

MODULE I: ORIENTATION TO FOSTER CARE, KINSHIP CARE, AND ADOPTION

Individual Reflection

Please take a few minutes to reflect on what you have learned in this Preservice training and how the information applies to you. Give this sheet to the agency worker who is completing your homestudy.

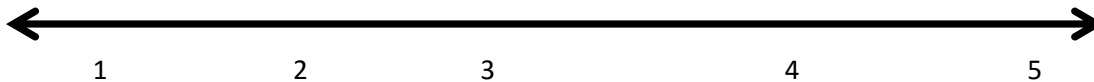
1. The goals of child welfare are safety, permanency, and well-being. In your own words, explain the meaning of each goal.

Safety

Permanency

Well-being

2. This module introduced you to the nine essential elements of trauma-informed caregiving. On a scale of 1-5 (with 1 being little understanding and 5 being full understanding), rate your current understanding of trauma-informed caregiving. Please explain your rating.



3. Which option – foster care, kinship care, or adoption – seems to fit your family best at this time? Why?

MODULE II: THE CHILD PROTECTION TEAM

Individual Reflection

Please take a few minutes to reflect on what you have learned in this Preservice training and how the information applies to you. Give this sheet to the agency worker who is completing your homestudy.

1. Identify at least one question you have about the timeline of a child's foster care journey.

2. List your motivations to become a caregiver or adoptive parent.

3. What do you think your biggest challenge will be in your role on the child welfare team?

MODULE III: CHILD DEVELOPMENT

Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

1. What lessons in relationship-building did you learn from your parent(s) that you can use when you become a caregiver or adoptive parent?

2. How will you use the information you learned about brain development in parenting?

3. Which protective factor do you think is your biggest strength?

- Resiliency
- Social connections
- Knowledge about parenting and child development
- Concrete supports

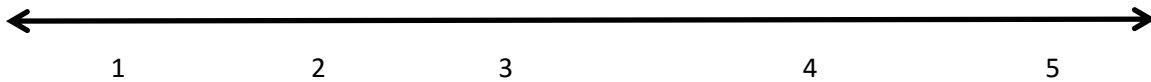
Explain your answer.

MODULE IV: TRAUMA AND ITS EFFECTS

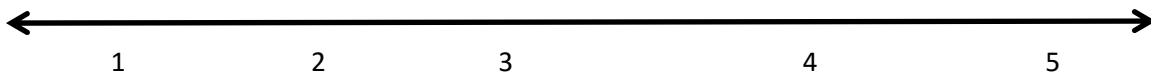
Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

1. On a scale of 1-5 (with 1 being not very prepared and 5 being fully prepared), please rate how prepared you are to parent a child who has experienced multiple childhood traumas. Please explain your answer.



2. On a scale of 1-5 (with 1 being not very prepared and 5 being fully prepared), please rate how prepared you are to parent a child with developmental delays? Please explain your answer.



3. How do you feel about your ACE score? Do you think there is a connection between your score and your current health or behaviors?

MODULE V: CHILD SEXUAL ABUSE

Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

1. List three things you can do right now to make your home safer for all children including children who may have been sexually abused.

2. When talking to a friend about this training, what three facts regarding child sexual abuse would you pass on?

3. Knowing that children placed in care may have been sexually abused but never disclosed, what are some potential indicators of sexual abuse you may observe?

MODULE VI: MINIMIZING THE TRAUMA OF PLACEMENT

Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

1. Think about a time when you felt unsafe as a child. What caused you to feel unsafe? What did it take to make you feel safe again?

2. What thoughts and expectations do you think a child coming into your home will have of you?

3. Consider the scenarios below. Pick one and write about how you would resolve the issue. Note: There is no “right” answer. What is important to remember is to consider how the child will respond to the decision and what course of action, acceptable to you, will be the most supportive to the child.

- a. In most families, each family member has “claimed” a seat at the kitchen table. What if the only seat unclaimed in your home puts the child’s back to the kitchen door, which makes her feel unsafe, and the chair she wants is your 12 year old daughter’s? How would you resolve this issue?

- b. As you are unpacking the child’s suitcase, you find a bedbug. You also note that the blanket the child sleeps with every night, according to the caseworker, is in the suitcase. It is very late at night and the child needs to get to bed. How would you resolve this issue?

- c. A six year old child was just placed with you, and is sharing a room with your three year old daughter. Your three year old – who used to have the room to herself - continually runs in and out of the bedroom, without knocking and without closing the door behind her. The six year old has complained several times, asking for more privacy. How would you resolve this issue?

MODULE VII: TRANSCENDING DIFFERENCES IN PLACEMENT

Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

	Diversity Readiness Checklist to Become a Foster or Kinship Caregiver or Adoptive Parent	Working on it	Ready to do it
1	I embrace the value that diversity brings to my life and the life of my family.		
2	I have spent time exploring my identity (collective memberships) and the impact they have in how I see the world and how I make decisions.		
3	I acknowledge that children that come to live in my home will come with their own identities and worldview.		
4	I am prepared to embrace and respect the diversity of my child.		
5	I have prepared my children and extended family to embrace and respect the diversity of the children that come to our home.		
6	My home environment and family life will reflect our multicultural family.		
7	I am prepared to help my foster, kinship, or adopted child develop a healthy self-identity.		
8	I am prepared to discuss issues of racism and discrimination with my family and with my child.		
9	I am prepared to speak out against racial, ethnic, and cultural intolerance within my family, friends, and community.		
10	I am prepared to advocate for my child as needed.		

MODULE VIII: HELPING THE CHILD MANAGE EMOTIONS AND BEHAVIORS

Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

1. Which of the following strategies do you think you will most likely use to build a relationship with the child and manage their emotions? Please explain your answer.
 - a. Safety script
 - b. Connect and correct
 - c. Win/win solutions
 - d. Specific, clear feedback
 - e. Natural consequences
 - f. Logical consequences

2. Make a list of your “triggers,” behaviors that will likely push your buttons (ex. eye rolling, back talk, threatening stance, etc.)

3. Identify three things you can do to keep yourself calm and thinking with your logical brain when you are triggered.

MODULE IX: UNDERSTANDING PRIMARY FAMILIES

Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

1. What are your biggest fears in working with primary families? What do you think will help ease your fears?

2. What strategies do you plan to use to keep the primary parents involved the child's life?

3. What strategies do you plan to use to help the child maintain connections with siblings, if he or she has any?

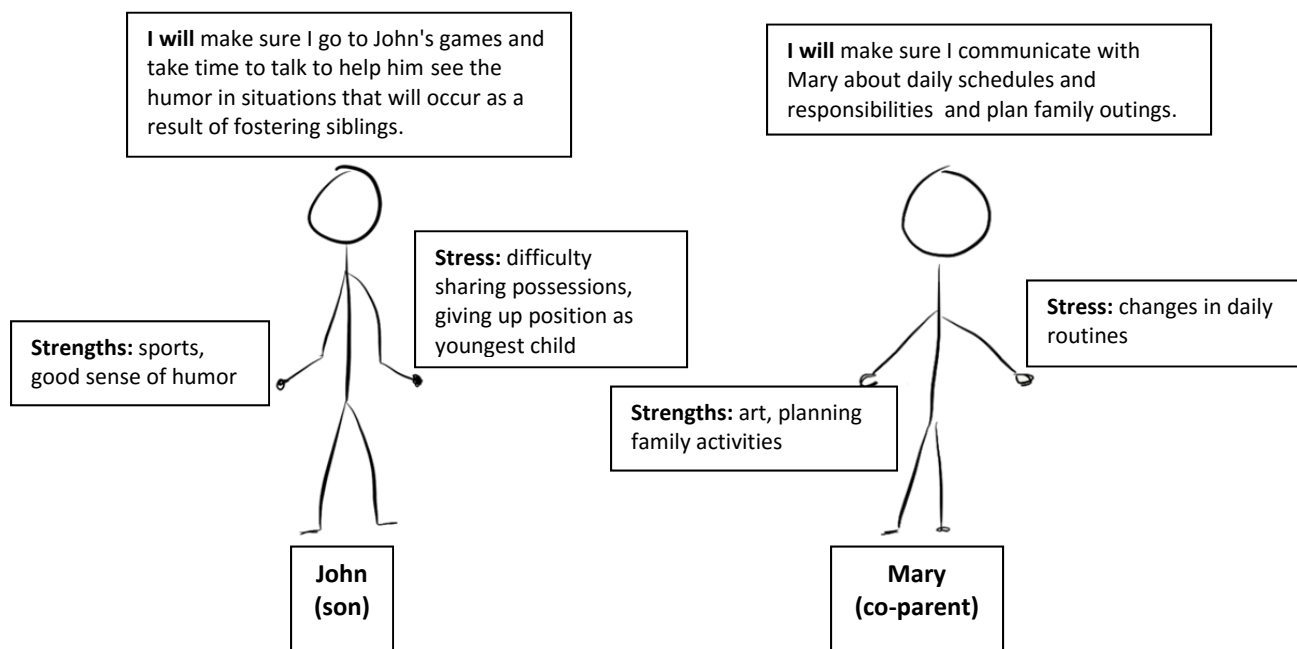
MODULE X: THE EFFECTS OF CAREGIVING ON THE CAREGIVER FAMILY

Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

Drawing on Strengths of Your Family

1. Draw stick figures representing the members of your family as it is now.
2. Write each person's name under their figure.
3. On the left side of each figure, identify the strengths of the person.
4. On the right side of each figure, identify the areas of stress each person will likely encounter as your family begins to provide foster or kinship care or adopt.
5. Above each figure, write a sentence describing how you will help each person use their strengths to deal with the stresses.



“My Family”

MODULE XI: LONG TERM SEPARATION

Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

1. There are many benefits for a child who has a permanent family. What do you think is the greatest benefit? Why?

2. What strategies can you use to help avoid exposing a child to adoption-related triggers?

3. How would you approach the topic of adoption differently with a four year old compared to a fourteen year old?

MODULE XII: POST ADOPTION ISSUES FOR FAMILIES

Individual Reflection

Please take a few minutes to reflect on what you have learned in the Preservice training and how it applies to you. Give this sheet to the agency worker who is completing your homestudy.

1. In your own words, explain the benefits of having openness in adoption.

2. If you adopt, what types of post-adoption support do think you would find most helpful? Why?

1. Now that you have completed your Preservice training, please consider again your understanding of trauma-informed parenting. On a scale of 1-5 (with 1 being little understanding and 5 being full understanding), rate your current understanding of trauma-informed caregiving. Please explain your rating.

