

MAY 16, 2017



You put junk food into a child's brain, you get back junk behavior, junk learning, and junk mood.

It's as simple as that!

NUTRITIONAL DEFICIT DISORDER

Written by Dr. Sears, a Pediatrician and author or co-author of more than 30 parenting books

An increasing number of kids are diagnosed with learning and behavior disorders. But rather than labeling these kids with ADHD, or the list of other "D" disorders, I focus on the impacts of nutrition and lifestyle choices, referring instead to it as a nutritional deficit disorder (NDD). Each year, the FDA is approving a record number of new drugs, many of which are for cancer treatment, rare diseases and hematology. Prescription drugs, however, are not limited to those medical uses. Children are increasingly being prescribed antipsychotic and antidepressants as young as 2 years old!

In 2014, 20,000 antipsychotic prescriptions were written for children 2 and younger, which is a 50% increase from 2013, and there were 83,000 prescriptions written for the antidepressant Prozac. Additionally, at least 10,000 children in that same age group were diagnosed with attention deficit hyperactivity disorder. Wouldn't it be better to focus on the how we feed our kids, rather than focusing on what pills we can give our kids? Since nutritional deficit disorder has the same behavior and learning implications of ADHD, I work with parents on understanding how they can naturally help their children before resorting to prescription pills. [CONTINUE READING](#)

Healthy Relationships and Young People in Foster Care

Kids do better when they have strong connections to supportive people and institutions. Healthy connections buffer children against risks and help them learn the skills they need to thrive. Young people in foster care need social connections as much or more than other children. That's why this issue of Fostering Perspectives features articles exploring:

- Social connections and how they help youth in foster care thrive
- How resource parents can build strong relationships with kids in their care by managing their own reactions
- What young people in care think about the link between self-care and healthy relationships
- Protecting children from bullying and dating violence
- Preventing suicide among children in care
- How resource parents can help youth who are struggling in school
- Maintaining connections between siblings when they are placed apart
- Why a trauma-informed approach—and self-care—can make a big difference for resource parents

[READ THIS ISSUE OF FOSTERING PERSPECTIVES](#)

Fostering Perspectives is sponsored by the NC Division of Social Services and SaySo and produced by the Family and Children's Resource Program, part of the Jordan Institute for Families at the UNC-Chapel Hill School of Social Work.

WHERE THERE IS ANGER THERE IS ALWAYS PAIN UNDERNEATH.

- ECKHART TOLLE

BEYOND OVERWHELMED

REACTIVE ATTACHMENT DISORDER, MOMS, AND DEPRESSION

By Dyan Roosma, Therapeutic Treatment Mom

“My tank is on empty and there’s a hole in the bottom. So every time I try to fill it up by taking care of myself, it all leaks out underneath.”

I spoke these words to my husband recently during a particularly dark time. It felt as if everyone around me was sucking me dry. I’m a mother of four healthy kids at home. In addition, I had five difficult attachment troubled teens in treatment in our home. Their parents needed me for answers. I had extended family commitments. I was seeing my adult children through the tenderness of their early twenties. The list goes on. [CONTINUE READING](#)

They found
enough love
in their
hearts to
adopt seven
children.

[WATCH VIDEO](#)



TEACHER TIP

My “Go To” Calming Technique for Overstimulated Kids

There are many techniques out there to help kids calm down. But my “go to” calming technique—especially for kids who are overstimulated or overwhelmed—is something called heavy work. [CONTINUE READING](#)

TRAININGS

FOSTER CARE MEETS MENTAL HEALTH: A FOSTER PARENT DILEMMA!

Do your foster children sometimes come with a diagnosis you do not understand or appear to have behaviors that no one has addressed? Have you ever had to send a child away because you didn't know what to do? Many children placed in the system are currently struggling with issues because of the trauma they have experienced. In this class we will review the basics of many diagnoses that are common. We will learn how to recognize the symptoms of mental health distress and suicide risk. We discuss how trauma effects children and look at how those symptoms are sometimes made worse by our reactions.

CEDAR FALLS (Sat., June 3 | 9am-4:30pm)

CLINTON (Sat., June 10 | 9am-4:30pm)

THE EFFECTS OF DISRUPTED ATTACHMENT ON A CHILD’S BRAIN, HEART AND FUTURE

We will explore how essential attachment is for healthy development of a child and what happens when that attachment does not occur or is disrupted. We will further examine how that affects a child throughout their life span and how it impacts the relationships, behaviors, and needs of the child and the caregivers. We will discuss ways to assess and rebuild healthier attachments no matter the age of the child.

CEDAR RAPIDS (Sat., June 10 | 1:15-4:30pm)

GENDER AND SEXUALITY SENSITIVITY

This training will be an interactive overview of current trends and topics regarding Gender and Sexuality. We will explore the history of gender and sexuality rights and discrimination. We will hear testimonials from individuals who have faced struggles due to their gender and sexuality. We will explore statistics, the coexisting issues a person dealing with nonconforming gender and sexuality issues face and new, accurate terms, language and resources to make you an informed and empathetic advocate for gender and sexuality issues.

CEDAR RAPIDS (Sat., June 10 | 9am-12:15pm)

**TO REGISTER FOR A CLASS,
CALL 800-277-8145 OR [REGISTER ONLINE](#)**