



The Kinship & Foster Family
Network of Manitoba

FOSTERING CONNECTIONS

The Kinship & Foster Family Network of Manitoba

Foster/Kinship Parent Training Basic and Advanced Levels Session Synopsis

2018—2019

The Kinship & Foster Family Network of Manitoba

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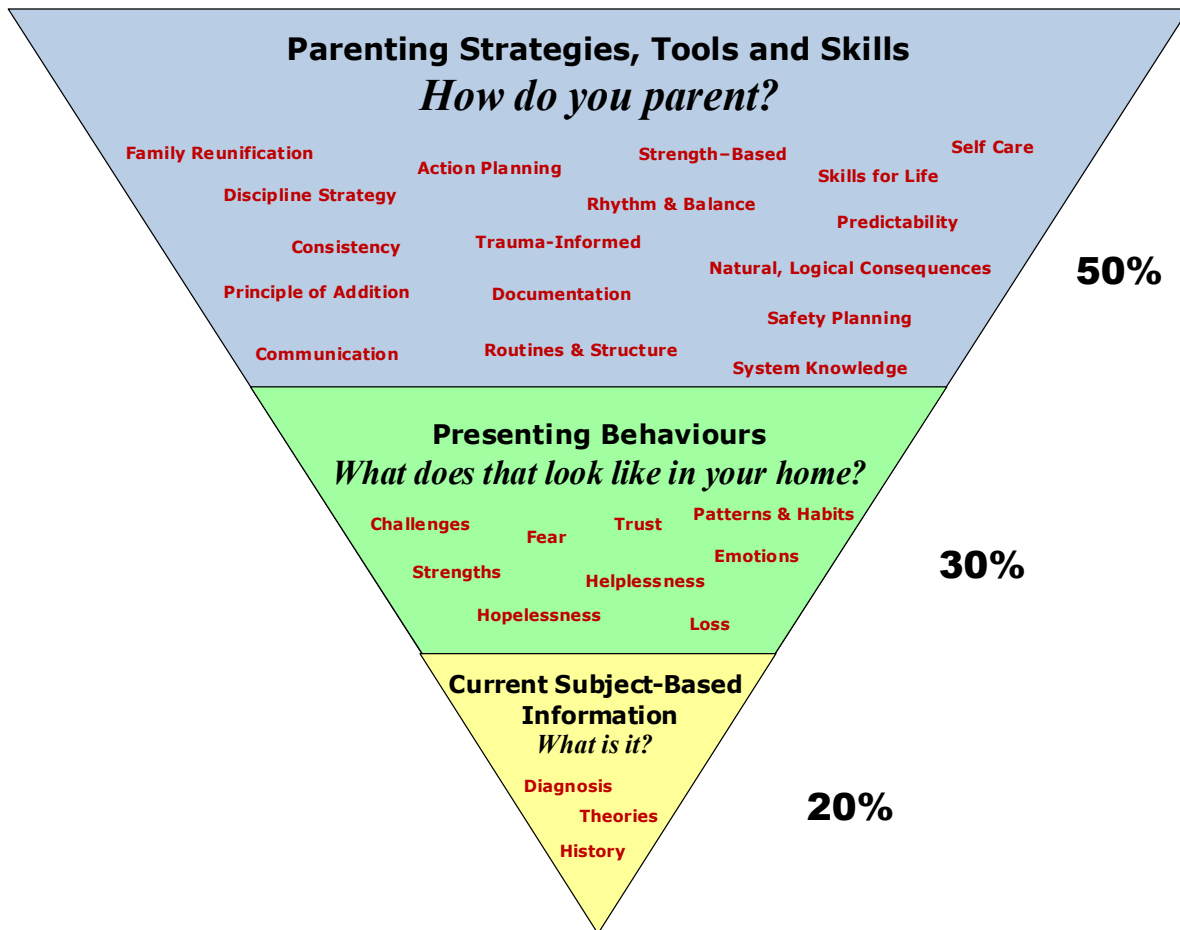
DEVELOPING PARENTING COMPETENCIES FOR PROVIDING FOSTER OR KINSHIP CARE.

Our training approach introduces and explores parenting. The topics in these sessions assist parents to **understand, clarify, demonstrate** and **communicate** the what, why, how, where, when, and who of the kinship or foster parenting they provide.

Kinship and foster parents work within a team which surrounds a child in care. The team consists of a child's natural family, child and family service workers, professional and community resources. To be effective kinship and foster parents need to have expertise with their parenting role and the responsibilities of this parenting role. Kinship and foster parents are tasked to be temporary parents who are complementary to the child's natural family.

Kinship and foster parents whom develop an understanding of their valuable temporary and complementary parenting role within the Child and Family Services team can benefit the best interests of the child, the birth family and the service delivery team.

The majority of K.F.F.N.M. training is focused upon developing practical expertise for the unique challenges for temporary and complementary parenting.

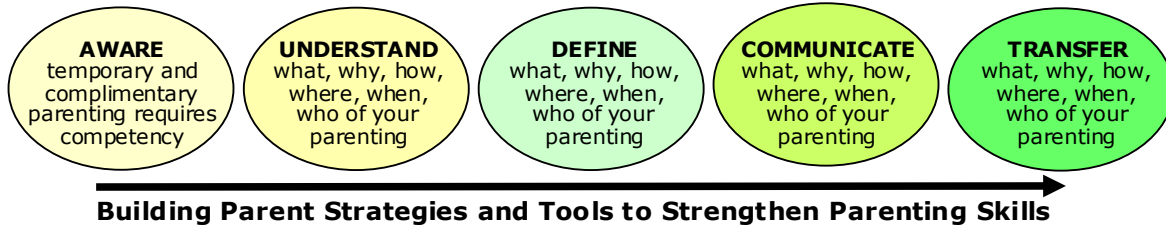


The Kinship & Foster Family Network of Manitoba Mission Statement

To encourage, promote, assist, and educate kinship and foster homes to enhance the quality of life for children in care.



KFFNM trainings focus on five learning phases. To assist with personal development a kinship or foster parent needs awareness of their own unique parenting practices. **Awareness** supports them to better **understand** their unique parenting and guides them to best **define** their parenting practices. Once defined, their parenting practices can be **communicated** to others and their parenting practices can **transfer** to others.



Parent’s practices develop and evolve best through open discussion amongst parents about their parenting strategies, tools and skills.

Throughout KFFNM training parents are offered many parenting concepts, parenting tools and parenting work books.

PARENTING CONCEPTS

- Principle of Addition
- Thinking Parents
- Parenting Strategies, Tools and Skills
- Geography of Support
- The Thought Spot
- Family Values
- Strengths & Challenges
- Predictable & Consistent
- Concrete & Operational

PARENTING TOOLS

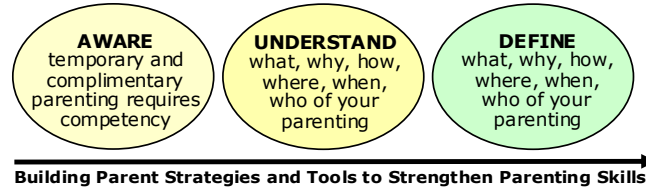
- Planning Calendars
- Weekly Menus
- Safety Plans
- Action Plans
- Meeting Agenda
- Daily Journals
- My Baby Milestones
- Co-Parent Teaching Plan
- Co-Parent Action Plan
- Resource Journal
- Future Planning

PARENTING BOOKS

- Preparing for Adult Life
- Seeking Employment
- School Restart
- KFFNM Co-Parenting Guide
- Tools for Teaching Financial Skills
- Mom & Babe
- Parent Discovery



Focus is primarily on the first three phases of learning development.



**Basic Level
Session 1 through 3**

**Session 1
Child Development**
4 Hours

**Session 2
Relationships & Attachment**
4 Hours

**Session 3
Fostering Family Connections**
4 Hours

Learning Objectives

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- ⇒ Basic understanding of child development.
- ⇒ Basic understanding of the effects of maltreatment on child development.
- ⇒ Introduction to the concept of parenting steps.

- ⇒ Awareness of the importance of attachment in providing foster/kinship care.
- ⇒ Awareness of stages of attachment formation.
- ⇒ Awareness of Circle of Security.
- ⇒ Awareness of a negative working model.
- ⇒ Exploration of essential caregiver skills in creating relationships.
- ⇒ Awareness of the need for clarity with parenting strategies and skills.

- ⇒ Awareness of the benefits from working with a child's natural family.
- ⇒ Awareness of barriers to working with a child's natural family.
- ⇒ Understand skills required for meeting with natural families.
- ⇒ Exploration of steps required for transference of parenting knowledge.
- ⇒ Awareness of the Principle of Addition in foster and kinship care.

Demonstrated Competencies

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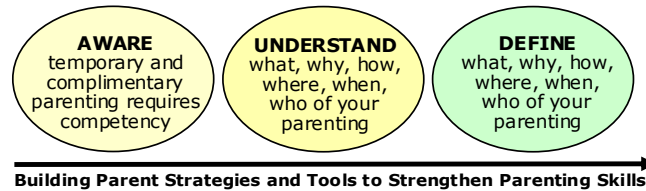
- ⇒ Identify potential development delays.
- ⇒ Identify and explore presenting behaviours potentially associated with developmental delays.
- ⇒ Awareness of underlying causes for behaviour.
- ⇒ Identify and discuss parenting steps used in response to developmental delays.

- ⇒ Identify presenting behaviours potentially related to attachment theory.
- ⇒ Identify parenting steps in response to presenting behaviours associated with attachment trauma.
- ⇒ Identify parenting steps which are consistent and predictable.
- ⇒ Identify parenting first steps for establishing healthy and meaningful relationships.

- ⇒ Identify desired role for natural family engagement.
- ⇒ Identify plan for parenting steps when meeting natural parents.
- ⇒ Identify principle of addition in parenting approach to providing foster/kinship care.



Focus is primarily on the first three phases of learning development.



Basic Level Session 4 through 6

Session 4 Misunderstanding Behaviours 4 Hours

Learning Objectives

- ⇒ Awareness of differences involved in parenting as a temporary, complimentary care provider.
- ⇒ Awareness of goals of misbehaviour.
- ⇒ Awareness of behaviour markers thought to typify children in foster care.
- ⇒ Awareness of presenting behaviours associated with sensory processing challenges.
- ⇒ Understand challenges and complexities with identifying behaviour as misbehaviour.

Demonstrated Competencies

- ⇒ Recognition of underlying causes for behaviour.
- ⇒ Ability to openly explore underlying causes for behaviours.
- ⇒ Awareness of parenting steps which negatively impact behaviour.
- ⇒ Identify beneficial parenting steps which consider underlying causes of behaviour.

Session 5 Presenting Behaviours 4 Hours

Learning Objectives

- ⇒ Awareness of fetal alcohol spectrum disorder as a global disability.
- ⇒ Awareness of impact of FASD on brain domains.
- ⇒ Awareness of presenting behaviours associated with brain differences.
- ⇒ Awareness of physical, emotional and sexual abuse and neglect as described in the current Child Welfare Act.
- ⇒ Awareness of impact of abuse and neglect.
- ⇒ Awareness of presenting behaviours associated with abuse and neglect.

Demonstrated Competencies

- ⇒ Identify presenting behaviours potentially related to FASD.
- ⇒ Identify beneficial parenting steps in response to presenting behaviours associated with FASD.
- ⇒ Identify presenting behaviours potentially related to abuse and neglect.
- ⇒ Identify beneficial parenting steps in response to presenting behaviours associated with abuse and neglect.

Session 6 Guiding Behaviours 4 Hours

Learning Objectives

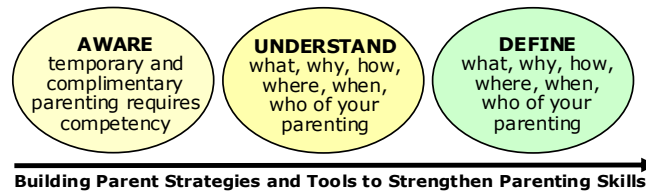
- ⇒ Understand impact of your parenting beliefs and values in providing kinship or foster care.
- ⇒ Understand impact of parenting styles in providing kinship or foster care.
- ⇒ Awareness of benefits in developing clarity with predictable and consistent parenting.
- ⇒ Understand how parenting steps become strategies.
- ⇒ Understand how parenting tools can assist with parenting.
- ⇒ Exploration of skills which support effective parenting.

Demonstrated Competencies

- ⇒ Identify personal parenting beliefs and values.
- ⇒ Identify personal parenting style.
- ⇒ Identify parenting steps and strategies followed in response to presenting behaviours.
- ⇒ Identify parenting tools which support parenting.
- ⇒ Identify parenting skills which support parenting.



Focus is primarily on the first three phases of learning development.



**Basic Level
Session 7 through 9**

**Session 7
Teaching Life Skills
4 Hours**

Learning Objectives

- ⇒ Understand the importance of clearly presenting parenting strategies, tools and skills.
- ⇒ Clarify the particular life skills they teach child/youth in their care.
- ⇒ Awareness of time lines and when to begin teaching life skills.
- ⇒ Understand the many steps involved in teaching life skills.
- ⇒ Awareness of using the Geography of Support for assessing life skills.

Demonstrated Competencies

- ⇒ Understand importance of adult directed support offered to
- ⇒ Awareness of the importance in defining clear life skills being taught and supported by parent.
- ⇒ Awareness for importance of creating a parenting plan/schedule for teaching life skills.
- ⇒ Understanding concrete and operational life skills.
- ⇒ Awareness of differing learning styles a child/youth is most comfortable learning with.
- ⇒ Awareness of recognizing presenting demonstrated skill outcomes.
- ⇒ Understand the Geography of Support for assessing demonstrated life skills.

**Session 8
Observing, Recording & Reporting
4 Hours**

Learning Objectives

- ⇒ Awareness of skills required for effective parenting observations.
- ⇒ Awareness of recording skills required for developing a history.
- ⇒ Understand effective principles for daily journaling.
- ⇒ Awareness of basic elements for creating assessments.
- ⇒ Understand basic principles involved in writing incident reports.
- ⇒ Awareness of basic recording tools which support monthly reporting.

Demonstrated Competencies

- ⇒ Understand parenting skills for observing behaviours in context, assess and record valuable documentation.
- ⇒ Understand the importance in developing consistent time frames for information collection.
- ⇒ Awareness of the importance of documentation skills in kinship/foster care.
- ⇒ Awareness of the benefits in using tools for documentation.
- ⇒ Awareness of the benefit in creating written plans into parenting strategies.
- ⇒ Understand benefits in writing a history of parenting provided.

**Session 9
Fostering Self Care
4 Hours**

Learning Objectives

- ⇒ Awareness of the impact of providing kinship/foster care.
- ⇒ Awareness of the potential impacts of separation and loss within kinship/foster families.
- ⇒ Awareness of the states of change families can experience.
- ⇒ Understand the supports which kinship/foster parents can use to assist themselves and their family.

Demonstrated Competencies

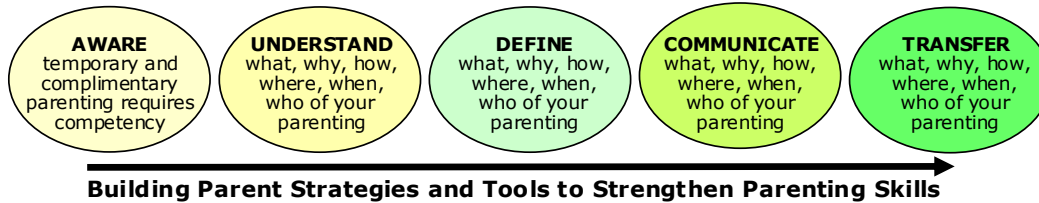
- ⇒ Understand importance in developing family plans, steps and strategies for potential challenges with providing care.
- ⇒ Define aspects of parent/family plans to address potential challenges.
- ⇒ Understand importance in developing support networks in response to kinship/foster isolation.
- ⇒ Awareness of available supports for kinship/foster parents from within their communities.



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Network of Manitoba

FOSTERING CONNECTIONS

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Advanced Level Kinship & Foster Parent trainings.

This series of trainings builds upon Basic Level trainings. The focus is on developing skills for communicating and for transferring to others the what, why, how, where, when, and who of the parenting which they have provided.

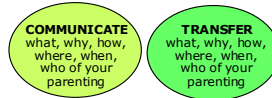
Using the concepts of parenting strategies, parenting tools and parenting skills participants develop an overview of the patterns they use within their parenting.

The focus is on participants developing their professional competence with collaterals and the Child and Family Services team.

Continue participant's on-going journey to define their Parenting Strategies, Tools & Skills which best describe the uniqueness of their parenting.



Focus is primarily on the last two phases of learning development.



Strengthen and enhance parenting concepts of strategies, tools and skills.

Guiding Behaviours
9 Hours

Learning Objectives

- ⇒ Understand the importance in clearly communicating the parenting they provide.
- ⇒ Understand family homes have different rhythms.
- ⇒ Understand strength based and trauma informed parenting approaches.
- ⇒ Understand different parenting approaches create different responses.
- ⇒ Understand the importance of predictable and consistent parenting strategies.
- ⇒ Awareness of importance of discipline strategy being predictable and consistent.

Demonstrated Competencies

- ⇒ Identify therapeutic benefit in their parenting values, styles, approach, and rhythm.
- ⇒ Identify possible underlying causes to presenting behaviours.
- ⇒ Identify parenting response to presenting behaviours.
- ⇒ Identify predictable and consistent strategies used in parenting.
- ⇒ Identify particular discipline strategy used in parenting.

Skills for Life
9 hours

Learning Objectives

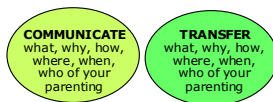
- ⇒ Understand the importance of developing relationships.
- ⇒ Understand the need for parenting tools to be adult driven and require parenting skills.
- ⇒ Understand the Geography of Support for assessing demonstrated skill levels.
- ⇒ Awareness of individual learning skills and different parenting approaches required.
- ⇒ Understand how to create individual teaching paths.

Demonstrated Competencies

- ⇒ Identify parenting approach for relationship development.
- ⇒ Identify parenting pattern for teaching child/youth skills.
- ⇒ Identify age appropriateness for teaching particular life skills.
- ⇒ Identify learning styles for child/youth in home.
- ⇒ Identify parenting steps for measuring outcomes.



Focus is primarily on the last two phases of learning development.



Strengthen and enhance parenting ability to work within a team.

Focused Documentation
9 hours

Learning Objectives

- ⇒ Understand the importance of good record keeping.
- ⇒ Awareness of the 'Best Practices' for daily journaling and monthly reports.
- ⇒ Understand focused documentation can provide detailed social histories, identify behavior patterns and strengthen working relationships for Kinship/Foster families.
- ⇒ Learning to enhance relationships through the exchange of information.
- ⇒ Understanding of importance of documentation for Allegations, Alternative Dispute Resolution (ADR), and the Appeal Process.

Demonstrated Competencies

- ⇒ Ability to establish an effective recording system within a busy parenting routine.
- ⇒ Ability to submit accurate and credible documentation.
- ⇒ Ability to write an appeal request or prepare for a meeting with an adjudicator.
- ⇒ Awareness of the various steps and timelines associated with allegations, appeals, and Alternative Dispute Resolution.
- ⇒ Ability to write and submit accurate and timely documents which include parenting plans for change and behaviour management.

Fostering Family Connections
9 hours

Learning Objectives

- ⇒ Understand fundamental principles for providing care in Manitoba.
- ⇒ Awareness of causes behind a child entering care.
- ⇒ Understand the importance in first connections with the natural family
- ⇒ Awareness of dynamics involved in co-parenting relationships.
- ⇒ Understand value in preparing for natural family times.
- ⇒ Understand basics and structure for parent to parent journaling.
- ⇒ Understand the importance in using planning tools for natural family interaction.

Demonstrated Competencies

- ⇒ Identify steps for connecting and working with child's natural family.
- ⇒ Define particular co-parenting teaching pattern.
- ⇒ Identify steps for supporting and teaching parenting.
- ⇒ Identify parenting approach modeled and taught.
- ⇒ Identify transferable parenting strategies, tools, and skills taught.

Caring through Trauma
9 hours

Learning Objectives

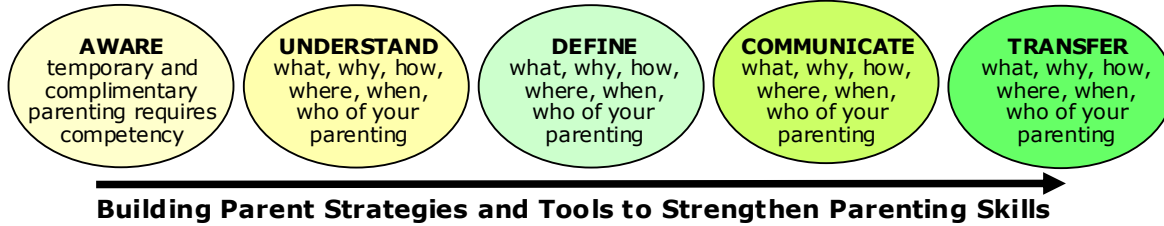
- ⇒ Explore feelings of grief experienced through loss.
- ⇒ Awareness of the impact of stress.
- ⇒ Understand what trauma looks like, causes, impacts and responses.
- ⇒ Understand what vicarious trauma is and possible impacts.
- ⇒ Explore steps for wellbeing for self and family.
- ⇒ Understand the impact of change which is felt by everyone.

Demonstrated Competencies

- ⇒ Identify perceived personal and family stress level.
- ⇒ Identify supportive relationships.
- ⇒ Identify parenting steps for family and self regulation.
- ⇒ Identify steps for creating and maintaining well being.
- ⇒ Strategies for enhancing strengths and minimizing challenges.



Focus is on developing clarity for presenting the parenting expertise they provide within their uniquely different kinship or foster parent milieu (path).



Writing Your Milieu

9 hours

Learning Objectives

- ⇒ Understand the therapeutic value within the parenting wisdom of a strong and healthy foster or kinship home.
- ⇒ Understand the benefit in developing foster or kinship parenting wisdom into written form.
- ⇒ Create a written framework which best creates a clear presentation of the parenting

Demonstrated Competencies

- ⇒ Create a written work which defines the parenting strengths of your foster or kinship home.
- ⇒ Participants share their milieu draft amongst the working group for 'Peer Review'.

Booking Kinship & Foster Family Network of Manitoba Trainings



K.F.F.N.M. training is funded through the Provincial Government of Manitoba.

Trainings offered through KFFNM are provided at no cost to kinship/foster parents or Child and Family Services agencies.

In order to provide as much flexibility as possible and reach as many of Manitoba's communities as possible KFFNM schedules training sessions in Fall, Winter and Spring blocks.

Training schedules are established throughout the year prior to each block of training provided. Training sessions are filled as kinship/foster parents identify their interests. Requests from CFS agencies are welcomed. Registration for sessions is required.

Training Group Size

Minimum # participants 12 participants

Maximum # participants 20 participants

** Depending on region of the province.*

Kinship & Foster Family Network of Manitoba Training Blocks (2018-2019)

Fall schedule	September (2nd-3rd week) to December (1st week)
Winter schedule	January (2nd week) to March (last week) before spring break
Spring schedule	April (2nd week) to June (1st week)

** Road conditions may impact the delivery of some sessions for some areas of the province*

Kinship & Foster Family Network of Manitoba Training Times

Day sessions	10:00 a.m. to 2:00 p.m.
Evening sessions	6:00 p.m. to 9:30 p.m.
Weekend sessions	Friday 6:00 p.m. to 9:00 p.m. & Saturday 9:00 a.m. to 4:00 p.m.

** Times may vary for regional or group needs.*

Basic Level Sessions

9 Sessions (32 Hours)

Schedules can be created for

Day time or evening	9 consecutive weeks
Day or evening	3 consecutive days once a month for 3 consecutive months
Weekends	3 weekends a month for 3 consecutive months

Advanced Level Sessions

3 Sessions per module (9 Hours)

Schedules can be created for

Day time or evening	3 consecutive weeks per module (1 session per week)
Day or evening	3 consecutive days once a month per module (9 hours)
Weekends	Friday evening and Saturday per module (9 hours)



The Kinship & Foster Family
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FOSTERING CONNECTIONS

K.F.F.N.M. Competency Based Kinship/Foster Parent Training

We work to provide training throughout the province of Manitoba.
During each calendar year we offer at least one training for each region of the province.

Fall-Winter-Spring Session Blocks

Central Region (Winnipeg Office)

Southern Region (South of Winnipeg)

Northern Region (north of Dauphin)

Central Region (East - West Of Winnipeg)

To plan for training in your area please contact:

KFFNM Education Co-ordinator

Terri McNaughton-Wright

terri.mcw@mffn.ca

To register for training sessions please contact:
The Kinship & Foster Family Network of Manitoba

1-204-940-1280

Email: manfost@mffn.ca

To view where we are currently offering Kinship & Foster parent training
please view our training calendar online.

Website: kffnm.ca

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