**FEBRUARY 2023 BETWEEN FAMILIES NEWSLETTER**

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| Creating Discipline and Appropriate Boundaries | 2/15/2023 | 11:30am-1:00pm | Renee Lilley |

Participants will gain strategies of how to use effective discipline and way to build a relationship with a child during times of tantrums. Discuss how, why, and importance of setting appropriate boundaries.

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| Recognizing and Reporting Child Abuse and Neglect | 2/22/2023 | 11:00AM-1:00PM | Kayla Patton |

The focus of this training will cover the definitions and types of abuse and neglect. We’ll review the signs and symptoms of abuse and neglect as well as mandated reporting. This training includes protective factors to minimize risks and improve resilience in children.

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| Preparing Foster Children For Independent Living | 3/3/2023 | 10:00AM-11:30AM | Kayla Patton |

This training will provide participants with information about supporting foster children as they prepare to age out of the foster care system. Participants will be provided with the knowledge they need to understand the child's transition plan and how to effectively support them in completing tasks outlined in the plan. Participants will also gain knowledge about supportive resources to help children successfully transition from foster care to adulthood.

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| Self-Care for Foster Parents | 3/4/2023 | 10:30am-11:30am | Renee Lilley |

The goal of this training is to provide foster parent with important information regarding the importance of self-care. The training will provide foster parents with information on the problems that can arise from not caring for themselves. Foster parents will be provided with definitions and signs and symptoms for the conditions of stress, burnout and secondary traumatic stress. Foster parents will be able to understand the need to watch for signs within themselves and how to develop a stress management plan, as well as other ways to combat stress, burnout and secondary traumatic stress.

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| Trauma 101 | 3/18/2023 | 9AM-1PM | DeAnna Colahan |

Trauma Definitions and Types: Define acute, chronic, complex, racial, historical, and intergenerational trauma. Impact of Trauma/Development and Trauma: Recognize the relationship between a child’s lifetime trauma history and their behaviors and responses. Understand how cultural factors influence how a child may identify, interpret, and respond to traumatic events.