

Foster Care, Kinship Care, and Adoption
Preservice Training
Youth Version
Designed to accompany OCWTP
Preservice Curriculum

This program uses *Dyslexie* font – a font designed to help readers with dyslexia.

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ORIENTATION

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ORIENTATION

At the end of this course, the child should be able to:

1. Understand the goals of Child Protection.
2. Define Foster Care, Kinship Care, and Adoption.

“Child Protection” means the services that help children and families stay safe and healthy.



ORIENTATION

Child Protection has three goals:

1. **Safety** – keeping the child out of danger
2. **Well-being** – keeping the child happy and healthy
3. **Permanency** – keeping the child in the same family forever



ORIENTATION

Sometimes, Child Protection needs to find different families for children where they can be safe and healthy:

1. Foster Care – when someone other than the primary parents takes care of a child, usually for a short time
2. Kinship Care – when a family member or close family friend takes care of a child instead of the primary parents
3. Adoption – when the child becomes a lifelong member of a new family

ORIENTATION

My Thoughts: I

1. Draw a line to match each vocabulary word with the correct definition.

a. Adoption

- When a family member or close family friend takes care of a child instead of the primary parents.

b. Child Protection

- When the child becomes a lifelong member of a new family.

c. Foster Care

- The services that help children and families stay safe and healthy.

d. Kinship Care

- When someone other than the primary parents takes care of a child, usually for a short time.

ORIENTATION

2. List three ways your parents keep you safe and happy.

1) _____

2) _____

3) _____

3. How does your family want to help with Child Protection?

a. Foster Care

b. Kinship Care

c. Adoption

CAREGIVER ROLE AND RESPONSIBILITIES

At the end of this module, the child should be able to:

1. Identify members of the child protection team and their roles.
2. Understand the importance of family in the foster system.
3. Describe responsibilities to self

The role of Child Protection is to protect a child from danger. Many people work together to keep a child safe. This group makes up the “Child Protection Team.”

As a part of the team, here are some of the other team members you may see:

1. Foster Children – the child or children who will be living with your family for a short time (Foster Care), to stay safe and healthy.

CAREGIVER ROLE AND RESPONSIBILITIES

2. **Adopted Children** – the child or children who become lifelong members of your family.
3. **Foster Parents (your parents)** – just like they are keeping you safe and healthy, your parents will work to keep the new child safe and healthy.
4. **Primary Parents** – The primary parents are the parents who were caring for the child when they needed foster care. They are often the birth parents, the parents of a baby when it is born.
5. **Caseworker (or social worker)** – the person who helps families become safe for children and visits with children while they live

CAREGIVER ROLE AND RESPONSIBILITIES

somewhere else. Caseworkers will come to your house to visit if you have a foster child.

Court –a place where a judge makes decisions according to the law. The judge may make decisions about where a foster child will live. **Child Protection** tries to keep children with their primary family whenever possible.



CAREGIVER ROLE AND RESPONSIBILITIES

If your family is helping with foster care, you will work to keep the child safe and healthy for a short time, while the team works to make the primary family safe.

You and your parents will not be able to choose where a child lives. You may feel sad or angry if the child moves to another family.

CAREGIVER ROLE AND RESPONSIBILITIES

My Thoughts: II

1. Circle the members of the child protection team:

You

Judge

Foster Parents
(Your Parents)

Friends

Neighbors

Coaches

Caseworker

School
Workers

Child in Foster
Care

Primary
Parents

CAREGIVER ROLE AND RESPONSIBILITIES

2. List one thing you are excited about in receiving a new member in your home:

3. List one thing you are worried about:

4. Who can help you if you need support?

BASICS OF PLACEMENT

At the end of this course, the child should be able to:

1. Summarize the matching process
2. Understand how moving can impact a child.
3. Explain different ways to help a child feel safe in their new home.

Sometimes, children are not safe or healthy where they live. They are placed with a family like yours that can keep them safe and healthy and meet their needs.

Moving to a new home means meeting new people and learning new rules. This can be hard and scary. It can be hard for people already living in the home, too.



BASICS OF PLACEMENT

Think back to your first day of school in a new building. Put a check next to each way someone helped you learn the rules, meet new people, and find your way around.

- Someone gave you a tour of the building.
- Someone talked to you about the rules.
- The rules were posted on a wall.
- You met your teachers and classmates.

Using your experiences from school, how can you help your family's foster child when they move in?

BASICS OF PLACEMENT

My Thoughts: III

1. List two of the most important rules in your house.

1) _____

2) _____

BASICS OF PLACEMENT

2. Circle each activity that your family does regularly.

➤ Eats dinner together at the table

➤ Watches TV together

➤ Has family game night

➤ Goes to each other's sports events (games and practices)

➤ Goes to a park

BASICS OF PLACEMENT

3. Are there any other activities that are not listed? Write them below.

4. What do your parents do to keep you safe and healthy?

5. Tasha moved into Noel's house a few days ago. One day, while playing a game, Tasha says she is feeling angry and wants to be alone. Noel tries to make Tasha laugh and then offers her a hug, but this makes Tasha more upset.

BASICS OF PLACEMENT

Even though Noel was trying to help, did she do the right thing? (Circle your answer.)

Yes

No

What could Noel have done differently?



TRAUMA OVERVIEW

At the end of this course the child should be able to:

1. Define trauma and toxic stress.
2. Describe how attachment and development can be affected by trauma.

Trauma is a very difficult event that affects your well-being. You may no longer feel happy or healthy. Trauma can cause stress.

Stress is when you are worried or nervous. Stress is “toxic” when you always feel worried or nervous. Many foster children have issues with toxic stress.

TRAUMA OVERVIEW

It can be a trauma for children when:

- They are not given the care and attention they need.
- They are put in danger or are hurt.

When children have lots of trauma, they can feel toxic stress.



TRAUMA OVERVIEW

Some behaviors you might see are:

- **Having trouble following rules**
- **Having a hard time staying focused**
- **Not feeling good about themselves**
- **Arguing or ready to fight**

TRAUMA OVERVIEW

My Thoughts: IV

1. **W**hen does stress become toxic?
 - a. **W**hen a person is worried or nervous for a short time.
 - b. **W**hen a person is never worried or nervous.
 - c. **W**hen a person is always worried or nervous.

2. **W**hat questions do you have about childhood trauma and toxic stress?

IMPACT OF TRAUMA ON CHILDREN IN CARE

At the end of this course, the child should be able to:

1. Describe how trauma might impact children in care
2. Identify need to learn new skills when interacting with a child who has experienced trauma

Children who have trauma and stress might have these problems later:

1. **Attachment** –children may have trouble trusting and becoming connected to others
2. **Self-Regulation** –children might have a hard time understanding and controlling their feelings
3. **Initiative** –children might have a hard time wanting to do things for themselves

IMPACT OF TRAUMA ON CHILDREN IN CARE

What can help children learn the skills they need to be happy and healthy?

1. **Safety** – the child must feel they cannot get hurt in their new family
2. **Connections** – the child must be around people who make them feel safe
3. **Coping** – the child must learn about their feelings and how to solve problems



IMPACT OF TRAUMA ON CHILDREN IN CARE

My Thoughts: V

1. What do trauma and toxic stress affect?

- a. Attachment
- b. Self-Regulation
- c. Initiative
- d. A, B, and C

2. What can you do to help the child with safety, connections, or coping?

PERMANENCY

At the end of this course, the child should be able to:

1. Explain the benefits of permanency.
2. Identify problems that can happen during a long separation from the birth family.
3. Describe events that may trigger certain feelings during long separation from the birth family.

When children are apart from their birth families for a long time, it can cause them to feel:

- **Sad because they miss their birth parents.**
- **As if no one wants them.**
- **Confused as to where they belong.**
- **Confused about belonging to two families.**
- **As if they cannot trust others.**

PERMANENCY

- **A**s if they are not in control of their own life.
- **G**uilty because they think they are the problem.

These feelings can cause them to have difficulty at events that might be fun for you.

For example:

- **N**ot wanting to spend the night at a friend's house because they do not want to be away from their family.

- **N**ot trusting teachers or camp counselors because they do not

PERMANENCY

know who will stay in their life for a long time.

- Not enjoying their birthday or holidays because it reminds them of their losses.

If a judge decides the child can never go home, then finding a new permanent family for the child can help them feel better.



PERMANENCY

My Thoughts: VI

1. Marcel's Foster family has recently adopted him. This is his 3rd foster family. Marcel has had a hard time making friends at school. When he turned ten years old, he did not want a cake or a party. Marcel has been thinking about running away.

What do you think is causing Marcel's feelings and behaviors?

a. Marcel does not like his adoptive family.

b. Marcel has not had a permanent family, so he is scared.

c. There is not a reason for Marcel's feelings and behaviors.

PERMANENCY

2. If you notice your sibling feeling sad or angry around Thanksgiving, what could you do to try to help? List your ideas below.

3. In your own words, describe permanency.

MAINTAINING THE CHILD'S CONNECTIONS

At the end of this course, the child should be able to:

1. Summarize the importance of relationships to children in care
2. Describe how to support relationships with people important to the child

Who are family members important to you?

- **Parents**
- **Siblings**
- **Grandparents**
- **Aunts, uncles or cousins**

The child in your home will also have family that is important to them. You can ask the child who is in their family.

You might not see all of your family members every day, but there are ways you stay connected.

MAINTAINING THE CHILD'S CONNECTIONS

You might call or video chat with your family members, or you might see them at a park or restaurant. You might visit overnight if you live far away. These connections can help you feel loved.

Keeping close to primary family members will help the child living with your family feel loved.



MAINTAINING THE CHILD'S CONNECTIONS

My Thoughts: VII

1. What are ways you stay connected to family you do not see every day?

2. How do you feel when you spend time with your family?

CHILD DEVELOPMENT

At the end of this course, the child should be able to:

1. Understand who the birth family is and their involvement with their family.
2. Discuss the importance of communication with the birth family.
3. Understand the importance of keeping siblings together and/or maintaining communication.

The birth family is the family that the child is born into. Some children cannot live with their birth families. This can be hard and scary for the child and their birth family while they are apart.

To help keep families together, your family may be taking care of siblings.

A child needs to visit with their birth family whenever possible.

CHILD DEVELOPMENT

Here are some ways these visits help:

- The trauma of being apart is lessened
- The child can keep the love they feel towards their birth family

The visits can also be tough. The child may be reminded of bad things that happened to them, or it may make them sad to say goodbye. They might get upset or angry.



CHILD DEVELOPMENT

My Thoughts: IX

1. Who is the birth family?
 - a. The family the child lives with.
 - b. The family the child likes most.
 - c. The family the child is born into.

2. List two questions you have about the child's birth family.

3. It is important for children to have contact with their birth families when they are not living with them. True or false? (Circle your answer.)

True False

CHILD DEVELOPMENT

At the end of this course, the child should be able to:

1. Understand that both nature and nurture affect child development
2. Understanding the importance of making caregiving decisions based on the child's development
3. Identify ways to provide positive experiences

Child development means the act of a child learning and growing.

What the child sees, hears, and does can impact their development.

Development is shaped in two ways:

1. Nature – what you are born with

Example: you may have black hair because your parents have black hair

CHILD DEVELOPMENT

2. Nurture/Environment – the care that you are given

Example: you have friends because your parents showed you how to be a friend.

Both nature and nurture affect children:

1. Attachment – strong feelings of love and loyalty to caretakers

2. Self-Regulation – when children manage their feelings and behaviors

3. Initiative – wanting to do something by yourself

You can help the child have positive experiences

CHILD DEVELOPMENT

in your home. You can help them feel safe. You can talk to them. You can plan activities.

A foster child's nature and nurture are very different from yours, so they may seem very different from you.

Because the child in care may be so different from you, your parents will need to treat them differently.

They might have different rules or do different activities.

CHILD DEVELOPMENT

My Thoughts: X

1. Match each vocabulary word with its description.

A. Initiative B. Attachment C. Self-Regulation

—Jamal is playing with his favorite ball with his sister, Michelle. Michelle kicks the ball over the fence into their neighbor's yard. Even though Jamal feels mad, he knows Michelle did not kick it over the fence on purpose. He helps Michelle get the ball back and does not yell at her.

—Nicole wants cereal with milk for breakfast. She gets a bowl and cereal from the cabinet and then pours it on her own. She gets the milk from the fridge and pours it on her cereal. Nicole cleans up.

CHILD DEVELOPMENT

—Damien thinks his mother is very special. He tells her he loves her before he leaves for school and before bed each night. Damion tries to make her happy every day.

2. Why might a foster child living in your home have rules different from yours?

3. What are two ways you can help with positive experiences?

ADOLESCENT DEVELOPMENT

At the end of this course, the child should be able to:

1. Describe some of the changes happening for teens
2. Identify ways to support teens

Teenagers go through many changes. They meet new people, develop new interests, and grow into adults. They have strong feelings.

A life plan is important for teens to grow into happy and healthy adults. The life plan helps them figure out what they want for their future.



ADOLESCENT DEVELOPMENT

My Thoughts: XI

1. **W**hat do you plan to do when you grow up?

2. **W**hat are some changes teenagers go through?

3. Fill in the blank: **A** _____ is important to help teens in care. It helps them plan for their _____.

DIVERSITY FOUNDATIONS

At the end of this course, the child should be able to:

1. Understand flexibility and respecting differences.
2. Identify ways the child can differ from the family.
3. Identify strategies to provide an inclusive home.

Every family is different and has their own set of beliefs and rules.

Can you think of any of your family's beliefs or rules?

Examples:

- Going to church each Sunday.
- Eating dinner together each night.
- Cleaning up your room each night.

DIVERSITY FOUNDATIONS

Think of all the different rooms in your house and the activities that take place in each room. List the rules for each room.

➤ **Family Room:**

➤ **Kitchen/Kitchen Table:**

➤ **Bedroom:**

➤ **Bathroom:**

DIVERSITY FOUNDATIONS

Every person is different.

- Some people have brown eyes; others have blue or green eyes.
- Some people go to church; others do not.
- Some people enjoy spending time with others; others prefer time alone.
- Some people have darker skin tones; others have lighter skin tones.

Even though we are all different, everyone deserves respect.

DIVERSITY FOUNDATIONS

The new child will have their own beliefs. It is important to respect these beliefs even if they are not the same as yours.

Some things you can ask the new child to get to know them are:

- Am I saying your name correctly?
- What do you want me to know about you?



DIVERSITY FOUNDATIONS

My Thoughts: XIII

1. Keda is one of your friends at school. Keda gets made fun of because she enjoys reading while others play on the playground at recess.

List two ways you could help Keda feel respected.

a.

b.

DIVERSITY FOUNDATIONS

2. Fill in the blanks to finish the sentence.

Alike	Rules
Different	Feelings
Similar	Beliefs
	Games

Every family is _____, with their own set of _____ and _____.

DISCIPLINE FOUNDATIONS

At the end of this course, the child should be able to:

1. Identify a child's behavior as a way of showing has happened to them.
2. Identify how their parents will help the child's development.
3. Explain why a foster child should never be hurt physically.

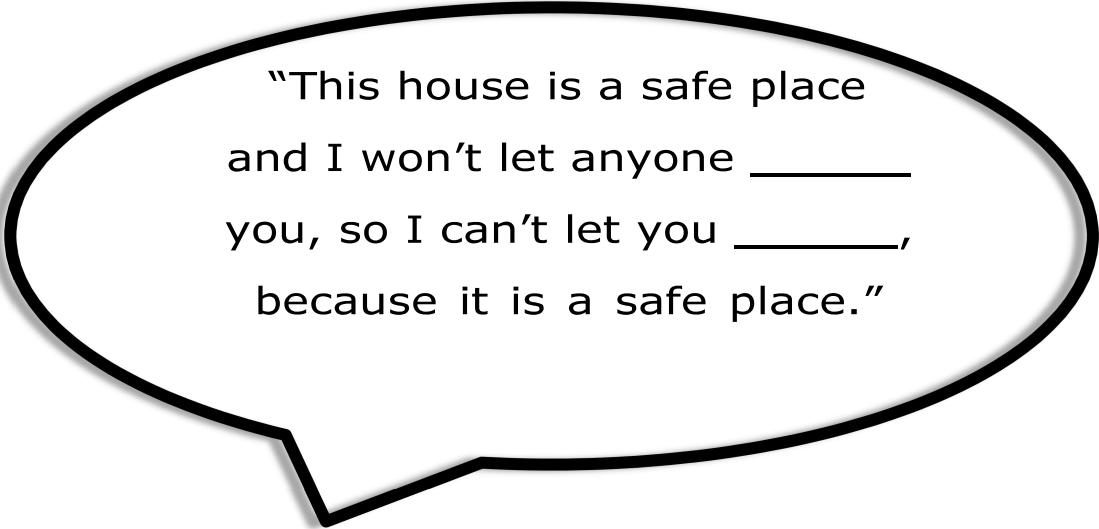
Our behavior can tell others what has happened to us. The foster child might have these behaviors:

- **H**old on to food or eat a lot in a short time because they do not know when they will have another meal.
- **W**et the bed because they were scared a lot.
- **L**ie so they would not get hurt.
- **C**uss because they heard other people cuss.
- **S**teal because they didn't have enough

DISCIPLINE FOUNDATIONS

money to buy the things they needed or wanted.

Your parents' job is to help the foster child learn different behaviors. They might say this when the child acts out:



"This house is a safe place and I won't let anyone _____ you, so I can't let you _____, because it is a safe place."

All children should feel safe. Even if the foster child starts to fight, nobody should hit a foster child or fight back.

DISCIPLINE FOUNDATIONS

Your parents will have different rules for you and the foster child. This might feel unfair. Talk about your feelings with a parent, teacher, or counselor.



DISCIPLINE FOUNDATIONS

My Thoughts: XIV

1. Looking at how a child behaves can give us an idea of what has happened to them.

True

False

2. Joel and Nevaeh are playing a video game together. Joel becomes angry when Nevaeh wins the game and shoves Nevaeh. What should Nevaeh do?
 - a. Shove Joel back
 - b. Let Joel win the game next time
 - c. Tell Joel that he upset her and walk away

DISCIPLINE FOUNDATIONS

3. Talk with your parents. Think about ways you can handle your feelings if someone steals your favorite toy. List your answers below.



EFFECTS OF CAREGIVING

At the end of this course, the child should be able to:

1. Describe what to expect with Foster Care, Kinship Care, and Adoption.
2. Identify stressors for Foster and Kinship Caregivers and Adoptive parents.
3. Identify a self-care plan to help with stress.

You need to know what might happen when your family has a new member:

- It will take time for the child to learn your family's rules.
- You might or might not feel good about having the child in your home.
- The child's needs will not be like your needs. They may need different food, toys, and rules.
- Not everyone may welcome the child.
- The child will not forget their birth family.

EFFECTS OF CAREGIVING

- You might feel jealous because the foster child needs new clothes and toys.
- You might feel sad or angry because the child also needs your parents' love and attention.

Every family feels stress. There is more stress when there is a new member.

Here are ways you can help care for yourself:

- Focus on school and homework when you need to.
- Focus on activities you enjoy, like reading, drawing, or sports.

EFFECTS OF CAREGIVING

- Talk to your parents about your feelings.
- Love yourself.
- Spend time with friends and family.
- Feel good about yourself when you do something well.
- Spend time outside.
- Eat healthy meals.
- Exercise.
- Get enough sleep.
- Talk to friends and family who do not live close.
- Ask for help when you need it.

EFFECTS OF CAREGIVING

My Thoughts: XII

1. Only Foster and Adoptive families feel stress.

True

False

2. Think about how your family will soon change. What might make you feel stressed? List your ideas below.

EFFECTS OF CAREGIVING

3. Look back at the list of ways you can help care for yourself. Write down the ideas you like and when you might do them.

Idea:	When I will do them:

