



# Foundations of Caregiver Support for Caregivers (FCSC)

## Foundations of Caregiver Support

### Part 1 (eLearning)

#### Course Description

Most children involved with Children and Family Services have experienced events that can cause trauma. Trauma can impact a child's development in different ways. This may include the development of important skills they will use for the rest of their lives. This training for both caregivers and staff will support shared understanding of how to support the healthy development, safety, well-being and connection of children in your care, or that you work with, who are affected by trauma.

#### Learning Objectives

- Explain the basics of brain architecture and how early experiences influence brain development.
- Describe child development and the linkage between development and well-being.
- Recognize key developmental milestones from infancy to young adulthood.
- Describe trauma and how experiences such as adverse childhood events, intergenerational trauma, toxic stress and loss impact children and youth, their families and caregivers including CI practitioners.
- Explain the impact of caregiver relationship on development.
- Describe the importance of positive experiences, including cultural connections, that enhance development and build resilience.

### Part 2 (Virtually facilitated)

#### Course Description

Foundations of Caregiver Support for Caregivers gives you the knowledge and skills to help the infants, children, and youth you care for. This three-hour workshop builds on what you learned in the FCSC eLearning. It will help you grow your trauma informed caregiving approach.

#### Learning Objectives

- Recognize behavioral responses to trauma throughout the lifespan.
- Apply a trauma informed caregiving approach to create positive experiences and buffer the impacts of trauma.
- Determine how to build and support executive function, self-regulation, and resilience in the children and youth you care for.
- Describe grief triggers and support children and youth with healing from their losses and resulting grief.
- Identify the impact trauma, including loss, can have on your personal well-being and promote personal well-being.

## Guided Discussion Questions

1. What does trauma-informed caregiving mean to you as a caregiver?
2. What has been your biggest success in applying a trauma informed lens when caring for the children and youth in your home?
3. How do you support the children and youth in your home to build self-regulation skills and executive function?
4. What are some ways that you support the child or youth in your home to manage their grief and grief triggers? Provide examples.