

Issue 10 February 2024

Empathic Behaviour Management



Are you struggling with poor behaviour from your cared for child? Tried everything and nothing works?

Empathic Behaviour Management is different from the usual reward and consequences used by most parents. Instead, it looks at how reconnecting with your child can bring about a better relationship and, in turn, improved behaviours.

This course has been devised by author Dr Amber Elliott and will be delivered by the Child Psychology Service.

Mon -Tue 19th, 20th, Mon - Wed 26th, 27th, 28th February 10am – 2:30pm at Formby PDC.

[Book your place on Empathic Behaviour Management](#)

To request childcare so you can attend, please get in touch via email (trainingfa@sefton.gov.uk) by 5th February so we can make arrangements.

More information please visit the following course pages.

[Empathic Behaviour Management day 1 19th February 2024 - Sefton Fostering Service](#)

<https://seftonfostering.co.uk/course/empathic-behaviour-management-day-2-20th-february-2024/>

<https://seftonfostering.co.uk/course/empathic-behaviour-management-day-3-26th-february-2024/>

<https://seftonfostering.co.uk/course/empathic-behaviour-management-day-4-27th-february-2024/>

<https://seftonfostering.co.uk/course/empathic-behaviour-management-day-5-28th-february-2024/>

[Click here to book your place now](#)



Building Bonds and Breaking Cycles

Required course for ALL carers.



As Foster carers, you are often parenting and caring for children who have suffered trauma, separation, and loss. When children act out their anxiety and experiences of loss/separation it is highly likely to trigger your own childhood experiences and personal issues.

In this course, Dr Lisa Marsland Hall, founder of Sefton BABs, will discuss what adverse childhood experiences are and the impact they can have on our inner working models; the patterns of attachment we may see in our children and recognise in ourselves; and the importance of head space so we can hold our children in mind.

Day 1 Thu 7th March 9:30am – 2pm at Waterfront Hotel, Southport – Includes hot buffet lunch.

Day 2 Thu 14th March 9:30am -1pm on Teams

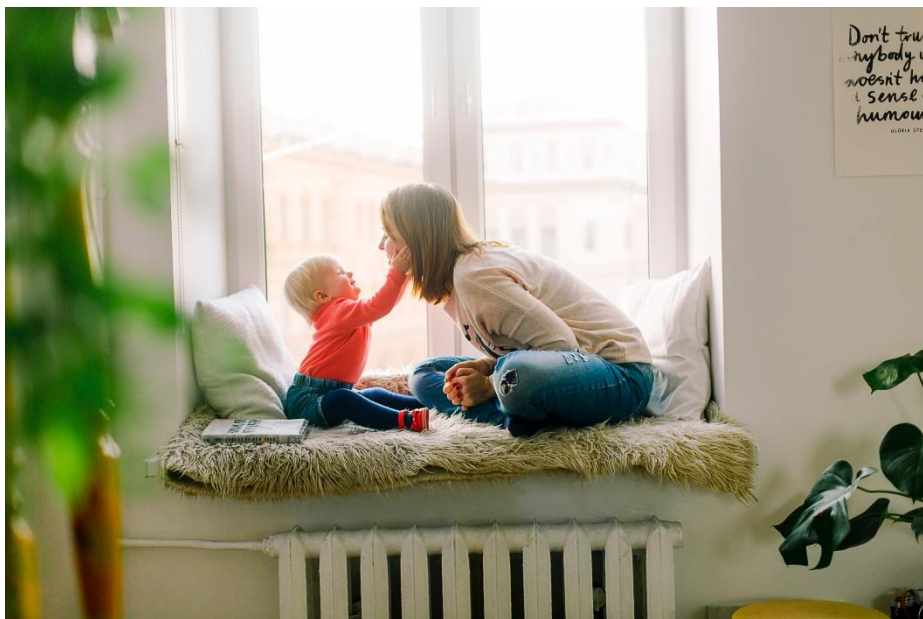
[Book your place on Building Bonds and Breaking Cycles](#)

A creche has been organised for this event, please request your creche place by 22nd February. All creche places are allocated on a first come first served basis. Request a creche place here <https://forms.office.com/e/MAq1fx51yj>

More information on the following web page

[Building Bonds and Breaking Cycles Seminar day 1, 7th March 2024 - Sefton Fostering Service](#)

[Click here to book your place now](#)



Life Story Work

"I'm really looking forward to greeting everyone online on ZOOM to begin our training together. This training puts you, as foster carers, at the heart of life story, as guardians of precious stories but also as the people who know their children best and can support them through the process." Katie Wrench

Foster carer feedback from previous courses

I will use the making the collage idea of what I think describes, "WHO AM I?" & "THE LIFESTYLE I HAVE"

This is great & I will add this to my Lifestory Work in future.



The course was really good, I have a child now in placement and is getting life story work done and the course really helped 👍

Wed 7th & Wed 21st February (2 day course) It is important that you can attend both sessions in full to complete the training as session 2 builds on session 1. **9:30am – 12:30pm on Teams**

[Click here to Book your place now.](#)

Courses from our partners



Role of the Rainbow Centre and SARC (Alder Hey Children's Hospital) 26th February 1pm – 2:30pm Online

[Find out more and book](#)

Child Sexual Abuse 27th March 9:30am – 3:30pm at Formby PDC

[Find out more and book](#)

March 2024

Fri 1 st Mar	Emergency Paediatric First Aid	10am – 5pm	Mandatory	Ainsdale CLC
Sat 2 nd Mar	Safeguarding	9:30am – 12:30pm	Mandatory	Teams
Wed 6 th Mar	Non-Violent Resistance Programme Week 8	10am – 12:30pm		Formby PDC
Thu 7 th Mar	Building Bonds and Breaking Cycles Seminar day 1	9:30am – 2pm	Required	Waterfront Hotel, Southport
Mon 11 th Mar	Child Sexual Exploitation Awareness for Foster Carers	10am – 2:30pm		Formby PDC
Wed 13 th Mar	Non-Violent Resistance Programme Week 9	10am-12:30pm		Formby PDC
Thu 14 th Mar	Building Bonds and Breaking Cycles Seminar day 2	9:30am – 1pm	Required	Teams

“Really good in giving us insight into this whole area of Allegations and Safe Care”

Sat 23 rd Mar	Allegations & Safer Care	9:30am – 12:30pm	Mandatory	Teams
Mon 25 th Mar	Recording	10am – 12:30pm	Level 1	Formby PDC
Mon 25 th Mar	Safety in the Home	1:30pm-4:30pm	Level 1	Formby PDC
Tue 26 th Mar	Helping Children to Understand their Story	10am-12:30pm	Level 1	Formby PDC
Tue 26 th Mar	Managing Transitions	1:30pm-4:30pm	Level 1	Formby PDC
Wed 27 th Mar	Non-Violent Resistance Programme Week 10	10am – 12:30pm		Formby PDC
Wed 27 th Mar	Introduction to Attachment and Therapeutic Parenting	10am – 1pm	Level 1	Teams

April 2024

Mon 15 th Apr	Support for young people who misuse substances	6:30pm-8pm		Teams
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Tue 16 th Apr	Therapeutic Parenting for Traumatized Children week 1	6pm-8pm	Level 2	Zoom
Wed 17 th Apr	Safeguarding	10am-1pm	Mandatory	Teams
Fri 19 th Apr	Mindfulness Based Holding Space week 1	10am – 12:30pm		Zoom
Tue 23 rd Apr	Therapeutic Parenting for Traumatized Children week 2	6pm-8pm	Level 2	Zoom
Wed 24 th Apr	Meeting Educational Needs	10am-1pm	Level 2	Teams
Fri 26 th Apr	Mindfulness Based Holding Space week2	10am - 12:30pm		Zoom
Sat 27 th Apr	Emergency Paediatric First Aid	10am-5pm	Mandatory	SING Plus, Seaforth
Mon 29 th Apr	Workbook Workshop	1pm-2pm		Teams
Tue 30 th Apr	Therapeutic Parenting for Traumatized Children	6pm- 8pm	Level 2	Zoom

