

Safe Babies Training

Why should Foster Caregivers be Safe Babies Trained?

Most infants in care have been prenatally exposed to drugs or alcohol. These babies experience health and brain developmental concerns, as well as withdrawal. Symptoms may be controlled by using therapeutic measures and medication, and less severe symptoms can be eased by a trained caregiver.

Understanding the effects of drugs and alcohol on a developing fetus enables Foster Caregivers to recognize symptoms and how they can be alleviated. Safe Babies Training is designed for caregivers of infants from birth to two years old.



What do Foster Parents learn from Safe Babies Training?

Adoptive Families Association of BC (AFABC) offers Safe Babies Training online three or four times each year. Training includes:

Prenatal exposure:

- Understanding women and addiction
- Bringing baby home
- Stressors and self-care

Health and Development:

- Public health and infant development programs
- Infant child development
- Developmental red flags
- Infant mental health

FASD:

- Introduction to FASD
- FASD key worker presentation
- Questions for discussion
- Personal story videos

What should a Foster Parent consider before taking the Safe Babies Training?

- Can you work effectively and compassionately to maintain connections between infants and their birth families?
- Caring for vulnerable infants puts demands on the *whole* family. Will you be able to keep yourself and your family healthy and strong?

How do I become a Safe Babies Caregiver?

- Discuss becoming a Safe Babies trained home with your Resource Social Worker. MCFD will likely pay for your training.
- Register and complete Safe Babies training typically with the [Caregiver Learning Network](#).
- Complete an Emergency Child Care First Aid Course (not included in the Safe Babies Training)
- Safe Babies re-certification as directed by your MCFD office