

SKILLS TO FOSTER INFOGUIDE

DAYS ONE AND TWO



Trainer – Jenna Pearman

Hi, my name is Jenna, and I am a Senior Supervising Social Worker with Mosaic Foster Care and amongst other roles, I am one of the Skills to Foster Trainers. The training will be set over 3 Saturdays, and you will be invited to attend with other participants. The training will be virtual, for the time being, and will include a combination of visual learning, activities and videos.

- **Session 1: What do foster carers do?**
To consider what foster carers do.
To explain why children come into foster care.
To explore how children's development may be affected by their previous experiences.
- **Session 2: Identity and life chances**
To understand the concept of identity.
To understand the foster carer's role in helping children develop a positive sense of identity.
To introduce the group to some of the experiences of children who are separated from their families.
To explore the impact of prejudice and discrimination on the life chances of children.
- **Session 3: Working with others**
To consider how foster carers work as part of the team around the child.
To outline the legal and planning framework.
To consider contact for children in foster care.
To introduce the concept of confidentiality.
- **Session 4: Understanding and caring for children**
To provide a basic understanding of attachment and how this can be affected by past experiences.
To explain the importance of providing a secure base.
To help participants think about how to promote positive behaviour.
- **Session 5: Safer caring**
To understand the nature of abuse and neglect, and the implications of children's maltreatment for protecting them from harm.
To learn about how to approach caring tasks in everyday life.
To find out how foster carers and their families can manage the risks of complaints, standards of care concerns and allegations.
- **Session 6: Transitions**
To consider the impact on fostered children of some common transitions.
To explore how foster carers and their families can help children to manage periods of change.
To understand the foster carer's role in preparing children of all ages for satisfying and successful adult lives.
- **Session 6a: Review and conclusion**

DAY THREE



Trainer – Aly Thompson

Hello, I am Aly a psychodynamic organisational therapist with extensive therapeutic training and clinical practice. I started my journey in the hospitality business and then after many years of looking after people in a social context, I took up my most important role and became a foster carer. I think this is why I am privileged to be the clinical lead for Mosaic and to be alongside you at the beginning of your journey as a Foster Parent. On day three of your Skills To Foster training we will explore, the need for, and provide an understanding of Mosaic's integrated therapeutic approach SMILE. There will also be an outline of the scaffolding put in place to support the implementation of SMILE.

- **Session 1: The Need For SMILE**
 - To understand Adverse Childhood Experiences (ACE's)
 - To think together about the tremendous impacts of ACE's and how these may manifest
 - To introduce developmental trauma
 - To think about the impact of developmental trauma
 - To consider behaviour as a communication
- **Session 2: SMILE**
 - To introduce Smile
 - To understand Mosaic's core values
 - To explore Dan Hughes 27's
 - To consider how relationship is the key
- **Session 3: Scaffolding**
 - To explore the journey of welcoming your first foster child/young person
 - To understand the therapeutic support available in Mosaic
 - To think about looking after each other and ourselves
 - To review and think about your fostering journey