

## Alternative Training Packet for Session 1: Family Connections and Identity

**Note to Resource Coordinator** please provide these items to participant for this session:

- Foundations Participant Manual (if participant does not have)
- Circle of Courage Worksheet from Homework Packet

**1. Read the Family Connections and Identity** chapter in *Foundations Part 2 Classroom and Resource Guide*; read both the class content and resource section **and** review of sheets in homework packet on *Circle of Courage*.

**2. Answer the following questions:** If you have a child placed in your home, think of that child when answering. BE SPECIFIC.

A. What can you do in your home to promote a sense of **Belonging**?

B. How could you promote **Mastery**?

C. What could you incorporate to promote **Independence**?

D. How could you support **Generosity**?

**3. Complete this writing exercise in your manual**, “What Am I Willing To Do?” in resource section of this chapter and identify those things you are willing to do and **ADD at least 2-4 items** to each section to address the *Challenge to the Child* (10 minutes) Share these with your Resource Coordinator.

**Additional Resources for Session 1: Family Connections & Identity:** The rest of these videos, websites and/or articles are *not* required, but they will compliment your learning about attachment.

- **Watch** two videos on *Circle of Courage*:
  - “Solution Tree: Reclaiming Youth at Risk”  
<https://www.youtube.com/watch?v=MoOXcFZgzhl>
  - “Circle of Courage”: <https://www.youtube.com/watch?v=dclMi2Luq0o>
  
- **Take** one or more of these classes:
  - *Cultural Issues in Parenting* at: [www.fosterparentcollege.com](http://www.fosterparentcollege.com)
  - *Cultural Competence* at: [www.fosterparentcollege.com](http://www.fosterparentcollege.com)
  - *Kinship Care with Dr. Joseph Crumbley* at: [www.fosterparentcollege.com](http://www.fosterparentcollege.com)
  
- **Read** these articles:
  - *Transracial Parenting*: [http://www.ifapa.org/pdf\\_docs/TransracialParenting.pdf](http://www.ifapa.org/pdf_docs/TransracialParenting.pdf)
    - also attached
  - *What A Black Woman Wishes Her Adoptive White Parents Knew*:  
[www.buzzfeed.com/mariamalockington/what-a-black-woman-wishes-her-adoptive-white-parents-knew?utm\\_term=.wjaYKa5MA#.igJ42LXvB](http://www.buzzfeed.com/mariamalockington/what-a-black-woman-wishes-her-adoptive-white-parents-knew?utm_term=.wjaYKa5MA#.igJ42LXvB)