

# Fostering Changes Programme



## SESSION ONE

### Establishing the Group

How children thrive  
Experiences of Looked After Children  
Developmental Stages  
Tracking & Observing Behaviour

## SESSION TWO

### Context of Behaviour

Attachment – Child and Carer  
Social Learning Theory  
ABC – Triggers and Pay-Offs

## SESSION THREE

### Praise

Needs and Behaviour  
Positive Strategies  
Praise  
Targeting an Alternative Behaviour

## SESSION FOUR

### Positive Attention

Praise for Education  
Praise to Support Learning  
Praise for Being/Doing  
Play  
Attending

## SESSION FIVE

### Communication Skills

Communicating with Looked After Children  
Identifying Communication Skills  
Regulating Emotions  
When Listening is Difficult  
Reflective Listening & Questions

## SESSION SIX

### Context of Education

Context of Education  
Creating a Good Learning Environment  
Supporting Homework  
Positive Strategies

## WHAT DO FOSTER CARERS SAY?

*'I use 'I' Messages, and they are working.'*

**Janet**

*'If I had this training many, many years ago, some of the placements I had, I would have kept them. Rather than saying I can't be bothered, I would have worked with it. Since doing this course, any placement I should get these kids are staying with me.'* **Joan**

*'I have gained a lot around praise; I am doing that a lot. It's a brilliant course and I think all Foster Carers should do it.'* **Janet**

*'As a NEW Foster Carer coming on this course has opened my eyes.'* **Lorraine**

*'I am seeing changes already.'* **Henrietta**

The Fostering Changes Programme was established in 1999 by the Conduct Disorder, Adoption and Fostering National and Specialist Team at the Maudsley Hospital. Following the increasing request from Foster Carers for more practical solutions to the problems they were experiencing with their Looked After Children to manage behaviour and avoid disruptions, the team developed and trialed a course with Southwark Foster Carers.

It was received positively and developed into a formal programme of training for Foster Carers as the Fostering Changes Programme, published by BAAF in 2005.

Since this time, the programme has been delivered across a number of Boroughs in London and throughout England with success.

The Fostering Changes Programme is behaviourally based and derives from research into parenting skills, attachment, educational attainment and the academic progression of looked after children who are in Foster Care

In supporting and promoting the use of the Programme within Local Authorities and Independent Fostering Providers, the Department of Children, Schools and Families, recently awarded Kings College London with funding to support the development and delivery of a Facilitators Course throughout England from 2009 to 2011.

# Why deliver the Fostering Changes Programme?



The Fostering Changes Programme is being rolled out in England from 2009 to 2010 via the delivery of a Facilitators Course to support your team in delivering the Programme to Foster Carers.

You are supported in the delivery of your Fostering Changes Programme with a Facilitators Course, Consultation session and web based information.

Fostering Changes is a flagship course for Foster Carers that provides them with the practical skills to manage placements. In turn it enables you to have increased confidence in your Carers' skills and abilities to make a significant difference to a looked after child's life.

## Overview

- 12 Sessions delivered over 12 weeks the Programme fits neatly with term times
  - An evidence based programme that gives you confidence of the foundation theories and constructs of its development.
  - A course supported by DCSF and noted in Care Matters as a premier course for Foster Carers.
  - A programme that ensures Foster Carers gain real skills in behaviour identification and management.
- A course that supports the longevity and stability of placements.

Each day runs from 10.00 a.m. to 1.00 p.m. to

- support Carers with school commitments
- A light lunch and refreshments are provided each
- day to keep your Foster Carers well nourished and ready to learn.

## SUPPORT SERVICES

Complete a 4 Day Facilitators Course to support you in your delivery of the Fostering Changes Programme.

One day Consultation following completion of the Facilitators Course ensures you have access to additional support as you are delivering your own Fostering Changes Programme.

Find out more about these Courses by visiting [www.fosteringchanges.com](http://www.fosteringchanges.com)



NAPP  
Institute of Psychiatry, KCL  
Department of Child and Adolescent  
Psychiatry  
PO Box 86  
De Crespigny Park  
London SE5 8AF

### SESSION SEVEN

**Reading Friendly**  
Expressing Feelings  
Reading Friendly  
Rewards

### SESSION EIGHT

**Giving Instructions and Ignoring**  
Good Instructions  
Ignoring  
Assertiveness

### SESSION NINE

**Discipline**  
Reminiscence  
Positive Discipline  
Family Rules  
Natural & Logical Consequences

### SESSION TEN

**Time Out & Problem Solving**  
Attending more than one Child  
Time Out  
Problem Solving  
Stop Plan Go

### SESSION ELEVEN

**Endings & Review**  
Capturing your Child's Time with You  
Precious Things  
Facilitating Positive Endings  
Fostering Flower Power  
Attending recap – more than one child

### SESSION TWELVE

**Relaxation & Going Forward**  
Taking Care of Yourself  
Stop Plan Go – Future Strategies  
What I Appreciate About You  
Certificate Giving  
Final Party