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- January 4th – 25th

To enroll go to ...
FosterParentCollege.com

Sound Off!

The Connections staff wants to hear from you. What do you like about this monthly newsletter? What would you like to see more of? Are the articles helpful?

Please email ideas to:
press@northwestmedia.com

Thank you.

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Lying: Why & What To Do About It, Part 1

By Charley Joyce, LICSW

Part 2 will appear in the February CONNECTIONS and will explore three more types of lying.



If you have never told a lie, please quit reading this article now!

If you are still reading, chances are you are like most people and have periodically told “little white lies.” Most of us view being honest as a goal to shoot for, but we have probably been guilty of spinning the truth or omitting certain parts of the whole story. However, it seems that some youth, especially youth who have suffered from maltreatment, take lying to an extreme. So what are some of the purposes of lying for youth who have been maltreated, and what can we do about it?

The following discussion of lying among youth who have been maltreated is drawn from my own, and others', practice experiences as well as from literature research on the topic of maltreatment.

Children lie out of a sense of fear. Many youth who have been abused live their lives in fear of how adults might react to them. They are experts at reading situations and trying to predict

if they might upset adults or others who could potentially harm them. They develop a protective defense system that may overreact to you, as a foster parent. This protective defense is activated when the foster youth sees you as angry, frustrated or when he predicts you might become upset. Behaviorists refer to this as punishment-avoidance. Often, foster parents don't realize the child is reacting in this manner, they just conclude the child is lying, seemingly without reason.

How to support change in a youth who lies out of fear. As with all placements, it is important to learn as much as possible about the youth before you begin fostering. If you learn the child has a history of maltreatment and lies out of fear, be patient as this will not change quickly. Become aware of your tone of voice and body language. Attempt to help the child feel safe and secure in your presence, and try to model problem-solving. Teach the child that negotiation, compromise, and listening all precede accusing.

Charley Joyce, LICSW, has been a social worker for 35 years. He is the co-author of the book “Behavior with a Purpose” and a contributing author of the book “Assessing Youth Behavior.” He is a supervisor for PATH, ND Inc. and teaches part-time in the MSW program at the University of North Dakota. He is on the faculty of Foster Parent College and collaborated on “Working With Birth Families 1: Visitation” and “Grief & Loss in the Care System.”

Internships for College Students Who Spent Time in Foster Care



The Foster Youth Internship Program of the Congressional Coalition on Adoption Institute (CCAI) seeks applicants for its 2011 program. CCAI is for young adults who spent at least 24 consecutive months in foster care at any point in their life and who have completed at least 4 semesters of higher education by May 31, 2011. CCAI places these interns in Congressional offices in Washington, DC for a 9-week internship program. Housing, travel, and a weekly stipend are provided by CCAI. Applications are accepted through January 7. The program will run May 31-July 30, 2011.

The goal of the program is to educate policymakers about the experiences of foster youth in an effort to inspire legislative improvements for foster care. Interns participating in this program benefit both personally and professionally, gaining experience and skills that will bolster their careers for years to come. For more information and to apply, visit www.ccaainstitute.org/fyiapply or contact Emily Collins at Emily@ccaainstitute.org or 202-544-8500. To watch a video about the program to learn more about this experience, visit: <http://vimeo.com/16060742>

Opportunities

Tell us about your favorite winter boredom busters. What are your tricks for combating boredom when the weather outside is frightful? Share your tips and we'll publish them in the February newsletter. Please email your ideas to Lisa at press@northwestmedia.com. Thank you.

Advanced Parenting Workshops allow parents to collaborate to solve a problem. The unique blend of lessons and interactive online exercises brings parents from all over the world together to learn about a serious behavioral challenge, then work together to create an action plan for coping with the behavior. Enroll now for January workshops on Anger and Lying, which begin January 4.



Yes, you CAN reprint articles from this newsletter. Please notify us of your plans, and on the article state the story is "Reprinted with permission from Foster Parent College Connections." Email Lisa at press@northwestmedia.com.

Submit your nominations for Champions for Children. This regular column profiles foster parents, advocates, social workers, foster care alumni, etc. Please email a sentence or two about your nominees, along with their contact information, to Lisa at press@northwestmedia.com. Thank you.

Carefree Cooking – Cynthia's Black Beans & Easy Homemade Guacamole

Cynthia's Black Beans

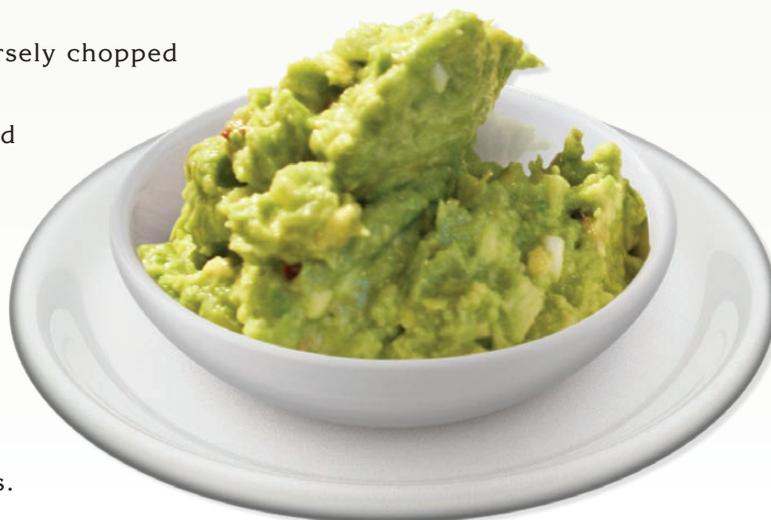
- Ingredients:**
- ▶ 1 15-oz. can black beans
 - ▶ 2 Tablespoon olive oil
 - ▶ ¼ cup corn, thawed if using frozen
 - ▶ 1 – 2 Tablespoons cumin
 - ▶ ½ lime
 - ▶ Oregano, 1 teaspoon dry or 2 teaspoons fresh
 - ▶ 1 cup stale beer or chicken stock



- Directions:**
1. In a large, heavy skillet, heat 2 Tablespoons olive oil and 1 to 2 Tablespoons cumin over medium heat for about a minute, stirring constantly.
 2. Empty the entire contents of the can of beans (liquid and all!) into the pan and stir.
 3. Pour beer or chicken stock into empty beans can. Slosh the beer around in the can to get all of the juices from the beans. Pour beer or chicken stock into pan; stir.
 4. Increase heat to medium high and reduce the liquid until almost gone, stirring to keep from sticking. This will take about 20 minutes.
 5. Add corn and oregano to pan, stir, and take off heat. Cover pan loosely to allow steam to escape. Let sit for about 5 minutes. If you need to let it sit longer, reheat on warm before serving. Right before serving, squeeze the juice from the ½ lime into beans and stir. Yummy!
 6. Serves approximately 4 as a side dish. This recipe doubles well for larger families.
 7. For wonderful burritos layer beans, heated leftover cooked chicken, salsa, cheese and lettuce onto whole wheat tortillas.

Easy Homemade Guacamole

- Ingredients:**
- ▶ 2 avocados, peeled and coarsely chopped
 - ▶ 1 lime, juiced
 - ▶ 1 small onion, finely chopped
 - ▶ 1 clove garlic, minced
 - ▶ 1 ripe tomato, chopped
 - ▶ 1 teaspoon cumin
 - ▶ Salt and pepper to taste
 - ▶ Optional: 1 can mild diced green chilis



- Directions:**
1. Combine all ingredients and let sit for at least 30 minutes.

January Word Find Fun – Hang this page on your fridge for your children’s enjoyment.

These words are all things you can do in the winter. Have fun finding them and have fun doing them!

Word Key:

- ▶ Ski
- ▶ Snowshoe
- ▶ Sled
- ▶ Fish
- ▶ Hike
- ▶ Read
- ▶ Games
- ▶ Crafts
- ▶ Sing
- ▶ Bake
- ▶ Dance
- ▶ Shiver
- ▶ Snowman
- ▶ Skate

S	I	P	G	A	M	E	S	F	S	L	E	D	T	K	P	C
R	P	F	I	S	H	O	B	R	J	S	N	O	W	M	A	N
A	R	E	A	D	V	S	A	Q	T	S	F	K	V	E	A	E
S	N	O	W	S	H	O	E	F	I	P	H	T	K	G	P	H
K	T	B	A	K	E	C	A	G	G	C	C	I	V	W	G	Q
A	S	V	M	I	N	R	N	T	V	J	H	Q	V	N	I	G
T	R	W	K	A	C	I	H	Y	W	I	E	B	H	E	E	E
E	K	S	D	X	S	L	I	W	I	K	M	D	Q	V	R	J

Kids Crafts – Noisemaker Shakers

You can make these for New Year’s Eve, or whenever else you feel like celebrating!

What You Will Need:

- ▶ Empty cardboard ribbon spool
- ▶ Pencil
- ▶ Masking tape
- ▶ Dried peas or beans
- ▶ Acrylic paint
- ▶ Colorful stickers



How To Make It:

1. For each one, first see if the holes in the sides of the ribbon spool are covered by the ribbon’s labels. If so, use a pencil to poke through the label over 1 of the holes; if not, cover 1 hole with masking tape.
2. Next, pour a handful of dried peas or beans into the spool through the open hole, then seal the hole with tape.
3. Paint the whole thing with acrylic paint and let the paint dry completely—the paint bottle should tell you how long that will take. Then, decorate the shaker with stickers.
4. If you can’t find empty ribbon spools, you can make these with empty toilet paper tubes. You will need to put tape over both ends before painting. An empty paper towel tube can be cut into two or three shakers. A small yogurt container works too, just tape the lid so it doesn’t come off.

From familyfun.go.com