INSIDE:
eLive Webinar Workshops • Online Training
Home Correspondence Courses • Community Workshops

RESOURCE PARENT CATALOG
TRAINING OPPORTUNITIES
To Help You Better Care for the
Children in Your Home

609.520.1500 • INFORMATION LINE: 800.222.0047 • FAX: 609.520.1515
www.fafsonline.org

Para la sección española, vaya a la página 25.
The Education and Training Department Vision Statement

The FAFS Training Department is a resource for foster, kinship, and adoptive parents of New Jersey. The heart of our vision is to provide high-quality, well-researched, relevant education to assist with the everyday struggles and joys involved with raising a child in care. Furthermore, we aim to provide this education in a timely, patient manner that is accessible to any and all resource parents, regardless of technical capabilities, language barriers or busy schedules. By utilizing modern technology while still offering traditional modalities, we will provide fun, friendly and informative trainings to prepare licensed resource parents for any and all challenges they may face.

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

TO STAY ON TRACK, FAFS HIGHLY RECOMMENDS ALL RESOURCE PARENTS COMPLETE 7 IN-SERVICE TRAINING HOURS ANNUALLY. THIS IS TO ENSURE ALL HOURS WILL BE MET AT THE TIME OF YOUR RENEWAL INSPECTION.
Over forty years ago, Sue Dondiego, her husband Bernie, and their friend and fellow foster parent, Hattie Talley, started Foster and Adoptive Family Services (FAFS). What began as a casual meeting around a kitchen table to share advice on fostering became the first organization to receive state funding for training, advocacy and foster home recruitment. Today, FAFS still uses government funding to provide these valuable services to foster, adoptive and kinship parents but has also broadened its scope to include privately-funded programs directly impacting the lives of children in foster care. To learn more, visit www.fafsonline.org or call 800.222.0047.
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COMMUNITY BASED TRAINING

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

Be sure to check our schedule of Foster, Adoptive and Kinship Parent Support Group Meetings on www.fafsonline.org for dates, times and training locations.

All community 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. In case of inclement weather, please call your local Connecting Families Volunteer Chair, visit www.fafsonline.org or call FAFS at 800.222.0047 to see if the meeting/training is still being held.

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. There are two - one for Online only and one for other modalities such as Home Correspondence Courses, Community Based Trainings and Webinars.

• How Does it Work?
  1. Attend a FAFS community workshop, complete a home correspondence course or participate in an eLive Webinar workshop or Online Training.

  2. If you find that you need a transcript at any time during the year, please call the FAFS Training Department to request an updated transcript be sent to you. When calling, please have your effective date handy for accurate hours. To request your updated Training Transcript, please visit https://www.fafsonline.org/training-transcript-request.

  3. 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.

  4. You can access your Online transcript at any time from the My Account page at www.fafstrainonline.org.

"This course is a must for all foster/adoptive parents. I wish I had this information at placement. I would like to learn more on this topic."

A RESOURCE PARENT
**eLIVE WEBINAR WORKSHOP INFORMATION**

**SPIRIT OF TEACHING, LEARNING AND SHARING**

These webinar classes are taught by a live instructor and are highly interactive. Participants answer poll and feedback questions, give verbal and written responses, and are able to ask questions of the presenter. Participants have the opportunity to share experiences and learn from fellow resource parents from across the state.

All you need is a computer, a telephone, and the desire to experience an exciting new way of receiving information that will help you better care for the children in your home and earn in-service training hours.

Notification of scheduled dates and times will be sent to all licensed resource parents via United States Postal Services (USPS). To view the schedule, please visit [www.fafsonline.org](http://www.fafsonline.org) and click on Training.

**WEBINAR FAQs AND HELPFUL HINTS**

1. **How do I register for a webinar?**
   a. Visit the Training page on [www.fafsonline.org](http://www.fafsonline.org), and scroll down to eLive Webinars.

2. **What information do I need to provide to register?**
   a. Your resource parent license number, an email address, home address, and other personal information to set up your profile.

3. **Do I need to use the same email address each time I register for a webinar?**
   a. Yes, you must use the same email that you registered with in your profile. If you change your email address or make a mistake entering your email address, please notify our office so we can update your profile.

4. **How do I get help if I have trouble logging into the webinar or have technical problems?**
   a. During the day, you may contact FAFS at 609.520.1500. The facilitator will also be available to help during the webinar.

5. **Who are the instructors?**
   a. Each session is taught by a live instructor, either a FAFS trainer or a training professional in the community.

6. **How do I access my transcript after taking a webinar?**
   a. You must contact the office to request a transcript at 609.520.1500. Select option 3.

7. **What device can I use?**
   a. A desktop or laptop computer, tablet or iPad. A smartphone cannot be used at this time.

"Great topic/subject matter. I particularly enjoyed this as we are on the road to adoption now. It's a very exciting, yet somewhat confusing process. I'm glad these webinars are here to help put things in perspective. Great group of participants tonight as well! :) Thanks! "

A RESOURCE PARENT
WEBINAR TOPICS

Adopting Through CP&P

Resource parents who have been thinking about taking the next step in caring for a child on a permanent basis will have the opportunity to learn about the process of adopting a child through CP&P in this webinar. After becoming licensed, there is the selection and pre-placement process, pre-placement visits, the placement and supervision process, the adoption subsidy, and the adoption finalization. Parents will also learn how a termination of parental rights complaint is filed so that a child in foster care can become legally free to be adopted.

2.5 hrs. in-service training

Advanced Topics in Bullying

A discussion of the importance of adult intervention and bully prevention in school and at home. This webinar will offer strategies for helping the victim, bully and bystander, and for handling cyberbullying. The Anti-Bullying Bill of Rights and implementation of its provisions in New Jersey schools will also be discussed.

2 hrs. in-service training

Allegations from A to Z

This course will define allegations and violations of regulations and will describe the steps and timeframes of the investigative process. In addition, it will discuss what the findings mean, ways to avoid an allegation and how to begin the appeal process. It will also touch on the range of emotional responses associated with the findings.

3 hrs. in-service training

Caring for Children with Incarcerated Parents

Any child who comes into your care has undoubtedly faced hardship, but a child with an incarcerated parent carries an additional burden. If you find yourself caring for one of these children, you may face some difficult questions from the child and from others. Do you have to take the child to visit his or her parent in prison? What can you say to help the child deal with this tough situation? These questions and more will be answered over the course of this webinar.

Course also includes an activity book that children with incarcerated parents can complete!

3 hrs. in-service training

Cultural Diversity

This webinar will challenge you to examine your own beliefs on issues related to diversity such as race, ethnicity, culture, sexual orientation and gender identity, and how those beliefs influence your interactions with your children in care. You will learn how to teach children about these topics and how to be respectful of all people. There will also be practical tips on helping children handle insensitive remarks. Come prepared to share! A discussion about diversity works best when we hear from all participants.

2.5 hrs. in-service training

Introduction to Bullying

An examination of the different forms of bullying, the general characteristics of a bully and a victim, the short and long term effects and how to recognize bully and victim warning signs.

2 hrs. in-service training

Kinship Care: Legal Issues

This one-hour webinar will discuss the legal issues that commonly arise in kinship care, including the differences between adoption and kinship legal guardianship, post-adoption issues, and mediation. It is open to all resource parents.

1.25 hrs. in-service training

Kinship Care: Social and Emotional Issue

A discussion of the different issues faced by kinship caregivers including emotional and social challenges, discipline and self-care issues. This webinar will discuss permanency and will detail the major differences between Kinship Legal Guardianship and adoption. Mediation as an option for resolving permanency issues will also be discussed.

1.25 hrs. in-service training

"This was very informative. I thought the webinar was very user friendly and the trainers were excellent."

A RESOURCE PARENT
Loss and Separation
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 webinar will focus on the grief experienced by foster parents after a child in their care is removed from their home because of adoption, reunification or other reasons. It will discuss the different types of loss, as well as what you can do to prepare for and then deal with grief either by yourself or with other members of the family.
2 hrs. in-service training

“No hablo español, but the child in my care does:” Basic Spanish for Resource Parents
As a committed resource parent, you want to make your home available to any child who needs it. Yet, what happens when a Spanish-speaking child is placed in your home, and you don't know any Spanish? How will you communicate? This webinar is designed to teach you some basic Spanish for interacting with a child. Learn the sound system, so you can read from any story book. Learn some simple verbs and nouns related to eating, dressing and going to school. Learn some adjectives, so the child can tell you how he feels. The focus is on speaking and listening. Therefore, be prepared to actively participate throughout the webinar. There can be no wallflowers in a language class!
2.5 hrs. in-service training

Post Adoption Issues
This webinar will help you understand the unique challenges you and your child face on the road ahead. We are going to look at the common questions, fears, and concerns adopted children have regarding their birth parents, adoptive families and peers. Special emphasis will be on the seven core issues of adoption and on strategies for dealing with ambiguous loss and grief and issues relating to self-esteem and identity. Also we will be discussing how feedback from peers and other adults can impact adoption adjustment.
2 hrs. in-service training

Resource Parents and Youth Can Attend Court
An examination of the statewide implementation of a recently approved court directive requiring that notice be given to foster youth and children regarding their right to participate in their permanency hearings. We will address what the law allows resource parents and what the youth living in their homes need to know when attending court hearings. Many helpful tips for resource parents will be included in this training.
3 hrs. in-service training

Supporting Children Exposed to Domestic Violence
This course examines the causal factors of domestic violence, what sustains it, and how it impacts children who are victims of it directly, or who are victimized by witnessing it. The course looks at the necessary knowledge, skills, and competencies a resource parent must possess to recognize and help heal a child who has been such a victim. The course also includes an exploration of the phenomenon of dating violence, as this also impacts adolescent girls almost exclusively and is equally harmful.
3 hrs. in-service training

The Long Lasting Effects of Food Insecurity
Have you ever found a child in your care hoarding or hiding food? Or have you cared for an extremely picky eater? Has a child in your care ever eaten so fast to the point of becoming physically ill? These are not your typical eating disorders, such as anorexia or bulimia, and need special attention and understanding. We will examine how children’s past traumatic experiences contribute to disordered eating habits well into their future. After looking at why these issues form in the first place, you will be provided with tips and tools to help your child in care overcome these habits and build a healthy relationship with food.
2 hrs. in-service training

Traveling with Challenging Children
Traveling with children who are challenging can be difficult because travel takes them away from their routines and exposes them to new situations, sights and sounds. In this course, we will provide tips on preparing for a trip, dealing with car rides, airports and waiting, safety precautions, and other topics. State requirements for permission for traveling with children in care will also be covered.
2.25 hrs. in-service training

Understanding and Supporting LGBTQI Children in Care
An introduction to the lesbian, gay, bisexual, transgender, questioning or queer, and intersex (LGBTQI) community. We will define sexual orientation and gender identity, and discuss societal, emotional and specific issues faced by LGBTQI youth. This course also offers practical advice on how resource parents can effectively provide LGBTQI youth with support and care.
2 hrs. in-service training

WEBINARS COMING SOON

• Dangers of Teen Gambling
ONLINE TRAINING FAQs AND HELPFUL HINTS

I got my transcript in the mail, but why doesn’t it have any of the courses I took online?
For technical reasons, FAFS uses two transcripts to record all of your completion data.

How do I make sure the course records my completion?
Each course should record your completion automatically. If you experience any difficulties, please carefully follow the instructions on your screen.

What’s the difference between an Online Course and a Webinar?
Though technically online, Webinars are different from Online Courses.

Webinars are:
- Instructor-led by one of our trainers or a professional in the community
- Scheduled every few months
- Given on pre-determined dates
- Require an active phone line
- Taken with a group of resource parents

Online Trainings are:
- Intended for self-study
- To be taken at any time day or night
- Slide shows with video, narration and interactive content
THE FOLLOWING COURSES ARE AVAILABLE ONLINE ONLY

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 hrs. in-service training

Educational Stability Act
An overview of the Educational Stability Act, which ensures the stable education of kinship, foster, and adoptive children throughout New Jersey. This course will discuss changing school districts, transportation, the NJFC Scholars program, and other important topics that will help you provide the most stable educational experience possible for children in your care.
1.5 hrs. in-service training

From X-ray Vision Carrots to BMIs, 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 hrs. in-service training

Human Trafficking: What Resource Parents Need to Know
As a resource parent, it is important for you to learn about human trafficking because the children placed in your home are at an increased risk of being trafficked. Human trafficking involves commercial sex acts, labor or services that are induced through force, fraud or coercion. In this course, you will learn about both sex trafficking and labor trafficking, how to recognize the signs that your child might be a victim, and how to implement prevention strategies in your home.
2 hrs. in-service training
NJFC Scholars: Gaining Access To Post-Secondary Education
Developed by FAFS’ Scholarship Department, this training will help guide you through the ins and outs of the NJFC Scholars Program, designed to help students in foster or kinship care or other eligible youth gain greater access to post-secondary education.
1.75 hrs. in-service training

NJFC Scholars: Post-High School Options for Youth
A discussion of three of the most common paths that many youth choose after completing high school: continuing education to obtain a post-secondary degree or certificate, obtaining a job, or joining the military. It is important to note that some youth will choose more than one path simultaneously, for example, continuing their education while working part or full time. Seeing as though there is more than one option to choose, it is important that you take an active role in helping the youth choose a path to follow.
1.5 hrs. in-service training

Preparing Your Home For An Office of Licensing Inspection
An explanation of 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. This course also gives tips on ways to help fix problems before they start. Written by CP&P staff, this course is a well-balanced way to get up-to-date information on your upcoming inspections.
2 hrs. in-service training

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 are 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 hrs. in-service training

Trans-racial/Trans-cultural Care (Part 1)
A discussion of the various aspects of caring for a child of a different race or culture. This course talks about the challenges that families may face, defines culture, looks at societal issues, discusses childhood identity, and explores 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 hrs. in-service training

Trans-racial/Trans-cultural Care (Part 2)
A discussion of the elements involved in the process of preparing for change and the development of a positive racial and cultural identity. This course, Part 2 of a two-part series, 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 hrs. in-service training

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.
4 hrs. in-service training

Visitation Revisited
Information concerning the variety of concerns that may arise when dealing with visitation. This course 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 hrs. in-service training

ONLINE COURSES COMING SOON

• Bipolar Disorder in Children and Adolescents
• Meditation
• Navigating Public Transportation
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.

All About Asthma
Autism Across the Spectrum
Bullying: It’s A Real Problem
Car Safety and Your Child in Foster Care UPDATED
Chew on This! A Guide to Diet and Nutrition UPDATED
Childhood Allergies
Childhood Skin Disorders
Communication: A Two Way Street
Dealing with Adolescent Depression and Suicide
Disaster Preparedness Part 1: Preparing Your Family Before an Emergency
Disaster Preparedness Part 2: Staying Safe During an Emergency
Disaster Preparedness Part 3: Recovering and Coping with Disaster
Disaster Preparedness Part 4: More Than Mother Nature
Fetal Alcohol Syndrome: Hard Facts to Swallow
Gangs - The Need to Belong
Grasping the Core of CP&P Policies NEW
Hair Care for African-American and Biracial Children and Adolescents
Issues in Kinship Care
Parenting Through Puberty
Positive Discipline: It Can Work For You UPDATED
Schizophrenia in Childhood and Adolescence NEW
Self injury: That Hurt and I Did it Myself
Sickle Cell Disease and Sickle Cell Trait: It’s in the Genes
Sleep Disorders in Children
Social Emotional Learning: An Introduction NEW
Special Education: Answers to Important Questions
Stress is Stressing Me Out
The Empty Seat at the Dinner Table: Resource Parent Loss and Grief
Understanding and Supporting LGBTQI Youth in Care

3 hrs. in-service training
3.5 hrs. in-service training
4 hrs. in-service training
3.5 hrs. in-service training
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3 hrs. in-service training
4 hrs. in-service training
2 hrs. in-service training
3.5 hrs. in-service training
HOME CORRESPONDENCE COURSES

How can I access the FAFS Home Correspondence Course Library?

- Call the toll-free FAFS Information Line 800.222.0047 and tell us which course you would like to take
- You can also register online at www.fafsonline.org; you will receive your course in the mail, or think green and save a tree - we can 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.

"We liked that we could do this on the go. We are busy foster parents with tight schedules. This allowed us flexibility. The ending was best. Telling us when to introduce rules and such. A little list of first week or 2 suggestions would be helpful to use daily."  A RESOURCE PARENT

"My grandson can be a very picky eater. I am going to try to eat better myself. Encouraging him to as well."  A RESOURCE PARENT

"This will help me be more effective. Thank you, I enjoyed this course because it’s my first time fostering children. Every situation is different. Good stuff. I can see my mistakes, things could have been different."  A RESOURCE PARENT
HOME CORRESPONDENCE COURSE DESCRIPTIONS

Daily Health & Living Courses

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, or 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

Bullying: It's A Real Problem

An overview of the different forms of bullying, general characteristics of both bullies and victims, short and long term effects, and how to recognize warning signs. This course will discuss the importance of adult intervention and bully prevention in school and at home. It will offer strategies for helping children involved in bullying. It will also touch on workplace bullying.

This program includes an informational booklet and review questions.
3 hrs. in-service training

Car Safety and Your Child in Foster Care

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

Caring for Children with Incarcerated Parents

Any child who comes into your care has undoubtedly faced hardship, but a child with an incarcerated parent carries an additional burden. If you find yourself caring for one of these children, you may face some difficult questions from the child and from others. Do you have to take the child to visit his or her parent in prison? What can you say to help the child deal with this tough situation? These questions and more will be answered in this home correspondence course.

Course also includes an activity book that children with incarcerated parents can complete.
2 hrs. in-service training

Chew On This: A Guide to Diet and Nutrition

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

Child Safety

An in-depth exploration of the environments, activities, circumstances, and conditions that present dangers to the health and well-being of our children. The course raises awareness of the obvious and not so obvious dangers in the most common circumstances present in the home, neighborhood, and in the activities in which our children engage. Parent and caregiver safeguards for all situations and environments are examined in detail.

This program includes an informational booklet and review questions.
4.5 hrs. in-service training
Communication: A Two Way Street
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

Disaster Preparedness Part 1: Preparing Your Family Before an Emergency
In part one of this four part training series, you will be introduced to the basics of disaster preparedness. Disasters can be chaotic for everyone, but as a resource parent you have the additional challenge of having to follow CP&P policy while keeping your family safe at the same time. Though emergency situations may be unpredictable, you can take steps today that will help your family survive and persevere. The course will cover important steps of preparation such as developing a family emergency plan making emergency kits, and how to psychologically prepare children for disastrous events. It will also discuss the types of natural disasters most common to New Jersey so you know what to expect.

This program includes an informational booklet and review questions.
3 hrs. in-service training

Disaster Preparedness Part 2: Staying Safe During an Emergency
In part two of this four part training series, you will learn how to protect your family while a disaster is occurring. The course will give you specific instructions and tips on what to do during a variety of disaster scenarios such as hurricanes, floods, and industrial accidents leaking harmful chemicals into the environment. You will also be introduced to details of evacuating and sheltering in place, and when you should do each. As a resource parent, you may well know that the children in your care may need extra emotional support. This becomes even more important in times of disaster, so the course will examine the emotional toll that disasters may take on children, and ways to support them.

This program includes an informational booklet and review questions.
3 hrs. in-service training

Disaster Preparedness Part 3: Recovering and Coping with Disaster
In the third course of this four part training series, you will begin to learn how to pick up the pieces in the aftermath of a disaster. As a committed resource parent, you may be accustomed to always being the one to help others, instead of the one asking for help. This course will detail the many types of assistance available following catastrophic events so you are aware of the resources available to you and your family. The other main focus of this course is recovery for both your children and you. It will explain some common reactions children have to disasters, along with tips on how to help them cope. Finally, you will learn stress management techniques for yourself and warning signs that a family member or you needs to seek extra mental health attention.

This program includes an informational booklet and review questions.
3 hrs. in-service training

Disaster Preparedness Part 4: More Than Mother Nature
In the first three parts of our disaster preparedness series, the focus was on natural disasters. In this final course, we will shift gears and talk about man-made disasters. With technology advancing every day things like cyber attacks, nuclear power plant accidents and hazardous material incidents are subjects we have to become knowledgeable in, so we can be prepared for anything. Acts of terrorism will also be discussed, along with another section on coping with these events.

This program includes an informational booklet and review questions.
3 hrs. in-service training

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.

This program includes an informational booklet and review questions.
2 hrs. in-service training
Hair Care for African-American and Biracial Children and Adolescents

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 also provide various styling techniques and highlight common hair styles for girls and boys.

This program includes an informational booklet, DVD and review questions.
3 hrs. in-service training

Kids and Money

An exploration of 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 offers information on 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

Sexualization of Young Girls

This course examines all of the forces and factors that have contributed to our children becoming involved in sexual behaviors and in the belief that sexual/erotic attractiveness is the dominant measure of human worth. It also explores the measures parents and caregivers can take to protect our young girls and boys from these influences, so they can experience an appropriate childhood, free from such adult concepts, and develop healthy sexuality as they grow and mature.

This program includes an informational booklet and review questions.
2.5 hrs. in-service training

Strengthening Families™: Helping Young Children Develop a Strong Emotional Core

Caring for young children comes with many responsibilities, especially as a resource parent. You are charged with caring for somebody else's children and helping them grow into happy, healthy individuals. Strengthening Families™ is a program that has identified five protective factors which help children and their families thrive when focused on. This course will give an overview of each of these factors and provide examples on how to help young children with their social and emotional skills.

2.5 hrs. in-service training

Stress is Stressing Me Out

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

The Child and Sexual Abuse

Child sexual abuse is a problem that knows no boundaries and can occur in any community. It affects all ages, races, and sexes. Perpetrators are often well-known by the child. A child can be abused by a relative, close friend of the family, or a respected member in the community, in addition to a stranger or predator lurking on the internet. This course will discuss issues including the impact on victims, sextortion, indicators of sex abuse in children, why children may keep child abuse a secret, who the abusers are, the law and how it affects foster families who report abuse, how to help a child who has been abused, and some possible tools for prevention.

This program includes an informational booklet and review questions.
4 hrs. in-service training

Toilet Training Your Child

Help for parents navigating one of the most challenging milestones of childhood: toilet training their child. We will look at how to decide when a child is ready to start training, the preparation involved before beginning, and the actual process itself. There will be tips for getting a child motivated and for figuring out possible problem areas. Since resource parents care for all kinds of children and sometimes groups of children, we will look at toilet training a child with special needs as well as toilet training more than one child at the same time.

This program includes an informational booklet and review questions.
1 hrs. in-service training
Understanding Trauma and Resilience I

The first course in this series is designed to offer a sturdy platform of nuts and bolts understanding, which is expanded upon 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

Understanding Trauma and Resilience II

The second course in this series is designed to build upon the information given to you in Part I. In this course, you will find numerous strengths-driven, trauma-savvy approaches that are geared to support active negotiations of daily life with the children in your care and to provide information to nurture a resilient mindset. The curriculum is developed to promote your adeptness in using a trauma and resilience lens for intrinsic advocacy activities of your daily life as you support the many needs of children in your care.

This program includes an informational booklet and review questions.
3.5 hrs. in-service training

Who Am I? Helping Children and Adolescents Develop Positive Identity

A close look at how children and adolescents develop identity and the importance of developing a positive identity in order to become healthy, stable adults. This course 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 training, 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

Why Does Love Hurt?

This course expands upon the material presented in Building Healthy Relationships. General information on abusive relationships presented in the previous course will be reviewed. We 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

Why Does My Child Say Up When I Say Down?

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
Educational Courses

**Being Digitally Savvy in a Digital World**

We live in a constantly evolving digital world dominated by social media apps and fake news. It’s more important than ever for parents to adapt new technology to better protect the children in their home. Whether it’s understanding how to use Snapchat, Facebook and Twitter, or knowing how to differentiate fake news from real fact, this course will explore the ways parents can shield children from the dangers that lurk in the digital world while also empowering kids to use the full force of the internet for good.

This program includes an informational booklet and review questions.
3 hrs. in-service training

**Critical Thinking: Skill Development for Children**

Critical thinking is a skill that is often overlooked in many classrooms and difficult to teach in the home. This course will examine the concept of critical thinking and why it is a skill crucial to the social and intellectual development of children. It will help the resource parent understand how critical thinking applies to a child’s thought process. We will also take a look at how the criticism a child may encounter will impact his/her critical thinking process. The course will assist the resource parent in strengthening a child’s ability to think critically.

This program includes an informational booklet and review questions.
1.5 hrs. in-service training

**Paying Attention to AD/HD**

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

This program includes an informational booklet and review questions.
3 hrs. in-service training

**Social Emotional Learning: An Introduction**

This course will focus on the development of the child at the preschool, elementary and adolescent level and their social emotional skills. We will explore ways parents can help support the child to learn the skills associated with social awareness, relationship management, self-awareness, self-management and responsible decision making. The course will discuss what social emotional learning is, why it is important for school and life success, and how childhood development and the brain relate to social emotional skills. Resource parents will learn why emotions affect the way we behave, how emotional vocabulary affects problem solving, and easy steps to learn how to emotion coach children at home. The course will also cover why it is important to have self-control and the ability to calm down, strategies to help children calm down, and the steps to support children in learning to problem-solve effectively.

This program includes an informational booklet and review questions.
2.5 hrs. in-service training

**Special Education: Answers to Important Questions**

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

**Understanding Intellectual and Developmental Disabilities**

This course introduces the various types and causes of intellectual disabilities. 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

I laughed at myself remembering the crazy daredevil stuff I did at that age. The booklets help us to cope with difficult situations.  

A RESOURCE PARENT
Medical Courses

All About Asthma

This 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

Autism Across the Spectrum

An insightful look into the developmental disability of autism. This course focuses on autism’s causes and characteristics, 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

Cerebral Palsy: The Basics

Created in collaboration with the United Cerebral Palsy Association, this course explains what cerebral palsy is, how it affects children and more.

This program includes an informational booklet and review questions.
2 hrs. in-service training

Childhood Allergies

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

Childhood Asthma

Asthma is a lung condition that affects many children. This home correspondence course is an introduction to this disease and will explain childhood asthma, what causes it, possible ways to alleviate some of the symptoms and much more.

This program includes an informational booklet and review questions.
2 hrs. in-service training

Childhood Skin Disorders

There are many different skin disorders children in your home may contract. The course examines 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

"Thank you. Presentation gave me lots to think about and suggestions to reframe conversation starters with the birth parent and ways to empower her role as mom.”

A RESOURCE PARENT
Dealing with Anemia

This course covers causes, symptoms, and treatments for a blood disorder that can often go unrecognized. The primary focus is on iron deficient anemia, a common problem in foster/adoptive children. Also included: 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

Fetal Alcohol Spectrum Disorders: Hard Facts to Swallow

An examination of Fetal Alcohol Spectrum Disorders (FASD) and the three disorders that fall under the FASD umbrella. Emphasis is given to the characteristics, behaviors and difficulties you may encounter when caring for a child identified with a FASD.

This program includes an informational booklet and review questions.
2.25 hrs. in-service training

Handling Hepatitis C

This is a very technical course on Hepatitis C. It focuses on the ways the disease is transmitted, who should be tested and the treatment options currently available. Information on how Hepatitis C 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

Helping Children Manage Pain

Pain’s 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 informational booklet and review questions.
3.5 hrs. in-service training

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 fights against the disease.

This program includes an informational booklet and review questions.
3 hrs. in-service training

Sickle Cell Disease and Sickle Cell Trait: It’s in the Genes

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

Sleep Disorders in Children

This course discusses the most commonly experienced sleep disorders in children and the phenomenon of Sudden Infant Death Syndrome (SIDS). Symptoms, treatments and guidelines, 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

The Silent Victims: Understanding Prenatal Exposure to Opioids and/or Cocaine

Explanations of how the exposure to opioids and/or cocaine could affect infants, how older children may exhibit these effects, and some techniques to try to help them to ease or overcome the effects.

This program includes an informational booklet and review questions.
3.5 hrs. in-service training
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 typing on the computer instead of exercising and obesity is more common in youth, and type 2 diabetes is being diagnosed in children and adolescents more frequently. This course includes suggestions relevant to successful management of both kinds of diabetes such as exercise programs, healthy nutrition, ongoing 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

Mental Health

Dealing with Adolescent Depression and Suicide: A Guide to Building and Developing Parenting Skills

Designed as a guidebook and toolkit for resource parents with adolescents who struggle with sadness and/or depression, this course will increase parents' knowledge about depression. Parents will learn what depression looks like, how it develops and how to respond once it is identified. Warning signs of suicide and appropriate ways to respond are also discussed. Resource parents will learn social and emotional parenting skills, which can be thought of as tools to be used to better understand, manage, engage and support an adolescent. Throughout the guide, parents will come across many STOP THINK and ACT lessons which are designed to empower parents to be more aware, competent, efficient, confident and skillful in their role as primary caregiver.

This program includes an informational booklet and review questions.
4 hrs. in-service training

Bipolar Disorder in Children and Adolescents

An explanation of the causes, diagnosis and treatment of bipolar disorder, and information on suicide prevention.

This program includes an informational booklet and review questions.
3 hrs. in-service training

Oppositional Defiant Disorder

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

Post Traumatic Stress Disorder: No War Needed

A discussion of Post Traumatic Stress Disorder as it relates to children in foster and adoptive care. This course 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, adoptive and kinship families to learn the difference between children acting out and Post Traumatic Stress Disorder. The course will help you 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

"The course was very informative and gave me a different perspective. It also helped me with more effective ways to word what I want to say."

A RESOURCE PARENT
Psychotropic Medications and Children in Care

An examination of the risks and benefits of the use of psychotropic medications with children in foster care. This course 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

Schizophrenia in Childhood and Adolescence

This course provides an in-depth look at schizophrenia, a debilitating mental illness, by examining 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

Self Injury: That Hurt, and I Did It Myself

A look at 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

Pre-teens and Teens

Gangs - The Need to Belong

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.
2 hrs. in-service training

Help! My Child Has Run Away from Home!

This course explores why some young people run away from home and what you, as a parent, can do 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 he/she returns home.

This program includes an informational booklet and review questions.
2 hrs. in-service training

Parenting Through Puberty

The process known as puberty is a time of dramatic and unprecedented change for a child from a physical, mental, social, and emotional standpoint. These changes are so vast and confusing that they often create great uncertainty as well as fear for a child. From the perspective of the parent or caregiver, these changes can represent significant challenges in nurturing and caring for a child. This course examines all of these challenges and the parenting approaches necessary as a child moves through this growth experience.

This program includes an informational booklet and review questions.
2.5 hrs. in-service training

Preparing Your Youth in Foster Care for Independence

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
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

Understanding and Supporting LGBTQI Youth in Care

An introduction to the lesbian, gay, bisexual, transgender, questioning or queer, and intersex (LGBTQI) community. This course defines sexual orientation and gender identity, and discusses societal, emotional, and specific issues faced by LGBTQI youth. This course also offers practical advice on how resource parents can effectively provide support and care for LGBTQI youth.

This program includes an informational booklet and review questions.
3 hrs. in-service training

Understanding Anger in Children and Adolescents

An examination of the powerful emotion of anger and its effect on children and adolescents. This course will discuss passive, aggressive, passive-aggressive, and assertive expressions of anger and their serious impact on health. It will examine what anger looks like at different ages and how boys and girls express anger. The course will offer various strategies for resource parents to help children and adolescents learn to manage anger in appropriate and healthy ways.

This program includes an informational booklet and review questions.
3 hrs. in-service training

What If My Child Has A Problem With Stealing?

Intended to help resource parents cope with a child who steals, this course explains the common causes of stealing and offers practical ways to prevent future incidents.

This program includes an informational booklet and review questions.
3.5 hrs. in-service training

Youth Employment

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

Youth Thrive™: Untangling the Web of Adolescence Part 1

It is no secret that adolescence can be a challenging time for both developing youth and their caregivers. This stage of life can be even more difficult to navigate when the adolescent has suffered past trauma. Youth Thrive™ is a program that has identified five different protective factors which can help advance the healthy development and well-being of youth and reduce the impact of negative life experiences. Part one of this two-course series examines the first two, adolescent development and social connections. Particular attention is given to brain development and how it is affected by trauma. This is a workbook style course with various activities to complete throughout the booklet.

This program includes an informational booklet and review questions.
4 hrs. in-service training

"I am a whole lot more confident in imparting the required ideas for my 17-year-old foster child."

A RESOURCE PARENT
Resource Parent Issues and Policy

A Guide to Advocacy in New Jersey

Learning how to advocate for your children, and teaching your children how to advocate for themselves, can be challenging. This course will look at what it takes to become an effective advocate as well as what organizations exist in New Jersey to support children and families through advocacy. It will examine the proper way to communicate with government workers both verbally and in emails. The course emphasizes proper ways to help children understand how to advocate for themselves in common “real-life” situations. It will also give an overview of the benefits of joining advocacy groups and provides a comprehensive list of advocacy groups in New Jersey with contact information.

This program includes an informational booklet and review questions.
2 hrs. in-service training

Positive Discipline: It Can Work For You

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

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 CP&P. It will explain some of the reasons why having your 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

Grasping the Core of CP&P 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 on issues such as understanding health care and medical treatment requirements for the child, what records to keep, how to renew your 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

Issues in Kinship Care

A discussion of issues that are faced by kinship caregivers, including social and emotional challenges, discipline, self-care, getting help, and legal issues. This course will delve into 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 for resolving issues concerning children in the care of CP&P.

This program includes an informational booklet and review questions.
3 hrs. in-service training

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.

This program includes an informational booklet.
0 hrs. in-service training

On Solid Ground: Permanency Planning for Children in Care

A look at the available methods and procedures used for achieving permanency in the life of a child in care, as well as an exploration of 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
The Empty Seat at the Dinner Table: Resource Parent Loss and Grief

There is much discussion on separation and loss experienced by the children who are in foster care, but what about the loss felt by the resource parent? This course will focus on the grief experienced by resource parents after a child in their care is removed from their home because of adoption, reunification or other reasons. It discusses the different types of loss, as well as what the resource parent 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

Under One Roof: Working to Keep Siblings Together

A look 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 parents, and the children’s parents.

This program includes an informational booklet and review questions.
2.25 hrs. in-service training

Welcome to Your New Home

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

"I really loved learning that there is a Family Advocate. It is a great resource to have."

A RESOURCE PARENT
HEART TO HEART MENTORING PROGRAM

FAFS’ peer mentoring program connects experienced resource parents with new and existing resource parents for extra support and guidance. Mentors understand the concerns, issues and daily challenges in foster, adoptive and kinship care because they have gone through similar experiences. They are eager to share their knowledge and experience in dealing with the complex needs of children and youth in care.

Mentors work closely with FAFS’ Family Advocates. If the Mentee needs more support and guidance than what the Mentor can provide, FAFS’ Family Advocates are available to provide that support.

FAFS’ MENTORS CAN:
• Provide a listening and supportive ear
• Encourage, coach and guide resource parents
• Connect resource parents to FAFS’ local Connecting Families community-based meetings, trainings and events
• Refer resource parents to FAFS’ Family Advocates for advocacy and additional support services

Please note: FAFS’ mentors cannot provide legal advice or advocacy services

Contact with Mentor is primarily by phone or email. Frequency and method of contact may vary depending on Mentor/Mentee availability and preference. If opting to meet in person, FAFS suggests a public venue (e.g., coffee shop, library, etc.).

To learn more or to connect with a Mentor, visit www.fafsonline.org, contact FAFS’ Information Line at 800.222.0047 or email support@fafsonline.org.

If you are interested in applying to be a Volunteer Mentor, please visit www.fafsonline.org to complete a volunteer application.

FAFS is providing this Mentor/Mentee matching program to serve as a resource to the community. FAFS is not responsible for the advice provided in the Mentor/Mentee relationship. Any information provided should be verified with a FAFS Family Advocate. FAFS does not guarantee the quality of advice provided in this relationship nor is making any representation about the Mentor or Mentee other than that both parties are or were licensed resource parents in the State of New Jersey.
FAFS’ Private Scholarship and Grant Program

For more than 40 years, Foster and Adoptive Family Services has awarded scholarships and grants to deserving High School Seniors throughout New Jersey with prior CP&P placement.

The FAFS award programs are separated into two distinctions:

- Academic Scholarships: related solely to academic achievement. They can be used at four-year colleges, universities, community colleges, trade or vocational schools.
- Opportunity Grants: allotted to assist young people with the next phase of their lives, including but not limited to their academic pursuits and/or independent living.

To be added to the mailing list for FAFS scholarship applications, please visit the Scholarships page on the FAFS website at www.fafsonline.org.

Summer Camp Scholarships

Thanks to generous donations from FAFS’ supporters, over 220 summer camp scholarships for children in foster care in New Jersey have been awarded since the program’s inception.

These week long overnight camp opportunities give foster youth a chance to flourish, build self-confidence, have fun-filled memories, and even reconnect with biological siblings.

The deadline for the Summer Camp Scholarship Program is May 15.

For more information on Camp Scholarships, visit the Foster Children Programs page on the FAFS website at www.fafsonline.org.
The NJFC Scholars Program provides funding for eligible youth who experienced qualifying CP&P out-of-home placement, CP&P independent living arrangement, transitional living program or homelessness and are seeking a post-secondary degree at an accredited two-year or four-year college, university, or vocational/technical program.

Youth may be eligible to receive assistance with tuition and fees, room and board, books, supplies, transportation, computers, special equipment, child care costs and more!

Application Deadlines for the academic year are:
- **July 1** Priority Deadline for Fall semester applicants
- **September 1** for the Fall and Spring semesters
- **February 1** for the Spring semester only

If you would like to learn more about choosing colleges, completing the Free Application for Federal Student Aid (FAFSA), and the NJFC Scholars Program, the “Planning Your Next Steps: Life After High School” webinar may be exactly what you are looking for! Please reach out to the Scholarship Department at scholarships@fafsonline.org for information on registering and selecting a date for this webinar. These special webinars are brought to you by the FAFS Scholarship Department.

Not all youth who have experienced time in the care and custody of CP&P will qualify for the NJFC Scholars Program. For more detailed information on case history eligibility please visit the NJFC Scholars Program page on the FAFS website at www.fafsonline.org or take a FAFS training on the NJFC Scholars Program.

NJFC Scholars Program applications are released the Spring prior to the academic year. To be added to the mailing list for future applications, please visit the Scholarships page at www.fafsonline.org
El Programa de Becas Privadas y Subsidios de FAFS

Para más de 40 años, Foster and Adoptive Family Services ha dado becas y subsidios a unos jóvenes merecedores en sus últimos años de la escuela secundaria por todo New Jersey con colocación previa de CP&P.

- **Las Becas Académicas:** relacionadas solamente a los logros académicos. Se las puede usar en los colegios de cuatro años, las universidades, los colegios comunitarios, y en las escuelas vocacionales.
- **Subsidios de Oportunidades:** Dados para ayudarle a la gente joven con la próxima fase de su vida, que incluyen a sus actividades académicas y/o la vida independiente.

Para ser incluido en la lista de correo para las solicitudes de becas, favor de visitar la página de Scholarships en el sitio web de FAFS en [www.fafsonline.org](http://www.fafsonline.org)

El Programa de los Becarios de NJFC proporciona la financiación para los jóvenes elegibles que han experimentado la colocación fuera de la casa por CP&P, el arreglo de vivir independientemente, el programa de vivir transicionalmente o vivir sin hogar y que quieren un grado pos secundario en un colegio de dos o cuatro años, en una universidad, o en un programa vocacional o técnico.

Los Plazos de Solicitud son:

**El primero de julio** es la fecha límite de prioridad para los solicitantes al semestre del otoño.

**El 1 de septiembre** para los semestres del otoño y de la primavera

**El 1 de febrero** solo para el semestre de la primavera

Los jóvenes pueden ser elegibles a recibir asistencia con la matrícula y tasas, el alojamiento y la comida, los libros, los suministros, el transporte, las computadoras, el equipo especial, los gastos de cuidar niños y más.

No todos los jóvenes que han experimentado tiempo en el cuidado de CP&P van a calificar para el Programa de Becarios de NJFC. Para más información sobre la elegibilidad de históricos de casos, visite a la pagina del NJFC Scholars Program en [www.fafsonline.org](http://www.fafsonline.org)

Becas para Campamentos de Verano

Desde el principio del programa, se ha dado más que 200 becas para campamentos de verano a los niños en cuidado de crianza en NJ. Estas oportunidades de estancia nocturna durante toda una semana les dan a los jóvenes en cuidado una oportunidad de desarrollarse la autoestima, florecer, tener recuerdos felices, y a veces reconectarse con sus hermanos biológicos.

**El plazo de solicitud para el Programa de Becas para Campamentos del Verano de es el 15 de mayo.**

Para más información sobre las Becas para Campamentos, visite la página de Foster Children Programs en [www.fafsonline.org](http://www.fafsonline.org).
LA VISIÓN DEL DEPARTAMENTO DE CAPACITACIÓN DE FAFS

El Departamento de Capacitación de FAFS es un recurso para los padres de crianza, de tutela legal de parentesco y de adopción. La esencia de nuestra visión es de proporcionar educación relevante, bien investigada y de alta calidad que ayuda con las luchas y las alegrías diarias conectadas con la crianza de un niño en cuidado. Además, intentamos proporcionar esta educación en tiempo oportuno que es accesible a todos los padres de recurso, independientemente de sus capacidades técnicas, lengua u horarios ocupados. Por utilizar la tecnología moderna mientras continuando ofrecer las modalidades tradicionales, proveeremos cursos informativos, enriquecedores y de manejo fácil para prepararles a los padres de recurso a enfrentar cualquier reto que encuentren.

EL PRINCIPIO BÁSICO

Nuestra misión es de proporcionar el apoyo y unos programas y servicios enriquecedores para apoderar a las familias y a los jóvenes.

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.

LOS AMIGOS DE FAFS

Te invitamos a hacerte un Amigo de Foster and Adoptive Family Services (FAFS)

Cuando te haces un Amigo de FAFS:

- Ayudas en fortalecer las esfuerzas de defensoría por cuenta de las familias como la tuya.
- Aseguras que los programas de FAFS que no reciben financiación gubernamental, como Fomentando Deseos para Niños y Becas de Campamentos, estarán disponibles a los niños en cuidado ahora y en los años por venir.
- Ayudas a apoyar eventos para familias de crianza, adopción y parentesco en tu área local.

Para unirte, visita a fafsonline.org/friends-of-fafs

¿TE GUSTAMOS? ¡NOS ENCANTAS!

¡Sea social con FAFS en Facebook, Twitter, Pinterest, YouTube y Instagram!

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 800.222.0047.
WEBINARIOS DE eLIVE

Webinarios de eLive en Vivo online de FAFS - Facilitando un espíritu nuevo de enseñar, aprender y compartir

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 cámara. 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. Les vamos a mandar a todos los padres de recurso autorizados con licencia un folleto anunciando las fechas y las horas de los webinarios y las instrucciones para inscribirse. Vaya a www.fafsonline.org. Haga clic en Training del menú en la mano izquierda de la página.

Descripción del Webinarios

Viajando con los Niños Desafiantes

Viajando con los niños que son ansiosos, recelosos de cambios o desafiantes en general puede ser muy difícil porque un viaje les lleva lejos de sus rutinas y les expone a situaciones, vistas, y sonidos nuevos. Pero un niño con el autismo, la ansiedad o cualquier otro asunto ansía las aventuras como otros niños. En este curso, vamos a proporcionar consejos en cómo preparar un viaje, tratar con los viajes en carro, esperar en un aeropuerto, tomar medidas de seguridad, y ayudar a los hermanos tratar con un niño desafiante cuando están de vacaciones. También vamos a repasar los requisitos estatales para obtener permiso para viajar con los niños en cuidado. Aunque ningún plan es infalible, este webinario está diseñado para ayudar a su familia y a su niño desafiante tener un viaje divertido y relajante.

2.25 horas de capacitación

Los Alegatos de la A a la Z: Podría pasarte a ti

En este webinario, vamos a aprender sobre la definición de un alegato del abuso infantil y negligencia y de una violación de las regulaciones, y mirar los pasos del proceso investigativo. También, vamos a estudiar los cuatro dictámenes posibles, las maneras de defenderse contra un alegato y como empezar el proceso de apelar. Por último, vamos a tocar en la gama de emociones asociadas con los dictámenes y cómo lidiar con esos sentimientos.

3 horas de capacitación

LAS CAPACITACIONES BADADAS EN LA COMUNIDAD (SOLO EN INGLÉS)

Venga a una reunión de las Redes de Apoyo y usted tendrá algunas oportunidades 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. Busque el Calendario de eventos en nuestro sitio web en la barra lateral gris que anuncia el tema, la fecha, la hora, y la ubicación del taller. Todos los Talleres de Condado están aprobados para horas de capacitación que cuentan hacia los requisitos de licencia. Estos talleres no duran 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 anunciara inmediatamente en www.fafsonline.org. Si el pronóstico es para tiempo inclemente, llame al/presidente(a) de la Red de Apoyo local de FAFS, visite a www.fafsonline.org, o llame a FAFS en 800.222.0047 para ver si la reunión/taller va a tomar lugar.

LOS EXPEDIENTES ACADÉMICOS

• ¿Qué son?

El Expediente Académico es un registro de todos los programas de capacitación de FAFS que usted ha hecho que reflejan su trabajo como padre de recurso. Hay dos expedientes académicos—uno para los cursos de Online y otro para las otras modalidades como los cursos por correspondencia, las capacitaciones basadas en la comunidad, y los webinarios.

• ¿Cómo funciona?

1. Asistir a un taller de capacitación de la comunidad de FAFS, hacer un curso por correspondencia o un curso de Aprender Online o participar en un webinar de elive...
2. FAFS va a mantener un registro de dichos programas de capacitación de FAFS en su expediente académico personal.
3. Cuando usted nos llama, tenga a mano la fecha efectiva de su licencia para que sus horas sean precisas. Si usted necesita un expediente académico en cualquier momento durante el año, llame al Departamento de Capacitación de FAFS para pedir que le mandemos a usted un expediente académico actualizado.
4. Usted mismo puede imprimir su expediente académico para los cursos de Aprender Online. Se recomienda que usted imprima su expediente académico de Aprender Online cada vez que termine haciendo un curso de Online.
5. Usted puede acceder su expediente académico de los cursos de Aprender Online en cualquier momento de la página de My Account en www.fafstrainonline.org.

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
**LAS DIRECTRICES PARA APRENDER ONLINE**

Vaya a [www.fafsonline.org](http://www.fafsonline.org) y pasa el cursor por encima de Training del menú. Haga clic en el enlace a FAFS Train Online, lo cual le llevará al sitio de Aprender Online. O simplemente vaya a [www.fafstrainonline.org](http://www.fafstrainonline.org)

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**SOLO DISPONIBLE ONLINE**

**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

**El Programa de la Salud Infantil y Tú**

Este curso fue escrito por una de las enfermeras de la Salud Infantil de New Jersey. Este curso discute meticulosamente los cambios recientes al “Programa de La Salud Infantil” del Departamento de Niños y Familias. “El Programa de la Salud Infantil y Tú describe como se planea, se cumple y se vigila las necesidades de la salud de cada niño en colocación. Este programa incluye un libro informacional y un examen de preguntas.

2 horas de capacitación

**Manejando la Obesidad Infantil**

En este curso, vamos a explorar la preocupación creciente entre padres y cuidadores sobre la obesidad infantil y los apeles 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

**“¡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

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**!ONLINE MUY PRONTO!**

- La Disciplina Positiva
CURSOS POR CORRESPONDENCIA

Ofrecemos muchos de nuestros cursos por correspondencia en español. Llame a nuestra Línea de Información a 800.222.0047 y díganos cuál curso usted quiere hacer. Usted recibirá por correo un libro informacional, un examen, una evaluación y una inscripción.

Asuntos en el Cuidado de Parentesco

Este curso explora los asuntos que los cuidadores de parentesco enfrentan, incluyendo los desafíos sociales y emocionales, la disciplina, el auto-cuidado, buscando ayuda, y las cuestiones legales. Describe la tutela legal de parentesco y la adopción, y detalla las diferencias legales y financieras entre las dos. También proporciona información sobre la mediación como una opción en resolver problemas relativos a los niños en el cuidado de CP&P.

Este programa incluye un libro informacional y un examen de preguntas.
3 horas de capacitación

Captando las Políticas Principales de CP&P

A veces, puede aparecer imposible entender toda la materia técnica relacionada al niño colocado en tu casa. Sin embargo, como un padre/madre de recurso, es importante para ti de captar bien tales asuntos como la atención médica y los requisitos del tratamiento médico para el niño, cuales archivos tienes que mantener, cómo renovar una licencia, las visitas, y una variedad de otras pólizas. Este curso te va a dar unos ejemplos de estas políticas y definir cosas relacionadas.

Este programa incluye un libro informacional y un examen de preguntas.
2 horas de capacitación

Como Entender y Apoyar a los Jóvenes LGBTQI en Cuidado

Este curso es una introducción a la comunidad lésbica, gay, bisexual, transgénero, cuestionándose, y intersexo (LGBTQI). Define la orientación sexual y la identidad de género, y explora los asuntos sociales y emocionales enfrentados por los jóvenes LGBTQI. Ofrece consejos prácticos en como los padres de recurso pueden proporcionar con eficacia el apoyo y el cuidado para los jóvenes LGBTQI.

Este programa incluye un libro informacional y un examen de preguntas.
3 horas de capacitación

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

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 informacional y un examen de preguntas.
2 horas de capacitación

El Autismo

Este curso explora la discapacidad del desarrollo que se conoce como el autismo. Enfoca en las causas y las características del autismo, las varias estrategias de tratamiento, y los recursos educacionales disponibles para los niños autistas.

Este programa incluye un libro informacional y un examen de preguntas.
3 horas de capacitación
El Programa de la Salud Infantil y Tú

Este curso fue escrito por una de las enfermeras de la Salud Infantil de New Jersey. Este curso discute meticulosamente los cambios recientes al “Programa de La Salud Infantil” del Departamento de Niños y Familias. “El Programa de la Salud Infantil y Tú describe como se planea, se cumple y se vigila las necesidades de la salud de cada niño en colocación.

Este programa incluye un libro informacional y un examen de preguntas.
2 horas de capacitación

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

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.

2.5 horas de capacitación

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

La anemia falciforme y el rasgo drepanocítico siguen afeitiendo 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

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

La Disciplina Positiva: Puede Funcionar Para Usted

Se explica la diferencia entre la disciplina y el castigo en este curso. También se revisa los varios métodos de disciplinar y las razones para escogerlos.

Este programa incluye un libro informacional y un examen de preguntas.
3 horas de capacitación

La Esquizofrenia

Este curso proporciona una exploración profunda en la esquizofrenia, una enfermedad mental debilitante. Examina las causas, los síntomas, y las opciones de tratamiento actuales. Además, este curso incluye información importante para los cuidadores sobre el abuso de sustancias, el suicidio y la violencia en relación con los niños y adolescentes que tienen la esquizofrenia.

Este programa incluye un libro informacional y un examen de preguntas.
3.5 horas de capacitación

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
La Preparación para Los Desastres, Parte 1: Preparándose a su Familia para una Emergencia

En parte una de esta serie de tres partes, aprenderás sobre los básicos de la preparación para los desastres. Los desastres pueden ser caóticos para todos, pero como un padre o madre de recurso, tienes el reto adicional de tener que seguir las pólizas de CP&P y al mismo tiempo mantener la seguridad de la familia. Aunque las situaciones de emergencia pueden ser imprevisibles, puedes tomar los pasos hoy que les ayudarán a ti y a tu familia sobrevivir y perseverar. El curso abarca los pasos importantes de preparación como el desarrollo de un plan de emergencia familiar, la producción de unos equipos de emergencia, y como prepararse a los niños psicológicamente para los eventos desastrosos. También el curso mira los tipos de desastres naturales más comunes de New Jersey.

Este programa incluye un libro informativo y un examen de preguntas.
3 horas de capacitación

La Preparación para los Desastres, Parte 2: Quedándose Seguro Durante Una Emergencia

En parte dos de esta serie de tres partes, aprenderás como protegerle a tu familia mientras un desastre ocurre. Este curso te dará unas instrucciones específicas y unos consejos sobre lo que debes hacer durante una variedad de desastres como por ejemplo, los huracanes, las inundaciones y los accidentes industriales. También estudiarás sobre las detalles de evacuándose y quedándose en el lugar y cuando debes hacer cada uno. Como un padre de recurso, sabes que los niños en tu cuidado pueden necesitar más apoyo emocional. Es aun mas importante durante un desastre, así que el curso va a examinar el costo emocional que los desastres pueden tomar en los niños y maneras de apoyarles.

Este programa incluye un libro informativo y un examen de preguntas.
3 horas de capacitación

La Preparación para los Desastres, Parte 3: Recuperando de y Lidiando con un Desastre

En este el tercer curso en la serie, vas a aprender cómo seguir adelante y recuperar después de un desastre. Como un padre de recurso dedicado, probablemente estás acostumbrado a ser la persona que ayuda a los demás en vez de ser la persona que pide la ayuda. Este curso describe los varios tipos de asistencia disponible después de eventos catastróficos para que estés pendiente de los recursos disponibles para ti y para tu familia. La otra parte principal de este curso se trata de la recuperación para los niños y para los adultos. Explica, va a contestar ciertas preguntas como si uno le debe llevar a un niño a un alergólogo o no, y cómo manejar las alergias del niño cuando está en la escuela, y además, va a proporcionar una lista de preguntas para el médico del niño. Con un diagnóstico apropiado, unos medidas y tratamientos preventivos, se puede mantener la mayoría de las alergias infantiles bajo control.

Este programa incluye un libro informativo y un examen de preguntas.
3 horas de capacitación

Las Alergias Infantiles

Las incidencias de las alergias en la niñez han aumentado considerablemente durante las últimas dos décadas. Este curso va a abordar lo que son las alergias y cómo un niño las desarrolla; va a repasar los tipos diferentes y sus tratamientos; va a abordar los mitos comunes; y va a repasar en detalle dos de las alergias más comunes, la rinitis alérgica y las alergias alimentarias, y como los padres las pueden tratar. También, va a contestar ciertas preguntas como si uno le debe llevar a un niño a un alergólogo o no, y cómo manejar las alergias del niño cuando está en la escuela, y además, va a proporcionar una lista de preguntas para el médico del niño. Con un diagnóstico apropiado, unos medidas y tratamientos preventivos, se puede mantener la mayoría de las alergias infantiles bajo control.

Este programa incluye un libro informativo y un examen de preguntas.
3 horas de capacitación

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 informativo y un examen de preguntas.
2 horas de capacitación
Los Jóvenes LGBTQI en Cuidado
Este curso es una introducción a la comunidad lesbiana, gay, bisexual, transgénero, cuestionándose, y intersexo (LGBTQI). Define la orientación sexual y la identidad de género, y explora los asuntos sociales y emocionales enfrentados por los jóvenes LGBTQI. Ofrece consejos prácticos en cómo los padres de recurso pueden proporcionar con eficacia el apoyo y el cuidado para los jóvenes LGBTQI.

Este programa incluye un libro informativo y un examen de preguntas.
3.5 horas de capacitación

Todo Sobre El Asma
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

Un Guía para la Dieta y la Nutrición
Para algunos, comiendo saludablemente puede ser agradable y gratificante, pero para otros puede ser muy difícil hacer que su dieta vaya por buen camino. Este curso va a ofrecerte sugerencias en cómo cuidar a un niño que tiene sobre peso o que está bajo de peso, métodos inadecuados para controlar el peso como los trastornos alimentarios y las pastillas para adelgazar. También va a ofrecer percepción en la importancia y los beneficios de comer juntos y como comer sanamente cuando no hay tiempo.

Este programa incluye un libro informativo y un examen de preguntas.
4 horas de capacitación

¡CURSO POR CORRESPONDENCIA MUY PRONTO!

• La Seguridad Infantil

¡DÉJENOS ABOGAR PARA USTEDES!
Los "Advocates" Familiares de FAFS están aquí para apoyarles a ustedes. Sus experiencias les dejan entender las preocupaciones, los problemas, y los desafíos diarios que ustedes enfrentan como padres de crianza, de adopción o de parentesco.

COMO LOS "ADVOCATES" LES PUEDEN AYUDAR:
• Contestar preguntas sobre las pólizas y los procedimientos de CP&P y los requisitos de licenciar.
• Hablar sobre las maneras distintas de apoderarles a los padres de recurso en comunicarse con eficacia con CP&P.
• Validar las preocupaciones de los padres de recurso por apoyándoles y escuchándoles con atención.
• Orientarles a los padres de recurso a la variedad de recursos y servicios de FAFS.
• Conectar a los padres de recurso a la reuniones locales de los Redes de Apoyo y a otros recursos.
• Actuar como intermediario/mediador entre los padres de recurso, al programa Mentores de Corazón a Corazón de FAFS.
• Aliar con los padres de recurso a través de los eventos locales de FAFS.
• Explicar el proceso de IAIU (una investigación de la Unidad de Abuso Institucional) y otras investigaciones y los resultados posibles.

Para comunicarse con su Advocate Familiar de FAFS, llame a 800.222.0047 o envíe un email a support@fafsonline.org.

EL PROGRAMA DE MENTORES DE CORAZÓN A CORAZÓN
El Programa de Mentores de Pares de FAFS conecta a los padres de recurso experimentados con los padres de recurso nuevos o actuales para más apoyo y orientación. Los mentores entienden las preocupaciones, los problemas y los retos diarios del cuidado porque ya han pasado por experiencias parecidas. Están deseosos de compartir su conocimiento y experiencia en tratando con las necesidades complejas de los niños en cuidado. Los Mentores trabajan juntos con los Advocates de FAFS para más apoyo. La comunicación con el Mentor es principalmente por teléfono o por email.

¡Necesitamos Mentores Bilingües que hablan español/inglés! Para aprender más sobre cómo hacerse mentor, visite a www.fafsonline.org, llame a la Línea de Información de FAFS en 800.222.0047 o email support@fafsonline.org. Si desea presentar su solicitud de hacerse mentor bilingüe voluntario, visite a www.fafsonline.org para rellenar una solicitud voluntaria.
PREGUNTAS FRECUENTES - LOS CURSOS ONLINE

Recibí mi expediente académico en el correo, pero ¿por qué no tiene ningún curso que hice online?
FAFS usa dos expedientes académicos para registrar la terminación de todos tus cursos. Si necesitas ver cuántas horas tienes para los cursos de online, puedes acceder esa información de la enlace de MY TRANSCRIPT en la página de MY ACCOUNT.

¿Cuál es la diferencia entre un curso online y un webinar?
Los Webinarios están:
1. enseñados por una de nuestras instructoras
2. programados cada mes
3. dados en fechas determinadas de antemano
4. requieren una línea telefónica activa
5. dados con un grupo de padres de recursos
6. son accesibles por https://fosterandadoptivefamilyservices.ilinc.com/perl/ilinc/lms/event.pl

Los Cursos de Online:
1. son para estudio personal
2. se los puede hacer cuando uno quiera, día o noche
3. son unas presentaciones de diapositivas con video, narración y contenido interactivo limitado
**FRIENDS OF FAFS**

We invite you to become a Friend of Foster and Adoptive Family Services (FAFS).

**When you become a Friend of FAFS, you:**
- Help strengthen FAFS’ advocacy efforts on behalf of families like yours
- Ensure FAFS’ programs that receive no government funding, such as Fostering Wishes for Children and Camp Scholarships, will be available to children in care now and for years to come
- Help support events for foster, adoptive and kinship families in your local area

To join, please visit [fafsonline.org/friends-of-fafs](http://fafsonline.org/friends-of-fafs)

**DO YOU LIKE US? WE LOVE YOU!**

Get social with FAFS on Facebook, Twitter, Pinterest, YouTube and Instagram!

![QR codes for social media](https://example.com/qrcodes)

**FAFS & 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 on how to donate, contact the FAFS Information Line at 800.222.0047 or visit our website at [www.fafsonline.org](http://www.fafsonline.org).

**WHAT’S THIS WHOLE FAMILY THING ALL ABOUT?**

FAFS’ ebook What’s This Whole Family Thing All About helps kids understand that family can be defined in many different ways.

This ebook is perfect for foster and adoptive families with young children.

Available on Amazon.com, you can read this ebook with your child on any mobile device!
