

Adoption UK Cymru Online Training Programme



To book a course, please click on the link beneath the relevant course. For further information, contact wales@adoptionuk.org.uk or telephone 0300 666 0006.

Courses are suitable for adoptive parents, kinship carers, foster carers and social workers to attend alongside one another and are FREE OF CHARGE. Please note some courses are open to members of Adoption UK only.

Most courses will be offered via Zoom. They will last for 2 ½ hours including a short comfort break. Copies of PowerPoint slides, useful resources, clips and links will be provided by email after each course. There are a maximum of 12 spaces on each course. **If you book a course and are unable to attend, please let us know so your space can be offered to the next person on the waiting list. Please note that YOU NEED TO REGISTER YOUR INTENTION to attend each course in advance. Also note that on Zoom your name will be visible to other participants.**

Each course is open to participants from across Wales. From April 2021 we are planning to re-commence some face-to-face training as long as it is safe to do so.

Forthcoming courses

Life Journey Work Focus Group

Tuesday 23 February 2021 10-1230pm Register → <https://bit.ly/LifeAUK5>

This session will help de-mystify Life Journey Work and introduce the Wales National Adoption Service's Life Journey Work Good Practice Guide, Framework and Toolkit. These documents are available on the NAS website <https://www.adoptcymru.com/life-journey>. An opportunity to ask all those niggling questions and hear some practical suggestions to help children understand their background and promote a positive sense of identity.

Contact – what does it really mean?

Thursday 4th March 2021 10-1230pm Register → <https://bit.ly/Contact0403>

The course provides space for adoptive parents to reflect on the benefits and risks associated with contact. Participants will be given the opportunity to think about who might be significant for their child to have contact with and how this could happen. Participants will discuss how to support a child through the process and reflect on their own feelings about contact.

Helping your adopted child to cope in school

Monday 8th March 2021 630pm-9pm Register → <http://bit.ly/School0803>

An opportunity to look at how to support children through the many transitions that happen in school. The session will consider children's feelings and how they show them. It will focus on the importance of planning ahead, talking with children and lots of practical tips to support transitions – the big ones (eg from primary to secondary school) and the small ones (eg. from home to school each morning or from classroom to classroom). Useful resources will be demonstrated and ideas for activities and conversation starters will be provided.

There will also be an opportunity to find about new developments coming up for schools in Wales, and plenty of time to chat together about any concerns that you may have.

When you book onto this course, please remember to submit any questions that you'd like covered during the session.

Non-Violent Resistance Awareness Raising Course (half-day)

An introduction to a range of practical Non-Violent Resistance strategies. This session provides information about what NVR is (and is not). It will help parents, carers and practitioners decide whether Non-Violent Resistance would be beneficial in specific situations where child to parent violence (verbal and/or physical) is a regular occurrence.

Thursday 29th April 2021 10am-12.30pm Register → <http://bit.ly/NVR2904>

This session is for Adoption UK members

Our range of courses

You will find below descriptions for our range of online courses. These always fill up quickly. The courses below can be commissioned from Adoption UK Wales. **Commissioned courses can be held using Microsoft Teams if preferred.** Funding permitting, we will also aim to put some of them on as part of our open course programme. Please contact Philippa.williams@adoptionuk.org.uk for more information.

Digital Safeguarding Seminar (for parents and carers)

A seminar for adoptive parents and carers exploring how to keep children and young people safe and resilient when using new technology, gaming and digital applications.

There are unique challenges presented with the increasing use of social media, gaming and new technologies for parents and practitioners. The rapid take up of new technologies for children means that families need to increase their awareness and understanding quickly against a backdrop of threats and risks faced by children and young people online.

We also consider the intense pressures on families at the present time of lockdowns which has made us all more dependent on technology for work, school and social connection. We need to think about how rules might apply differently in the context of this high dependency whilst also making sure we keep our children safe and healthy. This course will support adoptive families with the challenges of children and young people increasingly video calling each other, viewing

and creating inappropriate content, live streaming, gaming and in some cases bullying or being bullied.

This seminar will provide the foundations for sensible, ethical and balanced guidance on how to navigate these pressures, whilst also acknowledging how the internet provides a world of opportunity and positive benefit for adopted children and young people especially when they currently feel isolated.

This masterclass will:

- Explore the internet and new technologies in order to learn what children and young people are doing now, what technology and apps they are using and taking a closer look at what is currently popular for this age group including apps like TikTok and Instagram. We will improve understanding of these apps and associated risky behaviours
- Offer some practical advice and resources to help your children stay safe and healthy online.
- Clarify the key principles of effective education and support to influence children and young people to make good choices.
- Support children keeping themselves safe online from unsolicited contact from birth families and consider the nuances of adopted young people seeking to find birth families online.

Self Care and Resilience

This session can be offered flexibly as a focus topic for existing community support groups or as a stand alone 2½ hour course. It provides an opportunity for parents to focus on their own feelings and needs. Practical ideas are provided on how to build self-care into one's day, however busy life gets. The materials have been prepared with contributions from adopters from across Wales and we are particularly grateful to the input from male adopters.

Challenging Behaviour – understanding and addressing it

This course is based on the online course developed with AFA Cymru and available on the NAS website. For those who want to understand more about challenging behaviour – what triggers it, the unmet need beneath it, how to manage it and how to reduce it. There will be an opportunity to consider a range of strategies that work for children who have experienced trauma in their early weeks, months and years. The course is suitable for all parents, carers and practitioners, particularly those with younger children who are keen to understand any emerging behaviours that they are concerned about.

Health and Development and your adopted child

This course is based on the online course developed with AFA Cymru and available on the NAS website. Participants will learn about healthy child development and reflect on why some children progress at a different pace to others. The materials will help parents decide “is this something I should be concerned about, or is it a normal part of development?” Practical guidance will be provided about what to look out for and who to approach for support.

Getting to know the Adopted Child in your family

This course is based on the online course developed with AFA Cymru and available on the NAS website. Designed for family members and friends of adoptive families to help them understand the impact of early trauma on adopted children. Sometimes adoptive families tell us that their family and friends struggle to understand the support needed when times get tough. Participants will consider what happens to a child physically, emotionally and psychologically as a result of difficult early life experiences and find out more about therapeutic parenting and why “love isn’t enough” and “all children don’t do that”!

2nd Time round adoption for families who have a previously adopted child/Adopting when you have birth children

This course is for families who are adopting for a second time or have birth children and are now adding to their family through adoption. The session provides an opportunity to consider the impact on adopters, their birth children and other adopted children in the family when a second child is placed for adoption. Participants will reflect on the potential dilemmas posed by the differing needs of all the children involved and discuss a range of ideas for preparing for and understanding the changes. This course is also available separately for adopters with birth children OR adopters with previously adopted children.

Flip Side of the Same Coin! - a training workshop providing opportunities to talk about the links between sensory and emotional issues for adopted children, and how using connected play and developing relationships can help in child development.

This workshop will be led by Sarah Davys-Jones who is a children’s Occupational Therapist, trained and supervised in DDP (Dyadic Developmental Psychotherapy). She is also an adoptive parent. Sarah is trained in Sensory Integration Therapy and the DIR Floortime approach. (Developmental, Individual & Relationship based approach).

Her experience includes working for the NHS, private practice and currently for Shropshire County Council as an Adoption Support Therapist. She has extensive professional experience both in training and clinical practice. Her approach blends functional daily life skills, play, arts and creativity to support families build relationships when things can feel “stuck”. Sarah says;

“Everything in life is sensory, and everything in life is emotional! So, we have two inseparable channels to tap into; to support our children on this developmental journey called ‘life’!

Every child and every family gift me constantly with their drive to try to make sense of this perplexing life journey we are on together. Along with my husband, I first became an adoptive parent 20 years ago. Daily our beautiful children teach us something new about the complex journey of adoption; to love and cherish every moment, to laugh and celebrate, sometimes to feel sad and sometimes to rage.....

As parents, we will all make mistakes. We do need to be able to laugh *at* ourselves. We do need to lean into family, good friends and professionals. The triangle of adoption takes courage, stamina and patience. I would not have changed our decision to adopt for the world. Here’s to the ride!”

Non Violent Resistance services from Adoption UK Wales

Non-Violent Resistance Awareness Raising Course (half-day)

An introduction to a range of practical Non-Violent Resistance strategies. This session provides information about what NVR is (and is not). It will help parents, carers and practitioners decide whether Non-Violent Resistance would be beneficial in specific situations where child to parent violence (verbal and/or physical) is a regular occurrence.

Putting NVR into practice

We are adapting our popular 3 day face-to-face NVR course for online delivery. The course builds on the awareness raising sessions we run. Participants will have the opportunity to learn about all the NVR strategies, rehearse and put them into practice between sessions. The online course is likely to run for 6 half-day sessions with additional support between sessions and access to our online support groups as required.

NVR Online Support Groups

Open to adoptive parents who are Adoption UK Members and have received previous NVR support/training from Adoption UK Wales. **Please contact wales@adoptionuk.org.uk for more information on session times/joining details.**

South Wales for parents of young people of secondary school age and older (all sessions 11am-12.30pm)

9 February Claire Rowlands Gent, from the CRAFT project will be coming along to talk about helping young people cope with addictions (eg. food, gaming, taking things which aren't theirs)

1 March

23 March

4 May

25 May

6 July

7 September

4 October

2 November

30 November

South Wales for parents of primary school age (all sessions Mondays 7.30pm-9pm).

8 February

15 March

12 April

10 May

7 June

12 July

13 September

11 October

8 November

13 December

Mid and West Wales

We run sessions for adopters from Mid and West Wales Adoption Service every 6 weeks. Please contact wales@adoptionuk.org.uk or adoptiontraining@carmarthenshire.gov.uk.