

**INSIDE:**

*eLive Webinar Workshops • Online Training  
Home Correspondence Courses • County Workshops*



**RESOURCE PARENT CATALOG  
TRAINING OPPORTUNITIES**

609.520.1500 • **HOTLINE:** 1.800.222.0047 • FAX: 609.520.1515  
[www.fafsonline.org](http://www.fafsonline.org)

*Para información sobre el catálogo en español, vaya a la página 19.*

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# MISSION STATEMENT

Our mission is to provide support, training, and advocacy to meet the special needs of foster, adoptive and kinship families, who provide safe, stable, and nurturing homes for children in foster care.

## SPECIFIC OBJECTIVES AND PURPOSES

- To promote an enhanced understanding of foster care and serve as a catalyst for positive advances in the foster care system
- To provide services, support and training opportunities for foster, adoptive and kinship families and others having the responsibility for, and/or the interest in, the well-being of children. This may include members of the community.
- To develop and distribute educational, training and other resource materials to private charities, government agencies and others interested in the well-being of children

## FAFS OFFERS THE FOLLOWING:

### Training Services

- eLive Webinar Workshops
- Online Training
- Home Correspondence Courses
- County Workshops

### Support Services

- Our Hotline staff serves as the initial contact point for foster/adoptive/kinship parents and other individuals seeking information about foster care or adoption.
- Resource Family Advocates provide personalized support to individual foster/adoptive/kinship parents.
- FAFS Volunteer Committees/Affiliate offer an opportunity for foster/adoptive/kinship parents to interact and provide community-based peer to peer support.
- Resource Parent Recruitment and Honorarium Program

### Scholarships

- The New Jersey Foster Care Scholars Program provides financial assistance to eligible foster, adoptive kinship legal guardianship, and homeless students who are seeking post secondary education. Please go to the FAFS website, [www.fafsonline.org](http://www.fafsonline.org), for the current eligibility criteria.
- FAFS Scholarships and Opportunity Grants are for graduating seniors in foster care and those adopted or placed in Kinship Legal Guardianship through DYFS.

## *Required Resource Family In-Service Training Hours*

Primary Provider: 7 hours annually or 21 hours over a 3 year licensing cycle  
Secondary Provider: 5 hours annually or 15 hours over a 3 year licensing cycle

## eLIVE WEBINAR WORKSHOP INFORMATION

### **Facilitating a new spirit of teaching, learning and sharing.**

A new and exciting modality of training is coming to FAFS! Be one of the first to experience a FAFS eLive Webinar Workshop. These for credit workshops are webinars conducted online in real time by a live instructor.

In this highly interactive class, you will share and learn from a wide diversity of resource parents from across the entire state of New Jersey! You will have the opportunity to voice your opinions, give examples, answer polling questions, and speak or type questions. You will be able to upload a photo or participate with live video if your computer has a camera.

All you will need is a computer, a telephone, and the desire to experience an exciting new way to receive your in-service training hours to help you maintain your resource family license.

An email and flyer will be sent to all licensed resource parents announcing the date of the first workshop and registration instructions.

# ONLINE TRAINING GUIDELINES

1. Go to [www.fafsonline.org](http://www.fafsonline.org) and click on “SERVICES.” Go to “Free NJ Foster/Adoptive Resource Parent Training” on the drop down menu. Click on the link to “Train Online,” which will take you to the online training site.
2. In order to log into the website, you will need your license number, which is located at the top left corner of your Resource Family Home License.
3. Once you click on “login”, two boxes will appear. The first box is for your username, which is your license number and your first name. The second box is for your password, which will also be your license number and your first name (*Example: Username: A1234MARY Password: A1234MARY*). All letters need to be in capitals.
4. If you are unable to log in, please call our Training Department, and someone will be able to assist you with logging in, or fill out the online request form located on the FAFS online training site.
5. If you have not logged into the system for two months, you will need to call FAFS 1.800.222.0047 Ext. 327 to reactivate your account.
6. For your convenience, we have developed a tour on how to navigate our online training. We encourage all first time users to take this tour, which is located on the Train Online home page.



**The following nine courses are available online only:**



## 1. **But I Swear It's The Truth: Successfully Dealing with Lying Behavior in Children**

This course explores lying across the developmental stages of a child's growth and identifies the motives and needs in children that result in this behavior. A range of techniques for raising parents' awareness of the causes for lying are explored, as are techniques that successfully reduce and correct these behaviors. **3 in-service training hrs.**

## 2. **Preparing Your Home For An Office of Licensing Inspection**

This course explains the process of an Office of Licensing home inspection (annual and three-year licensing renewal) and what you, as a resource parent, can do to prepare for the inspection. This course also gives tips and ideas on ways to help fix problems before they start. Written by DYFS staff, this course is a well-balanced way to get up-to-date information on your upcoming inspections. **2 in-service training hrs.**

## 3. **The Child Health Program and You**

The Department of Children and Families has made some significant changes in the way the health needs of a child in out-of-home placement will be planned, met, and monitored. This course, written by the Child Health Program nurses, discusses the new changes that were added to maximize health plans and keep the children in your care healthy. **2 in-service training hrs.**

#### 4. An Introduction to DCF's Case Practice Model

The Department of Children and Families has published a case practice model, which identifies family engagement as a core strategy in their work. This case practice model explains how children and families should be treated and how they and their natural supports will be engaged and included in decisions affecting their safety and well-being. Foster and Adoptive Family Services has joined together with The Department of Children and Families to bring resource parents vital information regarding DCF's goals. The course will cover the case practice model that is used by the Department, the mission and outcomes of DCF, the families and children that they serve, the values and principles that underlie everything that they do at DCF, and most importantly for you, what types of behaviors you can expect to see from DCF staff as they move forward to fully implement this model.

**3 in-service training hrs.**

#### 5. Visitation Revisited

This course will give information concerning the variety of concerns that may arise when dealing with visitation. It will speak to how you may prepare for an upcoming visit, concerns the child may have about the visit, and techniques for coping with issues that may arise as a result of the visit.

**2 in-service training hrs.**

#### 6. Trans-racial/Trans-cultural Care (Part 1)

This course is Part 1 of a two-part course. It will discuss various aspects of caring for a child of a different race or culture. It will talk about the challenges that families may face, define culture, look at societal issues, discuss childhood identity, and explore caregiver motivations for wanting to care for a child of a different race or culture. After taking this course, resource parents have the option of taking Part 2, which will provide practical strategies for handling the many challenges and changes trans-racial/trans-cultural families may encounter.

**2 in-service training hrs.**

#### 7. Trans-racial/Trans-cultural Care (Part 2) **NEW**

This course is Part 2 of a two-part course. It will discuss elements involved in the process of preparing for change and the development of a positive racial and cultural identity. It will provide strategies for dealing with awkward or intrusive questions, including the CENTER Method, and different response techniques. It will also discuss how the child may interpret awkward or intrusive questions.

**2.75 in-service training hrs.**

#### 8. From X-ray Vision Carrots to BMI's, Dealing with Childhood Obesity

This course will explore the growing concern among parents and caregivers of childhood obesity and what roles they can play in the child's weight loss and lifestyle change. To begin, we will look at the causes of obesity in this country and the negative impact it has on children's health. Then we will explore ways you can get your child involved in exercise, how you can get him/her to eat fruit and vegetables, including some recipes for camouflaging them with other foods, and the process for calculating the body mass index of the child. Among the skills we will be practicing will be checking nutrition labels, protecting your child's self esteem, and finding physical activities for your child that are a good fit for him/her.

**3 in-service training hrs.**

#### 9. Understanding Child Development: Helping Children Become All They Can Be

This highly interactive online course employs a range of e-learning technology to explore the developmental journey children take, accomplishing necessary skills and abilities as they grow. It also looks at the important role resource parents play in facilitating the development of those skills and abilities and alerting others to developmental delays. The course focuses primarily on development from birth to age twelve.

**3 in-service training hrs.**

The following Online Courses are also available as Home Correspondence Courses:

The descriptions of these courses can be found in the Home Correspondence Section of this catalog.

10. All About Asthma	3 in-service hours
11. Autism Across the Spectrum	3.5 in-service hours
12. Beyond the Blues: Adolescent Depression and Suicide <b>NEW</b>	5 in-service hours
13. Car Safety and Your Child in Foster Care	3.5 in-service hours
14. Chew on This! A Guide to Diet and Nutrition	2.5 in-service hours
15. Clearing the Air on Tobacco Smoke	3 in-service hours
16. Communication: A Two Way Street	4 in-service hours
17. Dare to Discipline	3 in-service hours
18. Dealing with Anemia	3 in-service hours
19. The Empty Seat at the Table: Resource Parent Loss and Grief	2.5 in-service hours
20. Fetal Alcohol Syndrome: Hard Facts to Swallow	3 in-service hours
21. Handling Hepatitis C	4 in-service hours
22. Internet Safety and Your Child	3 in-service hours
23. Lead Poisoning: Has Your Child Been Screened?	3 in-service hours
24. On Solid Ground: Permanency Planning for Children in Care	2.5 in-service hours
25. Self injury: That Hurt and I Did it Myself	3.5 in-service hours
26. Sickle Cell Disease and Sickle Cell Trait: It's in the Genes	3 in-service hours
27. Sleep Disorders in Children	5 in-service hours
28. Special Education: Answers to Important Questions	3.5 in-service hours
29. The Invisible Ones: Gay, Lesbian, Bisexual & Transgender Children in Care	3.5 in-service hours
30. Under One Roof: Keeping Siblings Together	3 in-service hours
31. Understanding Stress	4 in-service hours

# HOME CORRESPONDENCE COURSE GUIDELINES

## How can I access the FAFS Home Correspondence Course Library?

- Call the toll-free **FAFS Hotline: 1.800.222.0047**.
- Tell us which course you would like to take.
- You can also register online at **www.fafsonline.org**.
- You will receive that course through the mail, or think green, and save a tree, and we will email the course to you!

**NOTE: If you do not return the course within the two-week time frame, it will delay your receiving another course.**



**Indicates that the course is also available online**

## HOME CORRESPONDENCE COURSE DESCRIPTIONS

### 1. All About Asthma



**Also available online**

This home correspondence course is an advanced course recommended for people who have already taken the **Childhood Asthma** course or who have some knowledge of the condition. Emphasis is given to recognizing and treating asthma attacks, including technical information on prevention relievers, nebulizers, and peak flow meters.

*This program includes an informational booklet and review questions.*

**2.5 hrs. in-service training**

### 2. Autism Across the Spectrum



**Also available online**

This course offers an insightful look into the developmental disability of autism. It focuses on the causes and characteristics of autism, different treatment strategies, and the educational resources available for children with autism.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

### 3. Beyond the Blues: Adolescent Depression and Suicide



**Also available online**

This course looks into adolescent depression and its causes. This course will cover various treatment options and what to do when depression turns to thoughts of suicide.

*This program includes an informational booklet and review questions.*

**4 hrs. in-service training**

### 4. Bipolar Disorder in Children and Adolescents

This course explains in some detail the causes, diagnosis, and treatment of this disorder. In addition, the course conveys information on suicide prevention.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**5. The Birds and Bees and Everything in Between**

This course looks at how to deal with your child's sexuality. You will learn ways to start conversations with your children on this topic and what you should talk about in those conversations. There are tips for parents who may be uncomfortable talking about sex with their children and detailed background information that will assist you in answering questions your children may have.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**6. Building Healthy Relationships**

This course will explore the importance of children developing healthy personal relationships. Children who currently are, or were in, out-of-home placement may have experienced or witnessed abusive relationships. The warning signs that a relationship may be abusive will be discussed. Strategies to help children cope when they must continue in a relationship or when they are reconnecting with biological families after they have aged out of the system, as well as methods for discontinuing the relationship will be discussed. The course will explain the many forms of abuse such as physical, verbal, and emotional, and will discuss which individuals may be at greatest risk, and which groups may be targets for abuse. The course will emphasize the importance of positive relationships and present approaches for helping children develop healthy relationships built on honesty and respect.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**7. Car Safety and Your Child in Foster Care**



**Also available online**

Every day, children sustain either serious injury or death in automobile accidents. The startling facts are that approximately 700 children will be killed and 400 more injured in just one year alone due to improper restraint while in a motor vehicle. This course provides up-to-date information on car seats, seatbelts, school bus travel, and teenage driving.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**8. Cerebral Palsy: The Basics**

This course was created in collaboration with the United Cerebral Palsy Association. What cerebral palsy is and how it affects children are just some of the areas this course will cover.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**9. Chew On This: A Guide to Diet and Nutrition**



**Also available online**

To some, eating healthily can be enjoyable and rewarding, but to others, it can be a chore to get a sensible diet on track. This course will offer you suggestions on how to deal with an overweight or underweight child, inappropriate weight control methods such as eating disorders and diet pills, and how to handle them. It will also offer insight on the value and benefits of eating together, and what to do when eating on the run is unavoidable.

*This program includes an informational booklet and review questions.*

**4 hrs. in-service training**

**10. The Child and Sexual Abuse**

As children, we had the image of a stranger hanging around the schoolyard preying on innocent children. We now know that child sex offenders can be much more difficult to recognize. They can be a friend, family member, or respected member of the community. This course will cover the most common misconceptions of sexual abuse, some possible behaviors associated with it, the law and how it affects those foster families who report abuse, and some possible tools for prevention.

*This program includes an informational booklet and review questions.*

**4 hrs. in-service training**

**11. Childhood Allergies** **NEW**

The incidence of allergies in childhood has increased significantly in the last two decades. This course will look at what allergies are and how a child develops them; it will go through the different types of allergies and their treatments; it will look at common myths; and it will discuss in detail two of the most common allergies, allergic rhinitis and food allergies, and how parents can deal with them. In addition, it will answer questions about whether to take a child to see an allergist or not and how to manage a child's allergies when he/she is at school, and will provide a list of questions to ask your child's doctor. With proper diagnosis, preventive measures and treatment, most childhood allergies can be kept in check.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**12. Childhood Skin Disorders**

**Also available online**

This course focuses on many different skin disorders children in your home may contract. The course looks at some of the more complex disorders such as impetigo, eczema and psoriasis, while touching on some of the more common but less severe skin conditions, including acne, diaper rash, and cradle cap. It will look at symptoms, treatment options and the prognosis of each disorder.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**13. Clearing the Air on Tobacco Smoke**

**Also available online**

This home correspondence course contains information on how secondhand smoke affects your children. In addition, it outlines the smoke-free requirements for New Jersey licensed foster homes. The course offers information, suggestions, references, and steps to make your home smoke-free.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**14. Communication: A Two Way Street**

**Also available online**

This course will help you improve your communication skills, both as a speaker and as a listener. As a communicator, you send and receive messages verbally and non-verbally. Learning how to interpret these messages will help you on the road to becoming a more effective communicator.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**15. Dare to Discipline**

**Also available online**

The difference between discipline and punishment will be explained in detail. Different methods of discipline and the reasons for choosing them will also be covered. Read how and why other foster parents dare to discipline.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**16. Dealing with Anemia**

The booklet covers causes, symptoms, and treatments for a blood disorder that often go unrecognized. The primary focus is on iron deficient anemia, a common problem in foster/adoptive children. It also contains a very useful appendix to help identify which of the 400 types of anemia your child may have, and specific resources for each type.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**17. Dealing with Dyslexia**

This language-based disorder occurs in approximately eight percent of the population, affecting a person's ability to read. The course focuses on the symptoms of dyslexia, as well as its diagnosis and treatment. It also offers special tips for caregivers on the all-important cooperation between home and school.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**18. Do I Really Have to Talk to the Parents of My Child in Foster Care?**

This course will help you build a working relationship with the parents of the children who are placed in your home by DYFS. It will explain some of the reasons why having a strong working relationship with the children's parent(s) is beneficial for the children. In addition, the course will give you some tips on how to work with uncooperative parents, along with ways to prepare the children for visits with their parents.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**19. Eating Disorders**

"What started out as a simple diet last year has turned into the single biggest struggle of my life!" These are true words spoken by an eating disorder survivor. This course will explain what an eating disorder is, warning signs and symptoms often exhibited by those with eating disorders, and some possible causes as to why so many young people suffer from this terrible problem. In addition, a variety of treatment options will be covered.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**20. The Empty Seat at the Table:  
Resource Parent Loss and Grief**



**Also available online**

There is much discussion on the separation and loss experienced by the children who are in foster care, but what about the loss felt by the foster parent? This home correspondence course will focus on the grief experienced by foster parents after a child in their care has been removed from their home because of adoption, reunification, or other reasons. It will discuss the different types of loss, as well as what you, or other members of the family, can do to prepare for, and then deal with, grief.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**21. Fetal Alcohol Syndrome: Hard Facts to Swallow**



**Also available online**

This course examines Fetal Alcohol Syndrome (FAS) and Alcohol Related Neuro-developmental Disorder (ARND). Emphasis is given to the characteristics, behaviors, and difficulties you may encounter when caring for a child identified with FAS or ARND.

*This program includes an informational booklet and review questions.*

**2.25 hrs. in-service training**

**22. Four Stepping Stones to Maturity**

In order for a child to become mature, he/she needs to build strength and confidence. This course provides insight on self-esteem building, decision making, anger management and conflict resolution, the four stepping stones to maturity. Each of these areas is interdependent on the others, so in order to be successful in any one of them, a child needs to use skills from each stepping stone. This course will help you as a foster/adoptive parent begin teaching your child these important skills as soon as he/she enters your care.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**23. Gangs - The Need to Belong**

This course will give an overview of the gang culture, tips on how to recognize if your child is becoming involved in a gang, and what you can do as a parent to help prevent that involvement from occurring. You will also learn the many reasons some young people join gangs.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**24. Grasping the Core of DYFS Policies**

At times, it can seem impossible to understand all the technical material relating to your child in out-of-home placement. However, as a resource parent, it is important for you to have a good grasp of such issues as understanding health care and medical treatment requirements for the child, what records to keep, how to renew a license, visitation, and a variety of other policies. This course will give examples of these policies and define related items.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**25. Hair Care for African-American and Biracial Children and Adolescents** **NEW**

This course will cover basic hair care for African American/Biracial children, teens and babies. It will discuss appropriate tools, products, and daily hair care management. It will provide various styling techniques and highlight common hair styles for girls and boys.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**26. Handling Hepatitis C**

This is a very technical course on Hepatitis C. It focuses on the ways Hepatitis C is transmitted, who should be tested and the treatment options currently available. Information on how the disease progresses in the body is provided. Suggestions on dealing with stress related to caring for someone with a chronic disease are also covered.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**27. Help! My Child Has Run Away from Home!**

This course explores a look at why some young people run away from home and what you can do as a parent to help prevent it from happening. The course will also give parent guidelines on what to do if your child does run away, as well as what to do when they return home.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**28. Helping Children Manage Pain**

Pain and its debilitating effects on children are explained. The difference between acute and chronic pain, and how to help children cope with their pain are some of the topics covered.

*This program includes an information booklet and review questions.*

**2 hrs. in-service training**

**29. The Innocent Victims: Understanding Prenatal Exposure to Cocaine and/or Heroin**

This course includes explanations on how the exposure to cocaine and/or heroin could affect infants, how older children may exhibit these effects, and some techniques to try to ease or overcome the effects.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**30. Internet Safety and Your Child**

This course introduces the reader to the pros and cons of Internet use and the various terms you should be familiar with that are used on the Internet and other electronic information systems. You will also be given steps you can take to protect your children from Internet predators and the scams that frequently appear on the Internet.

*This program includes an informational booklet and review questions.*

**2.5 hrs. in-service training**

**31. The Invisible Ones: Gay, Lesbian, Bisexual and Transgender Children in Care (GLBT)**



**Also available online**

A comprehensive examination of GLBT youth in foster care, **The Invisible Ones**, discusses the issues surrounding GLBT children in care, as well as what you, the resource parent, can do to make their time spent with you beneficial and rewarding. **The Invisible Ones** talks about controversial issues as well as medical, societal, and psychological issues faced by GLBT youths, while offering practical advice for the foster parent.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**32. Issues in Kinship Care** **NEW**

This course will discuss issues that are faced by kinship caregivers, including social and emotional challenges, discipline, self-care, getting help, and legal issues. It will discuss kinship legal guardianship and adoption, and detail the legal and financial differences between the two. It will also provide information about mediation as an option to resolving issues concerning children in the care of DYFS.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**33. Kids and Money** **NEW**

This course explores the aspects of teaching young children and teens about managing money and finances responsibly. It examines ways to help children and teens understand responsible earning, saving, spending and charitable giving of money. The course also explores how to teach the important life lessons of disciplined behaviors with money, delaying instant gratification, positive financial goal setting, and compassionate charitable giving.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**34. Lead Poisoning: Has Your Child Been Screened?**



**Also available online**

Lead poisoning is one of the most serious environmental threats to our children, but it is also 100 percent preventable. This course examines the sources and symptoms of lead poisoning. Emphasis is also given to testing for and treating lead poisoning, as well as additional precautions you can take to safeguard your family. A resource contact list is included for local and state agencies dealing in lead abatement and treatment.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**35. Managing Pediatric HIV/AIDS**

This course examines the emotional and social challenges of dealing with pediatric HIV/AIDS. Topics range from confidentiality issues, dealing with conflict and difficult emotions, and maintaining a sense of stability and normalcy in the midst of personal crisis. Also provided, is a brief overview of related medical issues, such as the progression of the disease in the human body, its transmission from person to person, and current treatments used to help patients in their fight against the disease.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**36. On Solid Ground: Permanency Planning for Children in Care**



**Also available online**

This course will not only look at the available methods and procedures used for achieving permanency in the life of a child in care, but it also explores the critical psychological and social impact on a child when permanency is not achieved within a reasonable time frame. The course also discusses the role of the resource parent as an advocate for permanency and offers insight into the resulting feelings of loss that may be present when a child achieves a permanent home with someone other than the resource parent(s) who have been involved with the child's care.

*This program includes an informational booklet and review questions.*

**2.5 hrs. in-service training**

**37. Oppositional Defiant Disorder** **NEW**

This course is designed to assist resource parents in developing a comprehensive understanding of a behavioral disorder known as Oppositional Defiant Disorder (ODD) which is prevalent among children placed in foster care. The information provided will aid resource parents in differentiating typical behaviors associated with different stages of child development versus problematic behaviors that require psychological intervention. There will be a detailed review of the causes and risk factors associated with ODD. The course will focus on exploring effective treatment options for the disorder and how to access these services.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**38. Paying Attention to AD/HD**

The difficulties associated with this disorder and the ways it manifests itself in children and adolescents are covered in this course. In addition, it covers the most effective methods for managing AD/HD.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**39. Post Traumatic Stress Disorder: No War Needed**

This course will discuss Post Traumatic Stress Disorder as it relates to children in foster and adoptive care. It will explore the effects of traumatic experiences such as natural disasters, kidnapping, murder of a parent, shootings, severe burns, motor vehicle accidents, and sexual and physical abuse and the effect they have on children and adolescents. The causes of Post Traumatic Stress Disorder, criteria for diagnosis, methods for identifying it, and treatment options will be explored. In addition to primary symptoms, victims of Post Traumatic Stress Disorder also suffer secondary and associated Post Traumatic Stress Disorder symptoms, and these will be explained. It is important for foster and adoptive care families to learn the difference between children acting out and Post Traumatic Stress Disorder. The course will make a distinction between the two. Finally, the course will offer ways to help children cope with Post Traumatic Stress Disorder.

*This program includes an informational booklet and review questions.*

**3.25 hrs. in-service training**

**40. Preparing Your Teens in Foster Care for Independence**

This course will give an overview of ways to help your teenager become ready to face adulthood and independence. The course offers resources and helpful hints for parents to assist you in building and maintaining a positive relationship between you and your teen.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**41. Psychotropic Medications and Children in Care** **NEW**

This course examines the risks and benefits of the use of psychotropic medications with children in foster care. It details all aspects of the necessary steps taken in the consideration of the use of such medications and the various responsibilities of all individuals involved in decision-making. It further examines all responsibility and accountability of resource parents and others involved in the health and well being of a child before, during, and after the use of such medications.

*This program includes an informational booklet and review questions.*

**4 hrs. in-service training**

**42. Safety: A Look at Basic First Aid**

This course reinforces and builds on your basic knowledge of first aid. It covers child safety in the home, putting together a basic first aid kit, and what to do in case of an emergency. The informational booklet for this course is First Aid Essentials, a Red Cross publication showing how to care for minor cuts, bruises, burns, etc.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

#### 43. Schizophrenia

This course provides an in-depth look at schizophrenia, a debilitating mental illness. It examines the causes, symptoms, and current treatment options. In addition, this course includes important information for caregivers on substance abuse, suicide, and violence as they relate to children and adolescents who have schizophrenia.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

#### 44. Self Injury: That Hurt, and I Did It Myself



**Also available online**

This course will explain self-injurious behaviors with a specific focus on cutting, which is self-mutilation with sharp objects like razors. The psychologically addictive nature of using self-injurious behaviors as coping mechanisms will be explored. What triggers this social taboo that is becoming more and more common? In addition to being associated with general mental illness, self-injurious behaviors are also associated with trauma and abuse, eating disorders and Borderline Personality Disorder. At what age do these behaviors start? Groups at risk for self-injurious behaviors will be identified. The course will help the foster and adoptive care communities detect the warning signs of self-injurious behaviors and discuss appropriate treatment options.

*This program includes an informational booklet and review questions.*

**2.5 hrs. in-service training**

#### 45. Sickle Cell Disease and Sickle Cell Trait: It's in the Genes



**Also available online**

As a hereditary disease, sickle cell anemia and sickle cell trait continue to afflict children every year. Learn the differences between sickle cell anemia and sickle cell trait, who is at risk, signs and symptoms, treatments, and more.

*This program includes an informational booklet and review questions.*

**2.5 hrs. in-service training**

#### 46. Sleep Disorders in Children



**Also available online**

This course discusses the most commonly experienced sleep disorders in children and the phenomenon of Sudden Infant Death Syndrome (SIDS). Symptoms, treatments and guidelines for treatments, and effects of these disorders on both the child and parent are discussed in detail. Disorders covered are: apnea, snoring, bedwetting, soiling, sleepwalking, nightmares, night terrors, and Rhythmic Movement Disorder. Support resource organizations are given in the appendix of the course, as well as in the reference list.

*This program includes a two-part informational booklet and review questions.*

**5.5 hrs. in-service training**

#### 47. Special Education: Answers to Important Questions



**Also available online**

This course provides useful information on the complex maze known as the special education system. We will help you find your way by providing information concerning the Child Study Team, Individualized Education Plans (IEPs), current laws, and the various classifications of learning disabilities.

*This program includes an informational booklet and review questions.*

**3.25 hrs. in-service training**

#### 48. Type 1 and 2 Diabetes in Children and Adolescents

This course will explain the difference between type 1 diabetes and type 2 diabetes. It will discuss the risk factors, symptoms, treatment options, and issues to consider when caring for a child or adolescent who has either type of diabetes. In these sedentary times, when children spend much of their time watching television and on the computer instead of exercising, obesity is more common in youth, and type 2 diabetes is being diagnosed in children and adolescents. The course will offer suggestions relevant to successful management of both kinds of diabetes such as exercise programs, healthy nutrition, on-going contact with a physician and/or a diabetes educator and the importance of support from the patient's family.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**49. Under One Roof: Working to Keep Siblings Together****Also available online**

This home correspondence course looks at the importance and dynamics of sibling relationships and the impact on siblings in care who are separated from each other. The course discusses the benefits, challenges, and barriers to placing siblings together from the perspective of the children, the agency, the resource parent, and the child's parents.

*This program includes an informational booklet and review questions.*

**2.25 hrs. in-service training**

**50. Understanding Mental Retardation**

This course introduces the various types and causes of mental retardation. Emphasis is given to useful techniques and suggestions for managing daily living skills and seeking the appropriate special education programs for your child.

*This program includes an informational booklet and review questions.*

**2 hrs. in-service training**

**51. Understanding Stress****Also available online**

Are you aware of the signs of stress you may be exhibiting? Do you know how to effectively deal with the stress in your life? This course will examine what stress is, and the causes, warning signs, and symptoms that adults, teenagers, and children may experience. In particular, it will look at how stress affects the foster/adoptive home. It will also offer useful and practical techniques on how to relieve the stress present in your life and your children's lives.

*This program includes an informational booklet and review questions.*

**4 hrs. in-service training**

**52. Understanding Trauma and Resilience NEW**

This first course is designed to offer a sturdy platform of nuts and bolts understanding, which will be expanded upon next year in Part II of Understanding Trauma and Resilience. The learning goals are to: provide awareness of the "map" of trauma; increase knowledge about themes of trauma and what these can look like in the day to day lives of children, teens and adults, and provide practical information about resilience, its mindset, and its meaning to support growth after trauma. Action steps, strategies and resources are offered.

*This program includes an informational booklet and review questions.*

**4 hrs. in-service training**

**53. Welcome to Your New Home NEW**

Bringing a child into your home is usually very rewarding. Often there are situations that can arise when the child first comes into your home that you may not have faced before. This course will offer suggestions on how to make the child feel welcome. In addition, there is information on how to involve family members in this experience.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**54. What if My Child Has a Problem With Stealing?**

This course is intended to help resource parents cope with the problem of stealing. Inside, parents will find the common causes of stealing explained and learn practical ways to prevent future incidents.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**55. Who Am I? Helping Children and Adolescents Develop Positive Identity**

This course will look closely at how children and adolescents develop identity and the importance of developing a positive identity in order to become healthy, stable adults. It will discuss how self-esteem and resilience play important roles in the development of positive identity. Strategies for helping children develop positive identities will be provided. In conjunction with this course, parents will have the opportunity to help the children in their care create their own personal life books.

*This program includes an informational booklet and review questions.*

**3.5 hrs. in-service training**

**56. Why Does Love Hurt?**

This course expands upon the material presented in the **Building Healthy Relationships** course. General information on abusive relationships presented in the previous course will be reviewed. This course will specifically focus on friendships and dating relationships, both of which occur outside of the home and usually develop in school settings. The warning signs that a friendship or dating relationship may be abusive will be discussed. The course will explain the different forms abuse may take in a friendship or dating relationship, and who may be at greatest risk for having a relationship turn abusive. It will explore characteristics found in the abuser and the abused. Methods for discontinuing the relationship, including developing a safety plan, will be explained. The course will emphasize the importance of positive friendships and dating relationships, and present approaches for helping adolescents develop healthy relationships built on honesty and trust.

*This program includes an informational booklet and review questions.*

**4 hrs. in-service training**

**57. Why Does My Child Say Up When I Say Down? **NEW****

We can all get a little frustrated with our children, no matter how much we care for them. But what happens when you find yourself constantly battling with your child? This course will explore why some children seem to be stubborn, and what you can do to be better prepared to handle them.

*This program includes an informational booklet and review questions.*

**1.5 hrs. in-service training**

**58. Youth Employment **NEW****

One of the most important things you can teach the young person in your home is self-sufficiency. Probably the most important part of self-sufficiency is obtaining employment. This course will give detailed information about finding a job, including where to look for employment, the interview process, the importance of budgeting money, and career selection.

*This program includes an informational booklet and review questions.*

**3 hrs. in-service training**

**No credit will be given for the following Home Correspondence Courses:**

**59. The Life Book and You**

This course will take the resource parent through a step-by-step process on the construction of a life book. The pages will capture the milestones your child reaches as he/she grows each day. With the child's active participation in the construction of this life book, meaningful events in his/her life will be better preserved. **In the future, you may receive in-service training hour credit for life book work. Please check with your Resource Family Support Worker to see if such a program is in effect at the time of your home inspection.**

*This program includes a life book and a guide book.*

## COUNTY WORKSHOPS



During some of the scheduled volunteer committee/affiliate meetings, you will have the opportunity to receive training hours as well as great information about what is going on with FAFS and your county. These county workshops will consist of a talk given by a guest speaker.

Look for regional newsletters that will be mailed to your home announcing the topic, date, time, and location of the training.

All county workshops are approved for in-service training hours that can be used towards your licensing requirements.

*These are very short trainings. Please arrive promptly in order to receive your in-service training hours.*

***In the event that dates, times or locations change, FAFS will post them immediately on [www.fafsonline.org](http://www.fafsonline.org). In case of inclement weather, please call your local volunteer committee chairperson, visit [www.fafsonline.org](http://www.fafsonline.org), or call FAFS at 1.800.222.0047 to see if the meeting/training is still being held.***

## FROM OUR SUPPORT DEPARTMENT

FAFS has developed Fact Sheets that provide information about DYFS foster care policies that are important for all to know. The Fact Sheets are a convenient way for foster parents to access information on specific policies that can have an impact on both the foster parents and the children in their care.

Facts Sheets will be available at Volunteer Committee meetings and from FAFS by calling: **1.800.222.0047**.

**There are six Fact Sheets currently available:**

- **Flex Funds**  
*Explains what flex funds can be used for and the process to initiate a request*
- **Welcome Home**  
*Explains the program's purpose, who administers the program, and what makes a family eligible for participation*
- **Universal Precautions**  
*Provides important information concerning what you need to know about the universal precautions*
- **When the Phone Rings**  
*Presents important questions for resource parents to ask when called about a new placement (accompanied by a placement worksheet)*
- **Babysitting**  
*Provides guidelines you should consider when you intend to use a babysitter for children in care*
- **Planned Vacations and Other Travel**  
*Provides information about whom to inform and when consent is needed to allow a child in care to travel with the resource family*

# TRAINING TRANSCRIPTS

- **What is it?**

The Training Transcript is a record of all FAFS training programs you have completed which relate to your work as a resource parent.

- **How does it Work?**

1. Attend a FAFS county workshop, complete a home correspondence course, or participate in an eLive Webinar Workshop.
2. FAFS will keep a record of the aforementioned FAFS training programs on your personal transcript.
3. Once a year, FAFS will automatically send you two copies of your transcript. If you find that you need a transcript at any other time during the year, please call the FAFS Training Department to request an updated transcript be sent to you.
4. *If you participated in a FAFS training program and have indicated on your training registration form that you would like FAFS to forward your transcript to the Office of Licensing, you will receive only one copy of your transcript.*
5. **Transcripts for online training can be printed out by you, the resource parent.** We recommend you print your online training transcript each time you complete an online training. If you have not accessed online training in two (2) months and require a transcript of your online training, please call FAFS and ask for the Training Department.

## PREMIUM MEMBERSHIP INFORMATION

We invite you to become a premium (paid) member of Foster and Adoptive Family Services.

### Your premium membership will:

- Help strengthen FAFS advocacy efforts on behalf of our families.
- Provide you with the joy of belonging to an organization that supports neglected and abused children and the resource families who care for them.
- Help ensure the sustainability of FAFS' programs that receive no government funding, programs like Fostering Wishes For Children and Camp Scholarships.
- Provide you with the satisfaction of knowing that your premium membership dues allow FAFS to provide support to local Volunteer Committees/Affiliate.
- Help your local Volunteer Committee/Affiliate provide free or discounted pricing to foster, adoptive, and kinship families for recreational events.
- Provide you with the right to vote at your local FAFS Volunteer Committee/Affiliate meetings.

These are the words of a mother of a scholarship winner:

***“You help make a difference, not only in my son’s life, but in many lives...  
we thank you from our hearts.”***

## FAFS AND UNITED WAY

FAFS is able to receive donations through United Way. You can donate to FAFS by either listing our name – Foster and Adoptive Family Services – or our United Way number – 715170 – on the donation form. United Way’s annual community campaign in the workplace is an effective way for you and your employer to help improve the community you live, work and do business in. If your employer participates in the United Way’s annual community campaign, when you give, please do not forget to list FAFS as your charity of choice.

For more information to become a premium member or donate, contact the **FAFS Hotline at 1.800.222.0047** or visit our website at **[www.fafsonline.org](http://www.fafsonline.org)**

## Principio Básico

Nuestro principio básico es de proporcionar el apoyo, la capacitación y el abogamiento para satisfacer las necesidades especiales de la familias de crianza, adopción o de tutela legal de parentesco, que proporcionan ambientes seguros, estables, y afectuosos para los niños en cuidado.

### Objetivos y Propósitos Específicos

- Fomentar entendimiento de cuidado familiar temporal y servir como catalizador de adelantos positivos en el sistema de crianza
- Proporcionar servicios, apoyo, y oportunidades de capacitación para familias de cuidado familiar temporal y adoptivas y otros que tienen la responsabilidad para y/o el interés en el bienestar de niños. Puede incluir miembros de la comunidad.
- Desarrollar y distribuir materias educacionales, de capacitación, y de otros recursos a caridades privadas, agencias gubernativas y otros interesados en el bienestar de niños.

### ¡Hagase Miembro de Prima de FAFS!

Le invitamos a usted hacerse miembro de prima (pagado) de Foster and Adoptive Family Services.

#### Por hacerse miembro de prima conseguirá lo siguiente:

- Ayudará en fortalecer los esfuerzos de abogamiento por nuestras familias.
- Le proporcionará a usted con la alegría de saber que pertenece a una organización que apoya a los niños maltratados y desatendidos y a las familias de recurso que los cuidan.
- Ayudará asegurar la prosecución de los programas de FAFS que no reciben fondos del gobierno, programas como Los Deseos de Niños (Fostering Wishes for Children) y las Becas de Campamentos.
- Le proporcionará a usted con la satisfacción de saber que el dinero de su cuota anual posibilitará que FAFS apoya a todos los Comités Voluntarios locales.
- Ayudará que su Comité Voluntario local proporcione acontecimientos recreativos gratis o descontados a familias de cuidado familiar temporal, de adopción y de tutela legal de parentesco.
- Le proporcionará a usted con el derecho de votar en las reuniones de FAFS de su Comité Voluntario local.

*Estas son las palabras de la madre de un ganador de beca:*

**“Ustedes ayudan en hacer una diferencia, no solo en la vida de mi hijo, pero en muchas vidas...¡cuánto se lo agradecemos!”**

## FAFS y United Way

Ahora FAFS puede recibir donaciones por United Way. Usted puede donar a FAFS por escribir nuestro nombre—Foster and Adoptive Family Services--o nuestro número de United Way—715170—en el formulario de donar. La campaña anual de la comunidad en el lugar de trabajo de United Way es una manera eficaz para usted y su jefe de mejorar la comunidad donde viven y trabajan. Si usted y su jefe participan en la campaña anual de la comunidad de United Way, cuando donan, no se olviden de poner FAFS como su caridad preferida.

**Para más información sobre cómo hacerse miembro de prima, llame a FAFS en 1.800.222.0047.**

## **FOSTER AND ADOPTIVE FAMILY SERVICES (FAFS) OFRECE LOS SERVICIOS SIGUIENTES:**

### **Servicios de Capacitación**

- Cursos Online
- eLive Talleres en Vivo Online
- Talleres de Condado
- Cursos por Correspondencia

### **Servicios de Apoyo**

- Nuestros empleados de la línea de información gratuita sirven como los primeros contactos para los padres de recurso y otros individuos que están en busca de información sobre el cuidado familiar temporal o la adopción.
- Los Abogados de Recursos de Familia proporcionan apoyo personal a los padres de recurso individualmente.
- Los Abogados de Recursos de Familia dan ánimos e información a los aspirantes de familia de recurso mientras pasan por el proceso de estar autorizados con licencia.
- Los Comités Voluntarios de FAFS ofrecen oportunidades para los padres de recurso de tener interacción y proporcionan apoyo basado en la comunidad entre iguales.
- Tenemos un programa de Honorarios de Reclutamiento de Padres de Recurso.

### **Becas**

- El Programa de Becarios de Cuidado Familiar Temporal de New Jersey proporciona ayuda financiera a los estudiantes que son elegibles y que son adoptados, sin hogar, o en cuidado familiar temporal que quieren una educación possecundaria.
- Las Becas y los Fondos de Oportunidad de FAFS son para los estudiantes en escuela secundaria que están preparando a graduarse y viven en cuidado familiar temporal o los que fueron adoptados, o colocados en tutela legal de parentesco a través de DYFS.

### ***Los requisitos para mantener la licencia son:***

***Cuidador Principal: 7 horas anualmente o 21 horas durante los 3 años***  
***Cuidador Secundario: 5 horas cada año o 15 horas por los 3 años del ciclo***

## TALLERES DE eLIVE Y DE CONDADO – (SOLO EN INGLÉS)

Los siguientes tipos de capacitaciones están disponibles **solo en inglés**.

### eLive Talleres en Vivo Online de FAFS

*Facilitando un espíritu nuevo de enseñar, aprender y compartir*

¡Una nueva manera de capacitar ha venido a FAFS! Es eLive Talleres en Vivo Online de FAFS. Estos talleres para horas de capacitación son “webinarios” enseñados online por un instructor en vivo.

En estas clases interactivas, usted puede compartir y aprender con un grupo diverso de padres de recurso de todas partes del estado de New Jersey. Usted tendrá la oportunidad de expresar su opinión, dar ejemplos, contestar preguntas de encuestas y preguntar en voz alta o escribir sus preguntas a máquina. Usted podrá subir su foto o participar con video si su computadora tiene camera.

Todo que usted necesita es una computadora, un teléfono, y el deseo de experimentar una manera nueva de recibir horas de capacitación para mantener la licencia de casa de recurso.

Mandaremos un email y un anuncio a todos los padres de recurso autorizados con licencia anunciando la fecha del primer eLive Taller en Vivo Online junto con las instrucciones para inscribirse. (Por ahora, estos talleres están enseñados solo en inglés.)

### Talleres de Condado

Venga a una reunión de los Comités Voluntarios y usted tendrá la oportunidad de recibir horas de capacitación y mucha información sobre lo que está pasando con FAFS y su condado por asistir una charla dada por un miembro de la comunidad profesional.

FAFS le mandará a su familia un boletín informativo por correo que anunciará el tema, la fecha, la hora y el lugar de capacitación próxima. (Estos boletines estarán escritos en inglés.)

Todos los Talleres de Condado están aprobados para horas de capacitación que cuentan hacia los requisitos de licencia.

*Estos talleres no duran por mucho tiempo. Son cortos. Por eso, haga el favor de llegar a tiempo para que reciba todas las horas.*

Si las fechas, las horas o los lugares cambian, FAFS los anunciará inmediatamente en [www.fafsonline.org](http://www.fafsonline.org). Si el pronóstico es para tiempo inclemente, llame al/la presidente(a) de Comité Voluntario local, visite a [www.fafsonline.org](http://www.fafsonline.org), o llame a FAFS en 1.800.222.0047 para ver si la reunión/taller va a tomar lugar.

# CURSOS EN ESPAÑOL

## Aprender Online

Ofrecemos muchos de nuestros cursos online tambien gratis a todas las casas de recursos autorizadas con licencia de New Jersey. Llame nuestra oficina al Departamento de Training para que pongan su nombre en el sistema. Luego vaya a [fafsonline.org](http://fafsonline.org) y haga clic en "Cursos en español." ¡Es tan fácil!

## Cursos por Correspondencia

Ofrecemos muchos de nuestros cursos por correspondencia en español. Llame a nuestro **Hotline a 1.800.222.0047** y díganos cual curso usted quiere hacer. Usted recibirá por correo un libro informativo, un examen, una evaluación y una inscripción.

### 1. El Asiento Vacío en La Mesa: El Duelo y la Pérdida de los Padres de Recurso

**DISPONIBLE  
ONLINE**

Este curso enfoca en el duelo que se sienten los padres de recurso después de la salida de un niño que ha estado en su cuidado temporal debido a la reunificación, adopción u otras razones. Va a explorar lo que usted u otros miembros de la familia pueden hacer para prepararse y afrontar la pérdida.

*Este programa incluye un libro informativo y un examen de preguntas.*

**2 horas de capacitación**

### 2. Eso Me Dolió Y Lo Hice Yo Mismo: La Conducta de Herida Autoinfligida

**DISPONIBLE  
ONLINE**

En este curso, usted va a examinar la conducta de herida autoinfligida con enfoque en cortarse que es la automutilación con objetos afilados. Va a estudiar cómo detectar los niños en peligro, identificar los señales de advertencia, reconocer los peligros relacionados, saber los pasos de tomar, sugerir técnicas para controlarlo, y saber cuando sea necesario ir a un hospital.

*Este programa incluye un libro informativo y un examen de preguntas.*

**2.5 horas de capacitación**

### 3. Todo Sobre El Asma

**DISPONIBLE  
ONLINE**

El asma es una enfermedad crónica que afecta los pulmones. En este curso, usted va a estudiar los desencadenantes de un ataque, los síntomas que anuncian un ataque, los pasos del diagnóstico, los tratamientos para controlarlo, y mucho más.

*Este programa incluye un libro informativo y un examen de preguntas.*

**2.5 horas de capacitación**

### 4. La Disciplina:

Un gran desafío para los padres de recurso es saber como disciplinar en una manera eficaz y que funciona para todos los niños.

*Este programa incluye un libro informativo y un examen de preguntas.*

**3 horas de capacitación**

### 5. Seguridad: Primeros Auxilios:

Las emergencias pueden ocurrir sin aviso, en cualquier momento y lugar. Prepárese con este curso publicado por la Cruz Roja Americana.

*Este programa incluye un libro informacional y un examen de preguntas.*

**2 horas de capacitación**

### 6. La Anemia Falciforme y El Rasgo Drepanocítico: Están en los Genes

La anemia falciforme y el rasgo drepanocítico siguen afligiendo a los niños cada año. Aprenda las diferencias entre la anemia falciforme y el rasgo drepanocítico, quien está en peligro, los señales, los síntomas, los tratamientos y más.

*Este programa incluye un libro informacional y un examen de preguntas.*

**2.5 horas de capacitación**

**DISPONIBLE  
ONLINE**

### 7. La Intoxicación por Plomo: ¿Le Ha Hecho una Prueba a su Hijo?

La intoxicación por plomo es una de las amenazas medioambientales más graves que nuestros niños afrontan ahora, pero es 100 por ciento evitable. Este curso examina las fuentes y los síntomas de la intoxicación por plomo. Enfoca en la prueba y el tratamiento por la intoxicación por plomo y unas precauciones adicionales uno puede tomar para proteger a su familia. Una lista de contactos de recursos para las agencias estatales y locales está incluida que trabajan en quitar el plomo y en tratar la intoxicación por plomo.

*Este programa incluye un libro informacional y un examen de preguntas.*

**2 horas de capacitación**

**SOLO  
DISPONIBLE  
ONLINE**

### 8. “¡Pero te juro que es verdad!” Como tratar con las mentiras de los niños satisfactoriamente

Este curso explora la conducta de mentir a través de las etapas del desarrollo en el crecimiento de un niño e identifica los motivos y las necesidades del niño que resultan en esta conducta. Explora las varias causas de mentir y las técnicas que los padres pueden usar para reducir y corregir estos comportamientos.

**3 horas de capacitación**

**SOLO  
DISPONIBLE  
ONLINE**

### 9. Bajo Un Techo: Trabajando para Mantener los Hermanos Juntos

En este curso, vamos a explorar la fuerza del vínculo entre hermanos y la importancia de mantener grupos de hermanos juntos cuando están colocados en cuidado familiar temporal. Vamos a mirar las barreras y los beneficios de colocarlos juntos y los asuntos que los padres de recurso afrontan como manejar la rivalidad entre hermanos y unos consejos para mantener un hogar con muchos niños.

**2.25 horas de capacitación**

### 10. La Comprensión del Estrés

¿Es usted consciente de las señas de estrés que puede estar mostrando? ¿Sabe usted cómo tratar con el estrés en su vida? Este curso va a examinar lo que es el estrés, las causas, las señas y los síntomas que los adultos, los jóvenes y los niños pueden experimentar. Particularmente, vamos a mirar como el estrés les afecta a todos en una casa de recurso. También va a ofrecer técnicas prácticas en como aliviar el estrés que está presente en su vida y en las vidas de sus hijos.

*Este programa incluye un libro informacional y un examen de preguntas.*

**4.0 horas de capacitación**

### **11. Manejando la Obesidad Infantil**

En este curso, vamos a explorar la preocupación creciente entre padres y cuidadores sobre la obesidad infantil y los papeles que tienen en ayudarles a los niños en perder peso y cambiar su estilo de vida. Vamos a mirar las razones porque la obesidad está tan extendida hoy en día y como afecta la salud. También vamos a mirar qué tipo de ejercicios pueden hacer los niños que serían adecuados para cada edad y cuáles son unas estrategias que los padres y los cuidadores pueden usar para fomentarles a sus hijos ser más activos. Vamos a aprender cómo interpretar las etiquetas de los alimentos y unas técnicas para fomentar que los niños coman las verduras.

**3 horas de capacitación**

### **12. Lo Que Usted Debe Saber Sobre Las Pandillas**

Este curso tiene una visión de conjunto sobre la cultura de pandillas, consejos en como reconocer si su hijo está participando en una pandilla, y lo que usted puede hacer como padre para prevenir tal participación. También aprenderá muchas de las razones por las cuales los jóvenes se juntan en pandillas.

*Este programa incluye un libro informacional y un examen de preguntas.*

**3.5 horas de capacitación**

### **13. El Abuso Sexual Infantil**

Cuando éramos niños, teníamos la imagen del desconocido esperando en el patio de recreo de la escuela, en busca de niños inocentes. Ahora sabemos que los abusadores sexuales de niños pueden ser mucho más difíciles de reconocer. Puede ser un amigo, miembro de la familia, o miembro respetado de la comunidad. Este curso va a explorar los conceptos erróneos más comunes del abuso sexual infantil, algunas conductas posibles asociadas con el abuso, la ley, y como les afecta a esas familias que denuncian el abuso y algunas herramientas para prevenirlo.

*Este programa incluye un libro informacional y un examen de preguntas.*

**4 horas de capacitación**

## **El Expediente Académico**

- **¿Qué es?**

El expediente académico es un registro de todos los programas de capacitación de FAFS que usted ha hecho que están relacionados con su trabajo como padre de recurso.

- **¿Cómo está organizado?**

1. FAFS mantiene un registro de todos los programas de capacitación que usted ha tomado con nosotros en su expediente académico personal en nuestra base de datos.
2. Su expediente académico personal mostrará cada eLive Taller en Vivo Online de FAFS que usted ha asistido, cada curso por correspondencia de FAFS que usted ha hecho, y cada Taller de Condado que usted ha asistido.
3. Una vez al año, FAFS le mandará a usted dos copias de su expediente académico.
4. **Si usted participó en un programa de capacitación de FAFS y indicó en el formulario de inscripción que a usted le gustaría que FAFS le mandara una copia de su expediente académico a la Oficina de Licenciar, entonces usted recibirá solo una copia.**
5. Usted mismo puede imprimir su expediente académico de los cursos hechos online. Recomendamos que usted imprime su expediente de capacitación online cada vez que termina un curso. Si no ha hecho un curso online por dos meses y necesita su expediente académico de online, por favor llame a FAFS y pregunte por el Departamento de Training.

## Hojas de Hechos

FAFS está en el proceso de escribir una serie de Hojas de Hechos que van a proporcionar información sobre las políticas de DYFS que son importantes para todos de saber. Estas Hojas de Hechos van a ser una manera útil para que los padres de recurso consigan acceso a información sobre las políticas específicas que pueden tener un impacto para todos, tanto los padres de recurso como los niños en su cuidado.

Las Hojas de Hechos estarán repartidos en las reuniones de los Comités Voluntarios y también por FAFS por llamar: **1.800.222.0047**.

### Hay seis Hojas de Hechos actualmente en español:

- **Los Fondos Flexibles**  
*Explica para qué son los fondos flexibles y el proceso de hacer una pedida*
- **Bienvenidos a Casa**  
*Explica el propósito del programa, quien lo administra, y requisitos de elegibilidad*
- **Cuidado de Babysitter para Niños en Cuidado Familiar Temporal**  
*Proporciona directrices usted debe considerar cuando quiere usar un babysitter para niños en cuidado.*
- **Las Vacaciones Planeadas y Otros Viajes**  
*Proporciona información sobre a quién hay que informar y cuando se necesita permiso para dejarle a un niño en cuidado viajar con la familia de recurso.*
- **Cuando Suena el Teléfono**  
*Presenta preguntas importantes que los padres de recurso deben preguntar cuando reciben una llamada para una colocación nueva. (Viene con una hoja de preguntas)*
- **Precauciones Universales**  
*Proporciona información importante sobre lo que usted necesita saber de las precauciones universales.*

## FAMILY SERVICES FOUNDATION

Founded in December 2008, Foster and Adoptive Family Services Foundation (FAFSF) is a 501-C-3 federally tax exempt non-profit, a supporting organization that raises funds for Foster and Adoptive Family Services (FAFS). FAFS' mission is to provide support, training and advocacy to meet the special needs of foster, adoptive and kinship families, who provide safe, stable and nurturing homes for children in foster care.

FAFS provides programs that directly benefit children in foster care such as Fostering Wishes for Children, The Backpack Campaign, A gift for Every Child, Camp Scholarships and academic and independent living scholarships. All of these programs rely on private donations to exist – none receive state or federal government funding. FAFS also supports foster, adoptive, and kinship families through their local parent/family support groups. These support groups also need your help.

It is through the generosity of our donors and sponsors that the Foundation is able to support FAFS in its efforts to help normalize the lives of children in foster care and advocate for improved foster care and adoption services in New Jersey. We invite you to join us by donating and/or attending our special events. Partner with us to be part of the community that supports New Jersey's children in foster care and the families who provide their care. You are needed.

The Foundation is also currently seeking Board members. If you, or someone you know, is interested in learning more, please call 609.977.4880.

We invite you to visit the Foundation website at [www.fafsfoundation.org](http://www.fafsfoundation.org)



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