

Lists of Foster-Adoptive Parents Toolshop® Programs

From 1-hour lunchtime webinars to a series of 3 to 6-hour workshops that teach the Universal Blueprint® Parenting Success System

Did You Know?

There is a comprehensive, evidence-based, trauma informed parenting curriculum for foster and kinship caregivers and adoptive parents developed by veteran Child Welfare trainer and parenting expert, Jody Johnston Pawel, LSW, CFLE, CTSS. Each individual workshop is a valuable stand-alone workshop and, when taken in a certain order, they create a parenting *system* called The Universal Blueprint® for Parenting Success. You can use this system to *prevent* common parenting challenges and plan *personalized* responses and solutions to those that arise, based on the child and circumstances involved. Below is the order to attend the sessions to learn the *system*. The next list has 3-hour “Done4U Solutions” workshops that focus on common problems, trauma-related issues, and apply the Universal Blueprint system to each. All of these plus the final list can be 1-2 hour lunch and learn topics that cover “the basics”. Find the online certificate courses at <http://FosterParentsToolshop.com> or [click links in titles below](#).



THE CORE “UNIVERSAL BLUEPRINT® FOR PARENTING SUCCESS SYSTEM” SERIES

3- to 6-hour formats cover all described. 1-hour covers only the basics or you can schedule 2-3 part series for all.

FAPT Series 01 - Overview of the Foster-Adoptive Parents Toolshop®: Use the Universal Blueprint® Parent Success System to prevent common parenting challenges and plan healthy, *individualized* solutions to problems that arise. Just answer three questions, take up to five steps, and match five proven-effective tools to the five problem types. This is the system in which all other Toolshop® topics fit.

FOUNDATION-BUILDING TOOLBOX

FAPT Series 02 - Conscious Parenting Toolset: Discover how to break unhelpful generational parenting patterns and re-parent yourself, so you can be a proactive, intentional, conscious parent

FAPT Series 03 - Parenting Styles Toolset: Set your healthy parenting goals, then learn about the 5 parenting styles research has identified and which is most likely to help you reach your goals. (separate hour or in 2 hour) Get tips for working together with your parenting partners as a team.

PREVENTION TOOLBOX

FAPT Series 04 - Self-Esteem Toolset: Build self-esteem, without creating praise junkies or egotistical self-centered children. These tools also increase children’s immunity to peer pressure and can prevent sibling rivalry.

FAPT Series 05 - Cooperation Toolset: Get children to cooperate the first time you ask, without power struggles or tantrums. Foster *internal* self-motivation, without bribes, stickers, or rewards.

FAPT Series 06 - Independence Toolset: teach children tasks, skills, behaviors & values ~ foster independence & responsibility — so you can let go and trust your child’s decision-making skills.

CHILD PROBLEM TOOLBOX

FAPT Series 07 - F-A-X Listening Toolset: Discover a three-step process for helping children express and work through their feelings, while teaching them how to independently solve problems and resolve conflicts.

FAPT Series 08 - Sibling Toolset: Take off your referee shirt and throw away your whistle! Use these skills and you will see less competing, comparing, complaining, arguing, fighting, and tattling and more sharing, cooperating, respect, peace, and independent conflict resolution.

CHILD PROBLEM TOOLBOX

FAPT Series 09 - Keep Your Cool Toolset: . Create individualized stress and anger management plans for you and your children, get dozens of ideas for expressing anger appropriately, and to defuse and redirect an angry child. Part 2 of the 6-hour workshop reveals how trauma trigger buttons get wired in and how to de-program them!

FAPT Series 10 - Clear Communication Toolset: Get the Top 10 communication tools you can use to express concerns or set limits ---- in one sentence, one word, or no words! No more deaf ears and rolling eyes from lectures or repeating yourself.

PROBLEMATIC BEHAVIOR TOOLBOX

FAPT Series 11 - Developmental Stages and Effects of Child Abuse and Neglect: Understand the developmental stages children typically follow and the effects that child abuse and neglect can have on children's development. 3- and 6-hour workshops also explore when developmental delays or problematic behaviors are

"developmentally appropriate" or trauma-related, with suggestions for how to respond to each. ([link to 1 hour](#))

FAPT Series 12 – Trauma-Informed Redirections and Discipline for Problematic Behavior: Recognize the five types of misbehavior and how to prevent and respond to each type. If needed, follow the "Four R's of Effective Discipline," using five practical tools to teach *self*-discipline. (3-hours or 1-2 hours can cover [each separately.](#))

FAPT Series 13 - Family Council Toolset: Family councils enrich family relationships, improve teamwork, and help families make decisions and find win/win solutions. This workshop shows you how to get started, formats to use at different ages, and the skills you need to make your family councils productive and avoid pitfalls. ([1 hr](#))

OTHER TRAUMA-INFORMED WORKSHOPS (not part of UB® system)

3-hour format covers all. 1-hour can cover *either* common or trauma-related, or do a 2-3 part series.

Trauma-Informed Parenting 101: What EVERY Parent of EVERY Child Needs to Know: The body experiences chronic stress as a trauma and can also cause developmental delays and behavior that is often misinterpreted as bad, uncontrollable, unusual, or "off the chart." So, it is imperative that FAK caregivers understand how stress and trauma affect the body, recognize the signs and symptoms, know how to prevent trauma, respond to its affects, and know about simple at-home treatments the entire family can use!

Trauma Triggers: How They Get In, Get Activated, and Can Get Treated or Deprogrammed: You've seen what happens when trauma triggers get pushed. Now dive under the surface, to understand what happens biochemically as trauma triggers get wired in, get triggered, and how trauma and toxic emotions can create "cellular memories" that can result in dis-ease. Then learn practical tools for de-programming and re-wiring trigger buttons so the body can return to health. (This is same as part 2 of 6-hour Keep Your Cool.)

The 7 C's of Resiliency: Parents and families play such a vital role in supporting the resilience of children. To do so, the American Academy of Pediatrics recommends developing what Dr. Ken Ginsburg calls "The 7 C's of Resiliency." Through this fun interactive webinar, you'll better understand what resiliency is, why it's important, and how to develop each of the 7 C's through your parenting style and communication strategies, thereby strengthening your connection. This will position you to guide your child to bounce back from life's challenges and forge a meaningful and successful life.

Behavior Modification Strategies and their Long-term Effects on Self-Motivation and Performance: Did you know there are two different types of "evidence-based parenting" --- one that shows both short- and long-term outcomes and one that doesn't? In this fun, interactive, webinar, you'll experience what the latest research shows are the short- and long-term outcomes of behavior modification techniques, especially using Applied Behavioral Analysis (ABA), and especially with autistic children. Prepare yourself to be surprised and self-motivated to learn and use what research shows are the most effective tools for fostering self-motivation, performance, and self-disciplined behavior. (This is the Prevention Toolbox: Save Your Stars in OCWTP)

Developmental Stages and Effects of Child Abuse & Neglect- Early Childhood (0-5 years): In this interactive webinar, you will engage your creativity while learning about typical development in young children, typical challenging behaviors they might show, the developmental purpose those behaviors serve, and how to respond in ways that support their healthy development. You'll also learn about the symptoms of child abuse and neglect you might see in young children and the effects of trauma on their development. You'll walk away with tips for responding to typical challenging behavior in young children and what to do when you see red flags warning of trauma.

Developmental Stages and Effects of Child Abuse & Neglect- School Age (6-11 years): In this interactive webinar, you will engage your creativity while learning about typical development in school-aged children, typical challenging behaviors they might show, the developmental purpose those behaviors serve, and how to respond in ways that support their healthy development. You'll also learn about the symptoms of child abuse and neglect you might see in school-age children. You'll walk away with tips for responding to typical challenging behavior in young children and what to do when you see red flags warning of trauma.

Developmental Stages and Effects of Child Abuse & Neglect: Teens (ages 12-21): In this interactive webinar, you will engage your creativity while learning about typical adolescent development, typical challenging behaviors they might show, the developmental purpose those behaviors serve, and how to respond in ways that support their healthy development. You'll also learn about the symptoms of child abuse and neglect you might see in teens. You'll walk away with tips for typical teen behavior, a system for identifying the cause of problematic behavior, and knowing what red flags your teen is showing and what to do about them.

COMMON BEHAVIOR CHALLENGES & DONE4U INDIVIDUALIZED SOLUTIONS

3-hour format covers all. 1-hour can cover *either* common or trauma-related, or do a 2-3 part series.

Bedtime is a Nightmare! Common Bedtime Hassles & Trauma-Related Sleep Issues: Getting children to bed on time, asleep, and staying there is one of the most [common challenges parents face](#). Foster children can have [sleep issues related to trauma](#), like night terrors, insomnia, and trauma triggers. This webinar offers creative ideas and practical solutions to the Top Ten Bedtime Hassles.

Bullying: The Hidden Harassment of Foster Children: While bullying is a problem for children and parents almost everywhere, foster children are more likely to be targeted by bullies and become bullies themselves. Attend this workshop to discover why and what you can say and do to be a part of the solution, whether your child is the target, the bully, or the bystander --- off-line or on when [cyberbullying](#) occurs.

Clear the Clutter & Chaos; Cleaning & Chores: No one likes doing chores, but they are part of life. Children who have lived in poverty may have never *had* toys or rooms to keep clean, so they might not know how to clean or even *care*, because they *survived* without those skills! Attend this workshop to get practical tips for teaching children to clean up after themselves, reducing toy clutter, motivating kids to clean without bribes or allowances, and what to do when kids don't do their chores.

Food Fight! Picky Eaters & Trauma-Related Food Issues: All children can experience [common eating issues](#). Children with a trauma history can have other more-[complex food issues](#), such as: hoarding, eating disorders, and lack of table manners. Attend this workshop to learn simple, practical, fun things you can do to encourage healthy eating and prevent or respond to eating issues.

Getting Back Talk? Let's Talk: Have you ever listened the way your child talks to you and think, "I would have never talked to my parents this way!"? Understand why today's kids often act and talk the way they do and learn how to prevent children from using back talk, rudeness and smart-alecky remarks with you and other adults. Recognize when "sass" is intentional or *un*-intentional... and how to respond assertively and effectively to each type of problem. Get the Top 10 Communication Tools you can use in this situation and others!

Halting Homework Hassles – A Balanced Approach to Supporting Education: Does your child intentionally not do homework? Are you a homework helper and feel like you are doing more homework than your child? Attend this workshop/webinar to discover why children don't do their homework; what you can do to encourage your child to do homework independently, without bribes, nagging or power struggles; and how to avoid common homework helper pitfalls.

Making Morning Madness Melt Away: Getting Kids Up, Dressed, Fed, and Out the Door on Time: Starting the day off in a stressful way can make everyone grumpy and late. Fortunately, there are no more delays in bringing you the tools and support you need to make your mornings go smoothly. This workshop runs through the Top Ten Most Common Morning Hassles parents experience and offers quick, proven-effective ways to prevent or respond to each including: children not waking, dressing, and feeding themselves, slow wakers, dawdling, distraction, defiance, delaying, refusing to brush teeth, missing the bus or chronically tardiness, toddlers resisting getting into car seats, children forgetting their homework or lunches. (Time determines topics)

Taming Temper Tantrums & Trauma Trigger Meltdowns: Almost all children have a tantrum at some time or another. How you respond or react can determine whether they happen again or get worse. Did you know there are only 5 types of tantrums? Once you know which type your child is having, you can respond helpfully instead of reacting. Discover why tantrums start, how to identify and respond to each. You'll also learn why time-outs don't work and what to do instead.

Tap Into Technology's Benefits while Avoiding its Traps: Children born in the information age have potentially constant access to the internet, social media, and screens. So how ready are you to handle: cell phones, cyberbullies, social media, the dark web, child pornography and trafficking, sexting, predators, screen time, gaming disorders, and more? If your children are foster-adoptive children, they are at an increased risk of being targeted and could use technology to reconnect with birth families, which could be dangerous. Attend this workshop to discover how to use technology safely, to support your child's social life online and off, by having open conversations that help your child develop a strong moral filter.

Why Kids Lie & How to Encourage Truthfulness

Why Kids Lie...and How to Encourage Truthfulness. Thought-provoking discussions reveal surprising facts about: *What is a lie? When do children understand lying? Why do children lie? How can parents prevent lying? What parents do that accidentally models lying?* A three-step formula for responding to lies. (1 or 3-hours.)

FAQS:

- **Do I have to register for *all* the workshops?** **No**, unless you want to learn the *entire unique Parents Toolshop® parenting system* by taking the core series. Each workshop has detailed content, without the system framework. The 6-hour overview teaches the system.
- **Do we need to attend the overview workshop if we are registering for the entire series?** It's recommended, but not mandatory. The overview workshop is the only workshop that presents the *entire system* and how to use it, touching *briefly* on each toolset, and giving you only the top five tools. The "toolset" workshops are *in-depth* trainings about *each* Toolset, which include the top five tools *and more*. View the overview workshop as the filing cabinet for the tools and directions for using this problem-solving, decision-making system.
- **If I attend all the workshops, will I be a Foster-Adoptive Parents Toolshop® graduation?** **Yes, if** you attend *all* the workshops, including the overview, read *one* short e-book (200 pgs), and answer 50 review questions. As a FAPT graduate, you are eligible for *lifetime* support and can apply for trainer certification!



See more 1 hour trauma-informed webinars and those for all parents, presented by Jody and her training partners.