My Family - Training Structure
Core & Foundation

Foundation Training Structure

1. **An introduction to Care for Children**
Content will briefly cover Robert Glover journey to launching Care for Children, introduce the global problem of large-scale institutional care, Care for Children's positive alternative, and our record of success so far.

2. Care for Children's model and strategy
Care for Children's approach at all 3 levels (strategic, developmental, and sustainable), our 4-stage project process and our theory of change.

3. A better path for children in care
Content will cover 'What is alternative care?', the differences between residential and family based care, and focusing in on specifically 'What is family care?'

4. The benefits of family care
This section will outline the range of benefits children gain from being placed in a family and contrast this with the range of difficulties children experience in institutions.

5. Preparing families
Content will cover the framework required in order that families are prepared and supported throughout the process. These include outline topics such as recruitment, application, assessment, training, and approval.

6. Preparing children
Covering the steps followed in order to ensure that children are assessed, prepared, understand what is happening, and feel safe throughout the process.

7. Matching to placement
Covering the important stages between matching a child with a family, alongside family and children actually being placed. This will incorporate the topics of matching, introductions, transition, and placement.

8. Support and monitoring

Content will cover the ongoing support and monitoring provided to the family carers and explanation as to why this is crucial for a placement to be successful and stable.

Core Training Structure

What is Family Care?

This module will provide a comprehensive overview (in greater depth than the foundation document) of Family Care. Starting with an explanation of alternative care provision, this module seeks to help learners understand the reasons children come into alternative care and why a range of provisions are required. Learners will be shown these different forms of care and will be able to identify how foster care differs from other forms. The training also aims to identify the profile of what makes a good family carer and will outline their roles and responsibilities.

1. What is Family Care?

1.1   Alternative Care Provision
1.2   Types of Alternative Care
1.3   Our Focus on Family Care
1.4   Types of Family Care
1.5   How is Family Care Different from Adoption?
1.6   Why is Family Care needed?
1.7   Who can become a Family Carer?
1.8   What do Family Carers do?

The Family Care Process

This module will help learners in understanding the processes that need to take place in any family care programme to ensure that children are kept in the centre of each stage of the work. This includes how to develop an effective recruitment strategy and how to undertake thorough and skilled assessments on prospective carers as well as children. The module then takes learners through the later steps of ensuring that every child is matched with suitable carers, and that their transition is well managed. Finally, learners will be informed of how children can maintain strong enduring relationships with their birth family and how they can be supported and safeguarded whilst in placement.

2. The Family Care Process for Families - Professionals guide

2.1   Standards of family care service
2.2   Child Focused Standards of care
2.3   Recruitment
2.4   Assessing Family Carers
2.5   Pre-Approval Training
2.6   Approval
2.7   Matching
2.8   Transition and Placement
2.9   Birth Families and Contact
2.10   Support, Monitoring and Review

3. The Family Care Process for Children – Professionals guide

3.1   Child Assessment
3.2   Care / Permanence Planning
3.3   Matching

Preparing Families for Family care

This module focuses in on each step that is required for families to become successful family carers. This module will help to give prospective carers an insight into the lives of children in care as well as learn key concepts such as attachment and secure base theory. Learners will also be provided with practical advice and support on managing behaviour, keeping children safe and working partnership with family care workers and others within the community in the child's best interests.

4. Preparing Families for Family Care – Training for family carers

Preparing Children for Family Care

The final module will focus in on the critical topic of preparing children for family care. This encompasses everything from how to help a child to feel secure enough to talk about themselves in an assessment, asking the right questions, and how to write a clear and detailed report which will help gain a full understanding of the child's needs. Learners will gain skills on the critical steps of care and permanence planning which will ensure that there are clear plans in place for the child's short and long-term future. The module will conclude with the often-neglected topic of life story work which is crucial in supporting children to understand their own history and background, which in turn helps them to be able to move forward towards a brighter future.

5. Preparing Children for Family Care – practitioners guide