

Caregiver Training Navigating Transitions

Participant Material

Alberta Children and Family Services
2024



Alberta

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Key Takeaways

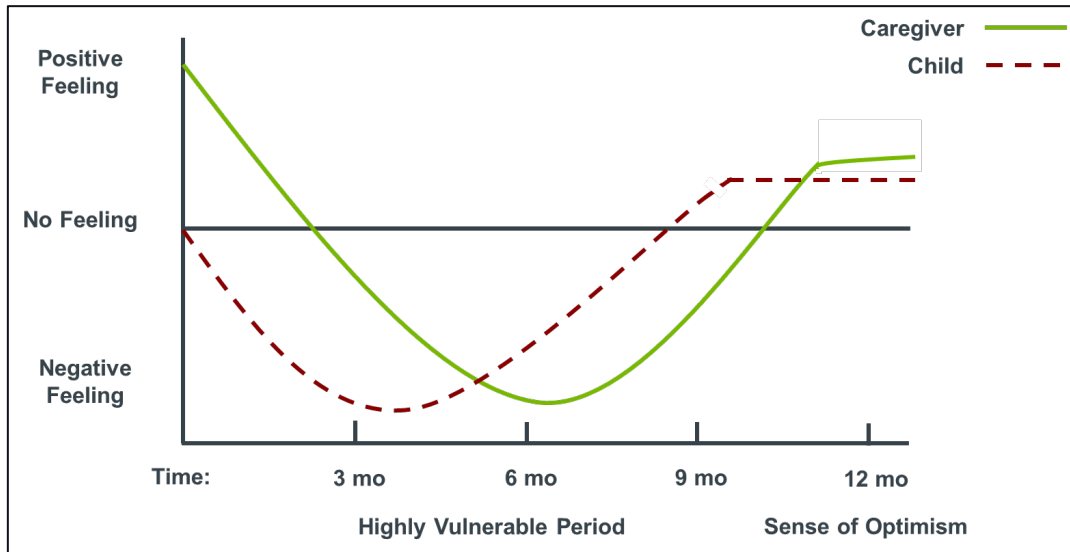


Self-Care Strategies



Resources

Emotional Adjustment Process



Source: Workshop led by Carroll Ganom Ph.D.

- The diagram shows the timing of the different emotions the child and caregiver go through during the adjustment period.
- This process can sometimes be challenging as we try to find a balance between meeting the needs of a child who has had a trauma history and meeting the emotional needs of all the family members.
- We need to ensure that we acknowledge the emotional adjustment process and encourage children and youth to talk about their emotions.

[Learn about the emotional adjustment process from Kathy!](#)



Understanding the Impacts of Transitions



- Children coping with the effects of trauma need enduring relationships.
- These relationships must be at the forefront of our approaches in guiding all transitions for children in care.
- The evidence of trauma can sometimes be seen as behavioural responses to a child's environment or something happening for them.
- The behavioral responses that caregivers report seeing can be more frequent, more severe and more challenging to change.

[Learn about anchors and relationships from Kathy!](#)



Getting the Information You Need



As trauma-informed caregivers, you need to seek out as much information as you can about the child/youth, such as:

- The child/youth's family history
- The reason they are in care
- Medical health and needs
- Developmental strengths and needs
- Significant relationships and connections
- The latest case plan



Examples of Tools to Build Relationships

There are many ways to build/honour relationships and promote lifelong healing. Here are some ideas to build relationships and make a child/youth feel special:



Facilitate Transitions

Here are some examples of information you can pass on to the next caregiver to facilitate the transition if the child/youth is moving from your home.



General information such as:

- Medical information and health card
- Identification
- Genogram
- Pictures/memories
- Comfort items
- Temperament
- Education information
- Extra-curricular activities
- Cultural information
- Struggles/triggers
- Relationships

Household information:

- A little about your home
- Who lives in the home
- The pets in the home
- How did they settle in at first?
- Household rules and consequences
- Traditions, celebrations, culture, and religion they identify with...

Eating information:

- Food allergies or sensitivities
- Favourite foods
- Least favourite foods
- Does the child like to feed themselves?
- When are mealtimes?
- Will the child ask for food?
- Did they ever experience food insecurity? Have they ever hoarded food?

Sleeping information:

- Does the child share a bedroom?
- What does the child wear to bed?
- When is bedtime?
- How well do they sleep?
- Are they afraid of the dark?
- Favorite stuffed animal or blanket?
- Bedtime routine
- Wake up time...

Previous



Next

Preparing for Unexpected Moves with Care and Respect

Keep Track of the Child's Personal Items

- Document what the child arrived with and any new belongings they have acquired during their stay.

Organize Their Belongings

- Create a checklist of essential items to ensure nothing important is left behind.
- Involve the child in gathering their belongings to provide a sense of control.

Ensure a Dignified and Comforting Transition

- Provide a proper suitcase, duffle bag, or backpack if they don't have one.



Self-Care Strategies



When I feel overwhelmed, anxious, or tired I will:

[Learn tips about support and self-care from Kathy!](#)



Self-Care Resources

Name	Link	Description
AFKA – Caregiver Support Team	https://afkaonline.ca/programs/caregiver-support-program/	Link to reach out to the AFKA Caregiver Support Team if you have questions or need support.
Alberta Health Services – Mental Health Services	https://www.albertahealthservices.ca/amh/Page14063.aspx	Mental health programs & services available in Alberta
Family Resource Networks – Supporting Alberta families	https://www.alberta.ca/family-resource-networks#jumplinks-2	Resources and tips for Alberta families.



Course Resources

Name	Link	Description
AFKA	https://afkaonline.ca/	Alberta Foster and Kinship Association
AISH	https://www.alberta.ca/aish	Assured Income for the Severely Handicapped
Family Resource Networks	https://www.alberta.ca/family-resource-networks	Agencies within the FRN program deliver prevention and early intervention services and supports for children and youth aged 0 to 18 and their families.
Health professions act	https://open.alberta.ca/publications/health-professions-act-a-new-law-for-regulated-health-care-professionals	A new law for regulated health care professionals.
OCYA	https://www.ocya.alberta.ca/	Office of the Child and Youth Advocate
PDD	https://www.alberta.ca/persons-with-developmental-disabilities-pdd	Persons with Developmental Disabilities



Course Resources (cont.)

Name	Link	Description
TAP	https://www.alberta.ca/transition-to-adulthood-program	Transition to Adulthood
University of Alberta - Indigenous Canada	https://www.ualberta.ca/admissions-programs/online-courses/indigenou-s-canada/index.html	Indigenous Canada is a 12-lesson course that explores the different histories and contemporary perspectives of Indigenous peoples living in Canada



Additional Resources

Name	Link	Description
Advancing Futures	https://www.alberta.ca/advancing-futures	Support for young adults who have been in care.
Alberta Family Wellness Initiative	https://www.albertafamilywellness.org/	Created to improve outcomes in health and wellbeing for children and families across Alberta.
Engaging Kinship Caregivers with Joseph Crumbley	https://www.aecf.org/blog/engaging-kinship-caregivers-with-joseph-crumbley	Five-part video training series developed by the Annie E. Casey Foundation.
Hand in Hand	https://www.handinhandparenting.org/2013/07/helping-child-transition-from-playtime-to-naptime/	Embracing Transitions: How Connection Helps
Karyn Purvis Institute of Child Development	https://child.tcu.edu/#sthash.eGSRK14d.dpbs	Help for children suffering from the effects of early trauma, abuse and/or neglect.



Additional Resources (cont.)

Name	Link	Description
Learning Without Tears	https://www.lwtears.com/blog/6-transition-activities-preschoolers-and-toddlers	Six transition activities for preschoolers and toddlers.
Mindful Little Minds	https://www.mindfullittleminds.com/transitions-for-kids/	Transitions for kids: Why they're difficult and how to help.
Neufeld Institute Foundation	https://neufeldinstitute.org/#	Offers courses created by Dr. Gordon Neufeld.
SickKids	https://sickkidscmh.ca/children-families/parent-information-sheets/	Parent Information Sheets
The Annie E. Casey Foundation	https://www.aecf.org/	Foundation devoted to developing a brighter future for children and youth.
Trying Together	https://tryingtogether.org/dap/family-transitions-routines/	Family Transitions and Routines: Resources



My Local Resources

Name	Location	Phone #	Description

