



Practical information

Foster care



FAIRSTART'S INSTRUCTOR EDUCATION



ABOUT FAIRSTART FOUNDATION

Fairstart offers high quality teaching material for caregivers in children's institutions and foster care systems.

Our vision is to create happy and healthy children, who can contribute to society in positive and constructive ways.

FAIRSTART FOUNDATION

HELP CHILDREN SAVE THE WORLD

Need to know before course start

Below, you will find all the information you need to prepare your participation in the course.

THE CAREGIVER GROUP

Before the online course begins, you or your organisation must arrange an agreement with a group of foster and/or kinship parents who wish to know more about the fundamental childcare practices and to gain better competences in their work with vulnerable children and youth.

The group should consist of 4-15 families (depending on your experience as a teacher) who have one or more foster or kinship children in their daily care.

During the instructor education, you train the caregivers six times in three-hour sessions (see activity overview on page 3).

FINDING AND MOTIVATING CAREGIVERS

If you are not already connected with a group of foster or kinship families, you may contact a local foster care organisation or the local authorities, depending on how the foster care system in your country is organized. Ask for assistance to locate and select foster families for the training process. It is important to communicate this offer as a common dialogue-based learning process that will strengthen the foster families' cooperation, caregiver skills and general well-being.

Reflections and group discussions promoting the foster parents' understanding of own childhood experiences with loss and separation are main focuses in the programme. The experience is that this is a huge help for foster parents in their work with placed children and youth.



The course matches level 5 in the European Qualifications Framework.

ENROLLMENT:

If you want to sign up for one of our instructor educations contact us at: info@fairstartfoundation.com

The price is 950 EUR per person.

If you sign up as a larger group we can offer you group discounts.

As instructor student, you educate yourself while educating a group of caregivers. You are provided with knowledge about motivation, learning and organization theory, which will make you able to facilitate the training and be a good teacher.

Hence, you do not need to have a lot of experience in this area; look at it as a common learning process of which you are the organiser and facilitator.

WHAT IS IN IT FOR THE FOSTER PARENTS?

- A strengthened social and professional work foundation
- Knowledge about attachment-based childcare
- Practical tools to cope with traumatized and dysfunctional foster children
- Room for reflecting upon own childhood experiences with loss and separation, which can be used in daily childcare practices
- Increased familiarity with the individual children's challenges and needs through group discussions and reflection assignments
- The opportunity to create a strong network with other foster and kinship families
- Free research-based teaching material of high quality

ONLINE EDUCATION

Participating in the instructor education requires that you engage online with the other students. You become part of an online class, where you and your fellow students support each other and receive online support from Fairstart during the whole education.

The primary online assignments consist of peer assessments, where you give and receive feedback on a number of reflection questions that everyone needs to answer.

The instructor lessons are not live, but consist of a wide range of video lectures, which you may watch when it suits you, as long as all deadlines are kept.

Since all activities, except the training of caregivers, take place online, instructor students may participate from all over the world, making the sharing of experiences broad and varied.

ENROLLMENT

If you want to sign up for one of our instructor educations, simply send us an email that contains your contact-information and indicates in which of the instructor educations you wish to enroll.

You will then receive an email with information about the education, along with an invoice.

When we have received your payment, we will register you as a student, and send you a confirmation email with information on how to set up your online account as a student and your log-in info.

CERTIFIED EDUCATION

When you have passed the course, you'll receive a certificate documenting your completion of the Certified Instructor Education. You will also become part of an international instructor network.

STRUCTURE AND TIME FRAME OF THE COURSE

MODULE	ACTIVITY	TIME FRAME
Introduction module Week 1+2	Preparation, presentation to fellow students	2-3 hours
	Meeting with your caregiver group Interview 1	2 hours
	Learn to perform a training session	1-2 hours
Module 1 Week 3+4	Prepare training session	3 hours
	Perform training session	3 hours
	Reflection exercises	2 hours
Introduction to the caregivers' learning		
Module 2 Week 5+6	Prepare training session	3 hours
	Perform training session	3 hours
	Reflection exercises	2 hours
Understanding basic attachment theory		
Module 3 Week 7+8	Prepare training session	3 hours
	Perform training session	3 hours
	Reflection exercises	2 hours
How to practice professional caregiving		
Module 4 Week 9+10	Prepare training session	3 hours
	Perform training session	3 hours
	Reflection exercises	2 hours
Insecure attachment responses in children		
Module 5 Week 11+12	Prepare training session	3 hours
	Perform training session	3 hours
	Reflection exercises	2 hours
Turning pain into resilience		
Module 6 Week 13+14	Prepare training session	3 hours
	Perform training session	3 hours
	Reflection exercises	2 hours
Teenagers and leaving foster care		
Module 7 Week 15+16	Final meeting with your caregiver group Interview 2	2-3 hours
	Exam assignment	3-5 hours
	Reflection exercises	2 hours
Total		60-65 hours