

Barnardo's Training and Consultancy are pleased to offer Fostering Changes Training – Confidence in Care

Context

Fostering Changes is a highly interactive group-based training course specifically designed to support foster carers/kinship carers in their role. Social Workers can also benefit from participating in this training, alongside their foster carers, to help them in their role in supporting foster carers whom they supervise. The course uses an evidence based model, developed by the Adoption and Fostering National Team at the Maudsley Hospital, South London, in conjunction with King's College London (SLAM). To deliver the training, our facilitators have undertaken formal training and accreditation in delivering the model through SLAM.

The training

The course involves 12 half-day sessions delivered over 12 weeks, with two trainers co-facilitating. The focus is on practical skills that carers can take away, practice, and implement at home tailored to the particular child or young person they are looking after. Each session builds on the next to provide carers with a toolkit of different strategies to support them in their role. Foster carers must attend at least 9 sessions to complete the course and receive a certificate. We also offer 3 x optional follow-up sessions (at termly intervals to refresh and consolidate the learning from the strategies taught).

The training seeks to encourage positive child behaviour and set appropriate limits, through a practical skills-based approach and to improve foster carers' understanding of the causes of children's social and emotional difficulties and their confidence in applying this knowledge in various situations. Foster carers who have been through this training previously have reported positive changes at home, greater confidence in their skills and stronger relationships with and understanding of their children and young people, as well as developing peer and local networks of support.

LEARNING OUTCOMES

Aim:

To increase carer skills and strategies for managing their fostering role and improve the relationship between carer and child.

Learning Outcomes:

The sessions have the following components. On successful completion of the training participants will be able to:

- understand and record behaviour of children and young people in their care.
- understand the influences of behaviour
- understand the benefits of and give effective praise
- provide positive attention
- use communication skills to regulate emotions
- provide effective support in children's learning
- understand the benefits and effective use of rewards and reward charts
- use strategies for giving instructions and deploying selective ignoring effectively
- understand the benefits of and use of positive discipline and setting limits
- use time out and problem solving strategies to support positive behaviour
- understand and manage endings and review
- acknowledge positive change and take forward ideas for taking care of self.

'A fantastic course. Loved it from start to finish and the catch ups. [The facilitators]...were very knowledgeable and had a lovely playful attitude which was fun and helped us when we were sometimes discussing information or doing exercises outside our comfort zone. Plus, you really get to know your colleagues and make long lasting friendships, who support each other. Also, as the course is over several weeks you recap on the last week's information and you remember it better. I believe all foster carers should go on this course.' Foster carer, Wales.

If you are interested in commissioning this course for your foster carers, please email training@barnardos.org.uk and we will ensure a call is scheduled at your convenience.