



## Educational Opportunities for Adoptive and Foster Parents

*(Each session counts as training toward your licensure requirement)*

WINTER  
2011-12

**Classes are offered at a low or no cost to foster and adoptive families.  
Registration is required. Contact Gail for further details.**

**Positive Communication with Children** One of the most important things for children with special needs is to support their efforts to succeed and encourage the development of positive self-esteem.

Monday, Dec. 5, 6-9 PM, Litzsinger Training Room

**Lifebooks:** Lifebooks are an important tool for helping children who are in foster care and are adopted to feel connected to their past. Class focuses on the demonstration of age-appropriate activities and tools.

Wednesday, Dec. 7, 6-9 PM, Litzsinger Training Room

### **Using Humor in Parenting**

Learn to tap into your funny bone to make it through the trials of raising your children. Humor is good for the body and soul—and so is this class!

Thursday, Dec. 15, 6-9 PM, Litzsinger Training Room

### **Child Safety**

Topics covered will include child proofing the home, bike safety, first aid, safely transporting children and CPR.

Wednesday, Jan. 11, 6-9 PM, Litzsinger Training Room

### **Nurturing Parenting for Kinship Families**

A new five week series of classes will explore issues in parenting including respectful communication, developing empathy, family values and rules, managing stress and anger and dealing with discipline. Participants are encouraged to bring their lunches.

Wednesday, Jan. 18, 25, Feb. 1, 8, 15, 11 AM–2 PM, Litzsinger Training Room

### **Nurturing Parenting**

This course is the same as the above class, however it is open to all families. Classes will meet every other Wednesday in the evening.

Wednesday, Feb. 22, March 7, 21, April 4, 18, 6-9 PM, Litzsinger Training Room

## **CHS has 2 training locations!**

CHS  
9445 Litzsinger  
Brentwood, MO  
63144

~or~

Family Nurturing Center  
Deer Creek Center  
3202 Laclede Station Rd.  
Maplewood, MO  
63143

**Registration is  
required:  
(314) 968-2350, ext. 234  
or  
gailk@chsmo.org**

### **Sensory Processing Disorders**

Difficulties with sensory processing are often confused with behavioral problems - children who have been adopted or in foster care are at a heightened risk to experience these challenges. Learn about Sensory Processing Disorder- what it is, signs and symptoms, suggested ways that parents and teachers can help, and resources in the area.

Monday, Jan. 23, 6-9 PM, Litzsinger Training Room

### **Enhancing Executive Function in Children**

New training! Many foster and adoptive children have difficulty with organizing, planning, goal setting, time management and retaining things in their memory. Parents will learn how to help their child function better in the home setting utilizing common practices used by classroom teachers.

Monday, February 13, 6-9 PM, Litzsinger Training Room

### **Parenting Children with Elevated Needs**

Children with histories of abuse and neglect tend to exhibit very difficult behaviors such as chronic lying, stealing, aggression, difficulties with eating and/or sleeping. Trauma-focused parenting is discussed with an emphasis on the impact of trauma on brain development. Insuring a child's physical, emotional and psychological safety is paramount to decrease behavioral issues and "re-wire" the brain for appropriate behavioral responses. This six week class is mandatory training for Level A Foster Care Licensing, but is beneficial for all foster/adoptive parents.

Tuesday, February 21, 28, March 6, 13, 20, 27, Deer Creek Location

### **Transracial Parenting in Foster Care and Adoption**

Parenting a child of another racial heritage brings with it additional challenges and opportunities. In this two-part class, activities include video-based training regarding ways to prepare to better meet the cultural needs of children and a panel discussion with other parents.

Saturday, February 18 and 25, 9 AM–Noon, Litzsinger Training Room

If there is a topic you would like to know more about or a problem you are struggling with in your family, please let us know. We are always looking for ways to better serve the foster and adoptive families of our community and are happy to add new classes on a regular basis.