



Parent Resources for Information, Development,  
and Education

**Foster STARS/Adopt STARS**  
*For*  
**Staff**



Pre-Service Curriculum condensed and adapted by:  
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December 2007

**AGENDA****Session 1- Connecting with PRIDE**

## Part I

Welcome and introductions (10 minutes)	9:00
(Use Name Tents- encourage workers not to sit with friends or co-workers)	
Define PRIDE, use of the PRIDEbook (5 minutes)	9:05
Review Session One Competencies, Objectives and Agenda (5 minutes)	9:10
Teamwork Agreement (10 minutes)	9:15
Connecting pre-service Training with Assessment, Licensing, and Certification (5 minutes)	9:25

## Part II

Making a Difference Video (30 minutes)	9:30
Discussion of Perspectives (15 minutes)	9:55

## Part III

Summary of PRIDE Competencies and Training (10 minutes)	10:05
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## Part IV Closing Remarks

BREAK 10:05-10:15

**Session 2- Teamwork Towards Permanence**

## Part I:

Making Connections from Session 1 (5 minutes)	10:15
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## Part II:

Resource 2-C and Resource 2-D	10:17
Understanding Child Protective Services	10:20
Understanding the Importance of Parents, Families, and Culture to Children	10:25
Bridging the Gap, Resource 2-E	10:30
“Family Forever” Video (17 minutes)	10:35
Genogram (homework)	10:55
The Challenge of Permanence, Activity: Resource 2-F	11:05
Permanency Planning and Concurrent Planning	11:20

LUNCH BREAK 11:30-12:30

## Part III

Shared Parenting: Vignette Clip 1 and Questions	12:30
Teamwork, Resource 2-H	12:40
Teamwork Activity (Noah’s Ark)	12:50
Team perspectives	12:55
Guidelines for Effective Teamwork (Flip Chart)	1:00
Summarize, Key Points (Resource 2-J) and	1:10
You need to Know (Resource 2-K)	1:15

## Part IV Closing Remarks

**Session 3- Meeting Developmental Needs: Attachment**

## Part I

Making Connections from Session 2 (5 minutes) 1:35

## Part II

The Influence of Family, Environment , and Attachment: (Baby A / Baby B)Activity 1:50

Brief Overview of Attachment, Resource 3-C 1:55

## Part III

Definitions of Child Abuse / Neglect, Resource 3-D 2:00

BREAK 2:00-2:15

Activity 2:30

Session 3 Vignettes: 2:45

The impact of Maltreatment and Trauma on Attachment 2:50

The Continuum of Attachment Chart 2:55

Voices of Youth Video (Family To Family) 20minutes 3:15

Introduce “The Impact of Child Abuse/Neglect on Development”, Resource 3-H 3:30

Part IV Closing Remarks

**Day 2****Session 4- Meeting Developmental Needs: Loss**

## Part I

Making Connections from Session 3 (5 minutes) 9:00

## Part II

Define Separation, Loss and Grieving (5 minutes) 9:05

Activity: “Zero Plus and Minus” (35 minutes) 9:10

Types of Loss -Flip Chart (10 minutes) 9:45

BREAK 10:00-10:15

## Part III

Pathway Through the Grieving Process 10:15

Factors that Influence Loss (Flip Chart) 10:25

Loss Management and The Loss History Chart 10:35

Kevin’s Loss History Chart, Resource 4-E 10:45

Putting it Together, Resource 4-F 11:00

Part IV Closing Remarks

**Session 5- Strengthening Family Relationships**

## Part I

Making Connections from Session 4 (5 minutes) 11:05

Part II	
The Role of Families	11:10
The Bluest Eye by Toni Morrison	11:20
The Development of Racial Identity, Resource 5-C	11:30
LUNCH BREAK 11:40-12:40	
Promoting Positive Racial Identity Resource 5-D	12:40
The Ecomap- Resource 5-G The Hansen's	12:50
Part III	
Will's World- Ecomap Exercise, Resource 5-H	12:55
Planning for Visits, Resource 5-I	1:05
Location of Visits, Resource 5-J <i>Visitation Center Handouts</i>	1:15
Frequency and Length of Visits Resource 5-K	1:25
Children's Reactions to Visits	1:30
Family Continuity Activity	1:40
LifeBook <i>Placement Packet</i>	1:55
Bridging the Gap	2:00
Vignettes: Resource 5-M	2:05
Part IV Closing Remarks	
BREAK 2:20-2:35	
<b>Session 6- Meeting Developmental Needs: Discipline</b>	
Part I	
Making Connections from Session 5 (5 minutes)	2:35
Part II	
Defining Discipline (15 minutes)	2:40
The difference Between Discipline and Punishment, Resource 6-D	2:45
Agency Policy on Discipline Resource 6-E & Discussion	2:50
Reasons Supporting the Agency Policy on Discipline Resource 6-F	3:00
The Negative effects of Physical Punishment, resource 6-G	3:10
Responding to Common Beliefs about Spanking, Resource 6-H	3:20
Part III	
Knowledge, Skills and Personal Qualities Essential for Instilling Effective Discipline, Flip Chart	3:35
<b>Day 3</b>	
<b>Session 6- Meeting Developmental Needs: Discipline, Continued</b>	
Part III Continued	
Making Connections from Session 6 (5 minutes)	9:00
The Meaning of Behavior- Needs flip chart	9:05
The Range of Disciplinary Techniques Resource 6-I	9:15
Vignettes 1-4, Questions	9:25
Factors Influencing Methods of Discipline Resource 6-J	9:40

Activity- How you knew you were in trouble...	9:45
Strategies for approaching Discipline with Children who have Experienced Trauma, Resource 6-K	10:00
Situations in which Children and Youth are at Greater Risk- Flip Chart	10:05
De-escalation Strategies and Skills, resource 6-L	10:10
Case Study: Danielle, Resource 6-M	10:15

Part IV Closing Remarks

BREAK 10:25-10:40

### **Session 7- Continuing Family Relationships**

Part I

Making Connections from Session 6 (5 minutes)	10:40
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Part II

Permanence Means Connections and Continuity – Flip Chart	10:45
The Importance of Permanent Connections	10:55
The Child’s Clock, Permanency Planning	11:00
ASFA, Resource 7-C	11:15
Concurrent Planning, Resource 7-D	11:20
Permanency Options, Resource 7-E	11:25

Part III

Permanency Planning Team Members, Resource 7-F	11:30
Differences between Foster Care and Adoption- Flip Chart	11:35
Tasks related to Carrying out an Adoption Plan, Resource 7-G	
Adoption is....	11:40
Permanency Needs of Older Youth in Family Foster Care	11:45
Managing Unplanned Changes	11:50
Cultural Issues in Permanency Planning	12:00
<i>Handouts on Trans-racial Self assessment Tool and Hair Care for African Americans</i>	

Part IV Closing Remarks

LUNCH BREAK 12:05-1:05

### **Session 8- Planning for Change**

Part I

Making Connections from Session 7 (5 minutes)	1:05
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Part II

Activity- Life Changing Situation	1:10
Questions to ask about when considering a placement	1:20
Uncertainty and willingness to accept a placement	1:40
Making an Informed Decision, Resource 8-C	1:45
Video Clip 1, 2	1:50
Managing Changes in Daily Routines- Resource 8-D	2:00
Long term Changes	2:05

## BREAK 2:10-2:25

Video Clip 3, 4	2:25
Helping Children Manage Change and Transitions	2:35
Fantasy Families/ Fantasy children	

## Part III

Recognizing and Reducing Risks:	2:40
Indicators of Child Sexual Abuse, Resource 8-E	2:45
Characteristics of a Healing Home, Resource 8-F <u>Activity</u>	2:50
Video Clip 5	2:55
Behavior Problems of Children who have been Sexually Abused- Resource 8-G	3:05
Understanding Risks in the Community	3:10
Working as a Team to Prevent Abuse Allegations	3:15
Agency Abuse Allegations Policy, Resource 8- <i>Hand out of supports</i>	3:20

## Part IV Closing Remarks

**Session 9- Making an Informed Decision**

Questions????	3:30
<i>Handouts- Foster Parent Rights and Responsibilities &amp; Licensing Regulations</i>	
Respite, Adoption, Foster Care Licensing, Family Court, Voices for Children,	
Community Supports, In-Service Training	
Certificates	