

# Families First

a newsletter for Nebraska Families

January/February 2016

N F A N P A

## Breaking Through the Clouds: Dealing with Reunification Anxiety

One of the primary goals of being a foster parent is to provide a safe and nurturing home and help a child prepare to go back home. Reunification is an exciting time and is often the culmination of many people working very hard for the sake of a child. It can be heart-filling and joyous to watch a child that you have cared for and nurtured be able to reunify with his family. At the same time, as a foster parent, it's common to feel anxious about reunification, even if you know in your heart it is what is best for the child.

Feeling anxious about the plan for the child in your care to reunify with her birth family can be the result of several things. Maybe you are concerned that it is not the right time for reunification to occur. After all, the changes that people have to make are often big ones and it can seem that the process is moving too fast. Sometimes, due to confidentiality, foster parents may not get all the information about a birth parent's progress and that can be scary. When people don't know all of the facts, they tend to make up the worst possible scenario.

Or perhaps you are anxious because you know you will grieve the loss of that child and you aren't quite sure how to care for yourself. Grieving is ok and, in fact, is common when a child leaves your home. Grief and loss can be tough to go through for anyone. And, it is important to note everyone's grieving process is different and there are no timelines assigned to grief.

You may also be worried about how the other children in your care –whether they are birth children, children who you have adopted, or other children you provide foster care for – will react when this child returns to her birth home. This could

vary for children, as it does for adults. Not only do children lack certain brain development to assist in grief and loss, depending on their past, the process may bring up old wounds for them, too.



No matter where the anxiety you are feeling comes from, it can make day-to-day parenting more challenging when you are trying to navigate through these complex emotions. Kelly, a foster parent of six years, shared how she copes with feelings of anxiety:

“Personally, I manage my anxiety

by reminding myself that there is nothing I can do about it right now and try to refocus on something that I can do. Some days I have to repeat this every minute.” Some other techniques that may be helpful are focused breathing, meditation, exercise, or talking to a close friend or a therapist.

It can be helpful to remind yourself that you aren't the only one feeling anxious about reunification; it may be that the child in your care may be feeling nervous about returning to her birth parent(s) full time. Even if she truly wishes to return to her birth home, she may also be feeling uneasy and uncertain about the move. And the child's birth parent(s) may also be feeling anxious about the reunification, as well. They may wonder if they truly are ready to return to the role of full-time parent and they may have lingering fears that, should everything not turn out perfectly, their child will be removed once again.

Abby, a foster parent in Wisconsin, shared how she helps ease the anxiety of the children she cares for: “I try to validate their feelings. I also refocus them on the moment and what we know will happen,” she explained.

[\(Continued on page 3\)](#)

Nebraska Foster &amp; Adoptive Parent Association

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# Attention Foster Parents!

## Earn Your Foster Parent Credits While Getting the Chance to win a Great Prize!

Answer these 10 questions from this newsletter 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.

Just answer the following 10 questions and send us your answers! There are a variety of ways to do this. You can email the information to [Felicia@nfapa.org](mailto:Felicia@nfapa.org), send the questionnaire from the newsletter to the NFAPA office at **2431 Fairfield Street, Suite C, Lincoln, NE**, print off this questionnaire from our website, [www.nfapa.org](http://www.nfapa.org) (under newsletters) and fill out/send in by email or mail or you can go to survey monkey and do the questionnaire on line at <https://www.surveymonkey.com/r/8CXY2DZ>. 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. A sense of power is a basic \_\_\_\_\_ & \_\_\_\_\_ need.
2. True or False: Once you have learned how to stop causing the connection between their misbehavior making them feel powerful, then you can be more successful in redirecting power struggles.
3. Most parenting experts suggest that when children “misbehave” the best response is “\_\_\_\_\_.”
4. Name the 10 alternatives to consequences
5. When humans are upset, our brains don't work as well because “\_\_\_\_\_ or \_\_\_\_\_” takes over and thinking stops.
6. List 3 “Do” strategies to use while working with Birth families.
7. List 3 “Don't” strategies to use while working with Birth families.
8. One of the primary goals of being a foster parent is to provide a safe and nurturing home and help a child prepare to go \_\_\_\_\_.
9. True or False: Everyone's grieving process is different and there are no timelines assigned to grief.
10. Roughly \_\_\_\_\_% of children who leave out-of-home care in Nebraska are reunified with their primary caregiver.

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

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

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

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

Issue: Families First Newsletter: January/February 2016

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

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(Continued on page 3) She also said, “I advocate for them by sharing their concerns and behaviors with the other adults involved in their case.” Even if the child doesn’t know that you are advocating on her behalf, you will be helping all of the children in your care get the services they need which could, in turn, help with any anxiety they may be feeling.

Though it can feel like a cloud following you around, reunification anxiety is a normal and common feeling –and you can work through it. You might find comfort in talking with other foster parents or your worker. You can also call us and speak with a Resource Specialist when you need someone to listen to your worries and concerns. You may also find comfort in reminding yourself that everyone is working for the common goal of what’s best for the child. Saying goodbye to a child who you have come to care about and love will never be an easy task; however, knowing that, together with the case workers and the birth parent(s), you have helped achieve was is the best outcome for that child can maybe lessen those feelings of loss and sadness. Finding ways to work through your feelings of anxiety will help you refocus on enjoying the time you spend with the child in your care; and those everyday moments are powerful, important, and meaningful for you both.

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<http://www.wifostercareandadoption.org/Portals/fcarc/FAW%20Newsletters/FAWSummer2015.pdf>

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## Why is Reunification the Primary Permanency Goal?

Being a foster parent can be a uniquely challenging job, and one of the more conflicting aspects of your role as foster parent may be supporting the reunification of the child in your care with his family of origin. As human adults, we have a huge instinct to protect a vulnerable child from harm, and when we hear about the circumstances that may have led to

a child’s entry into out-of-home care, we may have an immediate aversion to the idea of the child being entrusted to the parent(s) or caregiver(s) who previously couldn’t meet their needs or keep them safe. However, roughly 64% of children who leave out-of-home care in Nebraska are reunified with their primary caregiver. This means that, while children are in out-of-home care, families are hopefully working to learn skills, gain resources, receive effective mental health treatment, and use new ways to parent their children. If all goes according to plan, the primary goal of reunification will be achieved. But why is reunification so important?

At the foundation of child welfare law here in the US is our societal value that parents have undeniable rights to their children. That means parents may choose to raise their children in a wide variety of ways for a wide variety of reasons. Think of yourself or other parents you know; you may use

different strategies and have different family traditions. But everyone has the right to raise their children in line with their personal values. Most people wouldn’t take kindly to being told how to raise their child, having their parenting methods interfered with, or losing the right to make decisions for their child. A focus on reunification is the effort to make sure parents maintain that basic right whenever possible, safe, and appropriate.

Not only do parents have the basic right to raise their children, children deserve to be with their families. Being surrounded by and connected to people who share your biology is critical to identity. Family helps children know who they are and where they came from, and also helps lay the foundation of who they will be as adults. When children are separated from their families, it means experiencing a loss and may be an added trauma in their lives. Reunification can help reduce the impact of both trauma and loss.

Even though we know that parenting is a basic right and children deserve to be with their family, it still may be hard, at times, to fully understand the focus on reunification. As a foster parent, you come to love the children in your care and want only the best for them. But, when a family can turn their home life around, change habits, and parent more effectively, we see positive long-term outcomes for children. And that is what the goal of reunification is all about. Sometimes a safety plan can help to achieve this turn-around quickly. At other times, a child may be in out-of-home care for months or years as his family works to get to that point. For the families that do get to the point of reunification, the long road may be marked by both failures and successes. And you, as a foster parent, are a safe haven for the child along that journey.

*Nebraska Statistics from Foster Care Review Office*

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<http://www.wifostercareandadoption.org/Portals/fcarc/FAW%20Newsletters/FAWSummer2015.pdf>

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## Nebraska Faces Tuesday Night Chat:

Do you find yourself too busy to attend a support groups?

Are there no support group meetings in your area?

After a long day dealing with the kids in your home do you need some adult conversation?

If you answered yes to any of these questions, I have the Solution for you! Put your kiddos to bed and on Tuesday nights at 9:00PM join us for some adult support. We laugh, we cry, we lend an ear to whatever your needs are for the week. We offer support with people who are in your shoes. Tune in at 9:00Pm and Terri Robinson or staff will lead the chat. Hope to chat with you soon!

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# Understanding Power Struggles

By Deborah Godfrey

## “HOORAY! I’m in a power struggle with my child!”

From which planet is the parent who said that! Seriously, consider the impact on our attitude towards parenting if we celebrated each time we entered a power struggle with our child. Think of what a difference it would make. In reality, this is nearly impossible, unless we have the understanding about the developmental importance of a power struggle (for both the parent and the child) and the tools redirect the associated misbehavior. A feeling of power is important to us all as a basic emotional need. When this need develops, how it develops and what a child learns regarding his power in the world is directly or indirectly taught by the parent. Yes, I am the one who taught my child to oppose me in this way!

During the first two years of life, the child learns to oppose the parent. By age three, the child usually has the skill developed to such an extent that a parent can feel overwhelmed, overpowered, overrun and quite angry and determined to get this child to behave better. Unfortunately, most well intentioned attempts by parents to over power children that are being defiant fail, causing the parent to feel guilty, inept and incompetent. The child typically feels angry, more defiant and continues to misbehave.

## Why Do Children Power Struggle?

A sense of power is a basic social and emotional need. Until about the age of two, a child has very little sense of self. The child and parent are “one” in the child’s world. Somewhere in the second year, the child begins to develop a concept of self as separate from the parent. This discovery coincides with the recognition that behavior by the child can create a resultant emotion or behavior by the parent! So a child is learning by observation what causes mom or dad to react, and this reaction creates a sense of power in the child (as the one who causes the reaction).

## What Did I Do To Cause My Child to Power Struggle With Me?!

As crazy as it sounds, we do in fact accidentally “cause” our children to power struggle with us! Some of you may object to this idea and for that I just ask you to stay with me a moment. By taking responsibility for causation, you will actually get your parental power back. If you caused it, then you can un-cause it. The most powerless position you can take is to blame your child for their behavior because this leaves you in a hopeless position. If you are power struggling with your child and you did nothing to cause it then you probably cannot change it either. Alternatively, if you see the way in which you

helped your child come to the belief that it is fun or fulfills their need to feel powerful by opposing you, you can choose to stop doing that discipline response.

So what is it that we do to cause a child to power struggle with us? Very simply put, we escalate our emotional response. What does this mean? Let’s take an example of a child of about six months old. I’ll use my daughter Michelle as an example. She learned to crawl over to the entertainment center, pull herself up, and pop open the glass doors. The glass would become goeey with her fingerprints; she would slam them, bang on them and otherwise frustrate me completely! So the first time I responded (this was before I had parenting classes, please keep in mind, this is not how I would respond today!) by telling her no and taking her away from the cabinet. The next time she did it, I told her no in a louder voice and with more frustration and aggravation, and the third time and the fourth, each time I became louder and more upset, until I began to slap her hands, give her “that look” and otherwise frantically attempt to control her overt defiance of me. She only became more defiant and was having more fun watching the show that mom was putting on for her. If I remember correctly, the doors eventually lost their ability to “pop” open, remained covered with fingerprints and she eventually outgrew or became bored with her behavior. I don’t recall ever succeeding in teaching her to leave them alone. I do think that she learned how fun it was to defy me, and was very interested in finding endless other ways in which to see mom lose control. I do not think she consciously said, “I’m out to get mom”, but she learned unconsciously that by defying me, she would feel very powerful.

## Please Tell Me! How Can I Un-Cause This Pattern?

So glad you asked! It’s really very simple. Every time your child misbehaves in a specific way, you need to decide how to respond, and use that exact same response every single time your child misbehaves in that same way. In the example above, I would look at my child and decide to myself, “Hmmm...what is the best response for this age, stage, and behavior? At six months old, she is really too young for lectures or explanations. The best discipline for little ones is distraction or repetition. So what I will do is pick her up gently, and murmur, “Michelle will learn to stay away from the glass if she wants to play in the living room” while walking her calmly out of the room”. I have to respond that way every single time she goes to the glass. I cannot raise my voice, say it louder, hold her firmer, or in any way escalate my emotional response, or I lose my parental power. I must respond like a broken record over and over again. At six months old, I may need to repeat 20, 30, 50 times before she learns, but she eventually will learn. The best thing about this response is that she won’t learn to have the power to “cause” me to lose control (where she thinks she won). You may think I am not sane, however this is true and this works. You can begin this idea at any age and stage

to get your power (I.e. influence) back as the parent. Once you have learned how to stop causing the connection between their misbehavior making them feel powerful, then you can be much more successful in redirecting power struggles.

*Deborah has been teaching parents how to understand and redirect power struggles for over 20 years. This article was developed as a result of listening to hundreds of parents with their children and developing the best possible way to understand and redirect power struggles.*

<http://positiveparenting.com/understanding-power-struggles/>

By Deborah Godfrey, in

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## Steps in Dealing with Child's Defiance

1. If your child challenges you, **move closer** and assert your authority while giving your child a chance for a do-over.
2. Then say something like: "**It is NOT okay** for you to talk to me or your dad like that. You can be unhappy, but **you MUST talk with respect!** Now **try that again, son**"
3. Many times I have to give my preschool boy a choice of talking nicely or a consequence. After a few moments, he usually turns around because he knows I mean business.
4. Praise him for talking respectfully. "Good choice in talking nicely!"

<http://foster2forever.com/>

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## NFAPA Scholarship

**APPLICATION DEADLINE: April 1, 2016**

**NEBRASKA FOSTER & ADOPTIVE PARENT ASSOCIATION**

**\$250 Scholarship Program**

NFAPA offers a scholarship for an adoptive, foster, guardianship, or kinship child, who wishes to further their education beyond high school or GED. This can be either at a college or university, vocational and job training, or on line learning. The scholarship form is available on our website ([www.nfapa.org](http://www.nfapa.org)). Requirements and submission instructions will be listed. Other scholarships will also be available on our website.

## Money for Foster Parents From Nebraska Friends of Foster Children

Does your foster child want to be like normal kids? Does he/she like to participate in sports, or needs money for driver's education? Does your kiddo like to attend summer camps, take swimming lessons but you, as a foster parent, have limited funds?

If this is you, please visit our website: [www.ne-friends.org](http://www.ne-friends.org)

You will find more information on Nebraska Friends of Foster Children. By filling out the application on our website you can apply for a grant to help fund your foster child's activities. You can submit it online or mail the application.

The mission of NFFC is to provide for unmet needs and enhance opportunities for foster children in Nebraska. NFFC is a non-profit organization, was founded in 1992, to improve the lives of foster children by accepting and funding requests for items and experiences normally out of reach for foster parents with limited budgets.

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

### Requests that can be funded:

- Drivers Education
- Sport Equipment
- Sports Activity Fees
- Dance/Music Lessons
- Senior Pictures
- Graduation expenses
- Eye Glasses
- Prom attire
- Summer Camps

This is not a complete list but NFFC will fund the "extras" to enhance your foster child's life within our guidelines.

The form is simple and can be filled out by the foster parent. It DOES NOT NEED YOUR CASE WORKER OR FOSTER CARE SPECIALIST signature. Receipts do need to be included or we can write a check to the organization that you are requiring assistance from without a receipt. The application can be mailed or sent online. The application will be processed in 4-6 weeks.

Please visit our website to apply for a grant or email us with additional questions. [www.ne-friends.org](http://www.ne-friends.org)



# 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 the 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 our calendar page on our website at [www.nfapa.org](http://www.nfapa.org). Support Groups will be cancelled for inclement weather.

- Contact your Resource Family Consultants for more info.
- Jolie Camden (Panhandle Area): 308-672-3658
- Tammy Welker: 402-989-2197
- Terry Robinson (Southwest Area & FACES-Online Support Group): 402-460-7296
- NFAPA Office: 877-257-0176
- NFAPA has Support Groups at the following dates/times/locations. Please check our website for updated information and a list of new support groups being offered throughout the year.

## WESTERN AREA

- **Alliance Support Group: Box Butte Community Hospital, in Alliance Room**  
6:00-7:30 p.m. Please RSVP to Jolie.  
*Meets the third Thursday of the month. (no meeting in December)*

**Jan. 21, Feb. 18, Mar. 17, Apr. 21, May 19, 2016**

- **Scottsbluff Support Group: Regional West Medical Center, in South Plaza Room 1204**  
6:00-7:30 p.m. Please RSVP to Jolie.  
*Meets the second Tuesday of the month. (no meeting in December)*

**Jan. 12, Feb. 9, Mar. 8, Apr. 12, May 10, 2016**

- **Kimball Support Group: Kimball Baptist Fellowship Church (507 S. Oak Street)**  
6:00-7:30 p.m. Please RSVP to Jolie.  
*Meets the fourth Monday of the month.*

**Jan. 25, Feb. 22, Mar. 28, Apr. 25, 2016**

- **North Platte Support Group: Mid Plains Center (1101 Halligan Drive)**  
6:00-8:00 p.m. Contact Terry Robinson.  
*Meets every other month on a Thursday evening*

**Feb. 4, Apr. 7, June 2, Aug. 4, Oct. 6** (Oct. meeting will be at a different location TBA) **and Dec. 1, 2016**

- **Gothenburg Support Group: American Lutheran Church (1512 Ave G)**  
6:00-8:00 p.m. Contact Terry Robinson.  
*Meets the third Thursday of every month (no meeting in June, July or December).*

**Jan. 21, Feb. 18, March 17, Apr. 21, May 19, Aug. 18, Sept. 15, Oct. 20 and Nov. 17, 2016**

- **Lexington Support Group: Parkview Baptist Church (803 West 18th St)**  
6:00-8:00 p.m. Contact Terry Robinson.  
*Meets quarterly.*

**Jan. 26, Apr. 26, July 26 and Oct. 25, 2016**

## NORTHERN AREA

- **Columbus Support Group: Peace Lutheran Church (2720 28th St.)**  
7:00-8:30 p.m. Childcare available. Contact Tammy Welker.  
*(Thank you Building Blocks and Behavioral Health Specialists for providing childcare!)*  
*Meets the second Tuesday of the month (except Dec.)*

**Jan. 12, Feb. 9, Mar. 8, Apr. 12, May 10, 2016**

## SOUTHEAST AREA

- **Lincoln Support Group: NFAPA OFFICE (2431 Fairfield Street, Suite C-In General Fire & Safety Bldg)**  
6:00-8:00 p.m. Contact: Tammy Welker.  
*Meets third Friday of the month*

**Feb. 19, Mar. 18, Apr. 15, 2016**

## ONLINE SUPPORT GROUP

- **FACES-Online Support Group: Every Tuesday 9:00-10:00 p.m. Central Time**  
Contact Terry Robinson. Meets weekly to discuss issues foster parents are facing. Support only.

## TRANSRACIAL SUPPORT GROUP

- **Parenting Across the Color Lines: Newman United Methodist Church (2242 R Street), Lincoln**  
6:30 p.m. Contact: Barbara Dewey, LICSW at \402-477-8278, ext. 1 to RSVP.

For more info: [colorlineslincoln@gmail.com](mailto:colorlineslincoln@gmail.com).

Or <https://www.facecook.com/colorlineslincoln>

This group supports and strengthens racial identity in transracial families.

Next meeting is **January 25, 2016** at Newman United Methodist Church in Lincoln. Watch our website for further dates. Support only.

# 5 Ways Foster Youth Will Benefit From the Every Student Succeeds Act

Today is a historic day in education policy, as **President Obama signed the Every Student Succeeds Act (ESSA) into law.** This law responds to the gaps in education faced by vulnerable and at-risk students, including youth in foster care and juvenile justice.

Not only is this key legislation governing education, but significant improvements in education for foster youth have not been enacted at the federal level since Chafee funds were authorized for educational purposes in 1999.

The education provisions in the Fostering Connections to Success Act of 2008 were the most recent attempt by federal lawmakers to address education issues for foster youth. The ESSA expands on those attempts with an intentional effort to improve education outcomes for youth in foster care.

## Here are five ways foster youth benefit from the new law:

- 1. Foster youth will now be able to remain in their original school even if they change placements.** Sometimes, if a foster youth is being bullied or if there is a reason why the youth should change schools, they will be able to. Schools will work together with child welfare agencies to ensure that foster youth have transportation to and from school every day. Furthermore schools will immediately enroll foster youth if they must change schools, even if they do not have the appropriate records. Finally, schools will work together to gather and keep track of educational records for foster youth.
- 2. Foster youth will not face as much bullying.** The new law requires schools to reduce bullying, which would mean a significant improvement in school environments for foster youth who are often bullied.
- 3. Foster youth will have more access to Charter schools.** Sometimes, a Charter school is a better environment for students with diverse backgrounds, and Charter schools will now be an educational option for youth in foster care.

- 4. Foster youth and families involved with the foster care system will have access to services through Family Engagement Centers.** To receive funding, the centers must prove that the services offered are helpful and useful for foster youth and families involved in foster care.
- 5. Foster youth will continue to see improvements in their educational experiences as more information is collected and tracked.** Right now, it is hard for policy makers to understand where the gaps in education are for foster youth because there is not enough information about the educational experiences of foster youth. The new law requires reports to lawmakers and policymakers about the status of foster youth in education. Since foster youth will move schools less and since schools will have more access to educational records, policymakers will have access the information they need in order to understand the educational needs and outcomes of youth in foster care, and with this information they will be able to continue to improve the educational experiences of all foster youth.

Now that this law has passed, the agencies responsible for overseeing the new provisions will be writing regulations and working with states to plan for implementing the new law. The provisions will start taking effect in a couple years, and foster youth advocates are encouraged to remain involved in their communities and work with their schools, child welfare agencies, and education agencies to ensure that the implementation of the new law is completed effectively.

Permission granted to use article. Article can be found at: <https://www.fosterclub.com/groups/federal-policy/5-ways-foster-youth-will-benefit-every-student-succeeds-act>

## Newsletter Survey Winners!

Win a gift card! These people did, just fill out our quick questionnaire on survey monkey.  
Cross your fingers lady and gentlemen!

Congrats to the following winners  
of the \$10.00 gift card drawings.

September/October – Melanie Miller, Papillion NE  
November/December - Sarah Hartman, Waverly NE



# Waiting for a forever HOME!

## The following are children available on the Nebraska Heart Gallery.

### Name: Lara (13 years old)

Lara is an energetic teen girl who loves to play sports, especially soccer! When she has free time, she also enjoys playing Minecraft and she hopes to have her own gaming system some day. If you give her a choice of restaurants, Lara will always choose to go out for pizza and says she could eat pizza everyday of the week! Lara is an animal lover and would like to have a pet fish. When asked about her favorite things, Lara says she loves watching movies, playing board games, listening to music, and eating pizza. At school, her favorite class is math. Lara enjoys spending time with her 3 sisters and, in her own words, Lara says she wants a “happy, loving family that will allow her to maintain relationships with her sisters.”

Connections: Lara needs to maintain relationships with her sisters.



### Names: Uriel, Dilan and Edwin

January 2004, May 2006, and October 2008

Meet Uriel, Dilan, and Edwin! 3 active and loving brothers who enjoy playing sports and riding bikes together.

**Uriel**, the oldest of the group, is a very motivated young man. He likes to help out where he can and takes pride in earning an allowance. Uriel is protective of his 6 younger siblings and has been a great role model for them. Uriel is very involved with athletics. He’s always had a love for soccer, but recently found a new love for baseball. Uriel enjoys riding his bike, playing games, and being outdoors. Uriel is bilingual and able to speak English and Spanish fluently.

**Dilan** is the middle child of this sibling group. Dilan is considered the shy one of the group, but quickly warms up to people once he gets to know them. He is very energetic and



likes to be involved in activities. Dilan enjoys playing Legos with his brother, Edwin. He also follows in his older brother’s footsteps and has a love for sports, especially basketball and soccer. Dilan is helpful and likes being responsible to complete his chores independently. Dilan is bonded with his siblings and looks up to his older brother. Dilan is bilingual and able to speak some Spanish in addition to English.

**Edwin**, the youngest boy of the group, is described as sweet and caring. Edwin is very talkative once he gets to know someone. Edwin enjoys playing outside, doing puzzles, and playing with his friends. Edwin has a love for animals and would like to have a pet dog. Edwin, like his older brothers, is responsible and likes earning his allowance for completing chores. He is very bonded to his older brothers. Edwin is bilingual and able to speak some Spanish in addition to English.

Connections : The boys need to maintain a relationship with their 4 younger siblings.

### Name: Zander (17 years old)

Meet Xander! This high schooler loves to be the center of attention! You can often find him singing, dancing, and involved with the theatre. If he is not being theatrical, Xander may be deep in a good book, engaged in a movie, or diligently drawing pictures. For fun, Xander likes the outdoors, traveling, and playing soccer. Xander loves being around other children or adults. He aspires to be an actor, but also would like to be a foster parent some day. He is a very funny and caring teen who is deeply involved with his native tribe. He looks forward to meeting you!

This child is legal risk.

Connections Xander needs to maintain a relationship with his mom, sisters, grandma and grandpa.



For more information on these children or others on the Heart Gallery please contact Sarah at:

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

Phone: 402-504-3673





# Dear Foster Parent

The Foster Care Reimbursement Rate Committee of the Nebraska Children’s Commission is collecting information from Nebraska foster parents in an effort to ensure that the best possible service is being provided to foster parents, youth, and their families.



This survey concentrates on the Nebraska Caregiver Responsibility (NCR) Tool. The NCR Tool is a document that is meant to be filled out to determine the level of care and responsibility that you, the foster parent, will provide to your foster child.

You will not be asked to provide any identifying information about yourself, or your foster child. Answers collected from this survey will be provided in aggregate to the Foster Care Reimbursement Rate Committee to support the creation of recommendations to the Nebraska Children’s Commission, Nebraska Department of Health and Human Services, and the Nebraska Legislature. The survey is available at this link: <https://www.surveymonkey.com/r/VTNZ5VK>.

This survey will provide an opportunity for the voice of Nebraska foster parents to be included in recommendations. It will assist in addressing areas of the NCR tool that may need further attention. In order to have recommendations prepared for reporting deadlines, this survey must be completed no later than **5:00 p.m. on February 2, 2016**. Your time and input are greatly appreciated.

Foster Care Reimbursement Rate Committee,  
Nebraska Children’s Commission  
521 South 14th Street, Suite 401  
Lincoln, NE 68508  
Office: (402) 471-4416  
[www.childrens.nebraska.gov](http://www.childrens.nebraska.gov)  
[NECC.Contact@nebraska.gov](mailto:NECC.Contact@nebraska.gov)

Note: Foster parents with youth involved in the juvenile justice system that are placed in foster care through Probation will not have had an NCR completed on the youth.

## SIBLINGS ARE OUR FIRST FRIENDS

Preserve those bonds at Camp Catch-Up for youth in out-of-home care.



**JUNE 16-19**  
Nebraska State 4-H Camp  
Halsey, NE

**JULY 7-10**  
Nebraska State 4-H Camp  
Halsey, NE



Created for kids who are separated from their siblings because of different foster, adoptive or guardianship placements, Camp Catch-Up is the perfect chance to get together.

Spend the weekend enjoying fun outdoor activities, laughing, making memories and reconnecting with brothers and sisters.

Camp Catch-Up is 100% free for campers. We even provide transportation at designated sites across Nebraska. In order to qualify for Camp Catch-Up, campers must:

- Be between age 8 and 19
- Have at least one biological sibling
- Reside in a separate home as their sibling(s)

**Spots are limited and fill up fast. We will accept applications until both camps are full.**

### TO FIND OUT MORE ABOUT CAMP CATCH-UP OR TO PRINT AN APPLICATION

- Go to [campcatchup.org](http://campcatchup.org)
- Call Alana at 402-380-4552
- Email [apearson@nebraskachildren.org](mailto:apearson@nebraskachildren.org)

# Aha! Parenting Blog

Practical solutions for real parenting problems

## 10 Alternatives To “Consequences” When Your Child Isn’t Cooperating

- Thursday, October 22, 2015

*“Throw the word “consequence” entirely out of your vocabulary and replace it with the term “problem-solving.” -- Rebecca Eanes*

*“My 3 year old was sitting on the couch after bath wearing her towel and said NO about 5 times when asked to get into her pj’s. I was busy with the baby and I heard my husband say “OK fine -- no books then!” so I said “Hey! We’ve got a problem - it’s bedtime and you need to be in your PJ’s -- How do YOU think we should solve it?” And just like that -- she got a big grin her face, suggested we all clap our hands and march our feet and we formed a line right into her room -- happily! Same thing for teeth brushing and potty later! Each time I said “Hey, great problem solving skills! Thank you!” And her response? “You’re welcome mama -- no problem!” -- Carrie*

Most parenting experts suggest that when children “misbehave” the best response is “consequences.” Parents are told that letting children experience the consequences of their poor choices will teach them lessons. Makes sense, right?

Well, no.

I love natural consequences as a teacher. We all have to learn that if we don’t remember to take our lunch, we’ll go hungry.

But when most parents use “consequences” for discipline, they aren’t the natural result of the child’s actions (“I forgot my lunch today so I was hungry”). Instead, they have become for children the threats they hear through their parents’ clenched teeth: “If I have to stop this car and come back there, there will be CONSEQUENCES!!”

In other words, Consequences mean Punishment. Whether you’re threatening the a timeout or the loss of a privilege, that is punishment, which is defined as causing another person physical or emotional pain with the purpose of getting them to do things your way (or with the purpose of revenge). And punishment has been proven repeatedly to backfire in child-raising (see Why Punishment Doesn’t Teach Your Child Accountability). Quite simply, punishment creates power struggles, and it doesn’t help your child internalize self-regulation.

Worried about what you’ll do without the threat of Consequences to keep your child cooperating? Next time your child refuses your guidance and you find yourself about to blurt out a threat, try one of these responses instead.

### 1. Let your child solve it.

*“You haven’t brushed your teeth yet and I want to be sure*

*we have time for a story. What can we do?”*

It’s amazing how children step into responsibility when we offer it. They love to help, and to solve puzzles. Sometimes they just need a little respect.

### 2. Partner for Win/win solutions.

If your child doesn’t offer a solution that works for you, explain why and help her come up with one.

*“You think you should just skip brushing teeth tonight? Hmm...that doesn’t work for me because your poor teeth would stay germy and they could get tiny holes in them. What else could we do to get your teeth brushed and time for a story? Want to put your pjs on, and then brush?”*

Once your child believes that you’re serious about win/win solutions, she’s much more likely to work with you to find a solution that works for everyone.

### 3. Invite cooperation with your phrasing.

Consider the difference in these approaches:

*“Go brush your teeth now.” - Since no one likes to be told what to do, a direct order like this often invites resistance, either direct or in the form of stalling.*

*“Can you go brush your teeth now?” - Many kids will reflect on this and just say No. Don’t phrase your request in the form of a yes or no question unless you’re willing to accept No for an answer.*

*“Do you want to brush your teeth now, or after you put your PJs on?”*

*“Do you want to brush your teeth now, or after you put your PJs on?” - This strategy works because you’re extending your child the respect of giving him some control, at the same time that you retain the responsibility of making the decisions you need to as his parent. Only offer options you can live with, of course.*

*“You may brush your teeth now.”*

*“You may brush your teeth now.” - Almost sounds like a privilege, doesn’t it? This is a command, but a respectful, calming one. Works especially well with kids who are over-stimulated by bedtime and overwhelmed by choices.*

### 4. Ask for a Do-over.

*“Oops. I told you to brush your teeth and you ignored me and then I started to yell. I’m sorry. Let’s try a do-over.”*

This is a great way to interrupt things when you’re headed down a bad road. Get down on your child’s level and make a warm connection. Look in her eyes. Touch her.

*“Ok, let’s try this again, Sweetie. It’s teeth brushing time! How can we work as a team here to get those germs off your teeth?”*

### 5. An ounce of prevention is worth a pound of cure.

- *Before transitions, give ample warning AND spend a few minutes connecting with your child.*

- *Think about what usually triggers problems for your child and take pre-emptive action.*
- *Always leave extra time to get anything done that your child usually resists, so you're relaxed.*
- *Sidestep power struggles in general, so she's more likely to cooperate when you really need her to.*

## 6. When your child defies you, focus on the relationship, rather than on discipline.

A good relationship is your foundation; guidance doesn't work without it because your child stops caring about pleasing you. A child who is rude is either very upset, or expressing her need for a better relationship with you. In either case, "consequences" will make the situation worse. I'm not suggesting you put up with rudeness, just that you see it as a red flag to do some repair work on the relationship.

## 7. Make sure your expectations are age-appropriate.

- *A one year old needs a baby-proofed house, not to learn by consequences how to leave the DVD player alone.*
- *A four year old needs your help to get through the bedtime routine, not to lose reading time with you when he gets distracted and dawdles.*
- *A ten year old needs your help to make the homework routine into a habit that works for him, not to lose his TV privileges. (Although screen time during the week may make it harder for kids to give their best to academics, family time, and pursuing other interests. But that's a lifestyle choice, not a punishment.)*

## 8. Get to the root of the problem.

Usually when kids defy us, they're asking for help with their emotions. You'll know this is happening when your child seems unhappy and is making you unhappy; when whatever you try just doesn't work. At those times, your child is showing you that he has some big feelings he needs to express, and he needs your help. He may be angry, or afraid, or sad. He may just need to cry. So if you set a limit and your child defies you, forget about punishment and consequences. This is a red flag that he needs your help. Connect with him, restate your limit with kindness and compassion, and let him have his meltdown. After your child gets a chance to show you all those feelings he's been stuffing down, you'll find him much more cooperative.

## 9. Engage the brain.

When humans are upset, our brains don't work as well because "fight or flight" takes over and thinking stops. Start by taking a deep breath and calming your own emotions, to signal to your child that it isn't an emergency. Then connect warmly with your child so she feels safe again. That moves her

out of fight or flight, so she can think again. Finally, invite her brain to engage by helping her understand what's happening:

*"You are so upset. You were having so much fun playing with Daddy. Then he told you to go brush your teeth. You were mad, right? ..... Then Daddy said No story tonight. Right? .... Now you are sad and mad.... I am right here. You are safe. I love you. Daddy loves you. Daddy was upset, too, but now he is here to hug you. ... Let's find a way that we can all have a good evening and feel good when we tuck you in to bed. Maybe we all need a Do-Over?"*

This builds emotional intelligence in your child -- and in your partner. And even if it doesn't get you all on the same page, at least it gets you into the same book!

## 10. Use natural consequences.

I'm not suggesting that you move heaven and earth to protect your child from the natural outcome of his choices. We all need to learn lessons, and if your child can do so without too much damage, life is a great teacher. (Meaning, you won't let him get a concussion to teach him to wear his bike helmet.) But you'll want to make sure these are actually "natural" consequences that your child doesn't perceive as punishment so they don't trigger all the negative effects of punishment. What's more, you'll want to be sure that your child is convinced that you aren't orchestrating the consequence and are firmly on his side, so you don't undermine your relationship with him.

Consider the difference in these approaches:

*"Of course I will bring your lunch to the school, Sweetie. I don't want you to be hungry. But try to remember it tomorrow." - Child may or may not remember his lunch tomorrow. There is no harm in doing this once or even twice, if you can do it easily. We all have forgotten things like lunches, and it is not a sign that your child will be irresponsible for life. But it is a signal that you need to help your child with self-organization strategies.*

*"I'm certainly not going to drop everything to bring you your lunch. I hope this will teach you a lesson." - Child will probably learn to remember his lunch. BUT he concludes that parent doesn't care about him, and becomes less cooperative at home. (And as my teenager says, "I would never ask a parent like that for help when I really needed it.")*

*"Ok, I will bring your lunch but this is absolutely the last time. You would forget your head if it weren't glued on and don't expect me to always drop everything to bail you out." - Child does not learn to remember lunch but does learn that he is a forgetful person who irritates his parent. In the future, he acts in accordance with this expectation.*

*"I'm so sorry you forgot your lunch, Sweetie, but it doesn't work for me to bring it to you. I hope you won't starve and I will have a snack waiting when you get home."*

Child learns to remember lunch AND feels cared about AND self image stays intact.

Retraining yourself can be tough. But as Rebecca Eanes says, just throw the word “consequences” out of your vocabulary and replace it with “problem-solving.” You’ll be amazed at the miracles you can make.

*Permission granted to use article. Article can be found along with other articles and parenting tips at: [http://www.ahaparenting.com/blog/How\\_to\\_Motivate\\_Kids\\_Without\\_Consequences\\_We\\_Have\\_a\\_Problem\\_How\\_Should\\_We\\_Solve\\_It](http://www.ahaparenting.com/blog/How_to_Motivate_Kids_Without_Consequences_We_Have_a_Problem_How_Should_We_Solve_It)*

## How can foster parents and birth parents successfully co-parent?

By Dr. John DeGarmo

### Leading expert in the foster care system



It can be quite difficult having a foster child in your home. He or she may have been placed in your home because of abuse or neglect from his family. Perhaps he was in danger from parents who were abusing themselves. Whatever the reason for his placement into the child welfare’s custody, your foster child has most likely come to you with some emotional problems and is struggling with the loss of his family.

As a foster parent, it is part of your job to help your foster child deal with these issues, and help him adjust to his new environment, as well as develop a positive and loving relationship with him.

However, there is another part of your role as a foster parent that can be extremely difficult: co-parenting. When a foster parent shares the nurturing of a foster child alongside the birth parents and caseworker, reunification tends to happen at a quicker and more successful rate. Co-parenting sees you, as a foster parent, working alongside the biological parents of the child living under your roof and with your family. This may be the more difficult part of your job. Not only will the foster child benefit from this improved relationship, but hopefully, the biological parents will also benefit as they learn positive parenting skills from the foster parents.

There are a number of strategies that will reduce the stress that you, as a foster parent, can use when working with birth parents.

#### Do

- be a role model
- answer questions honestly
- ask about their child

#### Don't

- pass judgement
- ignore them
- be unprepared for visitations

## DO

### Do be a role model

As a foster parent, you will be a role model for countless people, as many eyes will be upon you. Not only will you be a role model for your foster children, but for the public as a whole. Foster parenting will be on display for all to see as you undertake your role as a foster parent. Perhaps others will be impressed by your role and will wish to become a foster parent, or in the very least, help out.

For birth parents and family members, you might be the best example of a good parent. Everything you do as a foster parent will send signals to the biological parents on how a parent should act, as well as how to treat their own children. When your foster child meets with his birth parents for visitations, he should be well dressed, clean, healthy and looking his best. His hair should be combed with nails cut.

After all, you are sending a message that he is worthy of your best attention and care.

### Do answer questions honestly

Upon meeting the birth parents for the first time, there are bound to be questions from both you and the birth parents. Your foster child’s family members will want to know what kind of family their child is living with, what his home life will be like, if he is being taken care of and many other concerns. After all, their child has been taken away from them, against their wishes, and placed in a strange home. They will have many concerns and may not be as courteous as you might like.

Be prepared for them to be hostile, rude, angry or even distant. Remember that they are hurting and have been through a traumatic experience with the removal of their child. Respectfully encourage them to ask you as many questions as they would like. It is important that you answer their questions as honestly and openly as possible, treating them with the utmost integrity, kindness and politeness. Remember that you are modeling good adult behavior to them, as well as to your foster child.

### Do ask about their child

Your foster child’s biological parents and family members will know him better than anyone. And your meeting with them will offer you the opportunity to learn a great deal about him, as well as acquire important information you might need. A list of prepared questions will help you gather the information you need.

When you ask questions about their child, you are showing the birth parents that you are interested in him and his wellbeing. By indicating with your questions that his parents are the experts, you will begin to form a relationship, one that will benefit all involved.

## DON'T

### Do not pass judgement

Maybe you disagree with their parenting style. Maybe their morals and values differ completely from yours. Maybe they have said mean things to you. But it is vital that you do not prejudge them before you meet them.

Consider that many biological parents of foster children were abused themselves, and they know no other way when raising children. Also disturbing is that some birth parents were foster children and are just repeating the cycle they went through as a child. Certainly, there are reasons why their children are in care that we may never understand. Not only can we stay positive and keep a good attitude, we can also treat our foster child's birth parents with the same dignity, respect and kindness that we would want displayed towards the children, or towards us.

### Do not ignore them

Your foster child's family will likely be very curious about you. If they have not already asked questions about you and your family, take time to share with them some information. Let them know that you are excited to have their child in your home for the time being. Tell them about some of the traditions in your home. Reassure them that their child will not only be safe in your home, but will be cared for and given plenty of positive attention. The more assurance birth parents have that their child is in a good home, the better the relationship will be between the two of you.

### Do not be unprepared for visitations

For foster children, visitations have many positive attributes. To begin with, your foster child's visit with his biological family members will likely reduce his sense of abandonment by them. Hopefully, his sense of self-worth and importance will be bolstered, as he feels reassured that his parents will continue to love him, something he may very well doubt and struggle with internally.

By expressing his feelings to them, he may continue to heal emotionally. His birth parents may also reassure him that he is in a good home with you, and that he needs to listen to you and follow your rules, thus strengthening his own relationship with you. In fact, the children who visit with their birth parents on a regular basis are less likely to exhibit behavioral problems in your home and in school. As their level of anxiety decreases, they will become better adjusted to placement within your family.



## Summary

As a foster parent, it is crucial to remember that your foster child's biological parents are people in need. There are reasons why their child is in foster care and under your supervision. These parents may lash out at you and the caseworker. They may have treated their own child in cruel and horrible ways. Yet, they still deserve your kindness and sympathy, not your anger. By working with them and showing them kindness and compassion, you will not only help them, but you will also teach your foster child an important lesson in love and humanity.

### More expert advice about Adoption and Foster Care

- Successfully age out of foster care and begin life on your own
- Be a foster parent and have a great marriage
- Don't let being a foster parent strain or ruin your marriage
- Create a great relationship with your foster child's caseworker
- Achieving a healthy transition from foster custody to legal adoption

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<https://expertbeacon.com/how-can-foster-parents-and-birth-parents-successfully-co-parent#.Vnm7l08w0nI>

## Save the Date!

### National Foster Care Month coming soon! Join us at the Proclamation!

May will be here before you know it! Help us celebrate National Foster Care Month and come to the Proclamation Signing at the Capitol with the Governor on May 4, 2016. We had a large turn out last year and hope to see new and returning faces as we raise awareness of the need for foster parents and how they make a difference in the lives of youth in care. We will again have an open house at our office with lunch immediately following the event. RSVP to Felicia@nfapa.org or call the office at 877-257-0176 if you can attend!





12 hour in-service credit!

# "Making the Commitment to Adoption"

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

**Spaulding/In-service Training offered at two locations!  
Choose the location that works for you!**

Regional West Medical Center  
South Plaza, Room 1204  
4021 Ave. B, Scottsbluff  
March 11, 2016: 6:00-9:30 p.m.  
March 12, 2016: 8:00-5:30 p.m.  
(one hour break for lunch)

North Platte Fire Station  
715 S. Jeffers  
North Platte, NE  
June 17, 2016: 6:00-9:30 p.m.  
June 18, 2016: 8:00-5:30 p.m.  
(one hour break for lunch)

The Spaulding program is offered to prospective adoptive families. Spaulding training offers families the tools and information that they need to:

- Explain how adoptive families are different
- Importance of separation, loss, and grief in adoption
- Understand attachment and its importance in adoption
- Anticipate challenges and be able to identify strategies for managing challenges as an adoptive family
- Explore the lifelong commitment to a child that adoption brings

**Scottsbluff: March 11, 2016**

**North Platte: June 17, 2016**

**6:00 p.m. - 9:30 p.m.**

**1) Exploring Expectations**—Defining adoption, the process, and the key players. Participant's hopes and fears about the adoption process are recognized and empowerment strategies are identified to assist them in the process. Participant's explore their fantasies about children they might adopt to become aware of the possible influence on their decision about adoption.

**Scottsbluff: March 12, 2016**

**North Platte: June 18, 2016**

**8:00 a.m. - 5:30 p.m.**

**(with break for lunch)**

**2) Meeting the Needs of Waiting Children**—Assist prospective adoptive parents in focusing on the needs of children awaiting adoption. Explore the issues of separation, loss, grief and attachment. Plus the unique issues related to parenting a child who has been sexually abused.

**3) Exploring Adoption Issues**—Identify supports within their family and introduce them to common issues that all adoptive families face. Help develop strategies for dealing with these issues; explore crisis periods in adoption; explore their own strengths, needs and challenges as they consider adoption.

**4) Making the Commitment**—Assist prospective adoptive parents in considering resources they may need, what they need to know, what they need to do, and what they need to explore about themselves as they consider adopting a particular child or children.

## Registration Form—Making the Commitment to Adoption

Name: \_\_\_\_\_  Scottsbluff  North Platte

Address: \_\_\_\_\_ City/Zip \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

You will be notified if Spaulding is cancelled due to low attendance. Please note times of the training.

Mail your registration to: NFAPA, 2431 Fairfield Street, Suite C, Lincoln, NE 68521 402-476-2273 Toll-Free 877-257-0176

# NFAPA In-Service Trainings



**Scottsbluff One Day Conference**  
 April 2, 2016  
 Regional West Medical Center, South Plaza, Room 1202  
 4021 Ave B, Scottsbluff  
 9:00-4:30 p.m. (Lunch on your own)

Cynthia Downey from Cenpatico will come and speak on:

**Childhood Traumatic Grief:** Understand impact of childhood traumatic grief. Signs and symptoms of traumatic grief verses normal grief. Suggestions that can help your child work through traumatic grief.

**Coping with Trauma Reminders:** Identify what is a trauma reminder. Role the five senses play in trauma reminders. Identify flashbacks and ways to deal with flashbacks. Identify the five R's in dealing with trauma reminders.

**Preventing Sexual Misconduct:** Describe types of harmful contact and non-contact child sexual abuse. Identify signs that are typical of younger children who have been sexually abused. Identify signs typical of a teenager who has been sexually abused. Describe steps to take to create a family safety plan.

We will also have training on:

**Reasonable and Prudent Parent Standard (RPPS):** RPPS is a provision of the Strengthening Families Act that passed Congress in 2014. We will talk about how foster parents can exercise their best judgement as it relates to youths activities and provide normalcy for youth while in foster care.

**Gretna In-Service**  
 April 11, 2016  
 Good Shepard Lutheran Church  
 11204 S. 204th Street  
 Gretna  
 6:00-9:00 p.m.

**Columbus In-Service**  
 April 12, 2016  
 Peace Lutheran Church  
 2710 28th Street  
 Columbus  
 6:00-9:00 p.m.

Cynthia Downey from Cenpatico will continue her Hope for Healing training for sessions 3 & 4 at both locations:

**Part 3 Loss and Behavior:** Participants will be able to list common behaviors that children in care demonstrate. Participants will be able to discuss behaviors of children “acting it out”, and what “it” is.

**Part 4 Therapeutic Parenting:** Participants will be able to discuss ways to build trust for healing. Participants will be able to identify the qualities of therapeutic parenting. Participants will be able to discuss impact of attunement and empathy in developing new roadmap.

**NFAPA In-Service Training: REGISTRATION REQUIRED!**

NEBRASKA FOSTER & ADOPTIVE PARENT ASSOCIATION  
 431 FAIRFIELD STREET  
 SUITE C  
 LINCOLN, NE 68521  
 Question?  
 Phone: 877-257-0176  
 E-mail: Felicia@nfapa.org  
 Website: www.nfapa.org

NAME: \_\_\_\_\_ SPOUSE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY, ZIP: \_\_\_\_\_  
 HOME #: \_\_\_\_\_ CELL #: \_\_\_\_\_  
 EMAIL: \_\_\_\_\_ AGENCY: \_\_\_\_\_

Mark which training you will attend:  Scottsbluff (April 2, 2016)  Gretna (April 11, 2016)  Columbus (April 12, 2016)

**Mail your registration to the address above.**

Note: for the Scottsbluff One Day Conference, lodging and mileage will be reimbursed for Western Foster Parents only who travel more than 60 miles to the training on April 2. Childcare will not be reimbursed. Lunch is on your own. Please make arrangements for childcare. No children at the workshop.

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2431 Fairfield Street, Suite C  
Lincoln, NE 68521  
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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 a volunteer Board of Directors and Mentors.

Name(s): \_\_\_\_\_

Organization: \_\_\_\_\_

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

City: \_\_\_\_\_ County: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

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

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

I am with \_\_\_\_\_ agency.

I wish to join the effort:

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

My donation will be acknowledged through Families First newsletters.

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