Children Entering Care: Physical Health Issues

It is common for children in care to have a chronic health issue, like sleep problems, asthma, or obesity. In order for them to receive quality medical attention, resource parents will need to navigate the medical and child welfare systems. Our newest online course, *Children Entering Care: Physical Health Issues*, helps parents understand the steps necessary to support a child with physical health problems.

Led by Dr. Robert Nickel, a developmental pediatrician, this course explores what foster, adoptive, and kinship parents can expect from their child’s “medical home.” Then, Dr. Nickel discusses some of the common physical health issues children entering care may be experiencing, including basic steps to address the problem and preventive care.

View the course preview here: [www.fosterparentcollege.com/course-info/generalhealth](http://www.fosterparentcollege.com/course-info/generalhealth)

Social & Physical Aggression: To be released soon

It is complicated for parents to know how to handle children who act aggressively towards adults or other children. Our newest Advanced Parenting Workshop will help resource parents understand both social and physical aggression, focusing on why children are aggressive. As explained by our expert, Dr. Rick Delaney, “parents will need to intervene in different ways, depending on the type and the underlying purpose of their child’s aggression.”

Social & Physical Aggression is the latest course in Foster Parent College’s Advanced Parenting Workshop series. This six-credit hour course delves deep into the reasons children are aggressive, with a focus on proactive and reactive aggression and the role of past trauma experiences. With the help of Dr. Delaney and his assistant, participants examine two family studies and explore parenting strategies for youth in care who are aggressive, including using empathy or the social information processing model.

Social & Physical Aggression is currently being studied and will be released this winter. It was made possible through a Small Business Innovation Research Grant (#R44 HD056645) from the Eunice Kennedy Shriver National Institute of Child Health and Human Development to Northwest Media, Inc., parent company of FosterParentCollege.com.

Coming Soon!

Supporting Normalcy in Spanish

Historically, protective restrictions within the child welfare system limited children’s participation in activities outside the home. In an effort to give children in care a more typical childhood, a new approach known as normalcy is being implemented nationwide.

To assist resource parents in providing a more typical upbringing for children in their care, we released *Supporting Normalcy* in March of this year. Since that time, our translation team has been working hard on translating this course into Spanish. This process is nearing completion, and we anticipate releasing *Respaldar la normalidad* in the next couple months.

Find additional resources for foster care and adoption at [www.FosterParentCollege.com](http://www.FosterParentCollege.com)
English/Spanish Glossary of Terms

Foster Parent College has translated 14 of our courses into Spanish. To facilitate this process, our translator, Omar Canals, and Spanish-language reviewers have created a “living” glossary. This glossary ensures that our courses are consistent with the language used in social service agencies across the United States.

As new terms are encountered during the translation process, they are added to the glossary. We provide the glossary in the Free Resources section of our website (www.fosterparentcollege.com/info/resources.jsp). By making it public, we hope others in the field will also apply these common terms in their work.

Upcoming Courses

To provide resource parents with the information they need to support children in their care, Foster Parent College is continually creating new courses and updating existing ones. We are currently working on these courses:

- **Respaldar la normalidad** (Spanish-language version of Supporting Normalcy, to be released soon)
- **Social & Physical Aggression: Advanced Parenting Workshop** (in study, to be released this winter)
- **Problematic Sexual Behaviors: Advanced Parenting Workshop** (in production)
- **Children Entering Care: Mental Health Issues** (now being recorded)
- **Children with Autism, 2nd Edition** (being scripted)
- **Human Trafficking and Child Welfare** (being scripted)
- **Being a Kinship Caregiver** (being scripted)
- **Trauma-Sensitive De-escalation Techniques** (in preparation for scripting)

Culturally Competent Parenting: Results of a Study

A quarter of all adoptions in the United States are transracial, meaning the children are of a different race or ethnicity than the parents. In her recent dissertation, *Culturally Competent Parenting: A Test of Web-Based Training for Transracial Foster and Adoptive Parents*, Jordan Montgomery notes that children who have been transracially adopted have more positive outcomes if they receive racial-ethnic socialization.

Dr. Montgomery’s dissertation is based on her research which sought to determine whether parents who complete FosterParentCollege.com’s *Culturally Competent Parenting* course are more open to cultural receptivity when compared to a control group. As noted in her abstract, “Results of the study indicated that parents enrolled in the treatment course had significantly higher scores for openness to cultural receptivity after completing the course than before” (p. ix).

*Culturally Competent Parenting: A Test of Web-Based Training for Transracial Foster and Adoptive Parents* was submitted to the College of Human Sciences, Florida State University, 2018.

About FosterParentCollege.com

FosterParentCollege.com has been providing online, interactive courses designed specifically for foster, adoptive, and kinship families since 2004. Today we have over 60 courses available. Staff at participating agencies have access to our administrative management system, which lets them register parents as users, assign courses, distribute handouts, and track program progress. At the same time, resource parents have the flexibility to take courses at their own convenience and pace, wherever internet access is available.

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