



National Training and Development Curriculum

FOR FOSTER AND ADOPTIVE PARENTS

Foundational Classes:

- Introduction and Welcome
- Child Development
- Attachment
- Separation, Grief and Loss
- Trauma Related Behaviors
- Trauma Informed Parenting
- Effective Communication

Expanding Families:

- Reunification- The Primary Permanency Planning Goal
- Foster Care-A Means to Support Families-
- Preparing for and Managing Intrusive Questions
- Maintaining Children's Connections
- Cultural Humility
- Parenting in Racially and Culturally Diverse Families

Specialized Care Considerations:

- Mental Health Considerations
- Impact of Substance Use

Power in Practicalities:

- Creating a Stable, Nurturing, Safe Home Environment
- Accessing Services and Support

On-Line Classes:

- Expanding Your Parenting Paradigm
- Overview of the Child Welfare System

Plus, two themes specific to kinship caregivers.

The National Training and Development Curriculum for Foster and Adoptive Parents (NTDC) is funded through a five-year cooperative agreement with Department of Health and Human Services, Administration for Children and Families, Children's Bureau. The goal is to develop and evaluate a state-of-the-art training program to prepare foster and adoptive parents to effectively parent children exposed to trauma, separation and loss and to provide these families with ongoing skill development needed to understand and promote healthy child development.

The curriculum includes 17 classroom-based themes and 2 additional themes that are completed online outside the classroom. Additionally, the curriculum includes two themes that are specific to kinship caregivers. All of the themes are built to be their own training, lasting 1 to 2 hours. This design allows sites flexibility on how they offer the themes to prospective foster and adoptive parents. In addition to the classroom-based themes, there are 15 right-time themes that cover different topics. The right-time themes are available to families whenever they need them. View samples of the curriculum components by going to: <https://ntdcportal.org/curriculum/sample-components/>

"This class has opened my eyes to so many factors that I did not think of considering when taking care of a child that has experienced trauma, grief, and loss. I now understand that I may have to alter my parenting in a way to better suit the child in my care. The class has also given me a sense of compassion and understanding for parents of children that may come into foster care."

Quotes from NTDC Training Participants

"Attending the Adoption class has taught me new ways to view the parent and child relationship. I have been a parent for 15 years so I thought that I had a greater perspective on interacting with children and being the parent that they needed but I did not think about the different types of personalities and backgrounds that another child might have that I have never seen before. I learned that I have an understanding of my child and her personality. I know what she needs and how to

interact with her successfully, but that is not going to work for my next child. The child that I will adopt might have trauma from their past that might affect who they are and how they interact with me and my daughter. I will need to be patient and understanding. Be present and ask them how I can help them open up and get past the hurt and mistrust so that we can grow together as a family.

I really like the color wheel of emotions. I think I will incorporate that into my parenting. It was not taught as a strategy but I want to adopt a teenager, so I think that would be a great way to open up the conversation for all of us and ask about my kid's day in a less threatening manner. I also like the 4 P's for parents. I like to motivate and empower my child to think and to make good, sound decisions on her own with my guidance of course. The 4P's can help me when communicating and parenting to be present, parallel (which I really like), patient and persistent. I know that I will need to shift my parenting paradigm and to be open to trying new parenting methods that will work for everyone, instead of using my routine parenting style. I am excited and ready for the challenge to create a happy, healthy family with my new adopted children and my biological child, all living happily together.

Thank you for the education and the support. I look forward to getting through this process with your continued help.”

JC

“I wanted to let you know how much I enjoyed the NTDC training. I think the podcast and additional information on the specific topics covered each week is very beneficial. I like the book for the training that also provides questions about the subject for pre-work to prepare one for the coming up training subject. The additional resources provided in the portal is also helpful. Thank you!”

DP

“The class was very in depth and informative.”

JS

“I think that having the option of taking the class via distance learning should be an option in the future after Covid. The convenience of attending from home was amazingly helpful.”

AF

“The materials provided are great and informative information The self-assessment and pre-work questions give participants an opportunity to consider obstacles, challenges, and behavior that we didn't think about prior to the training.”

BA

Quotes from NTDC Trainer

“You can tell the NTDC curriculum was designed by and for caregivers in partnership with professionals. They thought of everything – managing intrusive questions, accessing and advocating services, how your family dynamic changes as you welcome children into your home and more. I wish I had this information when I became a foster parent. It would have shortened my learning curve significantly.”

'The facilitator guide and curriculum components are designed in such a way you can pick up the guide and train the curriculum. Spaulding has done everything possible to set us up for success in delivering this curriculum.'

'I really like the balance of professionals and caregivers with lived experience. Nothing resonates more than hearing from someone who has done the hard work of trauma informed parenting.'