

# Foster Care, Kinship Care, and Adoption Preservice Training Youth Version

12 Module Program designed to accompany OCWTP Caregiver Training  
Preservice Modules

This program uses *Dyslexie* font – a font designed to help readers with dyslexia.

Bethany Strauss and Leah Wasburn-Moses, Ph.D.  
Miami University

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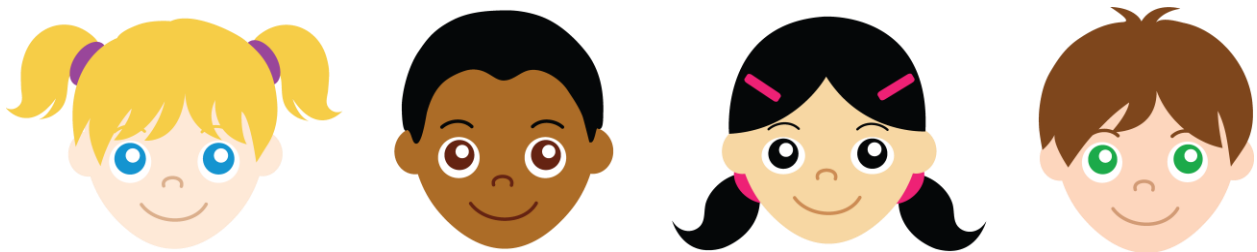
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## Module I: ORIENTATION TO FOSTER CARE, KINSHIP CARE, AND ADOPTION

At the end of this module, the child should be able to

1. Understand the goals of Child Welfare.
2. Define Foster Care, Kinship Care, and Adoption.

**“Child Welfare”** means the services that help children and families stay safe and healthy.



## Child Welfare has three goals:

1. **Safety** – keeping the child out of danger
2. **Well-being** – keeping the child happy and healthy
3. **Permanency** – keeping the child in the same family forever



Sometimes **Child Welfare** needs to find different homes for children where they can be safe and healthy:

1. **Foster Care** – when someone other than the birth parents takes care of a child, usually for a short time
2. **Kinship Care** – when a family member takes care of a child instead of the birth parents
3. **Adoption** – when the child become a lifelong member of a new family

My Thoughts: I

**1. Draw a line to match each vocabulary word with the correct definition.**

- |                  |  |
|------------------|--|
| a. Adoption      | ○ When a family member takes care of a child instead of the birth parents.                   |
| b. Child Welfare | ○ When the child becomes a lifelong member of a new family.                                  |
| c. Foster Care   | ○ The services that help children and families stay safe and healthy.                        |
| d. Kinship Care  | ○ When someone other than the birth parents takes care of a child, usually for a short time. |

2. List three ways your parents keep you safe and happy.

1) \_\_\_\_\_

\_\_\_\_\_

2) \_\_\_\_\_

\_\_\_\_\_

3) \_\_\_\_\_

\_\_\_\_\_

3. How does your family want to help with **Child Welfare**?

a. Foster Care

b. Kinship Care

c. Adoption

At the end of this module, the child should be able to:

1. Identify members of the child welfare team and their roles.
2. Understand the importance of family in the foster system.

The role of **Child Welfare** is to protect a child from danger. There are many people who work together to keep a child safe. This group makes up the “**Child Welfare Team.**”

As a part of the team, here are some of the other team members you may see:

1. **Foster Children** – the child or children who will be living with your family for a short time (**Foster Care**), in order to stay safe and healthy.
2. **Adopted Children** – the child or children who become lifelong members of your family.



3. **Foster Parents** (your parents) – just like they are keeping you safe and healthy, your parents will work to keep the new child safe and healthy.
4. **Birth Parents** – the parents of a baby when it is born.
5. **Caseworker** (or social worker) – the person who works to help fix family problems. Caseworkers may come to your house to visit if you have a foster child.
6. **Court** – a place where a judge makes decisions according to the law. The judge may make decisions about where a foster child will live.



Child Welfare tries to keep children with their birth parents and families whenever possible.

If your family is helping with foster care, you will work to keep the child safe and healthy for a short time, while the team works to fix problems.

You and your parents will not be able to choose where a child lives. You may feel sad or angry if the child is put in another home.

## My Thoughts: II

1. Circle the members of the child welfare team:

You

Court

Foster Parents  
(Your Parents)

Friends

Pets

Neighbors

Coaches

Caseworker

School Workers

Foster Child

Birth Parent

2. List one thing you are excited about in receiving a new member in your home:

a. \_\_\_\_\_  
\_\_\_\_\_

List one thing you are worried about:

b. \_\_\_\_\_  
\_\_\_\_\_

3. Do you think you will have any problems as a member of the child welfare team? (Circle your answer.)

Yes

No

Why or why not?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Module III: CHILD DEVELOPMENT

At the end of this module the child should be able to:

1. Understand that both nature and nurture affect child development.
2. Identify the three developmental tasks of young children.
3. Understand how the brain is affected by different experiences.

Child development means the act of a child learning and growing.

What the child sees, hears, and does can impact their development.

Development is shaped in two ways:

1. Nature – what you are born with

Example: you may have black hair because your parents have black hair

2. Nurture/Environment – the care that you are given

3. Example: you have friends because your parents showed you how to be a friend.

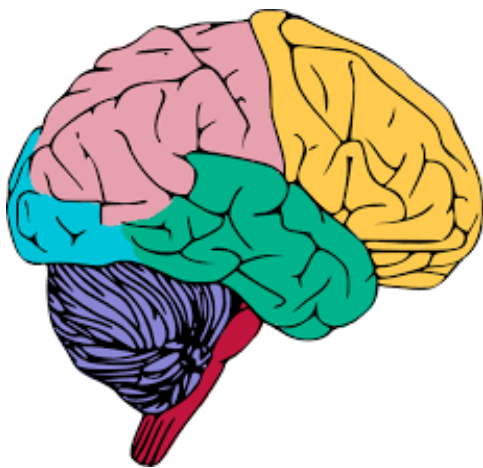
Both nature and nurture affect children:

1. Attachment – strong feelings of love and loyalty to caretakers
2. Self-Regulation – when children manage their own feelings and behaviors
3. Initiative – wanting to do something by yourself

A foster child's nature and nurture are very different from yours, so they may seem very different from you.

The brain is the part of your body that controls how and when you move and what you think and feel.

The brain can be changed by what you see, hear, and do.





## My Thoughts: III

### 1. Match each vocabulary word with its description.

#### Initiative

- Jamal is playing with his favorite ball with his sister, Michelle. Michelle kicks the ball over the fence into their neighbor's yard. Even though Jamal feels mad, he knows Michelle did not kick it over the fence on purpose. He helps Michelle get the ball back and does not yell at her.

#### Attachment

- Nicole wants cereal with milk for breakfast. She gets a bowl and cereal from the cabinet and then pours it on her own. She gets the milk from the fridge and pours it on her cereal. Nicole cleans up afterwards.

#### Self-Regulation

- Damien thinks his mother is very special. He tells her he loves her before he leaves for school and before bed each night. Damien tries to make her happy every day.

2. The brain can be changed by the different experiences you have.

True or false? (Circle your answer)

True

False

3. Fill in the blank with the correct vocabulary words.

Development

Self-regulation

Nature

Emotions

Brain

Nurture

Both \_\_\_\_\_ and \_\_\_\_\_ shape the experiences you have.

## Module IV: TRAUMA AND ITS EFFECTS

At the end of this module the child should be able to:

1. Define trauma.
2. Describe how attachment, self-regulation, and initiative can be affected by trauma.
3. Understand how toxic stress can affect behaviors.

Trauma is a very difficult event that affects your wellbeing. You may no longer feel happy or healthy.

Stress is when you are worried or nervous. Stress is “toxic” when you always feel worried or nervous. Many foster children have issues with toxic stress.

Children can feel trauma and toxic stress when:

- They are not given the care and attention they need.
- They are put in danger or are hurt.

They might have these problems later on:

1. Attachment – children may have trouble trusting and becoming attached to others
2. Self-Regulation – children might have a hard time showing and understanding their feelings
3. Initiative – children might have a hard time wanting to do things on their own

Some behaviors you might see are:

- Having trouble understanding or following rules
- Having a hard time staying focused
- Not feeling good about themselves
- Being violent and ready to fight



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My Thoughts: IV

1. What do trauma and toxic stress affect?
  - a. Attachment
  - b. Self-Regulation
  - c. Initiative
  - d. A, B, and C
  
2. When does stress become toxic?
  - a. When a person is worried or nervous for a short time.
  - b. When a person is *never* worried or nervous.
  - c. When a person is *always* worried or nervous.

3. What questions do you have about childhood trauma and toxic stress?

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## Module V: Child Sexual Abuse

At the end of this module, the child should be able to:

1. Define sexual abuse.
2. Understand how sexual abuse can affect behavior.
3. Discuss the importance of disclosure/“telling.”

Getting hugs and kisses from parents and other friends usually makes you happy.

Sexual abuse is when a child’s private parts are touched when they should not be.





When a child experiences sexual abuse, it can impact their feelings and behavior by:

- Not wanting to be touched, including hugs and kisses
- Wanting to always touch someone in ways that they should not
- Not trusting others
- Not feeling good about themselves
- Feeling angry, lonely, or sad
- Being violent or wanting to fight

It can be scary for a child to tell an adult that they have experienced unwanted touching, or anything that makes them upset or afraid.

If anyone tells you about a scary or harmful experience they had you should always tell your parents, teacher or counselor, even someone tells you not to.

My Thoughts: V

1. What questions do you have about sexual abuse?

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2. If someone makes me uncomfortable with what they say or do to me, I should tell a parent, teacher, or counselor.

True or false? (Circle your answer.)

True

False

3. Josie and Mickel are good friends. One day while they are playing at recess, Josie tells Mickel that her father is sexually abusing her, but asks her not to tell anyone. Mickel does not want to make Josie mad, but tells her teacher what Josie told her at recess.

Do you think Mickel did the right thing by telling her teacher? Why or why not?

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At the end of this module, the child should be able to:

1. Understand how moving can impact a child.
2. Explain different ways to help a child feel safe in their new home.

Moving to a new home means meeting new people and learning new rules. This can be hard and scary. It can be hard for people living in the new home too.



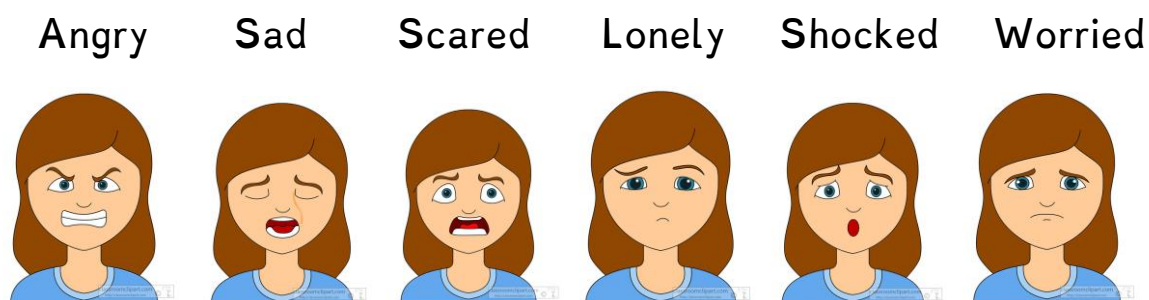
Think back to your first day of school in a new building. Put a check next to each way someone helped you learn the rules, meet new people, and find your way around.

- Someone gave you a tour of the building.
- Someone talked to you about the rules.
- The rules were posted on a wall.
- You met your teachers and classmates.

Using your experiences from school, how can you help your family's foster child when they move in?

Even with help, moving into a new home can be a lot to learn about in one time. Sometimes, the child can have a lot of feelings at one time. When this happens, it is best to leave the child alone for a short time.

You may have a lot of feelings too. Be sure to talk about your feelings with your parents, teacher, or counselor.



## My Thoughts: VI

1. List two of the most important rules in your house.

1) \_\_\_\_\_  
\_\_\_\_\_

2) \_\_\_\_\_  
\_\_\_\_\_

2. Circle each activity that your family does regularly.

➤ Eats dinner  
together at the  
table

➤ Has family game  
night

➤ Goes to a park

➤ Watches T.V.  
together

➤ Goes to each  
other's sports  
events (games and  
practices)



Are there any other activities that are not listed? Write them below.

- \_\_\_\_\_
- \_\_\_\_\_

3. Tasha moved into Noel's house yesterday. One day, while playing a game, Tasha says she is feeling angry and wants to be alone. Noel tries to make Tasha laugh and then offers her a hug, but this makes Tasha more upset.

Even though Noel was trying to help, did she do the right thing? (Circle your answer.)

Yes

No

What should Noel have done differently?

\_\_\_\_\_

\_\_\_\_\_

## Module VII: TRANSCENDING THE DIFFERENCES IN PLACEMENT

At the end of this module, the child should be able to:

1. Understand flexibility and respecting differences.
2. Identify ways the child can differ from the family.

Every family is different and has their own set of beliefs and rules.

Can you think of any of your family's beliefs or rules?

Examples:

- Going to church each Sunday.
- The family should eat dinner together each night.
- Cleaning up your room each night.



Think of all the different rooms in your house and the activities that take place in each room. List the rules for each room.

➤ Family Room:

➤ Kitchen/Kitchen Table:

➤ Bedroom:



➤ Bathroom:



Every person is different.

- Some people have brown eyes; others have blue or green eyes.
- Some people go to church; others do not.
- Some people enjoy spending time with others; others prefer time alone.

Even though we are all different, everyone deserves respect.

The new child will have his or her own beliefs. It is important to respect these beliefs even if you disagree.

My Thoughts: VII

1. Keda is one of your friends at school.  
Keda gets made fun of because she enjoys reading while others play on the playground at recess.

List two ways you could help Keda feel respected.

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_

2. Fill in the blanks to finish the sentence.

Alike	Rules
Different	Feelings
Similar	Beliefs
	Games

Every family is \_\_\_\_\_, with their own set of \_\_\_\_\_ and \_\_\_\_\_.

At the end of this module, the child should be able to:

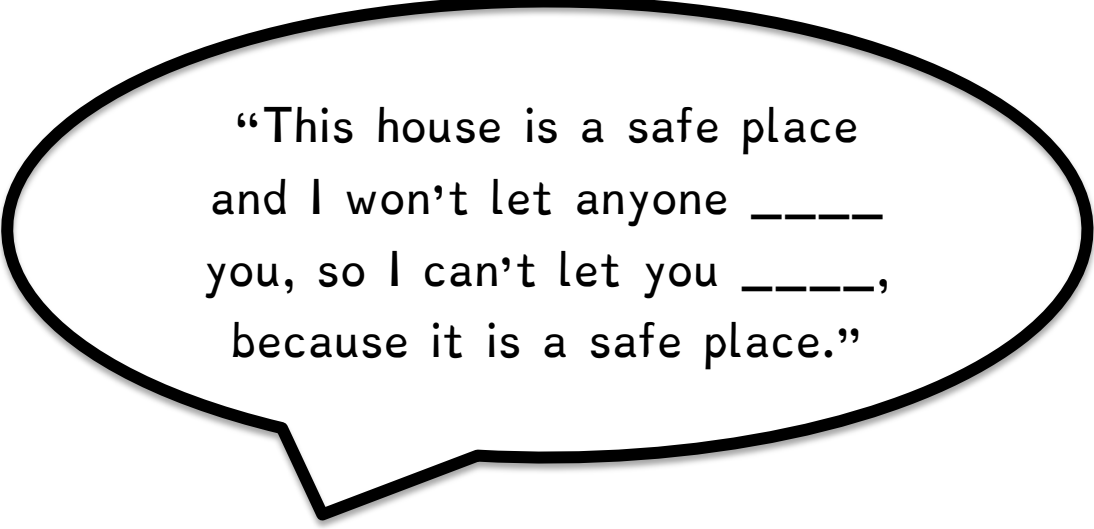
1. Identify a child's behavior as a way of showing what has happened to them.
2. Identify how their parents will help the child's development.
3. Explain why a foster child should never be hurt physically.

Our behavior can tell others what has happened to us. The foster child might have these behaviors:

- Hold on to food or eat a lot in a short time because they did not know when they would have another meal.
- Wet the bed because they were scared a lot.
- Lie so they would not get hurt.
- Cuss because they heard other people cuss.
- Steal because they never owned toys or books.



Your parents' job is to help the foster child learn different behaviors. They might say this when there is a problem:



“This house is a safe place  
and I won’t let anyone \_\_\_\_\_  
you, so I can’t let you \_\_\_\_\_,  
because it is a safe place.”

All children should feel safe. Even if the foster child starts to fight, nobody should hit a foster child or fight back.

Your parents will have different rules for you and the foster child. This might feel unfair. Talk about your feelings with a parent, teacher, or counselor.

My Thoughts: VIII

1. Looking at how a child behaves can give us an idea of what has happened to them.

True

False

2. Joel and Nevaeh are playing a video game together. Joel becomes angry when Nevaeh wins the game and shoves Nevaeh. What should Nevaeh do?
  - a. Shove Joel back
  - b. Let Joel win the game next time
  - c. Tell Joel that he upset her and walk away



3. Talk with your parents. Think about ways you can handle your feelings if someone stole your favorite toy. List your answers below.

a. \_\_\_\_\_

\_\_\_\_\_

b. \_\_\_\_\_

\_\_\_\_\_

## MODULE IX: UNDERSTANDING PRIMARY FAMILIES

At the end of this module, the child should be able to:

1. Understand who the birth family is and their involvement with their family.
2. Discuss the importance of communication with the birth family.
3. Understand the importance of keeping siblings together and/or maintaining communication.

The birth family is the family that the child is born into. Some children cannot live with their birth families. This can be hard and scary for the child and their birth family while they are apart, even if the family has a lot of problems.



In order to help keep families together, your family may be taking care of siblings.

It is important for a child to visit with their birth family whenever possible.

Here are some ways these visits help:

- The trauma of being apart is lessened
- The child can keep the love they feel towards their birth family

The visits can also be very hard, because the child may be reminded of bad things that happened to them. The foster child might be upset or angry.

My Thoughts: IX

1. Who is the birth family?
  - a. The family the child lives with.
  - b. The family the child likes most.
  - c. The family the child is born into.
  
2. List two questions you have about the child's birth family.
  - a. \_\_\_\_\_  
\_\_\_\_\_
  - b. \_\_\_\_\_  
\_\_\_\_\_

It is important for children to have contact with their birth families when they are not living with them.

True or false? (Circle your answer.)

True

False

At the end of this module, the child should be able to:

1. Describe what to expect with Foster Care, Kinship Care, and Adoption.
2. Identify stressors for Foster and Kinship Caregivers and Adoptive parents.
3. Identify a self-care plan to help with stress.

It is important for you to know what might happen when your family has a new member:

1. It will take time for the child to learn your family's rules.
2. You might or might not feel good about having the child in your home.
3. The child's needs will not be like your needs. They may need different food, toys, and rules.
4. Not everyone may welcome the child.
5. The child will not forget his or her birth family.
6. You might feel jealous because the foster child needs new clothes and toys.
7. You might feel sad or angry because the child also needs your parents' love and attention.



Every family feels stress. There is more stress when there is a new member. Here are ways you can help care for yourself:

- Focus on school and homework when you need to.



- Focus on activities you enjoy, like reading, drawing, or



sports.

- Talk to your parents about your feelings.
- Love yourself.
- Spend time with friends and family.

- Feel good about yourself when you do something well.



- Spend time outside.
- Eat healthy meals.
- Exercise.
- Get enough sleep.
- Talk to friends and family who do not live close.
- Ask for help when you need it.

### My Thoughts: X

1. Look back at the list of ways you can help care for yourself. Write down the ideas you like and when you might do them.

Idea:	When I will do them:

2. Only Foster and Adoptive families feel stress.

True

False

3. Think about how your family will soon change. What might make you feel stressed? List your ideas below.

➤ \_\_\_\_\_

➤ \_\_\_\_\_



## MODULE XI: LONG TERM SEPARATION

At the end of this module, the child should be able to:

1. Explain the benefits of permanency.
2. Identify problems that can happen during a long separation from the birth family.
3. Describe events that may trigger certain feelings during long separation from the birth family.

Permanency helps a child feel safe and happy in their home. Permanency also helps fix some problems if they are apart from their birth family for a long time.



When children are apart from their birth families for a long time it can cause them to feel:

- Sad because they miss their birth parents.
- As if no one wants them.
- Confused as to where they belong.
- Confused about belonging to two families.
- As if they cannot trust others.
- As if they are not in control of their own life.
- Guilty because they think they are the problem.

These feelings can cause them to have difficulty at events that might be fun for you.

For example:

- **Not wanting to spend the night at a friend's house because they do not want to be away from their family.**
- **Not trusting teachers or camp counselors because they do not know who will stay in their life for a long time.**
- **Not enjoying their birthday or holidays because it makes them feel like they have lost their birth family.**



My Thoughts: XI

1. Marcel's Foster family has recently adopted him. This is his 3<sup>rd</sup> Foster family. Marcel has had a hard time making friends at school. When he turned 10 years old, he did not want a cake or party. Marcel has been thinking about running away.

What do you think is causing Marcel's behaviors?

- a. Marcel does not like his adoptive family.
- b. Marcel has not had a permanent home.
- c. There is not a reason for Marcel's behaviors.

2. If you notice your sibling feeling sad or angry around Thanksgiving, what could you do to try to help? List your ideas below.

- \_\_\_\_\_
- \_\_\_\_\_

3. In your own words, describe permanency.

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## MODULE XII: POST ADOPTION ISSUES FOR FAMILIES

At the end of this module, the child should be able to:

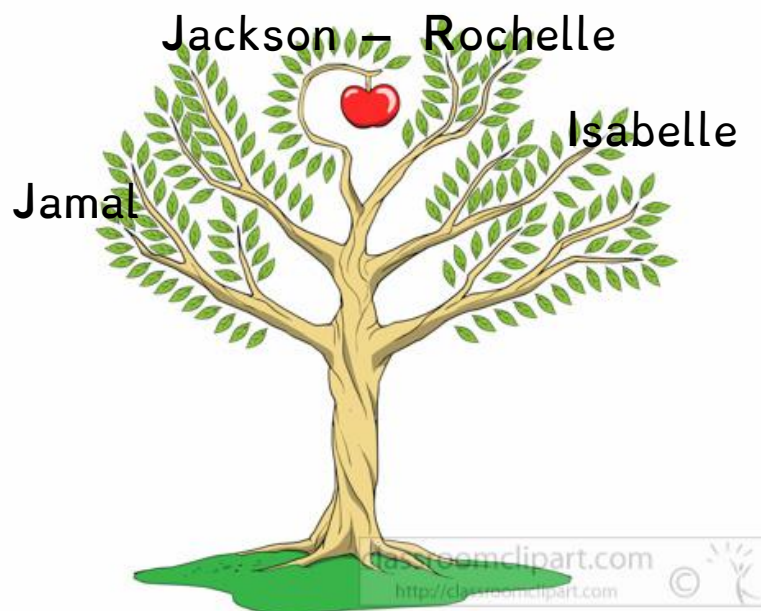
1. Identify issues affecting their parents.
2. Identify reasons why children need to understand their histories.
3. Learn positive words and phrases to talk about adoption.

If your parents adopt a child, they will learn how to:

- Communicate with the child's birth family.
- Help the child feel safe and happy.
- Help the child feel part of your family.

All children need to know where they come from. Just like you, adopted children also want to know where they come from. Talking about adoption can help the child understand their life.

## Family Tree



It is important for your family to talk often and to be honest about adoption. Here are some words and phrases to use when talking about adoption:

- Adopted person or Adoptee
- “The baby joined the family” or “The child moved in with the family”
- “My sibling” instead of saying, “adopted sibling”

Remember, the child still loves his or her birth family. It is important not to say bad things about them.



My Thoughts: XII

1. Fill in the blanks to create a positive sentence about adoption.

sibling	was given away
adopted sibling	birth
joined the family	real

My \_\_\_\_\_ was adopted. She  
\_\_\_\_\_. Our family talks  
about her \_\_\_\_\_ family.

2. List two benefits of talking about adoption.

- a. \_\_\_\_\_  
\_\_\_\_\_
- b. \_\_\_\_\_  
\_\_\_\_\_

3. How will you help your family in  
Foster Care, Kinship Care, or Adoption?

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