

## Foster Parent College Blended Pre-Service Curriculum

The pre-service training blends four classroom sessions and 10 online courses on FosterParentCollege.com® ([www.fosterparentcollege.com](http://www.fosterparentcollege.com)). Following Meeting I, trainees will view several online courses and then attend Meeting II to discuss content, ask questions, and learn more about caregiving. After Meeting II they will complete more classes online; attend Meeting III; complete more online classes; then reconvene for the final session.

The organization of the blended training is as follows:

<b>Meeting I: Orientation and Overview – February 18, 2020 6-9 p.m.</b>	Classroom
1. The Child Welfare Team	Online
2. Child Abuse and Neglect	Online
3. Parent-Child Attachment	Online
4. Understanding Behavior in Foster Children	Online
<b>Meeting II: Review of Sessions 1-4 – March 5, 2020 6-9 p.m.</b>	Classroom
5. Child Development	Online
6. Cultural Issues in Parenting	Online
7. Working Together with Primary Families	Online
<b>Meeting III: Review of Sessions 5-7 – March 24, 2020 6-9 p.m.</b>	Classroom
8. Caring for Children Who Have Been Sexually Abused	Online
9. Reducing Family Stress	Online
10. Foster Care to Adoption	Online
<b>Meeting IV: Review of Sessions 8- 10 and Wrap-Up</b>	Classroom
<b>-April 9, 2020 6-9 p.m.</b>	

All classroom training courses will be held at the Rice County Government Services Building, 320 Third St. NW in Faribault. Please enter through the 3<sup>rd</sup> St. entrance and park on that south side of the building. There will be signs on the entrance of the building to direct you to the right door and then classroom.

-water/snacks will be provided at all sessions

Questions? Need to register? Contact either Child Foster Care Licensor; Katie Anderson at [#333-3708](tel:333-3708) / [katanderson@co.rice.mn.us](mailto:katanderson@co.rice.mn.us) or Cheryl Marek at [#332-5964](tel:332-5964) / [cmarek@co.rice.mn.us](mailto:cmarek@co.rice.mn.us)

### Training Audience

The Blended Pre-Service Curriculum is designed to prepare the following populations to care for children in the child welfare system:

- prospective foster caregivers
- prospective kinship caregivers
- prospective adoptive parents

## **Pre-service Purpose**

The purposes of pre-service training and the foster care or adoptive family assessment:

1. To help participants make an informed choice about whether to become caregivers.
2. To begin to prepare participants to care for children.
3. To begin to develop a team approach between caregivers and the agency.

## **Online Course Descriptions**

**Caring for Children Who Have Been Sexually Abused** - Explores the emotional and behavioral effects of child sexual abuse on children in care and offers strategies to help overcome the challenges foster parents face.

Chapters:

1. Overview: Definitions, Facts & Dynamics
2. Definitions & Types of Sexual Abuse
3. Developing Insights
4. Factors Applied
5. Average Sexual Behaviors
6. Foster Parenting a Child Who Has Been Sexually Abused
7. Mandated Reporting
8. Concerns About False Allegations
9. Foster Parenting the Sexually Abused Child
10. House Rules for Safety with Children in Care Who Have Been Sexually Abused

Handouts

- Definitions of Child Abuse & Neglect
- House Safety Rules: The Safest Approaches When Caring for Children Who Have Been Sexually Abused
- Typical & Problematic Sexual Behaviors in Children
- Protecting Yourself from False Allegations
- How to Report Suspected Child Sexual Abuse

**Child Abuse & Neglect** - A pre-service course designed for individuals interested in caregiving which focuses on child maltreatment. Learn about the characteristics, symptoms and reporting standards for child maltreatment.

Chapters:

1. Definitions of Abuse & Neglect
2. Maltreating Parents & Families
3. The Continuum of Parenting
4. Empathy
5. Recognition & Reporting

Handouts

- Child Maltreatment
- Factors in Abuse & Neglect
- Depiction of Child Abuse Injuries

**Child Development** - Explores typical child development, developmental domains and stages, temperament and goodness of fit, and the effects of abuse and neglect on a child's health and behavior.

Chapters:

1. Typical Child Development
2. Identifying Milestones
3. Developmental Stages
4. Milestones & Stages
5. Temperament & Goodness of Fit
6. Red Flags of Development

Handouts

- Developmental Milestones
- Red Flags for Developmental & Behavioral Problems
- Risks & Protective Factors
- Temperament & Goodness of Fit

**Cultural Issues in Parenting** - Examines how parents can support children's cultural development and why that is important to their healthy growth and development.

Chapters:

1. Cultural Identities
2. Aspects of Culture
3. Aspects of Culture continues
4. Culture & Stereotypes
5. More About Culture
6. Cultural Differences
7. Cultural Needs of Children by Age Group

Handouts

- Cultural Differences to Expect When a Child Enters a Foster Home
- Making Family Structure & Environment Conducive to Culturally Different Children
- Race
- Multiethnic Placement Act of 1994

**Foster Care to Adoption** - Explores the process and challenges of moving from foster care to adoption and offers insight and advice for helping adoptive family members through those challenges.

Chapters:

1. Alissa's Story, Part 1
2. Concurrent Planning
3. The Foster-to-Adoption Process
4. Differences in Types of Care
5. Alissa's Story, Part 2 & Adoption Today
6. The Adoption Experience
7. Predictors of Placement Disruption
8. Adjusting to Adoption

Handouts

- Adoption from Foster Care
- Differences between Foster or Kinship Care and Adoption
- Externalizing Behaviors Reported by Adoptive Parents
- The Seven Wonders of Adoption

**Parent-Child Attachment** - Covers the difference between healthy and unhealthy attachment, how separation and loss affect attachment, and how attachment theory applies to real life.

Chapters:

1. A Brief Look at Attachment
2. Attachment Risk Factors
3. Secure vs Insecure Attachment
4. Monica's Story, Part 1
5. Patterns of Attachment
6. Patterns of Attachments continue
7. Identifying Patters of Attachment
8. Monica's Story, Part 2
9. Monica's Story, Part 3
10. Monica's Story, Part 4
11. Life Experience Puzzle
12. Long-term Attachment Patterns
13. Summary
14. An Introduction to Separation & Loss
15. Myths
16. the Impact
17. Multiple Placements
18. Feelings Related to Grieving
19. What Foster Parents Can Do

Handouts

- Patterns of Attachment
- Attachment Theory
- Classic Reactions to Separation & Loss
- Four Patterns of Attachment in Adults

**Reducing Family Stress** - Explores adding a foster child to the family and offers insight into how to preserve the family structure and reduce stress caused by a changing dynamic.

Chapters:

1. Introduction
2. The Worry Carousel
3. The Traumatized Child
4. Recognizing Stress
5. Additional Sources of Stress
6. The Impact of Stress
7. Willingness to Consider Fostering
8. Expectations
9. A Support System for Stress Management
10. Pre-Placement
11. Placement
12. Early in Placement
13. Post-Placement

Handouts

- Causes & Signs of Stress
- Issues that Increase Stress
- How to Keep a Balanced Support System in Place
- Stress Relief Strategies

- Support Network

**Substance Exposed Infants** - Dr. Robert Nickel and Susan Edelstein, M.S. discuss the issues and challenges faced by parents who care for substance-exposed infants, including the effects of legal and illegal drugs, multiple substance abuse, working with the child's professional team, and successful parenting strategies.

Chapters:

1. Introduction
2. The Phone Call
3. Welcome
4. Definitions & Issues
5. Myths & Misinformation
6. Effects of Prenatal Substance Abuse
7. Medical Issues
8. Impacts on Infants
9. Part 2 of 2
10. Parenting Skills
11. Key Skills
12. Feeding Issues
13. Parenting Strategies
14. Working with Professions
15. Understanding Birth Parents
16. Conclusion

Handouts

- Neurobehavioral Issues
- Parenting Strategies
- Medical Issues of Substance-Exposed Infants
- Developmental & Behavior Problems of Substance-Exposed Infants
- The Effect of Specific Drugs
- Resources

**The Child Welfare Team** - Covers how the child welfare system works, purpose and goals of the system, key terms, and who the child welfare team members are, as well as their roles and responsibilities.

Chapters:

1. Please Keep in Mind
2. Purpose & Goals of the Child Welfare System
3. An Overview of the Child Welfare System
4. Protective Custody
5. Overview of the System Stages
6. System Stages
7. Codes & Laws through History: Part 1
8. Codes & Laws through History: Part 2
9. Six Terms
10. Meeting the Team
11. Caseworkers Workday Introduction
12. Caseworkers Workday Log 1
13. Caseworkers Workday Log 2
14. Please Keep in Mind
15. Team Communication
16. Role of a Foster Parent & Foster Caregiver
17. The Case Study of Alice Turner
18. Kinship Support System
19. Case Planning
20. Wrap-Up

## Handouts

- Child Protective Services 6 – Stage Process
- Historical Timeline
- History of the American Child Welfare System
- A Dictionary of Common Child Welfare Terms
- Team Members: Their Roles & Obligations
- Actual Case Study
- Suggested Resources for Foster Parents to Explore

**Understanding Behavior in Foster Children** - Explores problematic behavior in foster children and how foster parents can better understand the purpose of a child's behavior through careful observation.

## Chapters:

1. Behavior
2. Introduction
3. Surface Behavior Examples
4. Describing Surface Behavior
5. Decoding Behavior
6. Decoding Behavior Exerciser
7. Understanding Behavior as Part of a Sequence
8. Understanding Behavior as Part of a Sequence Exercise
9. Parenting Opportunities & Approaches
10. Approaches at Point C
11. Approaches at Point B
12. Approaches at Point A & Wrap-up
13. Parenting Styles

## Handouts

- Behavior Tracking Sheet
- Corporal Punishment
- The Five "Decoders" (Functions of Behavior)
- Parenting Styles
- Surface Behaviors

**Working Together with Primary Families** - Explores the benefits and challenges of building a working relationship between foster and primary families, and offers strategies for developing respectful, positive communication.

## Chapters:

1. Introduction
2. Shared Parenting
3. The Child Protection Team
4. About Primary Parents
5. Grief & Ambiguous Loss
6. Terrell's Story
7. Understanding Empathy & Foster Care
8. Building a Shared Parenting Relationship
9. Wrap-Up

## Handouts

- Understanding Ambiguous Loss
- Bridging Contracts

**Trainer Biography:****Joy McAfee, M.S.**

*Ms. McAfee is a biological, adoptive, and foster parent. Since 1988 she has taught children with a variety of special educational needs and worked with biological, foster, and adoptive parents in developing healthy family lifestyles in both formal and informal settings. She is a graduate of Florida State University and Indiana University where she specialized in adult education. Ms. McAfee is a member of the Resource Family Advisory Group which seeks to improve training opportunities for Minnesota families involved in foster care and adoption. Ms. McAfee has been a professional trainer for the Child Welfare Training System since 2007.*