

Issue 11 April 2024

Caring for 'Cared for' babies



Babies are so precious, and we all want to give them the best start in life. This fantastic course is for all our foster carers who care for babies. You may have had your own babies or cared for babies before, but as the advice on feeding a baby is ever changing this is a great chance to get up to date on the latest advice direct from the experts.

Colette Palin, Infant Feeding Lead for Merseycare, will explain why breastfeeding is important and how you can support the birth mother and baby to continue giving the baby breast milk.

She will also have information about safe formula feeding, including which stage of milk to use, how to make the milk up and how to feed in a way that reduces colic.

Some of our babies have not had the best start in life, and Colette will discuss how to care for babies that are withdrawing from maternal drug use in pregnancy.

Caring for 'Cared for' Babies

Mon 13th May 10am -11:30am Crosby Lakeside

Babes in arms welcome.

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

Intro to Child Bereavement

We are honoured to have Winston's Wish, a children's charity supporting grieving children after the death of someone important, working with us to bring you Introduction to Child Bereavement.

Introduction to Bereavement

Thu 13th June 2024 10am – 2pm on Teams

[Click here to find out more and book](#)



It's hard to know what to say to someone grieving. Here are some tips from Winston's Wish.

What NOT to say to a grieving young person:

- I know exactly how you feel
- You'll get through it, just be strong
- There's a reason for everything, life goes on
- At least...
- Stop feeling that way, feel this way
- It's been a while since they died, aren't you over them yet?

What you could say instead:

- I don't know how you feel, so why don't you tell me
- I don't know what to say but I'm here to listen
- Do you want to talk about them?
- What was their favourite song/TV programme/meal?
- I remember when... (Talk about a happy memory you have of their person or something they have told you about them)

Parenting Siblings



The majority of children in foster care are part of a sibling group. Many of these children have suffered trauma and neglect which has impacted on the sibling relationship and can be very challenging for carers and children. This training will provide you with an understanding of the impact of the children's early life experiences on their sibling relationship. We will be looking at current research and linking it to the way the children's relationship works and preparing you with the specific task of caring for sibling groups. We will provide you with practical information for you in considering what you need and how to best meet the needs of all the children.

In this course offered by Independent Social Work Trainer, Joan Hunt, you will explore sibling dynamics to better understand them; how to apply the Secure Base © model to parenting siblings and draw on research on attachment, developmental trauma and neurobiology. Joan draws heavily from her professional and personal experiences as a former BAAF Trainer Consultant, Social Worker, Adoption Social Worker, Panel

Chair, Disruption Chair, Parent and foster carer and applies this to her training with a strong focus on the Child's Lived Experience.

[Find out more](#)

Feeling Outnumbered – Parenting Siblings

Thu 27th June 10am – 2pm at Formby PDC

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

Courses from our partners



Join Blue Cross on 8th May 12.30pm for a free live webinar and Q&A.

Suitable for anyone working with cared for children and their families.

‘Supporting cared for children through pet loss’

- featuring Diane James, Head of People Services and Pet Loss Support.

Our work with care practitioners has shown that caring for pets helps boost children’s confidence and self-esteem and if managed correctly can be of huge benefit to cared for children. However, losing a pet through enforced separation or loss can be tough for cared for children. Our webinar will explore the challenges that can be faced with top tips & suggestions which can help to overcome these difficulties.

For free registration: [Supporting cared for children through pet loss/forced separation Tickets, Wed, May 8, 2024 at 12:30 PM | Eventbrite](#)

Supporting foster families & Practitioners

Blue Cross appreciates the amazing bond between pets and people and the therapeutic release pets can have for young people in care. Through research we have understood the needs of foster carers and practitioners. Live webinars are just part of the range of services we provide to explore the benefits and challenges pets can bring in the home environment. Our informative free workshops with an engaging, participatory feel help to increase empathy, knowledge and understanding to keep both children and pets safe and happy within the home.

For further information on free workshops for practitioners and foster families contact education@bluecross.org.uk

Courses from our partners



ADDvanced Solutions Community Network

Supporting you to find the answers

ADDvanced Solutions Community Network encourages, equips and empowers neurodiverse children, young people and their families, those with specific learning difficulties, SEN and Disability, and associated mental health needs. They have a blended offer of free face-to-face and online groups, workshops and learning programmes for parent/carers to better understand and support the needs of their child.

The full newsletter is available to you here. [SEFTON What's On Newsletter Summer First Half term 2024](#)

Community Network Group

They offer weekly informal workshops to offer support to you on your journey - pre, during, post and no diagnosis. The workshops are needs-led, so come along and meet their team and visiting professionals to share learning and experience.

In person -Thornton Family Wellbeing Centre, Stanny Field Drive, Thornton, Liverpool, L23 1TY. Wednesdays 12.30-2.30

- 24th April Neurodevelopmental Conditions and Toileting
- 1st May Specific Learning difficulties (overview of dyslexia, dyspraxia, dyscalculia, and dysgraphia)
- 8th May SENDIASS/Barnardo's: Information, advice and support they provide for parents and carers of children and young people with SEND, including how the service supports families through the Education Health Care Plan (EHCP) process.
- 22nd May Autism and Demand avoidant profile.

Online - Zoom courses over April and May run from 5pm-6.30pm [Webinar Registration - Zoom](#)

Topics to be covered include:

- 24th April Liverpool Independent travel training team
- 1st May Theory of Mind
- 8th May Separation Anxiety
- 15th May Autism with Demand Avoidant Profile



"These courses are delivered by experts who know what they are talking about, don't talk down to you, but understand how many frustrations there are to overcome along the way." Sefton Carer

Neurodevelopment Conditions Learning Programme

This provides an opportunity for parents and carers to gain understanding and skills about neurodevelopmental conditions including autism, ADHD and Sensory Processing Difficulties (pre, during, post and no diagnosis) with strategies to support the difficulties that may present: Neurodevelopmental conditions/specific learning difficulties and associated mental health difficulties Autism Spectrum Disorder/Condition (ASD/C) Attention Deficit Hyperactivity Disorder (ADHD) Sensory Processing/Integration Difficulties (SPD) Managing everyday challenges and behaviours associated with NDCs Your Local Offer, disability welfare rights and special educational needs support including Early Help and Education Health Care Plans



ADDvanced Solutions
Community Network
Supporting you to find the answers

The next cohort for the Neurodevelopmental conditional learning programme runs of Wednesdays nights for 6 weeks from 6.30-8.30pm online [Webinar Registration - Zoom](#)

There is also a learning programme for families **post diagnosis**. These are separated in to age groups

3-8yrs old is online on Tuesdays (6 weeks) 6-8.30pm [Webinar Registration - Zoom](#)

9- 13yrs old is in-person on Mondays (3 weeks) 9.30-2.45PM in L4 Liverpool (venue to be arranged).

14-19yrs old is also in-person 9.30-2.45PM in L24 Liverpool (venue to be arranged).

For all queries about Advanced Solutions, email info@advancedsolutions.co.uk



**Sefton Community
Learning Service**

Sefton Community Learning Service

The following courses they provide are useful for developing your IT skills

- Digital parenting: staying safe online Mon 10th June 1pm – 3pm
- Microsoft Office for Beginners starting Tue 11th June 1pm – 3pm
- Internet for beginners starting Thu 13th June 10am – 12pm
- iPads for beginners starting 13th June 2024 10am – 12pm
- Email for beginners starting Fri 14th June 1pm – 3pm

To take a place on any of these courses [please enrol here](#) or call 0151 934 4546

[See the full prospectus](#)

May 2024

Wed 1 st May	Allegations & Safer Care	10am – 1pm	Mandatory	Teams
Fri 3 rd May	Mindfulness Based Holding Space week 3	10am-12:30pm		Zoom
Tue 7 th May	Therapeutic Parenting for Traumatized Children week 4	6pm – 8pm	Level 2	Zoom
Wed 8 th May	Equality & Diversity	6pm – 8:30pm	Level 2	Teams

“I really enjoyed this course. Whilst a lot of it was common sense, it gave me the opportunity to really think about issues and how they affect others.”

Thu 9 th May	Safeguarding	6pm-8:30pm	Mandatory	Teams
Fri 10 th May	Mindfulness Based Holding Space week 4	10am-12:30pm		Zoom
Mon 13 th May	Caring for ‘Cared for’ Babies	10am – 11:30am		Crosby Lakeside
Tue 14 th May	Therapeutic Parenting for Traumatized Children week 5	6pm – 8pm	Level 2	Zoom
Wed 15 th May	Emergency Paediatric First Aid	10am – 5pm	Mandatory	Ainsdale CLC
Fri 17 th May	Mindfulness Based Holding Space week 5	10am – 12:30pm		Zoom
Mon 20 th May	Introduction to Non-Violent Resistance	6:30pm – 8pm		Teams
Tue 21 st May	Therapeutic Parenting for Traumatized Children week 6	6pm – 8pm	Level 2	Zoom
Wed 22 nd May	Meeting Health Needs	10am – 1pm	Level 2	Teams
Thu 23 rd May	Allegations & Safer Care	6pm – 8:30pm	Mandatory	Teams
Fri 24 th May	Mindfulness Based Holding Space week 6	10am – 12:30pm		Zoom
Wed 29 th May	Kinship Information Session	10am – 1pm		Teams
Wed 29 th May	Mindfulness Based Holding Space	10am – 12:30pm		Zoom

June 2024

Sat 1 st June	Allegations & Safer Care	9:30am – 12:30pm	Mandatory	Teams
Tue 4 th June	Therapeutic Parenting for Traumatized Children week 7	6pm-8pm	Level 2	Zoom
Wed 5 th June	Promoting Independence	6pm – 8:30pm	Level 2	Teams
Thu 6 th June	Using Egress and the Provider Portal	10am – 1pm		Ainsdale CLC
Fri 7 th June	Mindfulness Based Holding Space week 7	10am- 12:30pm		Zoom
Tue 11 th June	Therapeutic Parenting for Traumatized Children week 8	6pm – 8pm	Level 2	Zoom
Wed 12 th June	Supporting School Transitions	6:30pm – 8:30pm		Teams
Thu 13 th June	Introduction to Child Bereavement	10am – 2pm		Teams
Fri 14 th June	Mindfulness Based Holding Space week 8	10am – 12:30pm		Zoom
Mon 17 th June	Emergency Paediatric First Aid	10am – 5pm	Mandatory	SING Plus, Seaforth
Tue 18 th June	Therapeutic Parenting for Traumatized Children week 9	6pm – 8pm	Level 2	Zoom
Wed 19 th June	Child Development	10am – 1pm	Level 2	Teams
Thu 20 th June	Helping Children Stay Safe Online	6:30pm – 8:30pm		Teams
Mon 24 th June	Safeguarding	10am – 2pm	Mandatory	Teams
Tue 25 th June	Workbook Workshop	10am- 11am		Teams
Wed 26 th June	Emotion Coaching	10am – 3pm		Formby PDC
Thu 27 th June	Feeling Outnumbered – Parenting Siblings	10am – 2pm		Formby PDC

