

Foster Parent Training

Each foster parent is required to have **six** (6) hours of agency-approved training per year. Your "year" runs from the date of your last foster home re-evaluation to your following one, a year later. You may attend or receive as **much** training as you like, but you must have **at least** six (6) hours per foster parent each year. The following is a list of resources available from our office which can be used to meet the training requirements. Next to each resource is the amount of time the resource counts towards training. Also following is a list of other acceptable forms of foster parent training.

List of Available Resources

Anger

Articles:

1. "Letters to Foster Parents on Managing Angry Behavior" by Charles Confer; 32 pgs. Counts for 1 hour of training.

DVD:

2. Preventing Conflicts and Violence by Michael Pritchard. Counts for .5 hour of training.

Attachment Disorder/Behavioral/Emotional Problems

Books:

1. Beyond Consequences, Logic, and Control. Heather Forbes and B. Bryan Post. A love based approach to helping children with severe behaviors. 131 pages. Counts for 2 hours of training. (2 copies)
2. Building the Bonds of Attachment by Daniel Hughes. 312 pages. Counts for 6 hours of training.
3. Obsessive Compulsive Disorder; Latest Assessment and Treatment Strategies by Gail Steketee. 100 pages. Counts for 2 hours of training.
4. Attachment, Trauma, and Healing: Understanding and Treating Attachment Disordered Children and Families. By Terry Leroy and Michael Orlans. Understanding how disrupted attachment not only leads to emotional and social problems, but also results in biochemical consequences in the developing brain.
5. Castaway Kid. By R. B. Mitchell. One man's search for hope and home. 244 pages. Counts for 4 hours of training.
6. Children Who Shock and Surprise: A Guide to Attachment Disorders. By Elizabeth Randolph; 42 pages. Counts for 1 hour of training.
7. Coming to Grips With Attachment. By Kathleen Leslie. 154 pages. Counts for 2 hours of training.
8. For Children Who Were Broken...for Adults Who Were Treated Badly As Children. A short but powerful poem book. Counts for .5 hour of training.
9. Fostering Changes: Treating Attachment Disordered Children by Richard Delaney; 93 pages. Counts for 2 hours of training. (2 copies)
10. From Fear to Love. By Bryan Post. Parenting difficult adopted children. 112 pages contains 1 hour of training
11. High Risk: Children Without a Conscience by Ken Magid and Carole McKelvey; 339 pages. Counts for 6 hours of training.
12. Is This Kids "Crazy?" by Margaret Hyde. Understanding Unusual Behavior. 96 pgs. Counts for 1 hour of training.
13. No More Meltdowns. By Jed Baker. Positive strategies for managing and preventing out-of-control

- behavior. 146 pages contain 1.5 hours of training,
14. No Such Thing As a Bad Kid. By Charles Appelstein. Understanding and responding to the challenging behavior of troubled children and youth. 268 pages contains 4 hours of training (2 copies)
 15. Parenting the Hurt Child. by Gregory Keck and Regina Kupecky. 295 pages. Counts for 4 hours of training. (2 copies)
 16. The Great Behavior Breakdown. By a Bryan Post. Addresses the most difficult behaviors a parent can face. 162 pages contains 2 hours of training.
 17. Troubled Transplants - Unconventional Strategies for Helping Disturbed Foster & Adopted Children by Richard Delaney & Frank Kunstal, 169 pages. Counts for 6 hours of training.
 18. When A Stranger Call You Mom- by Kathleen Leslie. Why Traumatized Children Think, act, and feel the way they do. 239 Pages. Counts for 4 hours of training.
 19. When Love is not Enough. By Nancy Thomas. A guide to parenting children with reactive attachment disorder. 111 pages. Counts for 4 hours of training.

DVDs:

20. Ask Nancy: 30 Questions by Nancy Thomas. Counts for 1 hour of training.
21. Creating Healing for the Attachment Challenged Adult By Dr. Bryan Post. Empowering adult toward a lifetime of healing. Two DVD set contains 3 hours of training.
22. Effective Strategies for Severe Behaviors in Adopted and Foster Children. By Bryan Post and Gizane Indart. For children with RAD, ODD, ADHD, and more. 3 DVD contains 4 hours of training.
23. Give Me A Break. By Nancy Thomas. Information to caregivers for therapeutic respite/relief. Two Tapes. Each tape count for 1.25 hours of training.
24. Heading For Healing. By Nancy Thomas. Counts for 1 hour of training.
25. Parenting Difficult Tweens & Teens. By Bryan Post & Helene Timpone. Two CD set (145 min.) contains 3 hours of training.
26. Parenting the Attachment Challenged Child. By Bryan Post. When behavior modification and consequences don't work. Three CD set contains 4 hours of training
27. Rebuilding the Broken Bond. By Nancy Thomas. Parenting plan for emotionally disturbed children. Two video set contains 4 hours of training.
28. The Hope-Filled Parent: By Michael Trout. Meditations for foster and adoptive parent s of children who have been harmed. CD 1 hour, contains 1 hour of training.
29. Understanding and Meeting the Nine Most Important Emotional Needs of Foster and Adopted Children. By Bryan Post and Juli Alvarado. A love based family centered approach by children with challenging behaviors. DVD 37 min. contains 45 min. of training

Child Abuse/Domestic Abuse

Articles:

1. "A Kid's Workbook on Family Violence" by Carol White; accompanying Manual for Foster Parents. 43 pages. Counts for 1 hour of training.
2. "Caring for At-Risk Infants and Toddlers in a Foster Care Home." 14 pages, counts for 1 hr. of training.
3. "Children of Crisis, Violence, and Loss." Practical strategies for helping and healing. 100 pages. Counts for 2 hours of training.
4. "Working with Abused PreSchool & Elementary Children in a Foster Home." 18 pages. Counts 1 hour of training.

Books:

1. A Child Called It. By Dave Pelzer. Counts for 3 hours of training.
2. Cry Out: Inside the Terrifying World of Child Abuse. By Phil Quinn. 192 pgs. Counts for 3 hours of training.

3. Lost Boy. By Dave Pelzer. Counts for 3 hours of training.

Death/Grief

Books/Booklets:

1. A Time to Mourn, A Time to Dance. Help for the losses in life; 72 pages. Counts for 2 hours of training.
2. Helping Children Cope with Separation and Loss. by Claudia Jewett Jarrat. 236 pages. Counts for 6 hours of training.
3. Living with Grief. Children, Adolescents, and Loss. 293 Pages. Counts for 3 hours of training.
4. Help for the Hard Times: Getting Through Loss by Earl Hipp, 121 pages. Counts for 1 hour of training.

Foster Parenting/Kinship Care

Books/Articles:

1. Attachment –focused Parenting. By Daniel Hughes. Effective strategies to care for children. 194 pages contain s 2 hours of training.
2. Putting on the Brakes; Young Preparation Guide to Understanding ADHD. by Patricia Quinn, 62 pages. Counts for 1 hour of training.
3. Dare to Love. By Heather Forbes. The art of merging science and love into parenting children with difficult behaviors. 133 pages. Counts for 2 hours of training.
4. Driven to Distraction-Recognizing and Coping with ADD from childhood to adulthood. By Edward Hallowell and John Ratey. 300 pages. Counts for 4 hours of training.
5. Pay Attention: Answers to Common Questions about Diagnosis and Treatment of Attention Deficit Disorder by Craig Liden. 100 pages. Counts for 2 hours of training.
6. Grandparenting: Joys and Challenges: 16 pages; and Lean on Me: Support for Grandparents Raising Grandchildren: 60 pages. Both count for 1 hour of training.
7. BoystownTreatment Foster Family Informational Series: “Assessing Child Safety in Foster Homes.”; “Medication Safety in Foster Homes.”; “Making your Foster Care Placement Successful”; “Working with Social Service and Legal Professionals” Together counts for 1 hour of training.
8. Burnout Protection: Survival Handbook. By Susan Mettsner. 2 copies; 79 pages. Counts for 1 hour of training.
9. “Dishonesty.” 61 pages. Counts for 1 hour of training.
10. “Professional Parenthood - A Guide to Foster Family Care.” By Vincinette Scheppler. 40 pages. Counts for 1 hour of training.
11. “Letters to Foster Parents: More on Discipline.” By Charles Confer, 40 pages. Counts for 1 hour of training.
12. New Hope for Children and Teens with Bipolar Disorder. By Boris Birmaker, MD. 350 pages. Counts for 4 hours of training.
13. “Non-Compliance Discipline Problems” Module 11, 70 pages. Counts for 1 hour of training.
14. “Runaway” Module 4, 50 pages. Counts for 1 hour of training.
15. Practical Tools for Foster Parents, based on Girls and Boys Town Common Sense Parenting: 308 pages. Counts for 6 hours of training.
16. A Child’s Journey Through Placement by Vera Fahlberg. 394 pages. Counts for 8 hours of foster parent training. (two copies)
17. Another Place at the Table. By Kathy Harrison. An excellent book written by a veteran foster mother that chronicles the journey of children into and out of her home. Counts for 4 hours of training.
18. Children on Consignment: A Handbook for parents of foster children and their special needs by Philip Stahl; 104 pages. Counts for 3 hours of training.
19. Cornerstones of Caring. Foster Parent Foster Parent Scope. 166 Pages. Counts for 2 hours of training

20. Foster Parent Survival Manual. By Ellen Cerino. Counts for .5 hour of training.
21. Homeworks. These are excellent resources to work through on your own or with another foster parent. Each book has a number of short chapters with “homework” assignments to help you relate the contents to your particular foster child and your family. Each homework counts for 3 hours of training.
 - (a) Helping Children and Youths Manage Separation and Loss- 71 pages
 - (b) Helping Children and Youths Develop Positive Attachments- 60 pages
 - (c) Helping Children and Youths Manage the Impact of Placement- 75 pages
22. Love Me. By Denise Simon. Letters and correspondence of all parties involved in the foster care system. 243 Pages. Counts for 4 hours of training.
23. Our Home, Your Home: Parenting Skills for Foster Parents by Gary and Letha Crow; 40 pages. Counts for 2 hours of training. (Book 1) Stress, Self-Esteem, Learning and School Problems (Book 2) Getting Along with Others, Behavior Problems, Suicide, and Mental Illness ----Both books contain a Foster child Adjustment Inventory geared to assist you in identifying potential problem areas.
24. Raising Other People's Kids by Evelyn Felker; 164 pgs. Counts for 3 hours of training.
25. Rebuilding Children’s Lives - A Blueprint for treatment Foster Parents. By Boystown Press. An innovative program for the care and treatment of troubled children in therapeutic foster homes. 294 pages. Counts for 8 hours of training.
26. Relatives Raising Children. By Joseph Crumbley and Robert Little. An overview of kinship care, providing agencies with the information they need to serve kinship families. 132 pages. Counts for 2 hours of training.
27. Sensible Discipline: A Handbook for Foster Family Care by Jacob Sprouse, Jr.; 48 pages. Counts for 2 hours of training. (two copies)
28. The Connected Child: By Karyn Purvis, David Cross, and Wendy Lyons. For parents who have welcomed children. 234 pages. Counts for 4 hours of training.
29. The Great Gilly Hopkins: by Katherine Paterson. The fictional tale of a young girl through her journey through foster care and her resistance to let anyone love her. 148 pages. Counts for 2 hours of training. (two copies)
30. The Heart Knows Something Different: Teen Voices form the Foster Care System. 232 Pages. Counts for 4 hours of training. Two copies.
31. Walk a Mile in My Shoes by Judith Lee and Danielle Nisivocia. 77 pgs. About biological parents for foster parents and social workers. Counts for 1 hour of training.
32. Working with Children and Families Separated by Incarceration. By Lois Wright and Cynthia Seymour. Discusses the effects of parental incarceration and the community services that should be available to support and preserve families. Also provides practical suggestions in the areas of child protection, permanency planning, and reunification. 137 pages. Counts for 2 hours of training.
33. Working with Traumatized Children: A Handbook for Healing. By Kathryn Brohl. Understanding and guiding children suffering from post-traumatic stress disorder: physical and emotional effects of trauma, recognizing maladaptive reactions, and strategies for treating its effects. 104 pages. Counts for 2 hours of training.

Children’s Books:

1. For Your Own Good. By Doris Sanford. A child's book about entering and living in a foster home. Counts for 1 hour of training.
2. Shelley the Hyperactive Turtle. Book about ADHD. Counts for .5 hour of training.
3. Zachary's New Home A story for foster and adopted children. Designed to be read to kids ages 3-8. Counts for .5 hours of training.
4. The Visit. By S. Latisha Hubert A simple story for preschoolers about going to visit the child's biological family. Counts for .25 hours of training.
5. "The Kissing Hand" by Audrey Penn. A beautifully illustrated story about dealing with separation.

Counts for .5 hours of training.

DVD:

1. King's Faith. Discovering Jesus while serving time in a juvenile penitentiary, Brendan King is finally able to find solace in a Christian foster home. But as he builds new relationships with other believers at school, his old ties to a gang won't let him walk away easily. In his darkest hour, will he decide that faith is worth the price? (PG-13.) Widescreen. Approx. 108 minutes. Counts for 2 hours.

Health and Safety Issues

Books:

1. Meeting the Challenge of HIV Infection in Foster Care. By Constance Ryan and L. Jean Emery. CWLA Reference for developing foster family care response to this challenge. 83 pages. Counts for 1 hour of training.
2. Baby Safe. How to prevent and react to most common childhood emergencies. 60 minutes. Counts for 1 hour of training.
3. Safe, Strong, and Streetwise by Helen Benedict. Sexual Safety at Home, on the Streets, on Dates, etc. 176 pgs. Counts for 2 hours of training.
4. Your Child Should Know - Strategies to Keep Them Safe From Assault and Crime by F. Calao and T. Hosansky. 160 pgs. Counts for 2 hours of training.

Learning Disabilities

Books:

1. Help for the Learning Disabled Child: Symptoms and Solutions. By Lou Stewart. 46 pages. Counts for 1 hour of training.
2. Social Skills Activities for Special Children. By Darlene Manniz. 405 pages. Lessons, activities, and skills for elementary children with special needs to help them become aware of acceptable social behavior. Counts for 3 hours of foster parent training.

DVDs:

1. How Difficult Can it Be? PBS video on learning disabilities. Simulates with adults what it feels like to be learning disabled. Counts for 1 hour of training.
2. Last One Picked, First One Picked On Learning Disabilities and Social Skills. PBS Video with Richard Lavoie. Counts for 1 hour of training
3. When the Chips Are Down. PBS Series with Richard Lavoie on learning disabilities and discipline. Counts for 1 hour of training.

Middle Schoolers (grades 5 to 9)

DVDs:

1. Communicating with Parents: From "The Power of Choice" series featuring Michael Pritchard. Counts for .5 hour of training.
2. Friendship: From Big Changes, Big Choices series with Michael Pritchard. Helping children grades 5-9 develop and maintain friendships. Counts for .5 hour of training.
3. Getting Along with Parents. From Big Changes, Big Choices series with Michael Pritchard. Counts for .5 hour of training.
4. Handling Emotions: From Big Changes, Big Choices series with Michael Pritchard. Helping children grades 5-9 understand and manage their emotions. Counts for .5 hour of training.
5. Raising Your Parents: From "The Power of Choice" series featuring Michael Pritchard. Counts for .5 hour of training.

Parenting/Discipline

Books:

1. Bringing Up Kids Without Tearing Them Down by Dr. Kevin Leman. 353 pages. Counts for 4 hours of training.
2. Harmony: A Guide to Emotional Well Being; 76 pages. Counts for 1 hour of training.
3. Playful Parenting: Turning the Dilemma of Discipline into Fun and Games. By Denise Chapman. Unique ways to help parents deal with the major discipline dilemmas of child rearing in creative ways. 267 pages. Counts for 3 hours of training.
4. 1-2-3 Magic. By Thomas Phelan. 175 Pages. Counts for 2 hours of training.
5. "Positive Parental Discipline." __ pages. Counts for _ hour of training.
6. Playful Parenting- Turning the Dilemma of Discipline of Discipline into Fun and Games. By Denise Chapman Weiss and Marc Weiss. 270 pages; counts for 4 hours of training.
7. Practical Parenting Skills: A Training Manual. by Dr. Louise Guerney; 148 pgs. Counts for 2 hours of training.
8. Purrfect Parenting: A humorous, yet excellent, book on positive parenting; 152 pages. Counts for 2 hours of training (**PP**).
9. Raising Self - Reliant Children in a Self-Indulgent World: by Stephen Glenn and Jane Nelsen; 243 pages. Counts for 4 hours of training.
10. Siblings Without Rivalry by Adele Faber and Elaine Mazlish. 211 pgs. Counts for 3 hours of training.
11. The Discipline Book: By William Sears M.D. and Martha Sears R.N. Everything you need to know
12. Winning the Whining War 194 pages. A family peace plan: dealing with biting, spitting, sulking, fighting, bad language, and teasing behaviors. Counts for 3 hours of training (**PP**).
13. Without Spanking or Spoiling: A Practical Guide to Toddler and Preschool Guidance by Elizabeth Crary. 102 pg. workbook. Counts for 4 hours of training.
14. Your Guide to a Happier Family by Adelle Faber and Elaine Mazlish. 24 pgs. Counts for 3 hours of training.
15. Peaceful Parenting: by Nancy Buck, 200 pages, count for 4 hours of training

Sexual Abuse

Books:

1. The Sexualized Child in Foster Care: A Guide for Foster Parents and Other Professionals. By Sally Hoyle. Information given on sex and sexuality, distinguishing normal from abnormal sexual behavior, treatment methods, and concerns about the sexually aggressive child. 114 pages. Counts for 2 hours of training.
2. Children's Story: Sexually Molested Children in Criminal Court. By Judge Sandra Butler. 69 Pages. Counts for 1 hour of training.
3. Facing the Sunshine. By Sara Thornton. A young woman's emergence from the shadows of sexual abuse and anorexia. 171 pages contain 2 hours of training.
4. The Gus Chronicles I. By Charles Appelstein and Gus Studelmeyer. 153 pages contain 2 hours of training (2 copies)
5. The Gus Chronicles II. By Charles Appelstein and Gus Studelmeyer. 184 pages contain 2 hours of training.

Teen Issues/Independent Living

Books:

1. How to Deal with Your Acting- Up Teenager. By Robert T. Bayard Ph.D & Jean Bayard, Ph.D. A step by step approach on how to deal with acting up teens. 202 pages. Counts for 2 hours of training.
2. Positive Discipline for Teenagers: Resolving conflict with your teenage son or daughter; 431 pages. Counts for 6 hours of training.

3. Preparing Adolescents for Life after Foster Care by Anthony Malucco; 225 pages. Counts for 4 hours of training.
4. Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher. An eye-opening look at the everyday dangers of being young and female, and how adults can help. 293 pages. Counts for 4 hours of training.
5. Ten Mistakes Parents make with Teens and How to Avoid Them by Jay Kesler. 140 pgs. Counts for 2 hours of training.
6. "Tough Love" - A Self-Help Manual for Parents Troubled by Teenage Behavior. By Phyllis and David York. 97 pgs. Counts for 1 hours of training.
7. Too Smart For Trouble 93 pages. Helping children deal daily with managing negative peer pressure: how to say no and still be liked. Counts for 2 hours of training (**PP**).

Adoption:

Books:

1. Adopting the Hurt Child: Hope for Families with Special Needs Kids By Greg Keck and Regina Kupecky, 239 pages. Counts for 6 hours (two copies)
2. Adopting the Older Child By Claudia Jewett, 299 pages. Counts for 6 hours of training.
3. Let's Talk About Adoption By Fred Roger. Counts for .25 hours of training.
4. Children of Open Adoption By Kathleen Silber, 190 pages. Counts for 4 hours of training.
5. Achieving Excellence in Special Needs Adoption By CWLA, 200 pages, counts for 4 hours of training
6. Child of My Heart: A Celebration of Adoption By Barbara Alpert. 170 pages. Counts for 3 hours of training.
7. Black Baby, White Hands: A View From the Crib By Jaiya John, 350 pages. Counts for 4 hours of training

Other Acceptable Sources of Foster Parent Training

1. **Agency-Sponsored Training Sessions/Retreats:** We will offer training to you several times per year through our office. Some of these sessions are optional; some are mandatory. These will be announced by email or by memo.
2. **Classes through Community Education or Continuing Education:** There are trainings offered on child development, parenting, strengthening families, internet safety, blended families, etc. through Communities That Care (CTC), MidStep, etc. If a class is 4 hours long, it will count for 4 hours of training.
3. **T.V. Programs:** Some documentaries or programs can count towards foster parent training if they are relevant to parenting or foster parenting. Please check with the agency to see if the program is acceptable towards your training requirement. An hour-long show counts for 1 hour of training.