

Caregiver Training

Navigating

Transitions

Participant Material

Alberta Children and Family Services
2024



Alberta

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Key Takeaways

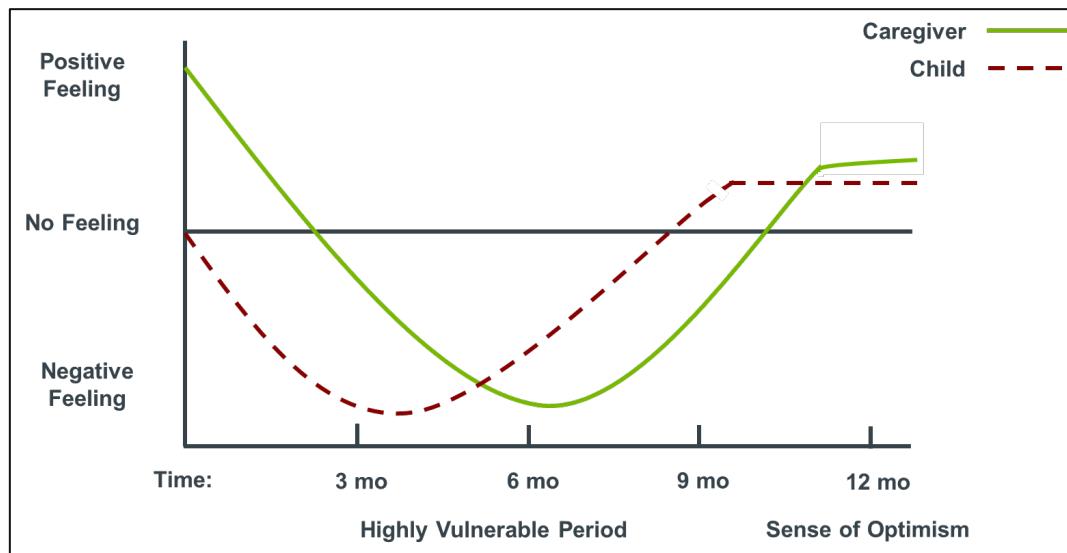


Self-Care Strategies



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:



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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...

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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.

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Self-Care Strategies



DON'T BE AFRAID TO ASK!

You are an important part of the child's life. It's easy to get overwhelmed, but don't let it affect your relationship with them.

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.

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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

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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/indigenous-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.

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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/transition-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://tryingtogeather.org/dap/family-transitions-routines/	Family Transitions and Routines: Resources



My Local Resources

