



Practical  
information

2017/18



## FAIRSTART'S INSTRUCTOR EDUCATION



### ABOUT FAIRSTART FOUNDATION

Fairstart offers high quality teaching material for caregivers in children's institutions and foster care systems.

Our vision is to create happy and healthy children, who can contribute to society in positive and constructive ways.

**FAIRSTART  
FOUNDATION**

HELP CHILDREN SAVE THE WORLD

## Need to know before course start

We are looking forward to welcoming you in our instructor class. Below, you will find all the information you need to prepare your participation in the course.

### THE CAREGIVER GROUP

Before the online course begins, you or your organisation must arrange an agreement with a group of foster and/or kinship parents who wish to know more about the fundamental childcare practices and to gain better competences in their work with vulnerable children and youth.

The group should consist of 4-15 families (depending on your experience as a teacher) who have one or more foster or kinship children in their daily care.

During the instructor education, you train the caregivers six times in three-hour sessions (see activity overview on page 3).

### FINDING AND MOTIVATING CAREGIVERS

If you are not already connected with a group of foster or kinship families, you may contact a local foster care organisation or the local authorities, depending on how the foster care system in your country is organized. Ask for assistance to locate and select foster families for the training process. It is important to communicate this offer as a common dialogue-based learning process that will strengthen the foster families' cooperation, caregiver skills and general well-being.

Reflections and group discussions promoting the foster parents' understanding of own childhood experiences with loss and separation are main focuses in the programme. The experience is that this is a huge help for foster parents in their work with placed children and youth.



The course matches level 5 in the European Qualifications Framework.

#### **COURSE START:**

Stay updated on our webpage:  
[www.fairstartfoundation.com](http://www.fairstartfoundation.com)

#### **PRICE:**

The instructor education is 999 USD per person.  
Until June 30th 2018 we offer a 25% introduction discount.

#### **INTRODUCTION PRICE:**

749,75 USD

As instructor student, you educate yourself while educating a group of caregivers. You are provided with knowledge about motivation, learning and organization theory, which will make you able to facilitate the training and be a good teacher.

Hence, you do not need to have a lot of experience in this area; look at it as a common learning process of which you are the organiser and facilitator.

#### **WHAT IS IN IT FOR THE FOSTER PARENTS?**

- A strengthened social and professional work foundation
- Knowledge about attachment-based childcare
- Practical tools to cope with traumatized and dysfunctional foster children
- Room for reflecting upon own childhood experiences with loss and separation, which can be used in daily childcare practices
- Increased familiarity with the individual children's challenges and needs through group discussions and reflection assignments
- The opportunity to create a strong network with other foster and kinship families
- Free research-based teaching material of high quality

#### **ONLINE EDUCATION**

Participating in the instructor education requires that you engage online with the other students. You become part of an online class, where you and your fellow students support each other and receive online support from Fairstart during the whole education.

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The primary online assignments consist of peer assessments, where you give and receive feedback on a number of reflection questions that everyone needs to answer.

The instructor lessons are not live, but consist of a wide range of video lectures, which you may watch when it suits you, as long as all deadlines are kept.

Since all activities, except the training of caregivers, take place online, instructor students may participate from all over the world, making the sharing of experiences broad and varied.

#### **ENROLLMENT**

Go to [www.fairstartinstructor.com](http://www.fairstartinstructor.com). Click on Certified Instructor Education – Foster and Kinship Care. Click on the blue button ADD FC2017-1 TO CART, and complete the payment procedure. Remember to type in the discount code: FCintro.

When you have completed the payment, you will receive an email with your enrolment code and a guide. Please notice: purchasing the course and enrolling in the course are two different procedures. Your payment is valid for any class, so you do not have to enrol in the first class starting after your purchase.

#### **CERTIFIED EDUCATION**

When you have passed the course, you'll receive a certificate documenting your completion of the Certified Instructor Education. You will also become part of an international instructor network.

# STRUCTURE AND TIME FRAME OF THE COURSE

MODULE	ACTIVITY	TIME FRAME
<b>Introduction module</b>  Week 1+2	Read introduction material, present yourself to your fellow students (online)	2-3 hours
	Conduct Scorecard Interview 1 with your caregiver group (physical meeting)	2 hours
	Learn to perform a training session, learn (online)	1-2 hours
<b>Module 1</b>  Week 3+4	Before the training session: theory, multiple choice, learn to perform training session 1 (online)	3 hours
	Perform training session 1 with caregiver group (physical meeting)	3 hours
	<b>Theme: Introduction to the caregivers' learning</b> After the training session: answer reflection questions, give peer feedback (online)	2 hours
<b>Module 2</b>  Week 5+6	Before the training session: theory, multiple choice, learn to perform training session 4 (online)	3 hours
	Perform training session 4 with caregiver group (physical meeting)	3 hours
	<b>Theme: Understanding basic attachment theory</b> After the training session: Answer reflection questions and give peer feedback (online)	2 hours
<b>Module 3</b>  Week 7+8	Before the training session: theory, multiple choice, learn to perform training session 6 (online)	3 hours
	Perform training session 6 with caregiver group (physical meeting)	3 hours
	<b>Theme: How to practice professional caregiving</b> After the training session: answer reflection questions, give peer feedback (online)	2 hours
<b>Module 4</b>  Week 9+10	Before the training session: theory, multiple choice, learn to perform training session 9 (online)	3 hours
	Perform training session 9 with caregiver group (physical meeting)	3 hours
	<b>Theme: Insecure attachment responses in children</b> After the training session: answer reflection questions, give peer feedback (online)	2 hours
<b>Module 5</b>  Week 11+12	Before the training session: theory, multiple choice, learn to perform training session 7 (online)	3 hours
	Perform training session 7 with caregiver group (physical meeting)	3 hours
	<b>Theme: Turning pain into resilience</b> After the training session: answer reflection questions, give peer feedback (online)	2 hours
<b>Module 6</b>  Week 13+14	Before the training session: theory, multiple choice, learn to perform training session 14 (online)	3 hours
	Perform training session 14 with caregiver group (physical meeting)	3 hours
	<b>Theme: Teenagers and leaving foster care</b> After the training session: answer reflection questions, give peer feedback (online)	2 hours
<b>Module 7</b>  Week 15+16	Final meeting with the staff group: Conduct Scorecard Interview 2 (physical meeting)	2-3 hours
	Exam assignment (online)	3-5 hours
	Peer feedback (online)	2 hours
<b>Total</b>		<b>60-65 hours</b>