

Nurturing Relational Connections: Course Description

Course Description

Relational connections support safety and well-being for children and youth. As a caregiver, you have a responsibility to support the children and youth in your care in building and maintaining connections with people who are important to them.

This 3-hour facilitator-led training will explore the importance of connections for the well-being of children and youth, your role in helping children or youth in your care build and maintain relationships, and approaches to help you address common challenges related to nurturing these connections. Topics include maintaining healthy boundaries, helping siblings stay connected, and navigating different values.

Learning Objectives

- Describe the importance of relational connections for child and youth well-being.
- Build and maintain respectful relationships with the people who are important to the children and youth in your care.
- Describe solutions to common challenges you may experience in nurturing a child or youth's relational connections.
- Explain the roles of the case team in nurturing child and youth relational connections.
- Create an action plan to nurture relational connections for a child or youth in your care.

Key Messages

- As a caregiver, your relationship with the child or youth's family and others is key to helping the child or youth maintain and build their connections.
- It takes time and focused effort to build and maintain good relationships and connections.
- Small actions to build and maintain relationships make a big difference over time.
- Caregivers can work with the child or youth's case team to engage and build relationships with the child or youth's family and natural supports.

Guided Discussion Questions

- Why are relational connections important to children and youth in care?
- What is the caregiver's role in building and maintaining relational connections?
- What actions can you take to nurture relational connections for children and youth in your care?

Resources

- *Child, Youth and Family Enhancement Act* (CYFEA) - <https://open.alberta.ca/publications/c12>
- Alberta Foster and Kinship Association (AFKA) and the Caregiver Support Program - <https://afkaonline.ca/>
- Center on the Developing Child–Harvard University - <https://developingchild.harvard.edu/>
- Office of the Child and Youth Advocate - <https://www.ocya.alberta.ca/>
- ALIGN - Alberta Children's Services Provincial Caregiver Training - <https://alignab.ca/alberta-childrens-services-provincial-caregiver-training/>