Online resources from Fostering Network

**Support for foster carers during the transition to new normal** - We have developed these online sessions for foster carers to explore ways to help children and young people through the process while taking care of themselves and getting the support they need.

**Aims -** The Fostering Network recognises the challenges and opportunities the lockdown situation has presented for foster carers, their families and the children they are caring for. This session will provide a safe space for carers to reflect on how they have coped, what’s gone well, what’s been difficult and their hopes and fears as we face a new “normal”.

**Objectives:**

* To identify the challenges carers are facing
* To offer some practical strategies to address these challenges
* To share successes and opportunities
* To reflect on how carers can care for themselves when time is at a premium

**Dates:**

* [Wednesday 10 June 7-8.30pm](https://www.thefosteringnetwork.org.uk/training-and-events/training-events-and-workshops/support-foster-carers-during-transition-new-normal)
* [Wednesday 17 June 7-8.30pm](https://www.thefosteringnetwork.org.uk/training-and-events/training-events-and-workshops/support-foster-carers-during-transition-new-0)
* [Thursday 18 June 1.30-3pm](https://www.thefosteringnetwork.org.uk/training-and-events/training-events-and-workshops/support-foster-carers-during-transition-new-1)

**Helping children and young people through the transition to new normal -** Looked after children and young people face additional issues returning to school, college and normality in general.  We have developed these online sessions for foster carers to explore ways to help children and young people through the process while taking care of themselves and getting the support they need.

**Aims -** Transitions are difficult for everyone. Transitions for children who are looked after are even more difficult. Most of these children and young people have faced chaos and transitions that they have had no choice or control over. This session will provide an opportunity to reflect on how we can support children through the transition to a new “normal”.

**Objectives:**

* To discuss children’s feelings about the pandemic and how they express them
* To consider the changes children are facing in relation to education
* To provide ideas to help prepare children for a return to formal education
* To anticipate children’s questions and how we can answer them

**Dates:**

* [Monday 22 June 7-8.30pm](https://www.thefosteringnetwork.org.uk/training-and-events/training-events-and-workshops/helping-children-and-young-people-through)
* [Wednesday 24 June 7-8.30pm](https://www.thefosteringnetwork.org.uk/training-and-events/training-events-and-workshops/helping-children-and-young-people-through-0)
* [Thursday 25 June 1.30-3pm](https://www.thefosteringnetwork.org.uk/training-and-events/training-events-and-workshops/helping-children-and-young-people-through-1)