

Foster Carers - Course Overview

Health and Wellbeing Session

Child Development

Aims: To provide awareness around Children's Developmental Milestones looking at developmental patterns from birth to adolescence

Objectives: Foster carers will have an understanding of child development with a specific focus on development within the Children in Care population.

Health Lifestyles/ Adolescent Health (including sexual health and relationships)

Aims: To provide foster carers with a working knowledge of healthy eating with particular reference to the EAT WELL PLATE. To gain a basic awareness of low level emotional health issues for Children in Care. To consider puberty/body changes and impact on lifestyle choices and sexual health overview

Objectives: Foster carers will receive practical knowledge around healthy eating, food groups & the importance of providing a balanced diet. Awareness of food labelling, calories & food misconceptions will be discussed. Overview of brief interventions/motivational interviewing techniques utilised when working on self-esteem issues, low level anxiety & confidence. Discuss puberty, healthy relationships and lifestyles for children/young people including awareness of local services

Substance Misuse Awareness Session

Aims: To provide up to date information around substance misuse in adolescence.

Objectives: Foster carers will have an awareness of the different types of substance misuse and will have an awareness of how to recognise signs and symptoms of substance use.

Health Issues for Children in Care

Minor Childhood Illness

Aims: To enable early recognition of common childhood illnesses & access recommended treatment

Objectives: Carers of children & young people will gain knowledge of common ailments including signs & symptoms, routes of infection, incubation periods, treatments & recovery time

Health issues affecting babies/young children including those to be placed for Adoption (Drug Withdrawal, Foetal Alcohol Spectrum Disorder, Blood Bourne Virus)

Aims: To enable carers of babies born to drug-dependent mothers to have skills & knowledge to recognise & manage the symptoms of neonatal drug-withdrawal. To raise awareness of issues related to alcohol use in pregnancy including overview of Foetal Alcohol Spectrum Disorder (FASD). To raise awareness of Blood-borne viruses (BBV) including transmission and treatments

Objectives: To assist carers with recognition of signs & symptoms of neonatal abstinence syndrome and gain knowledge on how to appropriately manage the behaviours associated with this. To gain a further understanding of the different elements of FASD including the impact on the child's holistic development. To gain further understanding of the review of health needs of Children in Care in relation to BBV including Consent & Confidentiality, Testing & referral

Paediatric Continence

Aims: To provide overview of common continence issues in children

Objective: Foster carers to gain an Overview of common continence issues in children including nocturnal enuresis (bedwetting) with information and advice on management & treatment