



**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**

To find out about currently available courses please refer to our website - <https://www.caringfamilies.org.nz/training-self-directed-online-learning/>

We are working in releasing one training a month.

## **Costs**

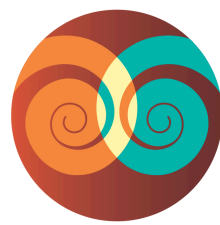
Each course is \$25.00 + gst.

**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.

Or please call us if you are unsure if there is a cost for training for you.

**Email:** [training@caringfamilies.org.nz](mailto: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.