



Caring Families
AOTEAROA

Self-directed Training Framework

How it works

We have three levels for the new training;

- **Foundational**
- **Intermediate**
- **& Advanced**

Each level has three tiers, with each tier containing four courses. Once you have finished a tier, you will receive a Certificate of completion. To complete a level, you will need to finish all 12 courses, plus two courses from the Additional Topics.

Courses available

In May we released *What are Adverse Childhood Experiences?* and *Part 3 of the National Care Standards: Assessment, Plans, and Support for Caregivers*. In July we are releasing *Part 1 of the National Care Standards: Needs assessments, plans and visits to, and collection of information about, children & young persons*, and our course; *How our Past Shapes Parenting*.

We will be releasing other therapeutic courses over the coming months.

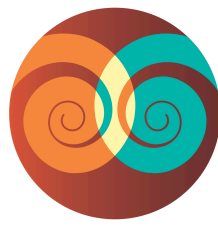
Costs

Each course is \$25.00 + gst.

Please note: our courses are **FREE** if you receive your allowance from Oranga Tamariki (Ministry for Children) or Work and Income, or if you don't receive any funding. This includes whānau/kin caregivers, grandparents raising grandchildren, and permanent caregivers.

If you receive your allowance from another agency (e.g. Barnardos) please [contact us](#) so we can talk to your agency about payment.

Email: training@caringfamilies.org.nz or **Phone:** 0800 693 323



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Training Framework

FOUNDATIONAL LEVEL

Tier One

Caregiving 101

What are
Adverse Childhood
Experiences?

How our past shapes
parenting?

Why therapeutic
parenting?



**Foundational
One
Certificate of
completion**

Tier Two

Understanding
wellbeing through a
cultural lens

Healing using the
house model of
parenting

Developmental &
historical trauma

Attachment 101



**Foundational
Two
Certificate of
completion**

Tier Three

Introducing DDP,
healing at home

How trauma
impacts the
child's brain

Taking care
of yourself

What is
blocked trust?



**Foundational
Three
Certificate of
completion**

**To complete the Foundational Level,
you will need to finish all 12 courses,
plus two Additional Topics.**



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PROGRESSIVE - INTERMEDIATE LEVEL

Tier One

Ways to connect with
DDP

Exploring attachment
styles & behaviour

Am I coping - stress

Understanding legal
rights &
responsibilities

Tier Two

Creating a
secure base

How shame drives
behaviour

Why serve & return is
critical

Knowing self & others
mind-mindedness

Tier Three

Behavioural support

Emotional impact of
caregiving

Understanding your
attachment history

Understanding
emotional
regulation

**Progressive One
Certificate of
completion**

**Progressive Two
Certificate of
completion**

**Progressive Three
Certificate of
completion**

**To complete the Progressive -
Intermediate Level you will need to finish
all 12 courses, plus two Additional Topics.**



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ADVANCED LEVEL

Tier One

PACE - Acceptance & Empathy

PACE - Playfulness & Curiosity

How to parent in the moment

What is the internal working model



**Advanced One
Certificate of
completion**

Tier Two

Communication -
staying open &
engaged

What is blocked care?

Understanding your
child's inside/outside
age

Providing safe
structure & supervision



**Advanced Two
Certificate of
completion**

Tier Three

Creating a positive
family atmosphere

Using natural
& logical
consequences

Practising PACE

Torn loyalties
- family dynamics



**Advanced Three
Certificate of
completion**

**To complete the Advanced level you
will need to finish all 12 courses, plus
two Additional Topics.**



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ADDITIONAL TOPICS

What's important for the growing baby

What children learn through play

Caring - impact for biological children

Screen time - technology

Play - the adults role

Stepping aside from confrontation

Journeying with your teenager

Building your village

Navigating the challenges of whānau
care

To retain the 'Advanced Level' a further two topics need to be completed each year. **More topics will be added over time.**



ORANGA TAMARIKI

Ministry for Children

THE NATIONAL CARE STANDARDS

(Ministry and NGO Caregivers are required to understand the standards.)

Part 1: Needs assessments, plans and visits to, and collection of information about, children & young persons.

Part 1 provides an in-depth exploration of the processes involved in supporting caregivers and children in care. It emphasises the importance of assessments, planning, and utilising resources to ensure the well-being of children.

Part 2: Support to address a child's or young person's needs.

In Part 2 the caregiver will learn about the importance of assessing individual needs, encouraging cultural sensitivity, and recognise the caregiver's role in promoting well-being, cultural identity, and educational success.

Part 3: Assessment, Plans, and Support for Caregivers.

Part 3 is about the assessment and support plan the caregivers are entitled to help meet the needs of children in their care. They will learn the details of what should be included in their plan and how the caregiver approval process works.

This course is about Parts 4, 5 and 6, and will equip caregivers with essential knowledge to support children and young people effectively. It emphasises understanding rights, care transitions, and compliance with regulations.

Part 4: Supporting children and young people to express their views and contribute to their care experience.

Part 5: Supporting children and young people during care transitions.

Part 6: Monitoring and reporting on compliance with these regulation.