have special needs, and I advocate for all children who have unique challenges, especially those in our foster care system. I look forward to working for NFAPA and with the families in my area.

*Deirdre Nicholson*



# Foster Care Review Office 2013 Summer Workshops

*Summer Workshops have provided a valuable opportunity for collaboration and training in past years.*

*We hope you are able to join us again this year as we partner with others to bring you information on issues that impact children and youth in Nebraska.*

– Kim B. Hawekotte, Director/Foster Care Review Office

- No cost for local board members to attend
- There is a minimal cost of \$20 for other attendees that will cover costs, e.g., continental breakfast, lunch and materials. Registration Required – Pay at Door
- CEU's will be available for Social Work and Mental Health Practitioners and MCLEs for Attorneys

For more information contact Mary Furnas at mary.furnas@nebraska.gov or call 402-471-4665 or 800-577-3272 (NE Only)

## Speakers & content information will be provided at a later date.

### Lincoln – \*\*\*New Date!\*\*\*

Thursday, May 30th 9am–3pm  
Country Inn and Suites, 5353 North 27th Street

### Omaha

Wednesday June 5th 9am–3pm  
College of St. Mary, 72nd and Mercy Road  
Mercy Hall Rm 130

### Norfolk

Thursday, June 20th 9am–3pm  
Northeast Community College Suite I  
801 East Benjamin Avenue

### Scottsbluff –

Tuesday, July 16th 9am–3pm  
Gering Civic Center, 1050 M. Street

### North Platte

Thursday, July 18th 9am–3pm  
Sandhills Convention Center  
2102 S. Jeffers Street

### Grand Island

Thursday, July 25th 9am–3pm  
Home Federal Building  
3311 W. Stolley Park Roadm Lower Level



# Facts About Aging Out!

In 2011, more than **26,000** children in foster care aged out of the system.

These young men and women left foster care not because they were reunited with their families or adopted, but simply because they were too old to remain in care.

Of the 400,000 children in foster care currently, over 20,000 have a case goal of emancipation.

The percentage of youth that age out of foster care has increased. In 2000, the percentage of exits due to aging out was 7 percent. In 2011, 11 percent of the children who exited foster care aged out.

Without family or any other dependable adults to rely on for assistance, these young people are at high risk of homelessness, joblessness, illness, incarceration, welfare dependency, early childbearing, and sexual and physical victimization.

According to various studies across the country of young people who have aged out of foster care without a permanent family:

- 12-30 percent struggled with homelessness
- 40-63 percent did not complete high school
- 25-55 percent were unemployed; those employed had average earnings below the poverty level, and only 38 percent of those employed were still working after one year
- 30-62 percent had trouble accessing health care due to inadequate finances or lack of insurance
- 32-40 percent were forced to rely on some form of public assistance and 50 percent experienced extreme financial hardship
- 31-42 percent had been arrested
- 18-26 percent were incarcerated
- 40-60 percent of the young women were pregnant within 12-18 months of leaving foster care.

### Learn More

- Read more facts about foster care in the U.S.
- Learn about the role of child welfare systems in providing care and services for children in state custody.
- Find out how Children's Rights improves failing foster care system through our child welfare reform campaigns and policy advocacy.

# Project Everlast

Anyone who is or was in foster care and is between the ages of 14 and 24 can learn the skills they need to successfully transition to adulthood by joining a Nebraska Foster Youth Council.

### Nebraska Children's and Family Foundation

- Toll Free: 877.476.8003
- Greater Nebraska: 402.817.2003
- Omaha: 402.415.8512

# Making the Commitment

Like any other challenging and rewarding venture in life, fostering offers a wide range of experiences. Some good. Some not so much. But it's all well worth it.

One thing that can't be disputed is that it is needed when there are children who have nowhere else to go. For my husband and me, deciding to become foster parents was one of the biggest commitments we've made. Five years later, now as non-relative caregivers, we've learned a few tidbits we'd like to share with others who are foster parents or considering being a foster parent.



**Here are seven tips to help make your foster care experience as rewarding and successful as it is intended to be.**

1. YOU are making a difference in a child's life. Not all foster parents are "in it for the money" so don't let others' misconception stop you from telling everyone you know, "Yes, I am a foster parent and I'm proud of it." Your commitment and excitement is the best recruitment tool ever.
2. Having said that, fostering is a full-time job, just like parenting biological children. I used to feel bad when being placed with an infant and I couldn't answer the phones or reply to emails as quickly, but then I had an "ah ha" moment: I didn't feel bad with my biological children because I was expected to have crazy days. No difference here. There are no "off" days in fostering but if you do need a break, utilize respite care or babysitting services and don't feel guilty about it.
3. You can't take away a child's pain at losing his or her parent, even if it's temporarily. You can only be there, in the moment, when the pain is too much to bear. Even sitting in silence is better than not being there.
4. Celebrate successes, no matter how minor. Along the same lines, don't ignore bad behavior either, no matter how minor. Sometimes, as foster parents, we may never have a complete picture of what the child's life was like beforehand so establish your ground rules for rewards and discipline upfront. Remain the steady force in the child's life so that they will learn to balance the good with the bad.
5. Not every placement is the "right" placement for you. You have to be comfortable in knowing what you can handle and what you can't handle. Don't be discouraged if it doesn't work out; just remain confident in the fact that you provided what you could to the best of your ability.

6. Fostering challenges marriages. You MUST maintain a healthy relationship because there will now be 10 times as many people in your lives -- children, biological parents, biological siblings, caseworkers, healthcare professionals, etc. -- all with differing personalities and opinions and who all need your time. And just as you would with biological children, stay united in providing care and discipline.

7. You don't have to do it alone. There are organizations and associations to support you. Don't ever feel that your situation is too unique; share your concerns with others and don't be afraid to ask for help.

My husband and I love being part of a system that helps children. When we talk to acquaintances about fostering, we don't sugarcoat it and we don't bash it -- we just provide an honest discussion.

As I said before, fostering is a commitment and as with any commitment, it's not all good and it's not all bad but you're in it for the long haul.

*Michael and LaShaun Wallace are parents to four, including one who was adopted from foster care, and are the non-relative caregivers of an infant. Michael writes for ESPN.com and LaShaun is a board member for the Florida State Foster/Adoptive Parent Association and National Foster Parent Association.*

## Give to Lincoln Day May 16, 2013

On Thursday, May 16th, the Lincoln Community Foundation will be sponsoring Give to Lincoln Day. They are working to make this a record-setting 24 hours of giving and raising thousands of dollars to support nonprofits in Lincoln and Lancaster County. We know that nonprofit organizations enrich our lives every day, so we hope that one single day our community can show a collective appreciation by giving.

The Nebraska Foster & Adoptive Parent Association (NFAPA) is participating in this event and every donation NFAPA receives on Give to Lincoln Day will increase because the Lincoln Community Foundation and their participating partners are offering a challenge match pool of \$200,000. Gifts on May 16th will be matched proportionally based on dollars raised by each nonprofit.

Please encourage family and friends to donate on May 16. Get more information at [www.givetolincoln.com](http://www.givetolincoln.com). Be sure to log in on May 16 to donate to NFAPA at: <http://givetolincoln.razoo.com/story/Nebraska-Foster-And-Adoptive-Parent-Association>.

give  
To Lincoln Day  
May 16, 2013

# Foster Parent vs. Biological Parent Relationships

Carla Raley, Yahoo! Contributor Network

Dec 19, 2008

Being a foster parent for the state brings about many interesting challenges. The most obvious is dealing with the issues the foster child may come with. The child who comes into foster care may have been abused or neglected and can have many problems related to that. Or they may have been a well loved child whose biological parents abused themselves and because of that put the child in danger. A child who comes from a situation like this can also have many problems dealing with the loss of their family. As a foster parent, you will need a lot of training, wisdom, patience, and even the willingness to work with these situations.

Another challenge the foster parent faces, however, is working with the biological family of the child they are taking care of. One of the jobs of a foster parent is to help mentor the biological family, if that is possible, and if the family will accept it. This can sometimes be a lot harder than taking care of the child itself.

A foster parent needs to be quick not to judge. It is easy to just assume that a parent who has lost custody of their child is not a good person and deserves what they get. But what should be considered is that many times, these biological parents have been abused themselves, and hardly know how to live any other way. Some of them have had terrible things happen in their lives that they have not yet overcome. I know of one parent whose own mother tried to kill her when she was just a small child. These families love their children, but just have no clue how to be a parent. It's always good to start out in your journey with this family with compassion, rather than looking down on them. As time goes on, you may change your view, but in the beginning, try to believe that the family can be redeemed and reunited, which is the goal of CPS (Child Protective Services).

Sometimes the biological family wants to work with CPS and the foster parents. They only want their child back, and will do whatever it takes to reach that goal. These families are the easy ones. They are usually easy to get along with. You can feel good about what is being done in their lives, and although you will love the foster child and miss them when they are gone, you can know that you have helped a family become whole, and take comfort in that.

Other times, the family will be very angry at CPS, although they are trying to work their plan, but they will appreciate the foster parents who are taking care of the child. They understand the foster parent had nothing to do with their child being removed; they are just the people taking care of the child during this hard time. These families are a little more of a challenge to work with, although the challenge is more with CPS than the foster family. The

family will sometimes try and align themselves with the foster parents, and be allies with them against CPS. You must be careful not to let the family believe this is the case. Help the family understand that you will not lie for them, or hide anything from CPS. Help them understand that you all need to be working together to get things made right so that the child can return home to a safe environment. Let them know you will be their best advocate if they are doing what they are supposed to be doing. And help them learn how to love and care for their child.

Another biological family may be mad at everyone. They see the foster parents as the enemy, as well as CPS. These families are the hardest to work with, especially if they are not above lying and making false accusations. In their minds, although they themselves may not realize this is what they are doing, if they can make the foster parents look bad enough, it will elevate them in the eyes of CPS, the judge, and everyone else. There is almost no way to make them understand that this is not the case, it only makes matters worse for them. The more they fight, accuse, and show that they face each situation with great anger, the more unstable they look in the eyes of the very people who can help them have their child returned to them. This is where the foster parent faces their biggest challenge, and will need the most wisdom. It will never be a good situation if the foster parent cannot deal with the angry parent in a mature, calm way, no matter what they throw at them, and they can throw some rough stuff.

And most of all, the foster parent who has been verbally abused, accused, and screamed at by the parents of the child they are caring for must not go home and let the hurt feelings caused by the biological parent rub off on the child. They must have the maturity to separate the parent and child, and deal with both with the care they individually need. They must continue to help the child love the biological parent. They must go to each visit with a smile on their face, and support the parent and child relationship.

Sometimes this can be very hard, and the foster parent will begin to feel the foster child would be so much better off if they were allowed to keep the child and adopt them. And in many cases this is very true, and it happens often that the child will end up being adopted by their foster family. But for the duration of the time the biological parent has to work a plan to have their child returned to them, the foster parent must continue to help them work towards that goal. It can sometimes feel like an impossible task, but it is the role you take on when you become a foster parent.

There are some things the foster parent can do to help the biological parents learn to help and care for their child. The main thing is that the foster parent should try to be the best example of good parenting they possibility can.

(continued)

The biological parents need to see just how healthy and nice looking their child can be. When it's time for a visit, always have the child looking their best. Have their hair washed and attractively fixed. Make sure their clothes are clean, nice, and well fitting. Check their fingernails and ears as you get them ready to go. Really, this is the way they should be most of the time. There is no excuse for letting a foster child have less care than you would give your own biological child. They are just as worthy of all the love and attention you can give them.

If the child is a baby, have the diaper bag well packed. This in itself is a good lesson for the biological parent who is young or just not quite sure how to parent. Try and have the baby rested and ready to see their parents. Give them some hints on how to comfort the child, and the child's likes and dislikes.

If the child is older and verbal, talk to them on the way to the visit, and remind them of things they have done during the week that they can tell their parents about. Let them bring a favorite toy to show, or maybe have them draw a picture to give their parents.

When you arrive at the visit, greet the biological parents with a smile, and give them a brief rundown of the child's week. Have pictures of the child for them to keep. Be as nice and helpful as you can be, or as they will let you be. Much of the time, the biological family will bring fast food, soft drinks and candy to the visits. There can be much complaining among foster parents about how the child is loaded up and wired up by the time visits are over. But even if you are a total health fanatic, remember that this is their child, and that it is usually only once a week. Let them do this, and don't be upset. If they ask your opinion, tell them you prefer healthier snacks. If they don't ask you, and the child is wired, plan a trip to the park afterwards, so the child can run and play off the sugar rush. Unless the child has an allergy, this is just not worth making an issue over. This small amount of time is all the biological parent has with their child during the week, and they want it to be almost birthday party fun each time. That is understandable, and especially so if the parent is young and inexperienced.

Finally, the time comes when a decision is made whether to return the child to the parents, or terminate their rights and release the child for adoption. If the decision is made to return the child, the foster parent must be ready to accept that, whether they think it's the right decision or not. This is by far the hardest part of fostering, the time of saying goodbye to the child. It can almost feel akin to a death as you watch them drive away from you, after you have spent a year or more loving, nurturing, teaching, feeding and bonding with this child. It can be

just as hard on the child if they have bonded as strongly with the foster parent, and especially if they have no memories of living with the biological family. There is no

way to get past or lessen the grief of letting go. The only comfort is in knowing that you have done your absolute best, and have given this child a safe haven during a terrible time in their life. This is another area where, if you have been able to establish a good relationship with the biological parents, it may reward you. Sometimes the biological family will be willing to let you continue to see your former foster child. They may at least be willing to send you pictures and updates once in a while. This can be a great comfort to the foster parent, especially if the outcome is good, and you can feel you have done a great work in reuniting the family.

Sometimes it doesn't seem like a good outcome, and all you can do is pray for the child every time it comes to your mind. This in itself is a great ministry, and will do more for the child and their family than you will realize this side of eternity.

If the decision is made to release the child for adoption, then the foster parents have the option of adopting the child. If you decide to adopt, you can do this without any guilt, because you know you have done all you can to reunite the family. You know this child truly needs a forever home, and that the two of you were meant to be together.

You may find it in your heart to allow the biological family to continue to see their child, or at least write letters and send them pictures. This can be very healing for the child who misses their biological family, and can help the child grow up mentally healthy.

If the family is so abusive that you don't feel like it's in the child's best interest, it would still be good to give the child the truth about what has happened in their lives. Don't make things better than they are, or worse than they are. Just give them the truth about their biological family in age appropriate doses, and try to put a positive spin where ever you can without changing the truth.

Working with biological families can be a rewarding, interesting thing to do, with a little planning and a lot of mercy. If the foster parent can remember to have patience, wisdom, and the maturity to understand what the biological family is going through, and maybe has gone through in their own past, there is the chance to make a life changing difference in this family.

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**“ It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings. ”**

—Ann Landers



2431 Fairfield Street, Suite C  
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 (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 501c3 non-profit organization comprised of 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, \$ \_\_\_\_\_