

Effects of Caregiving



Foster Care, Kinship Care, and Adoption Preservice Training

You will be able to:

- Describe realistic expectations of fostering
- Discuss the stressors of fostering
- Identify self-care strategies

Fostering will add additional stressors



- More children/Less privacy & time
- Incorporating child's diversity
- Sharing space and belongings
- Budget changes
- More appointments and activities
- A stranger living among you
- Repeated goodbyes
- Change in parenting strategies
- School-related issues
- Trauma triggers of children
- Visits and primary family issues

UNREALISTIC EXPECTATIONS

Our love will be enough

We will feel love and connection to this child quickly

This child will step into our family system easily

This child's needs will be just like those of our biological children

Our biological children will embrace this new child as a sibling

Our child will fit into our extended family and be welcomed by them.

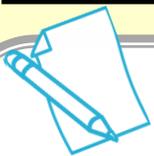
Our friends and acquaintances will validate our role as parent

Our child will forget about his birth family & past

We will never feel any second thoughts or ambivalence

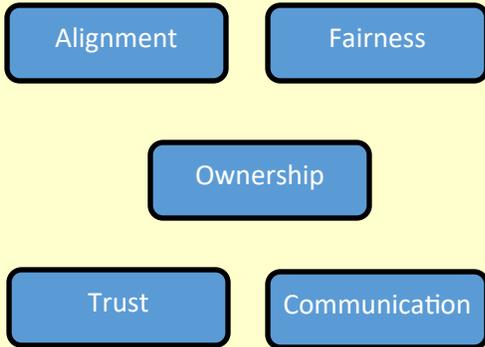
One unrealistic expectation I have held...

A healthier expectation is.....



Combatting Family Stressors

Partners who are most successful share these characteristics:



Single parents can use these strategies:



Help children in the home by:

- Giving time and attention
- Reducing rivalry
- Enduring safety

This is a safe place and I won't let anyone ___ you, so I can't let you ___, because this is a safe place.



A large, empty, rounded rectangular box with a grey border, intended for writing notes or responses.



The challenges of fostering become overwhelming



The emotional duress from hearing firsthand about another's trauma experience

Characteristics that Combat Burnout

- Commitment to care for children
- Supportive agency & informal support system
- Older caregivers
- Compassion, empathy, perspective taking, and forgiveness

Connecting to Community Supports

Ohio Benefits:

<https://benefits.ohio.gov/>

County directory for ODJFS programs:

https://ifs.ohio.gov/County/County_Directory.stm

Family supports:

<https://mha.ohio.gov/Families-Children-and-Adults/Family-Supports>

Child welfare specific services

<https://mha.ohio.gov/Schools-and-Communities/Child-Welfare>

Strategies to Combat Secondary Traumatic Stress



DOMAINS OF SELF-CARE

Physical self-care

Psychological self-care

Emotional self-care

Spiritual self-care

Professional self-care

Balance

Good hygiene is the best way to prevent infection



Wash your hands
 Cover your cough
 Avoid sharing food & drink



<https://www.kentohio.org/DocumentCenter/View/1753/Ohio-Department-of-Health---Communicable-Disease-Curriculum-for-Child-Care-Providers-PDF>

DISEASE	INCUBATION AND SYMPTOMS	METHODS OF TRANSMISSION	EXPECTED ACTION AND ADDITIONAL INFORMATION
Chickpox (Varicella)	11-21 days; Rash, fever, malaise	Airborne, direct contact, contact with contaminated objects	Isolate patient until all lesions are crusted over (7-10 days after onset of rash)
Common Cold	1-3 days; Runny nose, sneezing, cough, sore throat	Airborne, direct contact, contact with contaminated objects	Isolate patient until symptoms resolve (7-10 days)
Croup	2-7 days; Hoarse voice, barking cough, stridor	Airborne, direct contact, contact with contaminated objects	Isolate patient until symptoms resolve (7-10 days)
Diseased Droplets	Varies; Cough, sneeze, droplets	Airborne, direct contact, contact with contaminated objects	Isolate patient until symptoms resolve (7-10 days)
Flu (Influenza)	1-4 days; Fever, cough, sore throat, muscle aches	Airborne, direct contact, contact with contaminated objects	Isolate patient until symptoms resolve (7-10 days)
Hand, Foot and Mouth	3-6 days; Rash, blisters, fever	Airborne, direct contact, contact with contaminated objects	Isolate patient until symptoms resolve (7-10 days)

<http://www.odjfs.state.oh.us/forms/num/JFS08087/pdf/>

- The 5 rights of medication administration:
1. Right child
 2. Right medication
 3. Right dose
 4. Right time
 5. Right route

Know: Purpose

Side effects

Response

Protect Your Preservice Learning!

Research shows that, without intervention, you risk losing a significant amount of what you just learned in Preservice training within a week of learning it. That is a real problem if it's two, three, or more weeks until you really need to use what you learned.

The good news is we have developed a strategy to keep those new concepts fresh in your mind for those first few weeks after training. Sign up using one of the options below and you'll receive three strategically-spaced "protect your learning" emails, each containing a few short interactive exercises to help you remember and apply what you learned in Preservice training.

Three ways to sign up:

1. If you have a free QR Code reader app on your smart phone or tablet, simply use your device's camera to take a picture of the QR Code. When prompted, enter your name and email address to start receiving "protect your learning" emails.
2. Enter this address in your web browser: http://eepurl.com/giY_WH (note the capital letters and the underscore between the Y and the W). When prompted, enter your name and email address to start receiving "protect your learning" emails.
3. Go to the Caregivers Corner page on the OCWTP website. Select "Training" then "Preservice" from the top menu, then follow the right-side link to "Protect Your Preservice Learning." Scroll down and click the link to opt into the protect-your-learning campaign. When prompted, enter your name and email address to start receiving "protect your learning" emails.

NOTE: Email addresses will be used solely for the purpose of prompting your memory on your Preservice learning. Each of the three emails you will receive will contain a link to "opt out" of receiving any remaining emails.

