

## Emergency Drills Acknowledgment and Understanding

1 Hour Credit

Our foster home has a plan for foster parent(s) and foster children to follow in case of emergency or disaster. The plan includes provisions for roles and responsibilities during an emergency, evacuation of the family foster care home, and the assignment of a central meeting place where each individual may be accounted for.

Fire exit drills are held often enough so that all occupants are familiar with the drill procedure and their conduct during the drill is a matter of established routine.

Drills are held at unexpected times and under varying conditions to simulate the conditions of an actual fire.

Drills emphasize orderly evacuation under proper discipline rather than speed. Running or horseplay is not permitted.

Drills include suitable procedures for ensuring that all persons in the foster family care home actually participate.

Records of fire drills are recorded by the family foster care home.

Smoke alarm devices are regularly used in the conduct of drills.

There are special provisions for the evacuation of any foster child with a disability in the family foster care home.

The family foster care home takes special care to help emotionally disturbed or perceptually handicapped foster children understand the nature of such drills.

Tornado drills are held often enough so that all occupants are familiar with the drill procedure and conduct during a drill as a matter of established routine.

Records of tornado drills are recorded by the family foster care home.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

## Principles & Practices of Child Care - 2 Hours Credit

[www.howkidsdevelop.com](http://www.howkidsdevelop.com)

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

Use the back of this sheet and/or attach additional sheets as necessary.

1. What is child development?
2. What is a developmental milestone?
3. Name the 5 areas of development:
  - a.
  - b.
  - c.
  - d.
  - e.
4. Give an example of a typical milestone that a child may learn at the following ages:
  - a. First 6 weeks:
  - b. 1-1/2 to 3 months:
  - c. 3 to 6 months:
  - d. 6 to 9 months:
  - e. 9 to 12 months:
  - f. 1 to 2 years:
  - g. 2 to 3 years:
  - h. 3 to 5 years:
  - i. 5 to 7 years:
5. What if my foster child is not meeting a developmental milestone?
6. How can I help my foster child meet these developmental milestones?
7. Because of reading this article on child development, how will I care for my children differently?

# Administrative & Overall Program Goals

1 Hour Credit

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

1. What does "wraparound" mean to you?

2. List five ways in which you would engage a biological parent:

(1) \_\_\_\_\_

(2) \_\_\_\_\_

(3) \_\_\_\_\_

(4) \_\_\_\_\_

(5) \_\_\_\_\_

3. When should an "Ice Breaker" meeting occur?

4. In terms of program goals, list one thing you'd like Kids Crossing to start, continue and stop doing:

Start: \_\_\_\_\_

Continue: \_\_\_\_\_

Stop: \_\_\_\_\_

# Behavior Management Techniques

2 Hours Credit

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

1. Behavior is your reaction to a particular situation? True False
2. In the ABC Model, the "C" stands for: \_\_\_\_\_
3. What are three positive reinforcements you utilize in your foster home?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
4. Define what "intervention" means:
5. It is appropriate for me to spank my foster child(ren), because my parents used this behavior management technique, and it worked well for me? True False
6. What are some possible interventions for a child who is being dishonest?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
7. What might be the most effective way of decreasing the likelihood of an inappropriate behavior reoccurring?
8. What is the difference between reinforcement and bribery?

# Appropriate Boundaries

1 Hour Credit

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

Use the back of this sheet and/or attach additional sheets if necessary.

1. Why are boundaries important to have for your children?
  
  
  
  
  
  
  
  
  
  
2. What is your definition of "Quality Time" with children, and how can quality time help in setting up boundaries?
  
  
  
  
  
  
  
  
  
  
3. What is an age appropriate boundary for a thirteen-year-old?
  
  
  
  
  
  
  
  
  
  
4. What is one of the best things you can do to help prevent allegations against your foster home?
  
  
  
  
  
  
  
  
  
  
5. List three signs your child's may be too open:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
  
  
  
  
  
  
6. Boundaries should be open, age appropriate, and \_\_\_\_\_.

## Positive Methods of Dealing with Foster Children

2 Hours Credit

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

Use the back of this sheet and/or attach additional sheets if necessary.

1. What is the purpose of discipline?
  
  
  
  
  
2. Name three positive ways of guiding children and why you think they would be effective with a child:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
  
3. Define logical consequences:
  
  
  
  
  
4. When you set limits, what is your key to making the limits effective?
  
  
  
  
  
5. After reading this material, how would restate the following rule? "Don't take food out of the refrigerator without asking."
  
  
  
  
  
6. It is appropriate to tell my foster child that if they don't behave in my home I can have them moved to another home. True False

# Acknowledgement of Understanding Review of Rules & Regulations 1 Hour Credit

## 7.708 RULES REGULATING FAMILY FOSTER CARE HOMES

### 7.708.1 Definitions

### 7.708.2 REQUIREMENTS FOR CERTIFICATION OF FAMILY FOSTER CARE HOMES

- 7.708.21 Character, Suitability and Qualification of Family Foster Parents
- 7.708.22 Physical Requirements for a Safe and Adequate Family Foster Home
- 7.708.23 Foster Home Site
- 7.708.24 Foster Home Maintenance
- 7.708.25 Fire Safety
- 7.708.26 General Comfort and Safety

### 7.708.3 REQUIREMENTS FOR ONGOING OPERATION OF FAMILY FOSTER CARE

- 7.708.31 Care of Foster Children
- 7.708.32 Reporting Suspected Child Abuse
- 7.708.33 Foster Children Rights
- 7.708.34 The Prohibited Use of Cruel and Adversative Therapy
- 7.708.35 Discipline
- 7.708.36 Physical Restraint
- 7.708.37 Religion
- 7.708.38 Education
- 7.708.39 Community Participation

### 7.708.4 PERSONAL CARE AND SAFETY OF THE FOSTER CHILD

- 7.708.41 Medical and Health Services
- 7.708.42 Food and Nutrition
- 7.708.43 Personal Hygiene and Daily Routine
- 7.708.44 Clothing and Personal Belongings
- 7.708.45 Emergency Drills
- 7.708.46 Transportation

### 7.708.5 RECORDS AND REPORTS

- 7.708.51 Records
- 7.708.52 Reports

7.708.6 CERTIFYING AUTHORITY REQUIREMENTS

- 7.708.61 Admission Requirements
- 7.708.62 Foster Children's Grievance Procedures
- 7.708.63 Comprehensive Program for Medical Care of the Foster Child
- 7.708.64 On-Going Health of the Foster Family Care Parent(s)
- 7.708.65 Orientation, Training, and Certification
- 7.708.66 Transportation Policy
- 7.708.67 Limitation on Foster Children's Belongings
- 7.708.68 Personal Allowance and Work Opportunities
- 7.708.69 Confidentiality of Records and Reports

Your signature confirms that you have received all Minimum Rules and Regulations for Family Foster Homes and have reviewed them. You understand that you have the opportunity to review them at any time and ask questions to verify your understanding of these rules.

By signing below you agree to comply with all policies and procedures.

\_\_\_\_\_  
Foster Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Foster Parent

\_\_\_\_\_  
Date



# Providing Appropriate Supervision

Author: Lee Oesterle

1.5 Hours Credit

Name(s): \_\_\_\_\_ Date: \_\_\_\_\_

Use the back of this sheet and/or attach additional sheets if necessary.

1. Can foster children supervise children in your foster home?

2. Can you ever leave a foster child unsupervised? If so, when?

3. What does "universal precautions" in supervision mean?

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*Your signature confirms that you have received a copy of "Providing Appropriate Supervision" by Lee Oesterle and have reviewed it. You understand that you have the opportunity to review it any time and ask questions to verify your understanding of this document. You also agree to comply with all policies and procedures covered in "Providing Appropriate Supervision".*

Foster Parent: \_\_\_\_\_ Date : \_\_\_\_\_

Foster Parent: \_\_\_\_\_ Date : \_\_\_\_\_