

# Families First

a newsletter for Nebraska Families

March/April 2015

N F A P A

## Attachment Issues and Reactive Attachment Disorder

Part 2 (Part 1 was in previous newsletter)

### Symptoms, Treatment, and Hope for Children with Insecure Attachment

Signs and symptoms of reactive attachment disorder  
Children with reactive attachment disorder have been so disrupted in early life that their future relationships are also impaired. They have difficulty relating to others and are often developmentally delayed. Reactive attachment disorder is common in children who have been abused, bounced around in foster care, lived in orphanages, or taken away from their primary caregiver after establishing a bond.

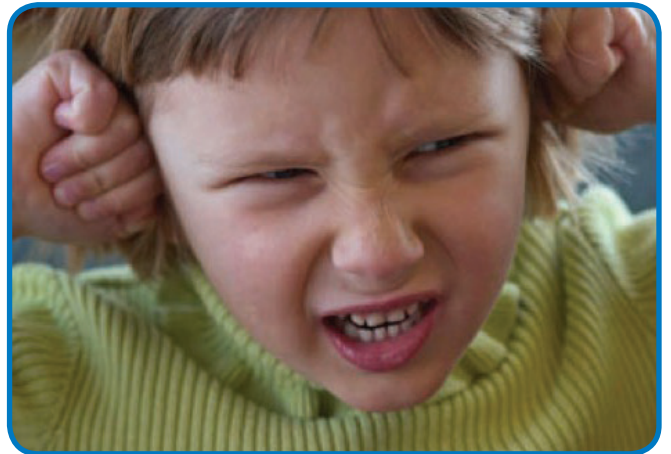
Common signs and symptoms of reactive attachment disorder

- **An aversion to touch and physical affection.** Children with reactive attachment disorder often flinch, laugh, or even say “Ouch” when touched. Rather than producing positive feelings, touch and affection are perceived as a threat.
- **Control issues.** Most children with reactive attachment disorder go to great lengths to remain in control and avoid feeling helpless. They are often disobedient, defiant, and argumentative.
- **Anger problems.** Anger may be expressed directly, in tantrums or acting out, or through manipulative, passive-aggressive behavior. Children with reactive attachment disorder may hide their anger in socially acceptable actions, like giving a high five that hurts or hugging someone too hard.
- **Difficulty showing genuine care and affection.** For example, children with reactive attachment disorder may act inappropriately affectionate with strangers while displaying little or no affection towards their parents.
- **An underdeveloped conscience.** Children with reactive attachment disorder may act like they don’t have a conscience and fail to show guilt, regret, or remorse after behaving badly.

### Inhibited reactive attachment disorder vs. disinhibited reactive attachment disorder

As children with reactive attachment disorder grow older, they often develop either an inhibited or a disinhibited pattern of symptoms:

- **Inhibited symptoms of reactive attachment disorder.** The child is extremely withdrawn, emotionally detached, and resistant to comforting. The child is aware of what’s going on around him or her—hypervigilant even—but doesn’t react or respond. He or she may push others away, ignore them, or even act out in aggression when others try to get close.
- **Disinhibited symptoms of reactive attachment disorder.** The child doesn’t seem to prefer his or her parents over other people, even strangers. The child seeks comfort and attention from virtually anyone, without distinction. He or she is extremely dependent, acts much younger than his or her age, and may appear chronically anxious.



### Parenting a child with reactive attachment disorder: What you need to know

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

(continued on page 7)

## Nebraska Foster &amp; Adoptive Parent Association

# Families First

a newsletter for Nebraska Families

**N F A P A**

Families First is published bimonthly.

When reprinting an article, please receive permission from the Nebraska Foster and Adoptive Parent Association, 2431 Fairfield St. Street, Suite C, Lincoln, NE 68521

402-476-2273, toll-free 877-257-0176, e-mail: Pam@nfapa.org

To contact a board member or mentor, visit our website at [www.nfapa.org](http://www.nfapa.org)

## NFAPA Staff

**Pamela Allen**, Executive Director: 308-631-5847 or Pam@nfapa.org

**Felicia Nelsen**, Office Administrator: 877-257-0176 or Felicia@nfapa.org

**Alicia Carlson**, Support Staff: 877-257-0176

**Tammy Welker**, Northeastern/ Eastern Area RFC: 402-989-2197 or Tammy@nfapa.org

**Robbi Blume**, Northwestern Area RFC: 402-853-1091 or nothernnfaparb@yahoo.com

**Terry Robinsons**, Central RFC: 402-460-7296 or trobinson1978@gmail.com

**Jolie Camden**, Western RFC: 308-672-3658

**Kathy Wagoner Wiese**, Western RFC: 402-853-1090 or Kathy@nfapa.org

\*RFC = Resource Family Consultant

## NFAPA Board of Directors 2015

### President

Charles and Carla Colton  
32314 740 Road  
Imperial, NE 69033  
308-882-4078  
colton@chase3000.com

### Vice-President

Jay & Tammy Wells  
21 N. Kennedy, PO Box 162  
Alma, NE 68920  
308-928-3111  
jtwells@frontiernet.net

### Secretary

Kathy Wagoner-Wiese  
17630 W. 42nd Street  
Kenesaw, NE 68956  
402-752-3712  
okwiese@windstream.net

### Treasurer

Lynne Wiedel  
6279 Road S  
Belvidere, NE 68315  
402-469-9778  
lynne1978\_wiedel@hotmail.com

### Central Representative

Vacant

### Eastern Representative

Anna Brummer  
17820 Jacobs Circle  
Omaha, NE 68135  
308-627-6859  
brummeram@gmail.com

### Northern Representative

Josh and Erin Rathe  
2821 Furnas Street  
Ashland, NE 68003  
Cell #402-984-6461  
Erin.rathe@agps.org

### Southeast Representative

Vacant

### Western Representative:

#### Southwest

Lana & Mark Tiede  
41596 Rd 766  
Gothenburg, NE 69138  
402-802-6363  
lanatiede@yahoo.com

### Western Representative:

Panhandle  
Vacant

### At Large Board Members

Barbara Dewey  
2900 South 70th Street, Ste 160  
Lincoln, NE 68506  
(402) 525-9825  
bdewey@neb.rr.com

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

This publication is supported by Grant #93.556 under a sub-grant from HHS Administration for Children and Families and Nebraska DHHS.

# Attention Foster Parents!

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

Answer these 9 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 9 questions and send us your answers! There are a variety of ways to do this. You can

**1)** email the information to Felicia@nfapa.org, **2)** send the questionnaire from the newsletter to the NFAPA office at 2431 Fairfield Street, Suite C, Lincoln, NE, **3)** 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 **4)** survey monkey and do the questionnaire on line at <https://www.surveymonkey.com/s/P5B3VLJ>.

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. Is the burnout rate for Caseworkers high or low?
2. T or F: It is important to give your foster child and caseworker privacy and space.
3. Where will the National Foster Parent Association Annual Conference be held this summer?
4. T or F: You will be held responsible for your foster child's whereabouts & safety at all times.
5. Name one thing John DeGarmo has learned over the years as a foster parent?
6. According to Dr. Jane Nelsen what are the 4 R's of punishment?
7. What are the 2 alternatives to Timeouts?
8. Name three common signs and symptoms of reactive attachment disorder.

Name 5 tips to help parent a child with Reactive Attachment Disorder or insecure attachment.

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

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

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

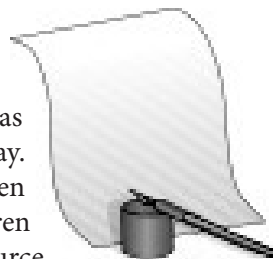
Phone #: \_\_\_\_\_

Issue: Families First Newsletter: March/April 2015

# A Letter from the Executive Director

Pamela Allen

My...how fast time goes by! It is almost time for school to be out. With that comes graduations and end of the year school programs, as well as Mothers Day and Fathers Day. These are both days of celebration when we, as parents, embrace the children we have been blessed with. As Resource Parents, many of us not only have our own biological or adopted children, we have children that belong to someone else. Someone else who loves them. These are children whom we have taken into our hearts and homes to love and treat as part of our family. It is not always easy to let go and share these children with their birth families, however, it is something that is very important to the children and families that we serve. I challenge each of you to not only open your hearts to children, but to open your hearts and homes to the families these children belong to. Every child deserves to be with their birth family if it is safe. Every child deserves the opportunity to grow up knowing who they are and where they have come from. Every child deserves the opportunity to claim their past, live in the present and look forward to a future filled with the people they love who also love them.



It has taken some time, but I have seen Resource Parents slowly begin the paradigm shift from feeling the need to keep children away from their birth families to that of embracing the birth family and helping them to be successful. Statistics show that when birth families and resource families are working together in the best interest of children, that children return home much more successfully, much sooner. For resource families who are already working with birth families.....THANK YOU! For those of you who haven't, I am asking that you please keep an open mind. I have never met a birth parent who doesn't love their child and maybe.... just maybe, you could be just the person to reach out and touch a family in a way that can make them whole again.

Most of this letter comes from a former letter that I wrote several years ago. I repeat it because I feel it is so very important and I know that this is going to be my last letter to you and wanted to leave you with this. Again, I thank each of you for being the awesome foster parents that I know you are. I encourage you to become involved with the NFAPA if you aren't already. I encourage you to attend in-service trainings to get your on-going training hours. We ALL get so much more out of learning in a setting with others that are doing the same things that we are doing. We can all learn from each other and build our support networks. The saying "Walk a mile in my shoes" holds so true when we are talking about the

children in our homes, the trauma they are going through, the behaviors that come with that trauma and all of the feelings that we as caregivers are feeling. NFAPA is YOUR voice.

God bless each and every one of you and your families. Thank you for your support over the last 11 years! Felicia Nelsen is going to do an awesome job of Executive Director. For those of you who have met Felicia over the years, you know this! If you haven't met her, please feel free to give her a call or stop into the office. I know that she would love to meet you.

Again, Thank you!

Sincerely,  
Pamela Allen

## Through the Eyes of the Child Initiative

2015 Lecture Series

### Making Adoption a Priority: The Role of Courts and Court Professionals in Meeting the Needs of Nebraska's Adoptive Families

**Omaha:** April 22, 2015 - 8:45am to 12:00pm

**Grand Island:** April 28, 2015 - 8:45am to 12:00pm

**Norfolk:** April 29, 2015 - 8:45am to 12:00pm

### The Impact of Domestic Violence on Young Children- Sarpy County

**Sarpy County:** May 15, 2015 - 1:30pm to 4:00pm

**Hastings:** May 28, 2015 - 1:30pm to 4:00pm

**North Platte:** May 29, 2015 - 1:30pm to 4:00pm

### Answering the Call: Every Stakeholder's Responsibility for Keeping Juvenile Incarceration Rare

**Lincoln:** May 20, 2015 - 12:45pm to 4:00pm

**Omaha:** May 21, 2015 - 9:00am to 12:15pm

Register for the event you wish to attend at:  
<http://throughtheeyes.org/events>

# The Value of foster and Adoptive Parent Support Groups

Pamela Allen

As I look back at the many years that my husband and I welcomed foster children into our home, I can't help but wonder how successful we would have been if we had isolated ourselves from other foster and adoptive parents. I believe with my whole heart that in order to be successful as foster/adoptive parents, in order to best take care of our relationships with our own families and take care of ourselves, it is very important to become involved in support groups and in-service trainings that are done WITH others that have had like experiences and learn from them, rather than reading books (which can also be helpful) or watching videos. So often over the past few years, I come across many foster parents that attend pre-service training and that is the last time we see them....unless they encounter a crisis situation in their home. I know that when you foster, it can be difficult to get away, however, the benefits much outweigh the struggle.

NFAPA offers support groups and also offers Facebook chat. All of NFAPA staff are either currently, or have been foster parents and have adopted. They have walked in your shoes and facilitate meetings from the "been there, done that" perspective.

There is a huge value in being a part of a support group. Foster care and Adoption bring special issues to a family and parents often seek other people who understand their children, their families and the unique challenges and rewards that adoption has brought to their lives. Parents know firsthand the problems that families and children face, the support needed, and the structures and relationships that can help. Parenting children whose lives have been affected by neglect, abuse, institutional care, separation and loss, and multiple moves is like no other kind of parenting. Families may have to draw on skills they never knew they had or needed. They may need to turn to others who have experienced similar challenges.

By bringing together people who have been touched by foster care and adoption, a parent support group can:

- *Validate parents' experiences and frustrations*
- *Celebrate the joys and triumphs unique to adoptive parenting*
- *Enable parents to share resources, suggestions and success stories*
- *Identify and solve problems*
- *Guide parents to a better understanding of adoption and foster care's impact on child development*
- *Resolve feelings of isolation and self-doubt or guilt when problems arise in the family*

Most importantly, parent groups offer encouragement and hope. There is no clear and absolute definition of adoptive family support. It is what-ever any group or an adoptive parent needs in order to be empowered and further enable them to parent their children. It is a place to go and not be judged. Mutual support is therapeutic....but not therapy....and often is the very factor that keeps a family together and averts disruptions.

Not only are support groups needed and helpful to foster and adoptive parents but as more and more children are being placed with families in out of home care situations, kinship care providers also can look to find support in groups with other families in similar situations.

NFAPA staff is here to help families support one another. Please check out our support groups on the website [www.nfapa.org](http://www.nfapa.org).

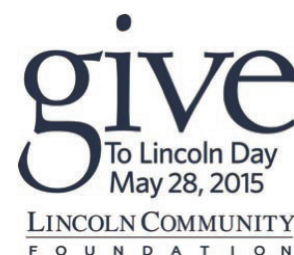
## Give to Lincoln Day

May 28, 2015

On Thursday, May 28th, 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. Gifts on May 28th will be matched proportionally based on dollars raised by each nonprofit.

Please encourage family and friends to donate on May 28. Get more information at [www.givetolincoln.com](http://www.givetolincoln.com). Be sure to log in on May 28 to donate to NFAPA at: <http://givetolincoln.razoo.com/story/Nebraska-Foster-And-Adoptive-Parent-Association>.



**“The bond that links your true family is not one of blood, but of respect and joy in each other's life.”**

– Richard Bach

# The Importance of House Rules and Safety Measures for Foster Children

One thing I have learned over the years as a foster parent is that I must be flexible. To be sure, I never know when a child will arrive or leave my home, as there is often very little notice in either regard. In the past few months, I have seen the number of children in my home go from six to nine and then down to



seven. As I write this, we currently have eleven children in our home; three biological, three adopted, and a sibling group of five children from foster care. Now, if you believe we are a group home, this is not correct. Emergencies crop up, waivers are signed by both the state's child welfare agency and my family, and my wife and I simply have a difficult time saying no. Fortunately, the addition of several of these is for respite purposes.

As you can imagine with eleven children, it seems that all my wife and I do is clean, wash, and supervise. The cooking is nonstop, the washing of dirty clothes is around the clock, and the supervision is often done with one eye towards one group of children, while the other eye is watching out for the others. Is it pandemonium in our house? Perhaps. Is it a house that is never fully clean? Without a doubt. Is it a house full of love? Absolutely! At the moment, my wife and I seem to be burning both ends of a candle stick right now, and we are a little tired. Just a little, mind you. Yet, as exhausting and as grueling as it can be with so many children in our home, and with so many emotional issues and challenges, one thing we have to be consistent in is with supervision. It seems that the supervision of our foster children takes up most of our time, energy, and efforts. Whether it is a new born baby or a teenager, our foster children are just like other children; active and seemingly into everything!

Supervision of your foster child is a must at all times. Make no mistake about it; you will be held responsible for your foster child's whereabouts and safety at all times. After all, he is not your child; you are simply caring for him, and watching over him. As he is placed in your home, and is in your custody, you may be held accountable if he should come to any harm. Therefore, it is not only important that you know where your foster child is at all times, it is essential. You must know the whereabouts of your foster child; you must know where he is each moment. Whether he is in your home, at school, or at another location, you need to know where he is, just as you would for your own children.

Every time a foster child is placed in your home, surprises are sure to appear in some form or fashion. Indeed, each time a child from foster care moves to your home is different and unique. Just as no two children are alike, no two placements are alike, as well. Some placements may be smooth and easy, while others may be difficult and challenging. Some children may be open to being a part of your family, while others may battle you, placing stress upon your household. As I have noted in several books and articles, foster parenting is the hardest thing I have done; at the same time, it is the most important thing I have done, as well. Each child that has come to my home has changed me into a better person, and has helped my family grow in several ways.

Yet, without the right preparation, and the right set of guidelines and expectations, the placement of a child from foster care into your home and into your family can become one that is full of stress and anxiety, even tearing your home and family apart. To be sure, there are so many distractions in our society that can create further disruption to a child in care; disruptions that can also bring additional stress to your home, as well. Social networking, media, technology, drugs; all of these pressures can not only affect the child, but your family, too. I encourage you to be strong in your expectations, consistent with your house rules, and diligent in your supervision. If not, you are setting up your child, and your foster parenting experience, for failure.

-Dr. John DeGarmo

Dr. John DeGarmo is a foster and adoptive father. He has been a foster parent for 12 years, with over 40 children coming through his home. He is the author of many books, including *The Foster Parenting Manual*, and the upcoming foster children's book *A Different Home*.

---

## POSTING PHOTOS ON SOCIAL MEDIA!

Foster Parents need to remember not to post pictures of your foster children on social media websites. Posting pictures of your foster children with flowers, sunglasses, other pictures or symbols covering their face is NOT okay. Don't forget to change the setting on your phone to not have pictures automatically upload to your social media.

**DECEMBER 17, 2014 NEBRASKA DEPARTMENT OF HEALTH AND HUMAN SERVICES - MANUAL LETTER #83-2014 - P&S -395 NAC 3-001.123-001.12**

Confidentiality: All information concerning a child and his or her family is considered confidential and will only be disclosed for purposes that benefit the child. Pictures and information regarding the child will not be posted on social media sites.

---

## May is National foster Appreciation Month!

I would like to take this opportunity to thank all Resource Parents (Foster Parents) for opening your homes and your hearts to children. Resource Families 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!

Governor Ricketts will be signing a Proclamation declaring May as Foster Care Appreciation Month, on May 13, 2015 at 10:00 at the State Capitol.

**YOU ARE ALL INVITED!!**

Proclamations are given in recognition of a special event. So come join foster parents in support of National Foster Care Month. We had a great turn out the last few years and hope to again this year.

NFAPA will be hosting an open house at our office immediately following the Proclamation Signing, at 2431 Fairfield Street, Suite C. PLEASE COME. (rsvp to Felicia@nfapa.org ...we want to be sure and have plenty of food). I look forward to seeing you at the Capitol!

Pamela Allen - NFAPA Executive Director

**“There is no such thing as a “broken family.” Family is family, and is not determined by marriage certificates, divorce papers, and adoption documents. Families are made in the heart. The only time family becomes null is when those ties in the heart are cut. If you cut those ties, those people are not your family. If you make those ties, those people are your family. And if you hate those ties, those people will still be your family because whatever you hate will always be with you. ”**

—C. JoyBell C.

## Kinship Care

With 7.1 million grandchildren living with their grandparents and 4.7 million children living with “other relatives,” according to the 2010 census, almost 12 million children in America today are being raised in kinship care. Of course, this group of kinship providers comes with unique needs and challenges that are often difficult to address. The outcome for millions of children depend on the resources and support these families can access. This book helps build resources for those families, in the hopes that children’s lives will be profoundly, positively impacted.

This 356 page book helps build resources for these families, in the hopes that children’s lives will be profoundly, positively impacted. Containing articles from more than 70 contributors touched in a variety of ways by kinship care including – grandparents raising grandchildren, children raised by other relatives or family friends, social workers, therapists, kinship support organizations, and others, this book is a much needed resource for those working with and parenting their relative’s children.

Publication of the book is March 1, 2015. To order go to the following this link <http://goo.gl/7CYrFs> There you will also find a complete table of contents to get an idea of what the book includes.

Carrie Kitze, Publisher

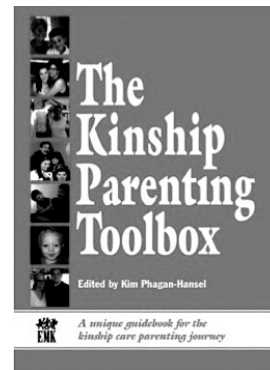
EMK Press • 732-469-7544

<http://www.emkpress.com>

<http://www.facebook.com/TheFosterParentingToolbox>

<http://www.facebook.com/TheKinshipParentingToolbox>

<http://www.facebook.com/AdoptionParentingToolbox>



## National Foster Parent Association 2015 National Convention

All Aboard: Setting Sail for Brighter Tomorrows!

**June 25 through June 28, 2015**

**Sheraton Waterside Hotel, Norfolk, VA**

The National Foster Parent Association and FACES of Virginia Families: Foster, Adoption, and Kinship Association are pleased to present a combined national and state convention.

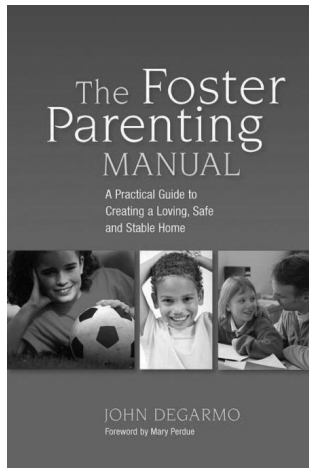
# Foster Parenting Manual Tips for February, 2015

Sadly, many marriages and relationships suffer during the foster process. When you are putting much of your energies and time into your foster child, you may be so drained and exhausted that you soon neglect your spouse. Further complicating this, some foster children are skilled at pitting one parent against the other, bringing some heated and very unproductive arguments to your home. Without a doubt, there are many obstacles that can challenge a healthy marriage when becoming a foster parent. To be sure, being a foster parent will change your life, in so many ways. Therefore, it will be absolutely necessary that you take steps to protect your marriage from any of the slings and arrows that might threaten your foster parenting, and your marriage. Here are some quick tips.

- *Commitment from your family.*
- *Time for your marriage.*
- *Take time for yourself.*
- *Communication is key!*
- *Work together to be in agreement.*
- *Do not let the children behavior separate the two of you.*
- *Use resources and find help.*
- *Finding support in your support groups.*
- *The opportunity of respite care.*

## More Tips

- *It is important that you share all information with the caseworker about your foster child. Be honest with your caseworker about any concerns you might have in regards to your child. If you see signs that your foster child is having trouble adjusting to your home and family, share these concerns with the caseworker.*
- *If your foster child should become sick, let the caseworker know, even if it should be a day at home from the common cold or flu bug. Caseworkers have the responsibility of documenting everything when it comes to each of the foster children in their caseload.*
- *Take steps to develop lines of communication with the caseworker. Make sure the both of you have current telephone numbers and email addresses, for both home and work.*
- *Contact Dr. John at <http://drjohndegarmofostercare.weebly.com>.*



# Attachment Issues and Reactive Attachment Disorder (continued from Page 1)

A child with an attachment disorder is already experiencing a great deal of stress, so it is imperative that you evaluate and manage your own stress levels before trying to help your child with theirs. Helpguide's mindfulness toolkit can teach you valuable skills for managing stress and dealing with overwhelming emotions, leaving you to focus on your child's needs.

## Tips for parenting a child with reactive attachment disorder or insecure attachment

- ***Have realistic expectations.*** Helping your child with an attachment disorder may be a long road. Focus on making small steps forward and celebrate every sign of success.
- ***Patience is essential.*** The process may not be as rapid as you'd like, and you can expect bumps along the way. But by remaining patient and focusing on small improvements, you create an atmosphere of safety for your child.
- ***Foster a sense of humor and joy.*** Joy and humor go a long way toward repairing attachment problems and energizing you even in the midst of hard work. Find at least a couple of people or activities that help you laugh and feel good.
- ***Take care of yourself and manage stress.*** Reduce other demands on your time and make time for yourself. Rest, good nutrition, and parenting breaks help you relax and recharge your batteries so you can give your attention to your child.
- ***Find support and ask for help.*** Rely on friends, family, community resources, and respite care (if available). Try to ask for help before you really need it to avoid getting stressed to breaking point. You may also want to consider joining a support group for parents.
- ***Stay positive and hopeful.*** Be sensitive to the fact that children pick up on feelings. If they sense you're discouraged, it will be discouraging to them. When you are feeling down, turn to others for reassurance.

## A note to parents of adopted or foster care children with reactive attachment disorder

If you have adopted a child, you may not have been aware of reactive attachment disorder. Anger or unresponsiveness from your new child can be heartbreaking and difficult to understand. Try to remember that your adopted child isn't acting out because of lack of love for you. Their experience hasn't prepared them to bond with you, and they can't yet recognize you as a source of love and comfort. Your efforts to love them will have an impact—it just may take some time. (End of Part 2. Article will continue in next newsletter.)

## WAITING CHILDREN...

### Name: **Za’Niah**

Za’Niah is a cheerful upbeat youth who is learning to be more able to be a leader to her peers. She is currently involved in volleyball and is very good in school. She has mostly A’s and B’s in her coursework and is very bright. Za’Niah is very insightful into her strengths and what she needs to work on and can be very helpful. She loves food and to eat. Her favorite foods are either spicy or fruit candy such as Starbursts or skittles.

Za’Niah needs a permanent home she can call home and be cared for consistently. She does well with other children and has a deep connection with her siblings. She also is very attached to her grandmother so this connection would be important to be fostered.

For more information:

Email: [amber.waddell@nebraska.gov](mailto:amber.waddell@nebraska.gov)

Phone: 402-730-4247



### Name: **Christopher**

Christopher can be best described as energetic, good-natured, playful, and caring.

Christopher enjoys riding his bike, playing basketball, playing baseball, playing soccer, swimming and other recreational activities. He also likes to draw, read, put puzzles together, watch movies, play video games, and play with Legos.

He gets along with his peers and has developed some friendships. Christopher is a good child who would benefit from a structured environment. His needs would best be met in a two parent home without small children or animals.



For more information:

Email: [sarah.shurigar-meyer@nebraska.gov](mailto:sarah.shurigar-meyer@nebraska.gov)

Phone: 402-462-1827



### Name: **Emily**

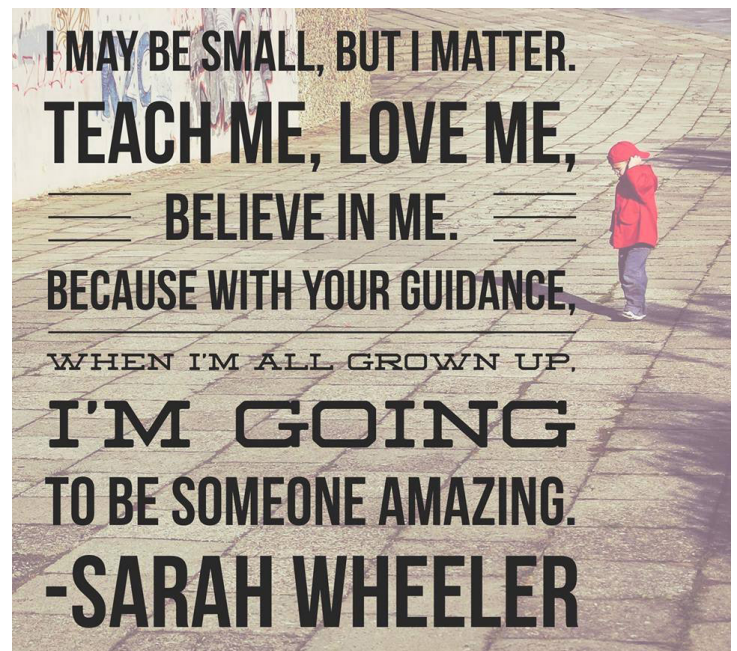
Emily is an exceptionally good student and is extremely intelligent. She enjoys music and spending time with friends. Emily is also an avid writer and is extremely talented with her poetry. She likes to use poetry to express herself. Emily does very well with academic structure but has struggled with day programs, such as YMCA youth programs, as she becomes very self-conscious and anxious about interacting with peers her own age.

It is important that family support/relationship building is supported and encouraged, as well as family living skills developed. Emily’s family wishes to be part of her treatment and strongly wants family therapy in order to develop more positive relationships with Emily so that they are able to support her.

For more information:

Email: [sagen.jenkins@nebraska.gov](mailto:sagen.jenkins@nebraska.gov)

Phone: 402-730-5985



# North Platte One Day Conference

April 11, 2015

9:00-4:30 p.m.

Sandhills Convention Center/Quality Inn & Suites

2102 South Jeffers

North Loup River Room

North Platte, NE

## Nebraska Foster & Adoptive Parent Association



**LORI ROSS**

Lori Ross has been a foster/adoptive parent since 1985, and has cared for more than 400 foster children since that time. Through birth, foster care and adoption, Lori and her husband Randy, are the parents of twenty-eight children ranging in age from 3 to 36, and the grandparents of thirteen. Lori holds a degree in psychology, and has completed thousands of hours of additional training in issues related to the special needs of abused and neglected children.

### Nebraska Foster & Adoptive Parent Association

2431 Fairfield Street  
Suite C  
Lincoln, NE 68521



Question? Phone: 877-257-0176  
E-mail: [Felicia@nfapa.org](mailto:Felicia@nfapa.org)  
Website: [www.nfapa.org](http://www.nfapa.org)

#### Understanding who are kids are from the inside out:

This 1.5 hour session will take a look at the kids who are coming into foster care with a strong focus on the neurobiological impact of trauma on the brain, utilizing the DVD "The Neurosequential Model of Therapeutics" produced by the Child Trauma Academy, featuring Dr. Bruce Perry.

#### Finding and preparing forever families for kids with trauma histories:

This 1.5 hour session will look at the most effective ways in which families are recruited for traumatized children, and the environmental and educational steps which can help families to get ready to care for traumatized children (even if the kids are already in the home). This session will be resource rich. Attendees will receive a list of online and print resources to supplement and continue learning at home.

#### The difficult job of parenting traumatized children:

This 1.5 hour session will look at the challenges that traumatized children present in everyday life within a family, and highlight strategies for behavior management which can begin to improve neural functioning. Attendees will walk away with a new way of understanding and responding to what we've often thought of as Reactive Attachment Disorder.

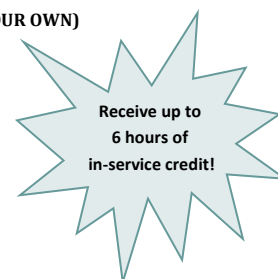
#### Commitment, the unspoken foster care and adoption competency:

This 1.5 hour session will look at strategies to help families who are struggling to maintain commitment with children who are "holding their family hostage." Innovative post adoptive support solutions will be explored, with suggestions for avenues for funding innovative services.

**NFAPA North Platte One Day Conference: COST PER PERSON: \$10 (LUNCH IS ON YOUR OWN)**

#### **REGISTRATION REQUIRED!**

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



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

Lodging and mileage will be reimbursed for Western Foster Parents only who travel more than 60 miles. Childcare will not be reimbursed. Lunch is on your own. Please make arrangements for childcare. No children at the workshop.

# Lying

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

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

*Essentially, I would want her to lie... Convincingly.*

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

## Teaching Kids When to Lie and When to Tell the Truth

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

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

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

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

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

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

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

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

**By Jennifer Shipp**

---

# Is Time-Out the Best Method to Discipline Your Child?

February 17, 2015 by Penelope 1 Comment

## Is time-out really the best method to discipline your child?

My little boy would NEVER stay in time-out when I had to discipline him! The ordeal of constantly moving him back to his time-out chair with his emotions (and mine) escalating exponentially became a horrifying punishment, not only for him but for me as well. (Admittedly, it was a good workout, especially if I had to dodge the chair he was throwing at me.)

But I was taught that time-out is the best method of discipline — one minute for each year of a child's age. Is that what you were taught?

Is forcibly restraining a child in time-out a really helpful method of discipline in changing a child's behavior?

We put our child in time-out and somehow expect that our child's behavior will magically change when the time-out is over. Does time-out actually teach our child how to behave? Sending a child away to a time-out when he misbehaves doesn't help him LEARN how to behave.

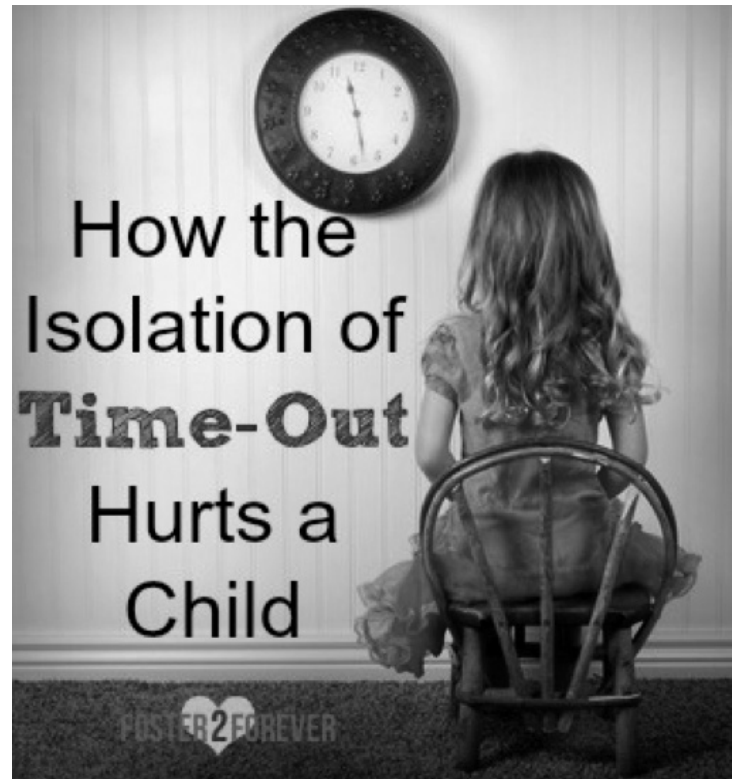
In fact, it can be counterproductive, especially for at-risk children. The isolation of a time-out encourages a child to disengage from the world, especially when dealing with life's disappointments.

To some children, a time-out can be a form of banishment and rejection from the family, and can cause insecurity in a child's mind. You may be sending the message to your child: "My parents don't want me around." Read how our foster daughter reacted to time-out.

And this is particularly true with foster or adopted children that struggle with attachment. Because of a child's early history of neglect and abuse, he may already feel disconnected from the family due to the lack of bonding in his earlier relationships.

The isolation of a time-out can encourage a child to disconnect from the world, and can reinforce the belief that he is alone in the world and can only rely on himself.

On another point, when you send your child to his bedroom for a time-out, you may be sending your child to a bedroom full of toys and entertainment. "Go to your room and think about what you did!" Is a child really thinking about what he did wrong and how he can do better next time? Alone in his bedroom, a child can amuse himself alone, and detach emotionally to forget about problems in the family.



Dr. Jane Nelsen, the renowned author of Positive Time-Out, through her 4 R's OF PUNISHMENT, shows what negative feelings a child may develop when isolated:

1. Resentment: "This is unfair. I can't trust adults."
2. Revenge: "They're winning now, but I'll get even."
3. Rebellion: "I'll do just the opposite to prove that I don't have to do it their way."
4. Retreat into:
  - a. Sneakiness: "I won't get caught next time."
  - b. Reduced self-esteem: "I'm a bad person."

"Isolation, no matter how brief, encourages the child to focus on things and objects — and not on relationships." via The Connected Child

Instead of using time-out as a method of discipline, we have begun to use time-ins and do-overs. Although my strong-willed defiant child is in constant need of redirection and discipline, we have begun to see positive changes in his behavior.

## How has your child reacted to time-outs as discipline?

CHECK OUT THESE GREAT BOOKS ON FOSTER CARE

- *Filed Under: Behavior Issues, Child Discipline, Parenting* Tagged With: discipline

# Food for Thought

by Jennifer Sukup

## The Relationship between Nutrition and Behavior

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

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

## Anger, Violence, and Nutrition

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

## Food Dyes and ADHD

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

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

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

## Unhealthy Diet, Iron Deficiency, and IQ

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

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

## Gluten Intolerance, Trans Fats and Other Sensitivities

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

Trans fats can cause other types of problems in children and adults. For example, a number of studies have indicated that ingesting trans fats can lead to migraine headaches. Unfortunately, the food industry has come up with ways to hide the presence of trans fats in foods. If you read labels,

you'll find words like "hydrogenated" or "fractionated" or "oleic" used instead of "trans fats" in the ingredients list. Manufacturers aren't required by law to report the presence of trans fats if they exist in the foods in low enough proportions. This has led many manufacturers to change their serving sizes and use obscure terms in their ingredients lists to keep consumers from realizing that a food item contains trans fats. If you decide to avoid trans fats, you'll have to stay abreast of the words used on food labels by manufacturers to dupe customers. A simple internet search can help you stay on top of this information.

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

## What's a Foster Parent to Do?

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

## Resources:

- CDC (2010). *Increasing Prevalence of Parent-Reported Attention-Deficit/Hyperactivity Disorder Among Children --- United States, 2003 and 2007*. Retrieved September 7, 2013 from [http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5944a3.htm?s\\_cid=mm5944a3\\_w](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5944a3.htm?s_cid=mm5944a3_w)
- Davis, W. (2011). *Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health*. Rodale Books: Emmaus, PA.
- Fox New Network, LLC. (2013). *Tick bites are making people allergic to red meat, researchers say*. Retrieved September 6, 2013 from <http://www.foxnews.com/health/2013/06/12/tick-bites-are-making-people-allergic-to-red-meat-researchers-say/>
- Raiford, T. (2013). *Effect of Nutrition on Kids' Behavior*. Retrieved September 6, 2013 from <http://everydaylife.globalpost.com/effect-nutrition-kids-behavior-5334.html>
- Sutliff, U. (2004). *Nutrition Key to Aggressive Behavior*. Retrieved September 6, 2013 from <http://www.usc.edu/uscnews/stories/10773.html>
- WebMD, LLC. (2005-2013). *Food Dye and ADHD*. Retrieved September 7, 2013 from <http://www.webmd.com/add-adhd/childhood-adhd/food-dye-adhd>

## Together A Greater Good

TAGG brings businesses, organizations, and people together to make great things happen. We are about small change adding up to huge movements to change a community and the way the world sees giving.

With TAGG, people can help organizations raise money without spending an extra dime, simply by downloading and using TAGG's mobile app. When the app is used at participating businesses, these charitable-minded businesses will make a 5% donation back to the customer's organization of choice!\*

How it works:

- *Your supporters download the free mobile app: Together A Greater Good*
- *They visit participating businesses (listed on the app). They tap the 'Tag My Purchase' button on the app and enter the dollar amount. They pay as usual, and tell the server/cashier who will provide a card for the app to scan.*
- *They choose your organization (then team, then member, if applicable)*
- *These charitable-minded businesses will make a 5% donation back to your organization (NFAPA)!*



## Board Position Openings

The following positions are vacant on the Nebraska Foster and Adoptive Parent Association (NFAPA) Board of Directors.

- *Western Service Area*
- *Central Service Area*

If you are a current or former foster and or adoptive parent and have a passion for serving with an organization that has a like-passion for serving foster/adoptive/kinship parents, please contact Pamela Allen, Executive Director, at 402-476-2273 for more information.



# How to Help your Foster Child in School:

One of the most important keys for a foster child's success in school is the support, involvement, and encouragement from his foster parents. Indeed, according to teachers in one study, those children in foster care whose foster parents are involved in their school activities perform better in regards to academic.



Unfortunately, many foster parents are not involved with their foster child's school, for a variety of reasons.

Many foster parents are under the false belief that their foster children had any unique or distinctive problems while in school due to their being placed into the foster care system. Furthermore, one study found that many foster parents believed that their foster children were performing well in a social fashion, and that they had many friends. Along with this, foster parents in this study also were of the belief that their foster children were not embarrassed or even stigmatized by being placed into foster care. As a result, many foster parents are not overly concerned about their foster child's school performance. Additionally, some foster parents may be satisfied with their foster child simply passing a class with a grade as a 70. Yet, children in foster care very much do suffer from various emotional traumas while in school, perform at a lower level academically than their peers, and often feel stigmatized by the label placed upon them as a foster child. To be sure, these foster parents are doing a great disservice to their foster children, as well as to the school as a whole.

Many times, foster parents do not seek out or initiate contact with teachers or school employees regarding the student. In truth, much of the conversation between the two is initiated by teachers, largely in response to the student's behavior. Many of today's foster parents have already had children graduate from high school, or have never had biological children of their own. As a result, a large number of these foster parents are not familiar with the importance of not only reaching out to a student's teachers on a regular basis in order to stay up to date with grades and performance, these parents may also not be familiar with a school policies and procedures on how to do this, as well. Certainly, there are those foster parents who have numerous foster children placed in their home, along with their own biological children, and the addition of their own job, that they may simply not have enough time in their day to reach out to teachers and school employees in regards to the child's behavior and grades.

Foster children often suffer from a number of medical conditions, requiring them to spend large amounts of time in a doctor's office, resulting in even more absences from the classroom. As a result, foster parents may have to take time off from their own work place, attending to doctor's appointments for their foster child. At times, some foster parents may become upset with a child's school for not being understanding enough in cases such as these. In addition to these types of school absences, there are those absences related to school transfers, as we have noted earlier. Some foster parents may wait until the beginning of a new school year, under the belief that they do not wish to disrupt both the school and the child's education, resulting in the child falling even further behind.

As we have clearly seen, there are many factors prohibiting a foster child from succeeding in school. Whether it is the emotional traumas the child may be struggling with, the multiple displacements from home to home and school to school, or the lack of understanding from case workers, school employees, and foster parents, children in foster care have numerous obstacles preventing them from performing well. In order for our children to not only succeed, but to survive in school, it is vital that foster parents understand these obstacles, and take the lead for the benefit of these troubled children.

---

Dr. John DeGarmo has been a foster parent for 13 years, now, and he and his wife have had over 45 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 several foster care books, including the brand new book *Love and Mayhem: One Big Family's Uplifting Story of Fostering and Adoption*. Dr. DeGarmo is the host of the weekly radio program *Foster Talk with Dr. John*. He can be contacted at [drjohndegarmo@gmail.com](mailto:drjohndegarmo@gmail.com), through his Facebook page, Dr. John DeGarmo, or at his website, <http://drjohndegarmofostercare.weebly.com>.

---

## We Need Your Help

Are you a Foster Parent in the Northern Service Area?  
(In or around York, Norfolk, Dakota City or Fremont)

**Would you like to help recruit  
GREAT Foster Parents?**

## Volunteers are needed!

The Nebraska Department of Health & Human Services  
would be happy to talk with you and provide  
recruitment supplies.

Contact Bob Furr at (402-727-3221) for more information.

# 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 the website. Support Groups will be cancelled for inclement weather. Contact your Resource Family Consultants for more information.

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

**Tammy Welker:** 402-989-2197

**Kathy Wagoner-Wiese:** 402-853-1090

**Terry Robinson:** 402-460-7296 (FACES-Online Support Group)

NFAPA has Support Groups at the following dates/times/locations

## Alliance Support Group:

Box Butte Community Hospital  
6:00-7:30 p.m. Please RSVP to Jolie  
April 16, May 28 and June 18, 2015

## Scottsbluff Support Group:

St. Francis Community Center (1605 2nd Ave)  
6:00-7:30 p.m. Please RSVP to Jolie  
April 13, May 25 and June 15, 2015

## Columbus Support Group:

Peace Lutheran Church (2720 28th St.)  
7:00-8:30 p.m. Childcare available  
(Thank you Building Blocks and Behavioral Health Specialists for providing childcare!)  
Meets the second Tuesday of the month.  
April 14 and May 11, 2015

## Gothenburg Support Group:

American Lutheran Church (1512 Ave G)  
6:00-8:00 p.m.  
April 17, July 17, October 16, 2015

## Lexington Support Group:

Parkview Baptist Church (803 West 18th St)  
6:00-8:00 p.m.  
April 24, July 24, October 23, 2015

## McCook Support Group:

McCook Community Hospital (1301 East H St)  
6:00-8:00 p.m.  
May 16, August 15, November 21, 2015

## North Platte Support Group:

Harvest Christian Fellowship Hall (1501 S. Dewy)  
1:30-3:30 p.m.  
May 17, August 16, November 22, 2015

## Ogallala Support Group:

New Hope Church (118 East B Street)  
6:00-8:00 CT/5:00-7:00 MT  
June 19, September 18, December 18, 2015

## FACES-Online Support Group:

Every Tuesday 9:00-10:00 p.m. Central Time

# Parental Visits

**Visits are the equivalent of ripping a band-aid off a wound so you can keep it raw.**

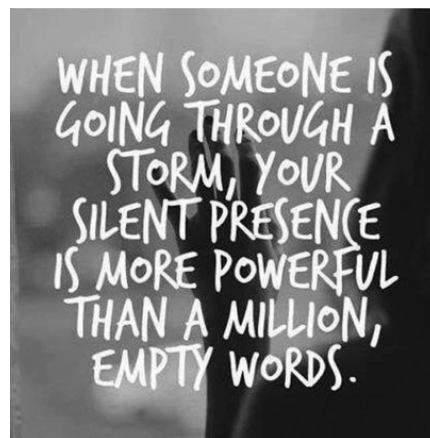
Imagine if you will...their family tree. Each member is a branch. When the children were removed from Wendy (Bio Mom), their branches were cut off their tree. They were separated from what kept them alive. My family welcomed them into our home. They're Red Delicious. We're Granny Smith. But we're all apple trees and my tree can keep their branches alive.

However, the goal is for their branches to get grafted back on to THEIR tree. They aren't supposed to attach to our tree forever. So we have to keep the wounds raw. We don't want the kids' branches to dry off and die. They do have to attach to us. But they can't attach permanently. We have to continually keep the end of their branch wet and raw so they can attach back to their Red Delicious tree (or at least to a tree in their orchard) when it's safe.

Every visit keeps that wound open and raw so the ultimate goal of reunification can take place.

These cherubs came to my home a month ago. We've had one month for them to get used to our orchard. We've nourished their branches and given them all they need to be strong, healthy and to grow.

Today we get to rip that grafting tape off and send them back to their original tree for a visit.





2431 Fairfield Street, Suite C  
Lincoln, NE 68521  
[www.nfapa.org](http://www.nfapa.org)

NON PROFIT ORG  
U.S. POSTAGE  
**PAID**  
LINCOLN NE  
PERMIT NO 927



## 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, \$ \_\_\_\_\_