Foster Parent College Internet Training Courses Approved
Only 3 of the 28 courses listed below can be completed for credit each training cycle.
Courses are listed in the Recommended order of completion and the in-service Credit Hours Approved for them.

NOTE: While fosterparentcollege.com shows 2 credit hours for most of the courses and gives a certificate for 2 credit hours, **credit will only be given for 1 hour of in-service training** as listed below. Some trainings show 4 credit hours, **credit will only be for 2 hours of in-service training for these trainings.**

Parenting Strategies	Child Behavior Management	Course Description	In-service Training Credit Hours Approved
Child Safety & Supervision		Michael F. Quinn, M.A., social worker and foster family agency supervisor in residential foster care and group home settings, discusses the safety challenges faced by foster parents. Also covered are the importance of collecting pre-placement information, making in-home observations of child behavior, developing in- and out-of-home safety plans, reporting unusual incidences, and working as a childcare team member.	1
Safe Parenting		This course explores the following safe parenting issues including: the safety plan; health & security; actual & developmental age; trauma history; treatment plan; and, state regulations.	1
Grief & Loss In The Care System		Charley Joyce, LICSW, discusses how, in foster care, grief and loss are experienced by everyone involved in the removal and placement of a child. The child, birth parents, and the foster family all go through stages of grief. Yet, this grief is often denied or hidden. Learn about the stages of natural grieving, how grief is expressed, and "complex grief." Also discussed are strategies for helping children, birth parents and family members handle and appropriately express their feelings of grief and loss.	1
House Safety		This course offers a virtual home tour with home safety tips and compliance tools including: Self-inspection checklists; unusual problems; Main inspection stations; Yard and pool safety; Charts for self-scouted inspections.	1
Child Development		This course explores typical child development and the "red flags" that may indicate problems with development or behavior in children who have experienced maltreatment. Understanding child development is critical to understand when a child is delayed in their development or is exhibiting behavioral problems and have more realistic expectations.	2
Understanding Behavior in Foster Children		This course explores challenging behavior in foster children and how foster parents can help a child by understanding that behavior.	2
Positive Parenting I		This course explores three types of positive parenting techniques: Encouragement; Cooperation; and, Tracking behavior.	1

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Positive Parenting II		This course discusses the following positive parenting techniques including: setting limits; and, behavior contracts.	1
Positive Parenting III		For handling difficult and even out-of-control behavior, three techniques are discussed: Assigning Extra Chores; Time-out; and, Privilege Removal.	1
Working with Birth Parents I		This course explores different aspects related to visitations with birth parents including: Pre-visit anxiety; working with case workers and custodians; cancels and no-shows; coping with frustration; and, supporting the foster child after the visit.	1
Working Together with Primary Families		This training explores the benefits and challenges of building relationships between foster and primary families and will provide strategies to help foster parents navigate these relationships successfully. When foster families work closely with primary families, it reduces the child's confusion and anxiety, and increases the chance of reunification.	2
Kinship Care		This course discusses several common issues in kinship care situations including: family feuds; allegiance to birth parents; and, distance and defiant behavior in the kinship family.	1
Working with Schools		Parents will find the many strategies and tips helpful regardless of their child's placement in the school system including: Roles and responsibilities; Entering a new school; Working with the school staff; Special education; and, Parent advocacy.	1
	Anger Pie	Rick Delaney, PhD. discusses the ABCs of behavior in relation to anger outbursts in 5- to- 10-year-old children. Understanding the Antecedent, Bias/Behavior and Consequences of children's challenging behaviors can help parents anticipate, successfully handle, and help change anger outbursts. Also discussed are the impacts of child maltreatment on behavior, warning signs of anger outbursts, positive and negative consequences of behavior, healthy anger, and when to seek professional help.	1
	Lying	This course explores four types of lying problems with children: getting out of trouble; gaining attention; pathological; and, getting others in trouble.	1
	Anger Outbursts	This course explores possible causes for including: temper tantrums; assaultive behavior towards other children; rage towards the mother; and, erratic or unpredictable anger.	1
	Sleep Problems	This course explores four types of sleep problems with children including: roaming; depression; nightmares and night terrors; and, sleeping alone.	1
	Stealing	This course explores four types of stealing behavior with children including: shoplifting; stealing based on envy or revenge; Kleptomania; and, stealing from loved ones.	1
	Wetting & Soiling	This course explores five types of wetting and soiling problems with children including: wetting as an emotional outlet; Wetting as a Self-Defense;	1

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		Classic Daytime or Nighttime Wetting; Soiling and Smearing Feces; and, Constipation and Withholding Stools.	
	Running Away	This course explores five types of running away behavior with children including: searching for roots; running from rules; running from love and intimacy; wanting to be wanted; and, running to street crime.	1
	Self-Harm	This course explores five types of self-destructive behavior with children including: self-injury; high-risk behavior; suicidal behavior; reckless accident proneness; and, hair pulling.	1
	Childhood Anxiety Disorders	This course helps identify anxiety disorders and treatment options for children: Overanxious Disorder; Separation Anxiety Disorder; Simple Phobias; Social Anxiety Disorder; and, Panic Disorder with Agoraphobia.	1
	ADHD, ADD, ODD	This course explores diagnosis, treatments and steps to cope with children who have: ADHD; ADD; and, ODD.	1
	Eating Disorders	This course explores four types of eating disorders with children including: refusing certain foods; stealing and hoarding food; anorexia; and, gorging.	1
	Fire Setting	This course explores four types of fire-setting problems with children - silent but deadly; impulsive; disturbed; and, accidental or curious – effective responses and when to seek help.	1
Parent-Child Attachment		Children in foster care frequently have insecure attachments as a result of unreliable or unresponsive parenting. There is a critical connection between foster parenting and attachment. Many foster children have developed unhealthy attachments. Expectations formed in the past may affect what a child anticipates from foster parents, often causing him to react inappropriately to normal parental behaviors.	2
	R.A.D. Reactive Attachment Disorders	This course explores: The hyper-vigilant RAD child; Healthy and unhealthy attachment; RAD & Other Diagnoses; and, the emotionally promiscuous RAD child.	1
Caring for Children Who Have Been Sexually Abused		This course explores what sexual abuse is, how it impacts the child, and how foster parents can help in the healing process. In addition, it will look at the emotional problems and behavioral issues stemming from abuse.	2
	Sexualized Behavior	This course explores four types of sexualized behavior problems with children including: obsessive sexual behavior; sexual behavior with siblings; seductive behavior towards adults; and, public masturbation.	1
Substance-Exposed Infants		Robert Nickel, MD, developmental pediatrician and professor of pediatrics and Susan Edelstein, MSW, Program Director of TIES for Adoption/ UCLA address the issues and challenges faced by parents who care for substance-exposed infants. The health and medical needs of infants and newborns	2

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		prenatally exposed to drugs can be perplexing and serious. This course sheds light on this complex subject and provides useful strategies for parenting these infants as well as valuable tips for working with an infant's professional team.	
	Children With Autism	Robert Nickel, MD, professor of pediatrics and expert in the field of autism, discusses the challenges faced by parents of children with Autism Spectrum Disorders. Based on 30 years of experience as a developmental and behavioral pediatrician Dr. Nickel helps parents understand the behavioral, social and medical issues surrounding autism. Also discussed are developmental delay and autism, Functional Behavioral Assessment, Asperger syndrome, alternative and complementary therapies and medication.	1
Culturally Competent Parenting		Fostering or adopting a culturally different child presents a unique set of challenges and concerns. Providing children of minority cultures an environment that takes into account their cultural differences is critical component of culturally competent parenting. FPC's "Culturally Competent Parenting" addresses how to help children maintain and feel good about their culture. Join Tonya M. Coakley, PhD. M.S.W., Assistant Professor of Social Work from the University of North Carolina, Greensboro, as she offers insight and practical solutions to majority culture parents caring for minority culture children. This course focuses on helping children appreciate and maintain their cultural identity, building children's confidence in dealing with prejudice and racism, and advocating on behalf of children. Also covered are causes of cultural confusion, key points necessary for the development of a healthy cultural identity, and general steps parents can take to enhance a child's cultural identity.	1
Relationships: Strengthening Communications		This course focuses on helping couples develop and use communication skills like: Four 'Communication Danger Signs' and their patterns; 'Take a Break' technique; 'Speaker-Listener' technique.	1