

Training Recommendations for Foster Caregivers

Parenting in a Fishbowl

Foster families are highly visible in the community and can be held to a higher standard for what would be considered abuse in their homes. The Parenting in a Fishbowl workshop helps families understand why abuse and allegations occur in foster care, what happens when an allegation is made, and how to prevent abuse and abuse allegations. It is important for you to know that allegations can happen, and there are things that you and your family can do to safeguard yourselves.

For the Record

Documenting and keeping records are an important and mandatory part of fostering. During this workshop Caregivers will learn when specific documents should be submitted, how to produce complete records, and how to polish up your record keeping skills. Documenting and recordkeeping protect Foster Parents should they be faced with an allegation or are required to testify in court.

Safe Babies

This course presented by [AFABC](#) is designed for those planning to foster a baby or toddler — especially if there is any risk of prenatal exposure. Learn about infant development, substance exposure, sleep issues, household and infant safety, support services, and self-care in this three-part online workshop. Be sure to get approval from your Resource Social Worker (RSW) before registering to ensure reimbursement.

First Aid & CPR

Every Foster Parent should have First-Aid training from an approved training organization. Foster Parents who plan on fostering a baby or toddler are required to complete an Emergency Child Care First-Aid & CPR program to receive their Safe Baby certification. Reimbursement for this training is not guaranteed in every MCFD region; ask your RSW if this training will be covered.

Naloxone Training

Foster Parents should take Naloxone training if they foster youth at risk of overdose. Caregivers can access workshops that teach where to get Naloxone kits, signs of overdose, how to administer Naloxone, and where to find support after witnessing an overdose.

Psychological First Aid

Two Introductory Psychological First Aid courses are available from the [Canadian Red Cross](#) that cover: Self-Care and Caring for Others. In both courses, learn about the impact of stress, trauma, and grief while developing useful tools for handling difficult situations. These online courses are quick, accessible, and practical, equipping you with introductory skills you can use in daily life. Let your Coordinator know that you participated in the courses and OFPA will reimburse you for the cost.

Continuing Education

Keep informed about training and upcoming learning opportunities by reading your newsletters and emails from your OFPA Coordinator. You will be provided with quality workshops to learn about issues related to fostering. Share the certificates that you receive with your RSW to add to your continuing education file.