

## Foster Carer Training January - April 2022

Please read the Course Notes below the following timetable to ensure you are fully aware of the structure, content, and venue for each course.

DATE	TITLE	TIME	VENUE	NOTES
12/01	First Aid	09.30-16.00	Civic	
15/01	<b>Induction Training</b> Record Keeping Intro to Education Intro to Health	09.30-10.30 11.00-13.00 13.30-15.30	Zoom	Mandatory training – see Notes below
Starting 17/01	Solihull course	09.30-12.00	Zoom	11-week course, every Monday from 17/01 to 04/04
19/01	Narrative Model Briefing	10.00-12.00	Zoom	Briefing
25/01	Safeguarding/Safer Caring	09.30-12.30	Zoom	
29/01	<b>Induction training</b> Promoting Contact Child development and attachment	09.30-12.30 13.00-15.30	Zoom	Mandatory training – see Notes below
01/02	Secondary Trauma	09.30-14.00	Zoom	
03/02	Unaccompanied Asylum-Seeking Children – introductory information session	10.00-12.00	Zoom	Briefing and information session for any carers who might be thinking of this area of practice
08/02	Children and Young People who Self Harm	09.30-14.30	Zoom	
10/02	Restorative Practice	09.00-14.30	Zoom	
12/02	<b>Induction Training</b> Child sexual and criminal exploitation Safeguarding/safer caring	09.30-12.30 13.00-16.00	Zoom	Mandatory training – see Notes below
15/02	First Aid	09.30-16.00	Civic	
16/02	Education Matters Session 1	09.30-14.30	Zoom	Three separate sessions – see Notes below
02/03	Education Matters Session 2	09.30-14.30	Zoom	Three separate sessions – see Notes below

09/03	Supporting LGBTQ YP in Foster Care	09.30-12.30	Zoom	No Limits training
16/03	Education Matters Session 3	09.30-14.30	Zoom	Three separate sessions – see Notes below
23/03	Improving Sensory Processing for children who have experienced trauma	09.30-14.30	Civic	
24/03	First Aid	09.30-16.00	Civic	
29 and 30/03	Moving Children on to Adoption	09.30-14.30	Zoom	
31/03	Safeguarding/safer caring	09.30-12.30	Zoom	
05/04	Staying Put	09.30-12.30	Zoom	
06 and 07/04	Foetal Alcohol Spectrum Disorder	09.30-12.00	Zoom	Two mornings

### **Course Notes:**

#### **Induction Training**

Induction training is currently made up of **7 modules**, and all **7 should be completed within the first year of fostering**:

1. **Record Keeping** **If you have already completed this module as a separate course, you do not need to attend this session.** Anyone is welcome to attend if they need a refresher.
2. **Introduction to Education** A short introduction to education issues for looked after children with Niki Freckleton of the Virtual School
3. **Introduction to Health** A short introduction to health procedures for looked after children, with LAC nurses who will be able to answer your health questions
4. **Promoting Contact and Working with Birth Family** Course looking at the practical and emotional issues and complexities in family contact, including legal framework, and the various responsibilities of the carer, SW and contact service.
5. **Child Development and Attachment** Introduction to child development, with a particular emphasis on the impact of trauma, and the importance of attachment. **If you have already attended Solihull Training or the Trauma and ACEs training, you do not need to attend this session.**
6. **Child sexual and criminal exploitation** including County Lines. Essential training for everyone working with children, examining the ways in which children are drawn into exploitative situations, and local services to support them.
7. **Safeguarding/Safer Caring** This mandatory training must be renewed every 3 years. **If you have already completed this as a stand-alone course, you do not need to attend this session.**

**Solihull Training – Understanding your foster child** This is an exciting course, based on the Solihull Approach model of Containment, Reciprocity and Behaviour Management. It will focus on carer-child relationships and promoting a reflective style of attachment-based parenting. This course is beneficial for all carers, for their own personal development, but if you are looking to move to Level 2 status, it will be essential for you to have completed this course. This course is a weekly session for 11 weeks.

**Narrative Model Briefing** The Narrative Model is due to be rolled out across Children's Services, with Social Workers helping children to understand the reasons why they are in care. This is a briefing session to explain to foster carers what is involved in this particular model, and what to expect when the social worker begins this work with their children and young people.

**Safer Caring/Safeguarding** Mandatory training for all foster carers, which should be updated every 3 years.

**Secondary Trauma** This course was cancelled in November, so we are running it again this term as a one-day course. All people who work in the caring professions are vulnerable to secondary trauma, particularly those working with traumatised children. Foster carers are particularly at risk, due to their use of empathy when forming relationships with children, and the close and extended contact they have with those children. This course will help recognise and deal with the effects of secondary trauma.

**Unaccompanied Asylum-Seeking Children – information session** This is a **preliminary** session, for all carers who might be interested in caring for children who seek asylum in this country but feel they do not know enough to make a commitment. This short course will look at the reasons why children come here, and why some are alone when they arrive. We will look at how carers can help them cope with the trauma of their experiences, and what the processes are when they arrive. This will be a brief overview, and we have the benefit of two carers who regularly care for UASC children, who will share their experiences. **For any carers who want to go on to learn more after this introduction, we will be running a full 2-day course, with much more detailed information, next term.**

**Young People who Self Harm** This course was cancelled in October, so we are running it again as a one-day session. We will be looking at the background and reasons for self-harm, and how to respond to a child or young person who is displaying, or at risk of, this type of coping behaviour.

**Restorative Practice** Mandatory training for all foster carers, as for all Children's Services staff. This is a restorative and relational based practice method which enables us to build and maintain healthy relationships, resolve difficulties, and repair harm when relationships break down.

**Education Matters** This course is offered annually and covers all aspects of Education from Early Years through Primary and Secondary schools to further and higher education. Topics covered will include PEPs; EHC plans; admissions and exclusions; Special Educational Needs; synthetic phonics; modern maths teaching strategies; bullying, Educational Psychology; Careers. Niki Freckleton arranges this training, with a wide range of speakers from all areas of Education. She is trying to arrange one day for Early Years/ Primary education, and one day for Secondary/ Further Education, with a third day relevant to all. Further details will be given as soon as possible about the contents of each session.

**Supporting LGBTQ+ young people in foster care** This course is delivered by local organisation No Limits. Come and find out what it means to be part of the LGBTQ+ community and learn how to discuss challenges with young people, using the correct terminology and knowing their rights. This is a safe space to ask questions and share ideas on how you can support young people in your care.

**Improving Sensory Processing for children who have experienced trauma** This is a course for carers of children who seem 'out of tune' with their bodies, fidgety, lacking in concentration, and do not seem aware of basic body senses such as heat and cold, hungry, or full. They may have sensory integration issues related to their early life experiences. If circumstances allow, we are hoping to run this as a face-to-face session at the Civic Centre, as it is a very practical course which does not work so well as a virtual training course.

**Moving on to Adoption** For all foster carers looking after young children, who are more likely to have a plan of adoption. This course will look at the process of adoption, including preparing the child, the period of introductions with the new parents, and what happens afterwards. We will be joined by carers experienced in adoptions, as well as SSWs and Adoption SWs.

**Staying Put** This is a session for carers of older children, who might be thinking of their post 18 options, and whether Staying Put is the right choice.

**Foetal Alcohol Spectrum Disorders** FASD is the single biggest cause of preventable brain damage in the west and is far more common in looked after children than other groups. It is a lifelong condition. This course will explain the effects of alcohol during pregnancy, recent developments in diagnosis, and how to support a child who has this condition. We will be joined by carers who have experience of caring for children with a diagnosis of FASD.

**For further details please contact:**

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