The Foster Parenting Toolbox

Why Foster? 1-22

- 1 The Starfish Story Loren Eiseley
- 2 The Day that Changed My Life Michele Burnette
- 4 Selecting Foster Parents: What to Expect and Ask Eileen Mayers Pasztor, DSW, and Donna
- D. Petras, MSW, PhD
- 5 Definitions
- 13 Foster Parent Stipends: Are They Doing It for the Money? Sarah Gerstenzang, MSW
- 15 Tough and Rewarding... David Gagne
- 16 Navigating the System Emily Parks, LMSW
- 17 Why I Stay Amy Bates
- 18 My Decision to be a Foster Parent Judy Bledsoe
- 19 Best Laid Plans... Kate Thompson
- 21 Is It Worth It? Amy Bates

Perspectives 23-46

- 24 We Need More Than the Obvious Tamarra Lestage
- 26 Tough Starts Matter Adoption Learning Partners Staff
- 28 Foster Child Perspective John Morgan
- 29 The Jigsaw Puzzle Child Eileen Mayers Pasztor, DSW
- 33 Taking off the Mask Anne Birdsong Giberson
- 36 To the Honorable Judge Michael Usan Mackenzie Ramsay, BSW
- 37 Be There Veronica Brown
- 39 A Loving Perspective on Foster(ing) Care Wilma Ice
- 42 Voices of Children in Limbo
- 43 Foster Care Reflections Tina Severance-Forte
- 46 Numbers Veronica Brown

Transitions 47-76

- 48 Life Links: Transitioning Children in Foster Care with Less Trauma Jennifer Winkelmann, MA, LPC, NCC
- 53 My First Night Adam Robe, MSW
- 55 Easing the Pain of Separation Noelle Hause, EdD, LPC
- 57 Feeling Fostered Missy Kenny-Corron, MSW
- 61 To Be Concerned or Not To Be Concerned? That is the Question! Noelle Hause, EdD, LPC
- 66 Saying Goodbye, Saying Hello Hollee McGinnis, MSW
- 68 First Night Strategies
- 69 Preparing for Adoption Claudia Fletcher
- 73 To Grandmother's House We Go: At the Intersection of Kinship Care and Foster Care Ron Huxley, LMFT, and Catie Hargrove, MS
- 76 Happy to Meet You Veronica Brown

Teamwork 77-92

78 Working with Caseworkers Veronica Brown

- 79 What Inny Taught Us Allen Walker
- 82 Forever Family: My Daughter's Foster Mother is Still a Part of Our Lives Wanda Chambers
- 84 The Good Fight William Cuchens
- 86 Teaching Sidney Denise Kendrick
- 89 Thanks to You Veronica Brown
- 90 CASAs Can Make a Difference Randee Kaitcer

Birth Family Connections 93-112

- 94 Letter to My Mother J. A. Freeman
- 96 Children in Foster Care and Their Parents: Lessons Learned Eileen Mayers Pasztor, DSW
- 100 Co-Parenting/Working with Birth Parents Pamela Allen
- 102 Eat, Play, Love: Visits helped me become a good mother Anonymous
- 103 Working in the System, After Living in the System Adam Robe, MSW
- 106 Strategies for Success in Working with Birth Parents Betty Daigle Hastings
- 109 Embracing the Importance of Birth Parents in the Lives of Adopted and Foster Children Ellen Singer, LCSW-C
- 113 Unnecessary Losses Joyce Maguire Pavao, EdD, LCSW, LMFT
- 116 I Wish Mike Hollinger

Loss, Grief & Anger 117-148

- 118 "Smart Enough" Parenting Susan Badeau
- 122 Quiet or Defiant: Understanding the Foster Child's Behavioral Challenges Terry de Forrest, MFT, PhD
- 125 Strategies to Deal with Anger and Power Struggles Christopher J. Alexander, PhD
- 125 Help Your Child Ward Off a Mad Attack Lynne Namka, EdD
- 127 Being with Your Child in Public Places Patty Wipfler
- 129 Ten Ways to Help Children Feel Less Anxious Martha B. Straus, PhD, and Melanie Erould, MA
- 135 Anger Everywhere! Sally Flintoff
- 138 About Anger and Rage John Ross
- 140 Trying to Shift a Child's Negative Behavior Pattern Cheryl A. Lieberman, PhD, and Rhea K. Bufferd, LICSW
- 144 Healing Loss in the Traumatized Child Ellen Singer, LCSW-C
- 148 Making Children Feel Safe

Attachment & Trust 149-174

- 150 Now and Forever: Foster Parents Build the Bonds of Attachment Charlotte Simpson
- 152 Attachment 101 Arthur Becker-Weidman, PhD
- 156 The Attachment Spectrum: Attachment is a Long-term Process edited by Doris Landry, MS, LLP
- 158 Fostering Regressive Behavior Corinne Watt
- 161 The Wall: Why Adopted Children Need a Different Kind of Parenting
- 162 Breaking Through Erik A. Cooper
- 165 Creating PLACE: Parenting to Create a Sense of Safety Daniel Hughes, PhD
- 166 Bubble of Happiness Deborah Anderson
- 169 Bonding is a Vital Issue Appellate Courts Agree James A. Kenny, PhD, and Mark

Bontrager, MSW, JD

Trauma & Abuse 175-196

- 176 ADHD or Trauma? Robin D. Hayes, PhD
- 179 Connecting with the Hurting Foster Child Betty Daigle Hastings
- 181 Ten Keys to Healing Trauma in the Adopted and Foster Child: B. Bryan Post, LCSW
- 183 What Does PTSD Look Like in Children? Jessica Hamblen, PhD
- 184 Practice Camping Veronica Brown
- 186 A Journey with Jason M. Kim Combes, LBSW, MEd
- 189 Sexual Abuse: How to Get (and Give) Help! Amy Lang, MA
- 192 You Are Safe Here Cheryl A. Lieberman, PhD, and Rhea K. Bufferd, LICSW
- 194 Don't Make Kids Wait James A. Kenny, PhD

Family Impact 197-200

- 198 An Island of Calm Denise Kendrick
- 201 Family Holidays Adam Robe, MSW
- 202 Prince Charming: Growing up with Foster Siblings Teaches a Young Woman Powerful Lesson Alexeah G. Smith
- 204 The Unexpected Teacher Tom Osterbuhr
- 206 "Why Do You Ask?" Questions from Total Strangers and Strategies to Handle Them Cheryl Leppert
- 208 What I Learned About Myself While Being a Foster Parent Carrie Craft
- 208 Choosing Teens Denise Kendrick
- 211 Can't Live With Them, Forces to Live Without Them Kasey Carty Jordan
- 214 Ensuring Family Fit for Foster Families Betty Daigle Hastings
- 217 Where are the Laws to Protect Foster Families? Jay Paul Detatany, JD
- 219 Torn Hearts: When Foster Children Leave Gail Valence

Discipline 221-246

- 222 Don't Use an Elephant Gun to Shoot a Mouse Walt Piszchala
- 225 The Value of Consistency Jo Ann Wentzel
- 227 Appropriate Boundaries in Parenting Sue Laney
- 230 The Extra Layer and Discipline Strategies Deborah Moore
- 235 Dealing with Control Doris Landry, MS, LLP
- 235 Becoming Your Foster Child's Emotional Tutor Allison Maxon, MS, MFT
- 239 Dear Dr Kenny: Family Talk and Discipline Drs. James A. and Mary Kenny
- 242 Picking Your Battles Jo Ann Wentzel
- 244 How to Use the Behavior Management Strategy of the Re-do Carol Lozier, LCSW
- 245 Experience Veronica Brown

School Tools 247-276

- 248 Supporting Foster and Adopted Children in the Classroom Christine Mitchell
- 251 Making Sense of the Letters Christine Mitchell
- 252 Overcoming Difficult Comprehension Challenges Lee Tobin McClain, PhD
- 257 Encouraging Education Misty Stensile, MSW
- 259 Motivating Challenging Foster Kids: Turning Difficult Kids into Productive Citizens

Shemille Brown, LCSW-C

- 262 Special Education 101: The Basics for Fostering a Child with Special Education Needs June Bond, MSW, and Mary Eaddy
- 266 Troublesome Family-based School Assignments Christine Mitchell
- 268 Bullving: A Real Problem/Some Real Solutions Sherryll Kraizer, PhD
- 270 Role Play: Some Good Ways to Respond to a Bully
- 272 What if a Child Want to Disclose Bullying?
- 273 W.I.S.E. Up! for Foster Care: A Tool to Empower Children Ellen Singer, LCSW-C, and Debbie Riley, MS

Parenting Teens 277-298

- 278 Parenting Teens M. Kim Combes, LBSW, MEd
- 280 Adolescence Surviving and Thriving Brenda McCreight, PhD
- 281 Practical Methods in Caring for Teens Mary T. Keans
- 284 FAMILY TALK: How to Handle Teen Lying Drs James A. and Mary Kenny
- 286 Passing the Test Tanya Reid
- 290 The Broken Child Anne Birdsong Giberson
- 292 T and We Amy Heibel
- 294 My Journey Adriana Borris
- 296 Ten Things Parents should Know About Raising Teens Aileen Rosario and Anni Keane
- 298 Words of Encouragement for Children and Teens Homer Kiracofe

Nurturing Identity 299-316

- 300 I'm Not Invisible! I'm Valuable! Cile Cogburn, MSW, and Joseph Galata, PhD
- 303 Fostering Firsts Veronica Brown
- 304 Lifebooks: Every Foster Child Needs One Beth O'Malley, MEd
- 306 An Adoption/Foster Care Collage: Putting the Pieces Together Mary Anne Cohen
- 309 The Collage Julie Craft
- 310 Connecting through Ceremony: Rituals Add to Family Glue Carrie Kitze
- 311 Self Esteem Building in Families Cheryl A. Lieberman, PhD, and Rhea K. Bufferd, **LICSW**
- 312 The Picture Book Fix for Emotional Challenges Lee Tobin McClain, PhD
- 314 The Right to Grieve Sheena Macrae
- 315 The Sad Rabbit Susan Ward

Allegations 317-334

- 318 Preventing Allegations in Provider Homes Jodee Kulp
- 320 Foster Parent Bill of Rights
- 322 Allegation Resources
- 323 "We're Being Investigated for Child Abuse" Michael Weisberg
- 326 Allegations Happens: How to Prevent and Survive Them Diane Martin-Hushman
- 330 Criminalizing Foster Parents Lori Groves, MMFT, and James A. Kenny, PhD
- 333 False Allegations of Abuse in Foster Care
- 334 When Might Foster Parents Need an Attorney? James A. Kenny, PhD

Respite & Support 335-354

- 336 Self-Care for Adoptive and Fostering Parents Carol Lozier, LCSW
- 338 Put on Your Own Oxygen Mask on First Susan Badeau
- 339 I Cannot Give Away That Which is Not Mine to Give Juli Alvarado, MA, LPC, NCC
- 342 Bring Me Hope: Foster Parenting Through Tough Times Terra Trevor
- 344 A Knock at the Door: Recognizing Depression Karen J. Foli, MSN, PhD, RN
- 347 Respite Works for Everyone Stacey Leidner
- 350 Taking Advantage of Respite Foster Care Carrie Craft
- 353 Shifting Gears Gracefully Cheryl Petersen

Reunification & Adoption & Beyond 355-384

- 356 Foster Parents: A Barrier to Permanency? Bart and Claudia Fletcher
- 359 Post Reunification and Beyond Michael Weisberg
- 362 A Second Chance for a Background William Cuchens
- 364 Our Adoption Story Chris and Pete Moses
- 365 Jennifer Amy Bates
- 366 What I Wish I'd Known about Adoption Rita Laws, PhD
- 369 Helping Youth Succeed as Adults: The Challenge of Aging Out Charles Redell
- 371 Ways for Youth to Afford College
- 374 Seven Things Emancipated Youth Need to Know About Money Before Leaving Care Shay Olivarria
- 378 Knowing When to Stay Committed and When Your Job is Done. Carrie Craft
- 380 Disruption: When it Becomes Necessary Veronica Brown
- 381 How Can You Avoid a Disruption Jordan Institute for Families
- 383 Tips for Disrupting a Placement Veronica Brown
- 384 My Daughter Amy Bates