

Fostering

Promoting Foster
Care in Scotland

Issue 7 Autumn 2003

in Scotland



Summer School

Pictured above are some of the young people who attended the Summer School, This event sponsored jointly by The Scottish Executive and The Fostering Network, was enjoyed by over 200 carers and 250 children and young people. Over 50 staff and volunteers helped to make it a great success.

In this magazine

In this edition we focus on children with disabilities, their families and their carers.

NEWS ITEMS AND INFORMATION

We would welcome your contributions on any news, views, articles, ideas.
Please send to Bryan Ritchie, The Fostering Network, 2nd floor, 227 Ingram Street, Glasgow G1 1DA
t 0141 204 1400 e bryan.ritchie@fostercare-scotland.org.uk

Welcome

We are pleased to welcome the following into individual membership, purchased for them by their agency or local authority.

West Lothian carers

South Ayrshire respite carers

If you would wish any information or articles on any of the features in this edition, please contact The Fostering Network, 2nd Floor, 227 Ingram Street, Glasgow, G1 1DA, email bryan.ritchie@fostercare-scotland.org.uk

Your views, articles, information and contributions are always welcomed, please contact The Fostering Network on 0141 201 1400 or email bryan.ritchie@fostercare-scotland.org.uk

2003 is European Year of People with disabilities

11 year old Gareth Elms from East Lothian was the winner of a competition to mark this year.

His picture was chosen for its aesthetic value combined with the positivity of his message. Wallis Goelen, Head of the Unit for Integration of People with Disabilities at the European Commission said "Through his drawing Gareth shows that he, as a disabled child, has the right to play with all the other children"

Next Edition

SUMMER SCHOOL

As this magazine is being compiled, the Summer School weekend is taking place at the Coylumbridge Hotel. The next edition for information, articles, photographs

THE YOUNG PEOPLE'S PROJECT - VISIT TO IFCO - ARGENTINA

The IFCO, International Foster Care Organisation Conference took place in Argentina 2003. Attending were Kausar Karim and Michelle Walsh from the Young People's Project. Hear more about this exciting opportunity and the workshop that they presented in next month's edition.

Letter from Anne Black

Autumn 2003

It is hard to believe that summer is now over and I always wonder where the days have gone.

I hope that you enjoyed some change from the daily routine over the summer period.

It has been a busy time for The Fostering Network in Scotland with a lot of work on an application for continued funding for the Membership Project after the current grant finishes in August 2003.

This has been a very successful project with there now being 9 out of every 10 carer households in individual membership.

We had a good meeting in Perth to hear your views about what kind of membership services you want to have in place. These ideas have shaped the application we have made to the Community Fund.

We are also trying to get some money to have a project to look at the very valuable service that sons and daughters of carers give to young people placed in their homes.

We are clear that sons and daughters do need support but in a way that they feel comfortable about and this project would help to ensure that we hear the views of as many sons and daughters as we can.

Another day meeting at Perth focused on Keeping young people, carers and agencies safe. We looked at the various aspects of dealing with complaints and allegations against carers.

Everyone agreed that this is one of the most difficult situations that carers, young people and agencies ever have to face.

From the meeting The Fostering Network has agreed to look at a protocol for dealing with such situations and would hope to develop this in partnership with the Association of Directors of Social Work.

Bryan and I were invited to the Scottish Executive in July to talk to Euan Robson the new Depute Minister for Education and Young People. We took the opportunity to tell him all about fostering and its successes and also some of the difficult issues it faces.

The other big news is that the Scottish Executive gave us some money to run a Summer School for a couple of days in September 2003. The lucky families who were allocated a place at the Coylumbridge Hotel had a good time.

We said goodbye and good luck to Gerri McAndrew, our UK Executive Director at the last Scottish Committee as she has now moved to a new job.

We also said goodbye to Anne Fisher who finished her time in The Fostering Network when the Membership Project finished. She has done a wonderful job in helping to get so many individual members into The Fostering Network and to have got regular meetings set up across Scotland, not to mention the excellent Newsletter!

We all wish them both well.

David Hadjicostas the Chair of the UK Board of The Fostering Network also came to the Committee Meeting and we were all delighted that he made the trip North and were very pleased to hear his commitment to reaching out to all the partners in the fostering services. I am sure that he will be back to meet some more carers and workers in Scotland.

With best wishes,

Anne Black

Chairperson of the Scottish Committee for The Fostering Network

The Membership Project

The Membership Project was established in August 2000 and was funded by the Community Fund for three years.

Its aim was to actively encourage and unite Scotland's fostering families through individual membership of The Fostering Network. It also was required to liaise with local authorities and agencies to encourage them to purchase individual membership for all their carers. It was recognised that fostering, by its very nature, can be an isolated and isolating task. The Project aimed to tackle this by offering support to individual carers by keeping them in touch with other carers across Scotland, and by ensuring that carers were well informed. By establishing a network between all the partners in the foster care service, the Fostering Network could identify issues of common concern to inform any campaign strategy. It was also considered that this would strengthen the position of the organisation so that it could claim to represent the foster care service.

During the three years of the Project, especially the last year, there was a dramatic rise in the number of local authorities and agencies purchasing individual membership for their carers. When the Project first started, there were 500 carer households in membership in Scotland and in August 2003, there were 2035 carer households in membership. This number is still actively rising and The Fostering Network now represents 9 out of 10 foster carers across Scotland.

It was recognised that there were few opportunities for all the partners in the foster care service to meet together to share ideas to help The Fostering Network identify and develop key areas and issues of common concern.

Reference Groups were established in the West, East and North of Scotland. These were attended by carers, young people accommodated, sons and daughters of carers, social workers, family placement workers, and Childrens Rights Officers. These meetings took place on a regular basis and helped formulate and inform a number of publications including the "National Overview" and "Meeting the Standards" documents. These documents were distributed to managers, policy makers in agencies and authorities, central and local government as well as individual members.

Membership meetings were held three times per year in the North, East and West of Scotland. These meetings

developed rapidly to become seminars or mini-conferences. Especially welcome were the workshops, with the most stimulating and valued ones being the contributions by young people. The topics were on subjects relevant to the fostering service and were often suggested by members. These meetings were well attended with averages of 60 to 80 people. It was hoped by providing a buffet lunch that there would be an opportunity for participants to meet together. Halfway through the Project, it was decided to hold two of these meetings mid-week with one on a Saturday. This was to encourage social workers and other partners in the foster carer service to attend. The change in format and subject matter were all positively welcomed.

A number of other forums were established including a voluntary and independent fostering provider' forum. As well as, an urban managers forum.

To help communication across Scotland between all interested parties, a web-site was developed which has had on average, 9500 hits per month.

This newsletter was funded by the Membership Project and is sent to all individual members, agencies and authorities and interested parties. It is also distributed widely at seminars, training meetings and to local and central government. It has been well received by members and at present, 2500 copies of each edition, are distributed. Among much of the other work undertaken by the Project were sessions for carers on speaking to the media. The participants now provide a valuable resource in representing the foster care service both on the TV, radio and in print. It has also allowed The Fostering Network to build up positive relationships and was instrumental in providing prime time TV exposure to benefit the fostering service.

A Scottish wide focus group meeting was held on the 19 June in Perth with 80 delegates attending from all over Scotland. The ideas and discussion from this seminar helped to formulate the Fostering Network's application to the Community Fund to fund the Communication Project. We want to build on the success of the existing Project and maintain regular contact with all the partners in the foster care service.

We will keep you informed about our bid to the Community Fund.

Arts Inc

Arts Inc. is an art group that is held in a local youth centre in Troon. The group is open to children and young people, of all abilities, who are aged between 8 - 18 years old. A parent piloted the concept last year, with some assistance from Community Education and Social Work. It was this same person who suggested the name 'Arts Inc': it was felt that this represented the truly inclusive nature of the group.

Arts Inc. has since developed further. With parents, community education and social work all working in partnership, we are now looking to apply for funding and establish a parent committee to take the group forward.

Of the children who attend the group, some have no disability and attend local mainstream school; others are differently able and perhaps attend a special school 10 miles away from their local community. The staff team bring with them a wide range of experience

in working with children and young people; this includes youth work, or more specific experience with children who have special needs. Activities and equipment are adapted to ensure that all children can work creatively together and by restricting our numbers, it is felt that each child is able to participate fully in the fun and mess!

Lisa Bell.

Children with Special Needs Team Social Work, Housing and Health. South Ayrshire Council.

We have been professional carers with Quarriers for about 3 years, offering family based short breaks to six different disabled children and young people.

Our own children have grown up and left home. Tom works full time, but helps with the children when he's at home. All the children and young people have significant disabilities including learning disability, autism and cerebral palsy - two of the children we work with require total care. The youngest is five and the oldest is 17. The children's time with us varies between two and six overnight visits per month according to their needs - it's often difficult to fit everyone in but we seem to manage. The summer holiday time is a stressful period for all parents and this is when we often find children and parents really need a break from each other. The diary below gives a typical week for us this summer.

Monday am - we've got the architect coming to look at plans for an extension to our house. Quarriers work alongside our local Council and Health Service who have been able to find money out of the Changing Children's Services Fund to fund the extension. This will enable us to continue working with all the children, but especially the two boys who have moving and handling needs and need wheelchair access and adapted accommodation.

Pm - 2pm and our first child of the week arrives. Allan is 16 and he's staying with us till Thursday. Allan was one of a number of young people we took on an activity holiday at the end of May - it was brilliant to see him rock climbing and canoeing! We've noticed he's been tiring a lot lately and after thinking about teenage hormones and an inbuilt reluctance to get out of bed decide, along with his dad, that a trip to the GP might help. We struggle to get an appointment this week but will keep trying. Allan goes on the computer before tea, he's one of two young people who have been teaching us to use it! TV and a long chat to catch up on all his news, and talk about what's important to him before supper.

Tuesday am - usual morning routine with Allan before shopping for his favourite food, then home for lunch.

Pm - an afternoon in the garden as the weather is very good. The play equipment in our garden is getting more and more and our flower borders less and less! After tea, we go for a run in the car to get some ice-cream, then bed for us all

Wednesday - Up at usual time, make up a picnic and away to the beach till late afternoon. A lazy evening since we're all tired after a day in the fresh air.

Thursday - We've got a cancellation at the Doctors. He was running over which made us late for our next child arriving - these little things are sent to try us! A bit of juggling and everything works out OK - it helps if you have a sense of humour and can stay calm in this job!

Ben will be with us till after lunch tomorrow, he comes once a week. Ben is 10 and gets a special type of therapy for two hours each day. Tom and I have been trained as therapists and over the past two years it's made a tremendous difference to Ben. After tea, we do therapy then have a long walk before bed.

Friday - After breakfast we all go to pick up Donald who uses a wheelchair. Donald is a 'new' child for us so we're still getting to know each other through fortnightly daytime visits. Once the extension is built, he'll be able to come for overnights. Tom and Donald spend some time together while I do therapy with Ben. Donald and Ben get on well, they both love music and a run in the car so we do this after lunch and then take Ben home. One of the nice things for the young people we support is the chance to make friends with other children who visit. If two young people get on well, we make a point of having them together occasionally.

Once Donald goes home around 4pm we get some much needed housework and odd jobs done..... Thank goodness for an evening and night off!!!

Saturday - We have two boys arriving in the afternoon. Robin and Colin. They arrive full of energy and eager to know what we are going to do over the weekend. Colin is staying until Sunday and Robin till Wednesday.

We agree what they want for tea - burgers and chips it'll be for all then! They decide to put the tent up in the garden and if the weather is good the boys might stay out all night. As it turns out, the weather wasn't bad so Tom and the boys get settled in. Robin talked all night and there was heavy rain in the end - what fun!!!!!!

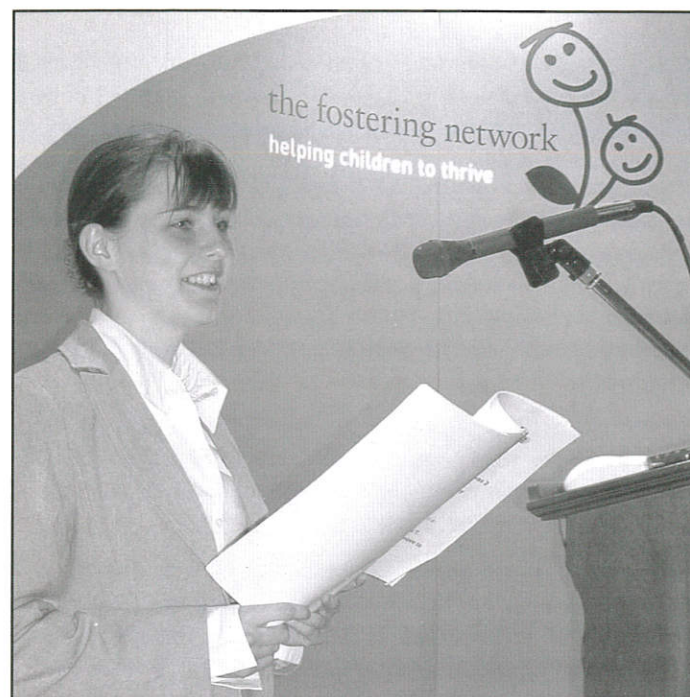
Sunday - morning routine as usual, apart from certain people looking slightly damp. Make up a picnic as we decide to go to the beach. Tom and Colin go fishing and Robin and I build a sandcastle. Colin caught a 5lb sea bass with Tom two weeks ago at only his third attempt at fishing and we've got the photos to prove it. What a confidence builder for him

Off for an ice cream then guitar practice for the boys with Tom before Colin goes home at teatime. What a great day.... Tired but happy, we flop in front of the telly with Robin to have a quiet evening for a change.

Tomorrow is the start of another busy week... with Lucy coming - our lovely little 5yr old charmer with cerebral palsy.

Anne and Tom
July 2003

Young People's Project National Conference



Ms Angela Young

Fostering Network's Young People's Project National Conference took place on the 11 April 2003. The conference, titled "Listening to Young People - Foster Care the way forward" explored the needs of young people in foster care and those of the sons and daughters of foster carers.

The conference was held in Edinburgh with 135 delegates, including foster carers, young people and professionals. Reeval Alderson, BBC and Home and Social Affairs Correspondent chaired the conference.

Angela Young, who as a care leaver has extensive experience of foster care, discussed some of the difficulties she had experienced with being in foster care. Whilst her experience had largely been positive, she discussed the importance of stability, supportive relationships and the raising of expectations. Angela's experience highlighted the need to have flexible placements, where a young person has a home they can return to for support in adult life.

Other speakers included Janette Harkin, a foster carer from Glasgow. Janette looked at the changing demands on foster carers, highlighting the complex needs of children coming into care, and the subsequent higher expectations placed on foster carers. The issue of allegations was raised and the need for social work departments to improve the management of this.

Bruce Irvine, Consultant Clinical Psychologist from Young Minds, looked at the mental health needs of young people. Bruce discussed the importance of emotional health and well being. He emphasised the need for families and professionals involved in a young person's life to develop resilience in a young person, which allows them to cope better with the demands in their life.

The conference also launched the "Voices From Care"

report. This was based on a survey of foster homes across Scotland and looked at young people's experience of foster care. Professor Kathleen Marshall (Centre for the Study of the Child and Society) outlined the main findings of the report.

The survey found that fostered children are experiencing too many moves between homes, leading to disruption and instability. That pre placement information was poor and placements were often far from the young person's family and friends. In addition, one third of those questioned said that they were not being allowed sufficient contact with their families, while over half commented that they did not see their social worker enough.

Sons and daughters were also included in the survey. It showed that local authorities are failing to meet their needs in terms of recognition, training and support.

The morning sessions was concluded with a short play, titled "Who cares, we do", by four young people with an experience of foster care.

The workshops in the afternoon looked at the range of issues affecting young people, including working with challenging behaviour, the experiences of foster carers' sons and daughters, changes to throughcare and aftercare legislation and mentoring. Barnardos Snakes and Ladders game provided an interactive workshop examining the obstacles and opportunities experienced by young people.

Feedback from delegates attending the conference was very positive, with many commenting on the impact of Angela's presentation. The involvement of young people (both those with an experience of foster care and the children of carers) proved to be an effective way of delivering the overall message of the conference, which was that anyone working with a young person must ensure that their opinions are listened to in all decisions affecting their lives.



Mr Reeval Alderson

Specialist Foster Carer Scheme For Disabled Children

In March 2001 Edinburgh's first Specialist Foster Carers for Disabled children were approved. This was in response to the number of disabled children whose needs could not be met within existing schemes.

The Specialist Foster Care scheme provides long-term care either full-time or part-time to children who are Looked After by the Social Work Department or who are living with their birth family in the community. All the children are affected by disability. Some are on the autistic spectrum, displaying communication differences and challenging behaviour. Others may have a physical or learning disability. A number have complex medical needs with sensory impairments.

Since those early days there have been many changes in relation to the number of carers recruited, the children coming forward for placement and the types of care that we offer. We began with four carers and this has grown to twelve with five couples/individuals currently undergoing assessment. Initially the age of children referred was over ten years, we now consider children of all ages. Full-time or standard respite care of 78 days a year were the placements provided originally although there is now greater flexibility. An example of this would be where a specialist carer could offer five or six nights care a week and the remaining nights of the week the child is with their own family. Although the number of carers is growing there are still not enough. There are currently 20 children in placement and there are children waiting for

either respite or full-time care. As a result recruitment is a high priority.

Specialist Foster Carers are paid a fee of £324 a week for a full-time placement, with maintenance payments in addition to this. When a child is placed full-time at least one carer in the house must not have other employment. The contract with a full-time carer includes respite one weekend a month and block holidays of two weeks and one week over a year. In acknowledgement of the complex tasks and high level of care and supervision these children need, all carers are offered a support and training package designed to meet their needs in caring for the child in placement.

Specialist Respite Carers can be paid on a full or part-time basis. Children who receive planned respite will either come from their families in the community or from full-time specialist foster carers.

Families or individuals who have been successfully recruited as specialist carers have a wide and varied caring career. They all have an interest in disabled children and have experienced disability in their families, employment or community. The scheme is looking for people who are committed to taking disabled children into their families; giving children experiences that will enhance their lives and encourage them to reach their full potential.

For more information please contact Kath, Roger, or Morag at East Edinburgh Resource Team on 0131-556-6787.

Quarriers Break-A-Way Project Fathers Group

As a Social Worker with Quarriers Break-a-way Project, I was involved in a review for a disabled child I was working with. I noticed that although both parents and the child were present, all the questions were being directed towards the Mum. The Dad left the room and the child said "no one ever listens to me or asks my opinion, I might as well not be here".

Something in his anguish touched a chord with me. In the team, there is a realisation that men are often marginalised or even excluded from the care of their children so the Fathers Group was born.

The group was set up to give fathers in Dumfries and Galloway a voice, an opportunity to express their feelings about being the dad of a disabled child. Although, it is called a father's group, it is open to all the male carers of disabled

children – birth and stepfathers, foster and adoptive fathers, and extended family.

Many of the fathers who attended the group are known to the Family Based Short Breaks to disabled children and young people throughout the region. But all dads are welcome and we are keen to reach more people in the community. Sometimes, we find Dad's bring a friend along – often word of mouth is our best advertiser.

The group is co-facilitated by two male social workers. It started as a pilot project in Dumfries in October 2002 and has met bi-monthly ever since. In March 2003, a similar group started in Stranraer. There is no membership, dads/male carers dip in and out as they choose. So far, we have had meals out together, visiting speakers, discussion evenings and social events e.g. recently we had a

table tennis evening in which we included some of the children. We have many hopes for the group – one being an opportunity for dads and children to spend more time together.

Why it is important to give dads a voice? Well, perhaps this response from someone who attends the Dumfries group has the answer.

"There are no women here and I can actually share my feelings as a man"

Another dad said:-"Sometimes, dads need permission to be angry or to not feel guilty, I know that I have become a lot more peaceful since I have come to this group"

So if you are interested in hearing more about the Fathers Group, contact Roger or myself on 01387 249888

Francis McFaul

Complementary Therapies for Children

Complementary and alternative medicine (CAM) is the name given to a wide range of therapies that can be used alongside orthodox medicine together with those complete medical systems, which can be used independently. All CAM is based on the concept that the body heals itself and the different therapies use different approaches to stimulate the body's inner ability to heal itself. However the choice to be well or sick is not only about the body itself but also the environment we live in which is why CAM practitioners take such an interest in lifestyle, diet, stress, pollution, exercise which contribute to our overall health.

It may be difficult for parents and carers to decide which therapies may be useful for their children because of the huge number of therapies, the different terms and language used to describe treatments and also the confusing range of qualifications therapists use. The 'Which' Guide to Complementary Medicine by Barbara Rowlands gives basic information about the different therapies available (ISBN: 0 85202 634 X). This article aims to give an overview of the type of conditions which complementary medicine may help to alleviate and sets out some pertinent questions which can be asked to help choose a therapy.

There has not been much CAM research generally and particularly in the area of childhood, however it is known that children respond very well to positive touch and enjoy massage therapies. The touch therapies are not only useful for relaxation purposes but also for treating muscle and joint problems, rigidity and pain caused by lack of movement, sleep and digestive difficulties. Many CAM therapies are based on principles of 'Bioenergy' and believe that the body is made up of energy and disruption in the balance and flow of energy leads to illness and the ability of the body to defend itself against disease. These therapies seek to 'top up' and re-balance the body's energy during a treatment. Many therapies use plants and/or nutritional supplements as part of the therapy. It is vital that any medication your child is taking must be discussed and taken into consideration in Aromatherapy and other therapies, which use essential oils and herbs as part of the treatment.

Research has shown that patients are reluctant to discuss their use of CAM with their family doctor and do not always remember to tell their CAM therapist that they are taking medication prescribed by the Doctor. It is really important to have a frank and open relationship between all professionals involved in you and your family's health so that we can begin to close the gap between orthodox medicine and CAM.

There are many different types and standards of training for CAM practitioners and it is important that you ask about the training they received and how they keep up to date with new developments. Most therapists will be happy to explain what their training entailed. Some therapists will not have had experience of working with children but may know of a colleague who does specialise in this area, so don't be afraid to ask about their experience. It is also important to be clear about what you expect from the therapy so discuss this before you start the treatment and negotiate a treatment plan with the therapist that you are happy with. Sometimes clients and therapists don't 'gel'. This is nobody's fault, it just happens in the highly individualised nature of CAM therapy so do not be worried about changing your mind about a therapy. It is important to find a therapy and practitioner with whom you and your child are comfortable and at ease. CAM has much to offer, all that is necessary is an open mind and a realistic approach – enjoy!

Contributed by Jenny Gordon, *Alternative Therapist*, who attended the Summer School 2003.

The Commissioner for Children and Young People (Scotland) Act was passed on 1 May 2003.

The Act creates the post of Commissioner for Children and Young People with the general function of promoting and safeguarding the rights of children and young people. This includes everyone in Scotland up to the age of 18, and those up to 21 years who have been "looked after" by a local authority. In doing so, the Commissioner will have regard to the United Nations Convention on the Rights of the Child (UNCROC).

There are a number of principles which underpin the Act. These are that:

- the Commissioner is independent;
- the best interests of children and young people should be a primary consideration in all matters affecting them; and
- the views of children and young people should be taken into account in accordance with age and maturity.

In exercising the general function of promoting and safeguarding the rights of children and young people under the Act, the Commissioner is to:

- promote an awareness of those rights amongst children, young people and adults;
- keep under review current law, policy and practice relating to those rights;
- promote best practice by service providers in relation to children and young people;
- promote, commission, and publish research;
- undertake investigations; and
- report to the Parliament.

The Commissioner can conduct investigations into how service providers take rights, interests and views into account in decisions or actions affecting children and young people. The Commissioner cannot, however, undertake an investigation which only concerns an individual child or young person. In an investigation, the Commissioner has the power to call witnesses to attend and require the production of documents.

It is anticipated that the Commissioner will be in post by the beginning of next year.

Reviews

Guineapigitis

By Lucy Ritchie, Member of Playback Newsletter Committee

Over the past while there has been a great amount of initiative to get those children with disabilities for whom it is possible, into mainstream schooling. I am all for this, as I think that many children with disabilities do not need to be in special schools. I myself am a pupil at a mainstream school. There is, however, a problem. Mainstream schools are keen to do their best, which is of course, good, but they do seem, in a way, to be over-keen. By this, I mean that they sometimes forget that almost all disabilities are different in different individuals. Let me explain.

Often at school, I feel that when the school wishes to try something out that concerns disabled pupils, they consider how it would work in my case, and then take that as a guideline for future pupils. This is not a good idea. As I said, almost every disability is different. As some schools fail to realise this, children with disabilities who are the only disabled pupils at their schools sometimes feel that they are in a way being experimented on, a kind of human guinea pig effect.

This prevents them from feeling like ordinary pupils. I call this problem "Guineapigitis". The result of this problem can often be that, as well as having a negative effect on how the pupil feels, the school's duty is pushed aside by their eagerness to solve any problem caused by a child's disability. Ideally, in mainstream school, we should be seen as pupils first, children with disabilities second. Our education should be the first and foremost concern of any mainstream school we may attend.

The way round this problem, as far as I can see it, is more consultation between schools and any disabled pupils that attend them. As we are the true experts on our own disabilities, we can advise our schools on how best to help us. We can also warn them against taking this as any sort of guideline for future pupils and thus prevent further cases of "Guineapigitis". Listening to us is the best way forward for schools who want top marks in the mainstream inclusion program.

Reproduced with kind permission of Playback Group Newsletter

Playback works with and for children and young people with disabilities.

Parenting a child who has been sexually abused – video

This video is designed to be used alongside the similarly titled training programme for foster carers and adopters. Excerpts from it are linked in to the programme.

The first section deals with issues around preparation for and implementation of the programme. It focuses on issues such as co-working, the holding of live painful material and how over-whelming this can be. It flags up the central importance of "naming the actual abuse" from which all else followed. It addresses such themes as "triggers", "re-parenting and corrective messages".

The second edition involves a conversation with a very experienced carer who is able to articulate the impact and challenges of living with sexually abused children. She is able to convey the fundamentally different starting point for such children for whom loving, caring and nurturing has been experienced as scary. The need to read behaviour and dynamics as messages. She is particularly graphic on being able to have sufficient distance when a child elicited a sexual response/feelings from the carer to read this also as a message. The need to hold on to a sense of self as a good and caring parent can be difficult in these circumstances. She speaks of "dancing to a tune you don't hear" with such children, but how explanations do help. The continual reminder that "this is now, that was then" can help. She speaks about how some children develop anger and pass on the pain, whilst other children hold it, and try to protect their carers from it. Belief in "what you do", its value, the importance of promoting resilience, is seen as vital as is the importance of support to carers dealing with this minefield, they need to have ongoing reassurance, in essence to know that "you are on the right track".

This video accompanies a Training Pack "Parenting a child who has been Sexually Abused" produced by BAAF.

Contributed by Resource Team Leader

East Lothian Council

Information on Training Course

Due to the success of our open training courses we have added additional dates to our programme:

Role of the family placement supervisor

27 January 2004 £60 + VAT (new)

Competency-based assessment of foster carers

13 November 2003 £60 + VAT (new)

Communicating with children through play

3 December 2003 £50 VAT (Stirling)

21 January 2004 £60 + VAT (Glasgow) (new)

17 March 2004 £60 + VAT (Glasgow) (new)

Managing conflict

22 March 2004 £60 + VAT (new)

Should you wish to attend any of the above courses please contact Joy Crawford, Administrator to the Training Section on 0141-204-1400 or [email joy.crawford@fostercare-scotland.org.uk](mailto:joy.crawford@fostercare-scotland.org.uk)