

Phrases to Nurture

Encouraging and empowering our children is one of the most important things we can do as parents. Though some days, it can be one of the hardest things to do, especially when we are stressed or tired. Just having a “cheat sheet” of nurturing phrases can get us back on the right track.

When a child is sad, hurt, lonely, or angry, asking “**what would be helpful?**” serves to keep the child in charge of her process. Respect for the child’s body is one cornerstone. No kissing away a hurt without permission!

Asking “**what’s your plan?**” Is useful when two children disagree, when you & your child are at an impasse, or when a child is working to solve a problem on his own. This phrase helps a child verbalize a course of action.

“**You feel strongly.**” When someone is in the middle of a meltdown, these three words are emotionally cathartic. They reflect back to the child her inner emotional reality which helps as she learns to connect with her feelings. Also, “You feel strongly” respects a child’s right to define her emotional experience. “You’re feeling sad” or “You’re really angry” – while possibly accurate, short-circuits the child’s chance to learn how she feels.

1. What would be helpful?
2. What’s your plan?
3. You feel strongly
4. That was helpful
5. I see a problem. I see two kids who both want _____. What’s your plan?
6. You wish you could _____. I understand.
7. I will keep you safe.
8. I remember when you couldn’t _____, and now you can!
9. You are in charge of your body!

New Foster Parent Orientation:

Do you know someone who might be interested in learning more about becoming a foster parent? Orientations are held every other Monday from 6:00-8:00pm at CFC. The next dates of orientation are **September 28th and October 12th**. Contact Linda Rathbun at 517-882-4000 ext. 140 to RSVP.

Foster Parent PRIDE Training:

PRIDE series training in October will be held at:

**Eaton County Health Department
1033 Healthcare Drive
Charlotte, MI 48813**

RSVP to your licensing worker if you are interested in attending. The dates and times for the trainings are:

PRIDE 1: Tues, Oct 6, 6-9pm
PRIDE 2: Thurs, Oct 8, 6-9pm
PRIDE 3 & 4: Sat, Oct 10, 9am-4pm (potluck lunch)
PRIDE 5: Tues, Oct 20, 6-9pm
PRIDE 6: Thurs, Oct 22, 6-9pm
PRIDE 7-9: Sat, Oct 24, 9am-4pm (potluck lunch)

I DIDN'T LOSE MYSELF WHEN I BECAME A PARENT. I FOUND MYSELF.

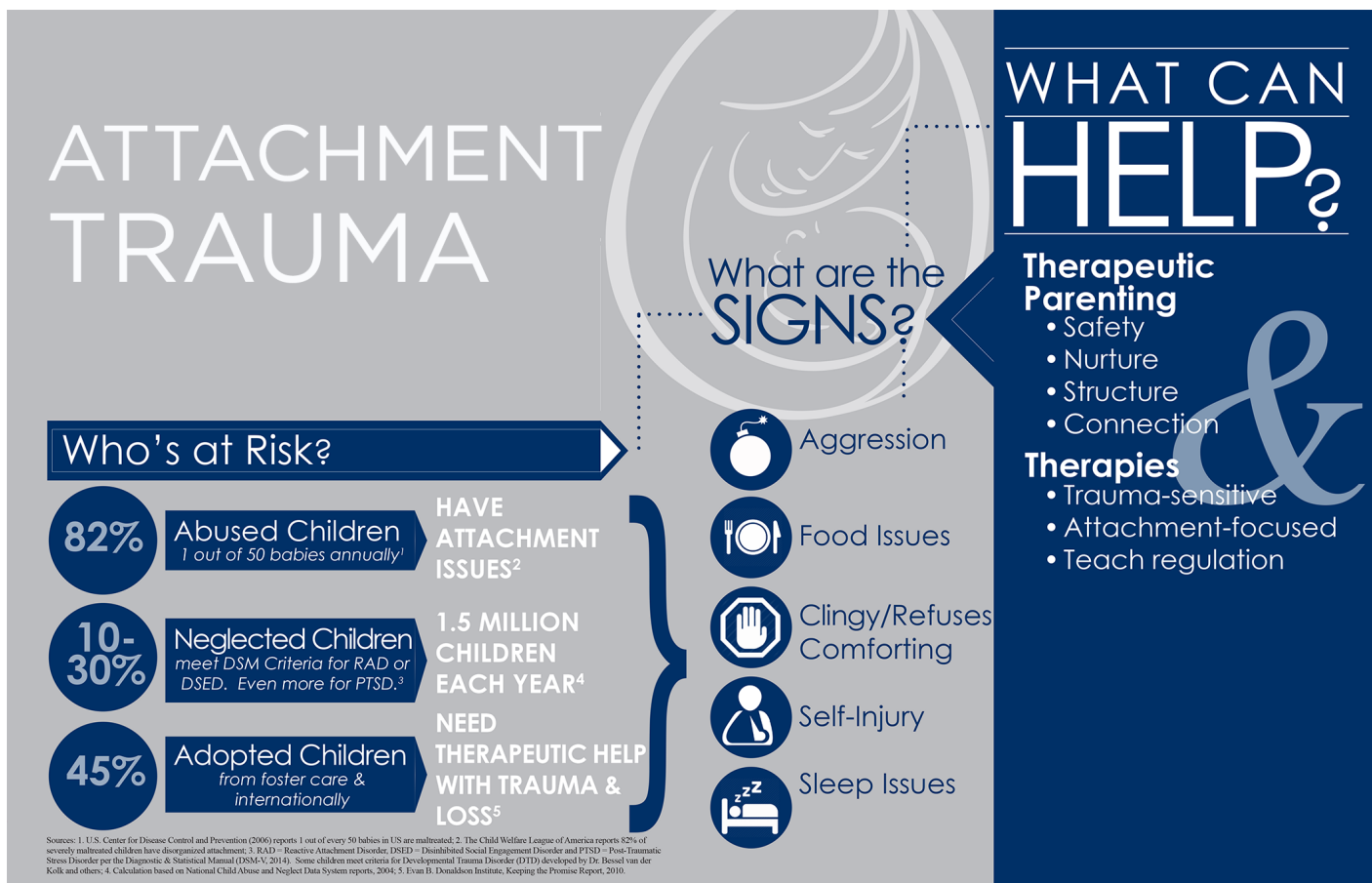
Attachment Trauma

Attachment Trauma, sometimes called Complex Trauma, is a serious disruption of a child's ability to form strong and healthy bonds with caregivers. It most often is the result of chronic child abuse including physical, sexual or emotional abuse; neglect including abandonment; medical trauma; or witnessing violence. Attachment Trauma can produce profound developmental, social, psychological and behavioral problems in children and teens that can persist into adulthood.

Attachment Trauma is often found in children who have been adopted or are in foster care, but can impact many children who have experienced early childhood adversities.

The good news for children with Attachment Trauma is that there's hope for healing if the parents caring for these children have the supports that are **trauma-sensitive and attachment-focused**, and **learn to parent therapeutically**. Therapeutic Parenting is a term used to describe the type of high structure/high nurture parenting that is needed for a traumatized child to feel safe and start relaxing enough that they begin to heal and attach.

For more information on therapeutic parenting, visit the Attachment & Trauma Network at attachmenttraumanetwork.org



Look for the Annual Foster Family Survey– please fill it out and return it! Thanks!