



Have a Heart...

Give a Child a New Start

Excellent Free Training Builds Knowledge and Skills



CFSA requires:

- 30 hours of pre-service training for foster parent licensing and adoptive parent approval.
- 15 hours of in-service training annually for foster parents to maintain a license.

You invest time in substantive, worthwhile sessions that build the knowledge and skills you need to succeed as a foster or adoptive parent. Otherwise, training is free of charge.

Pre-Service Training

CFSA uses the nationally known "Partnering for Safety and Permanence: Model Approach to Partnerships in Parenting (PS-MAPP)" curriculum for pre-service training. We offer two three-hour sessions a week over five weeks. New sessions begin continuously, and classes take place in the evening and on Saturday.

During the five weeks of pre-service training, our experienced trainers cover 10 topics. As you gain knowledge and skills, you are also exposed to comprehensive information that helps you decide whether fostering or adopting is for you. We also require CPR and First Aid training because both can be essential in an emergency. Pre-service training classes explore:

- The process of becoming a foster or adoptive parent and the legal foundation for child welfare services.
- Safety, permanence, and well being needs of children and teens who have been abused or neglected.
- The impact of separation on children's growth and development and of foster care and adoptive placement on their emotions and behaviors.
- The individual and partnership roles of foster parents, adoptive parents, and social workers in helping children form new attachments.
- Techniques for managing child and teen behavior, with emphasis on effective alternatives to physical punishment.
- The importance of visits and contact with birth family members and former foster families to children in foster care.
- The process of family reunification (foster children returning to their birth parents).

- The impact of fostering or adopting on your own family.
- Skills essential to sharing parenting with birth family members.
- Your individual strengths and needs as a foster or adoptive parent.

In-Service Training

CFSA re-licenses all foster parents annually. To be re-licensed, a licensed foster parent must take a minimum of 15 hours of in-service training. The goal is to build your knowledge and skills in promoting good health, safety, and mental well being of children and youth.

During in-service training, CFSA's foster parents learn a variety of information and gain the necessary skills to nurture and guide children and youth. Because licensed foster parents have a year to complete training, we continuously offer a variety of free classes. The only required classes are CPR and First Aid, which can be essential in an emergency situation. Among the many topics in-service training explores are:

- Positive parenting and behavior management.
- The special education referral process.
- Mentoring and tutoring programs available to children and youth in foster care.
- Planning and preparing for natural and man-made emergencies.
- Foster family health and wellness.
- Support foster children in having good visits with birth parents and siblings.
- Coping with grief and loss when a foster child or youth leaves your home. ■