



Caring Families
AOTEAROA

SELF DIRECTED ONLINE TRAINING for Caregivers

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INTRODUCING OUR TRAINING FRAMEWORK

Our Training

The training offered by Caring Families Aotearoa is for caregivers parenting tamariki and rangatahi who have relationship difficulties - especially children who have experienced insecure attachments, trauma, loss and/or separation, or family violence.

Professionals working in the care sector are welcome to take advantage of these learning opportunities too.

Our training framework is based on the latest research and pays special attention to the parenting attitude of PACE (Playfulness, Acceptance, Curiosity and Empathy).

It provides an understanding, without judging, of the internal experience of the child. It also explores how to maintain connection while providing structure, supervision and discipline in order to support behaviour.

How our training platform works

Our new training platform is split into three levels:

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

We recommend that anyone starting our training begins at the Foundational Level. Caregivers and professionals who have completed some of our courses before should also start at the Foundational Level before moving on to the Intermediate and Advanced levels. This will provide you with a base knowledge before diving deeper into therapeutic caregiving.

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 Courses.

INTRODUCING OUR TRAINING FRAMEWORK

The National Care Standards

We also offer courses on the National Care Standards, which outline the care every child deserves, and the support caregivers can expect from Oranga Tamariki or their agency.

**Please note, The National Care Standards apply to caregivers caring through Oranga Tamariki or another agency. This training is not required for caregivers who receive the Unsupported Child Benefit (UCB).*

Courses available

We launched our platform in May 2025, and some courses are already open for registration. We're continuing to develop more, with the aim of releasing a new training each month.

Each course takes approximately 1 hour to complete.

Please refer to our website for the courses that are open for registration.
<https://www.caringfamilies.org.nz/training-self-directed-online-learning>

Cost

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, 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.

Contact Us

Email: training@caringfamilies.org.nz

Phone: 0800 693 323

FOUNDATIONAL LEVEL FRAMEWORK

TIER ONE

Caregiving 101



What are
Adverse Childhood
Experiences?



How our
Past Shapes
Parenting



Why
Therapeutic
Parenting?



Foundational One
Certificate

TIER TWO

Understanding
Wellbeing
through a
Cultural Lens



Healing using the
House Model of
Parenting



Developmental
and Historical
Trauma



Attachment
101



Foundational Two
Certificate

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

The Foundational Qualification is provided once all foundational and two additional courses have been completed.

FOUNDATIONAL LEVEL

TIER ONE COURSE DESCRIPTIONS

Caregiving 101

This course provides a wonderful overview of caregiving in Aotearoa New Zealand. Whether you're new to caregiving, or have years of experience, this is the perfect place to start your learning journey.

***What are Adverse Childhood Experiences?**

This course breaks down Adverse Childhood Experiences (ACEs). ACEs are traumatic events that occur in childhood, such as abuse, neglect, and household dysfunction. These experiences can significantly impact a child's development and long-term health. Understanding ACEs is the first step on the journey to therapeutic care.

***How our Past Shapes Parenting**

This training will help you to enhance your parenting skills and create meaningful connections with the children in your care.

Our past experiences, especially from childhood, play a significant role in shaping our parenting styles. They can affect the way we communicate with children, including our body language, facial expression and tone of voice.

***Why Therapeutic Parenting?**

All our training is based on therapeutic models of parenting.

Understanding why this approach is so important for children who've faced trauma or attachment difficulties will give you the tools to help them feel safe, manage emotions, build trust, and form secure relationships.

**Courses currently available (as at 1 September 2025)*

FOUNDATIONAL LEVEL

TIER TWO COURSE DESCRIPTIONS

Understanding Well-being through a Cultural Lens

This course will introduce you to developing a holistic view of your well-being and that of others using a cultural model. We will explore how connection and balance contribute to provide overall well-being.

Healing using the House Model of Parenting

Kim Golding's House Model of Parenting is a framework designed to help caregivers provide a secure and nurturing environment for children, especially those who have experienced trauma. The model emphasises creating a solid foundation of security and trust, which is essential for healthy development.

Incorporating a Māori lens, this course draws parallels between the House Model and Te Whare Tapa Whā, where each wall of the house represents a vital element of wellbeing: tinana (physical), hinengaro (mental/ emotional), wairua (spiritual), and whānau (family/social). Just as a whare must be strong and balanced to stand firm, so too must the caregiving environment support all aspects of a child's wellbeing.

Elements of the house, such as boundaries, nurture, and guidance, are reflected throughout our training modules. Together, these frameworks offer a holistic and culturally responsive approach to healing and parenting.

Developmental and Historical Trauma

Developmental trauma refers to the chronic exposure to traumatic events during childhood, such as abuse or neglect, which disrupts normal development and can lead to long-term emotional and psychological challenges. Historical trauma, on the other hand, is the collective emotional and psychological harm experienced by a group over generations due to significant historical events such as colonisation, war, slavery, or genocide.

FOUNDATIONAL LEVEL

TIER TWO COURSE DESCRIPTIONS

Developmental and Historical Trauma continued

Both developmental and historical trauma are deeply interconnected. The intergenerational impact of colonisation, land loss, suppression of language and culture, and systemic inequities have left lasting effects on whānau, hapū, and iwi.

This course explores how trauma affects not only individuals but also the collective wellbeing of communities. Participants will gain insight into how culturally grounded approaches can support healing, resilience, and reconnection across generations.

Attachment 101

Attachment theory, developed by John Bowlby, explains the deep emotional bonds that form between children and their caregivers. These early relationships are crucial for a child's development, providing a sense of security and shaping their future interactions.

Attachment is closely aligned with whanaungatanga (relationship and connection), manaakitanga (nurturing care), and aroha (unconditional love). The bond between the tamaiti and their kaitiaki (caregiver) is not only emotional but also spiritual, rooted in whakapapa (genealogy) and wairua (spiritual essence).

Children who experience consistent and responsive caregiving are more likely to develop healthy, secure attachments. In contrast, inconsistent or neglectful care can disrupt these connections, affecting emotional and social development throughout life.

This course explores attachment through both Western theory and Māori knowledge systems, offering a holistic understanding of how secure relationships support lifelong wellbeing and resilience.

FOUNDATIONAL LEVEL

TIER THREE COURSE DESCRIPTIONS

Introducing DDP - Healing at Home

Dyadic Developmental Practice (DDP), developed by Dr. Daniel Hughes, is an approach designed to support children who have experienced trauma and disrupted attachments. It focuses on creating a safe and supportive environment through responsive, attuned caregiving that builds trust and emotional security.

DDP aligns with the values of manaakitanga (nurturing care), aroha (compassion), and whanaungatanga (deep connection). It recognises the importance of whakapapa (identity and belonging) in the healing journey of tamariki.

This course explores the core principles of DDP parenting—PACE (Playfulness, Acceptance, Curiosity, Empathy)—and how they can be put into action within the home. It offers a framework that supports mauri ora (flourishing wellbeing) and strengthens the caregiver-child relationship through culturally responsive and trauma-informed practice.

DDP is the guiding model adopted by Caring Families Aotearoa, and this course will help you understand how to integrate its principles into your caregiving journey.

How Trauma impacts the Child's Brain

This course explores childhood trauma and how it can alter a child's brain development, particularly in areas that control emotions, memory, and stress responses. For example, trauma can heighten activity in the brain's fear centre (amygdala) and reduce function in areas responsible for decision-making and regulation (prefrontal cortex). These changes can lead to heightened emotional reactions, difficulty managing stress, and challenges with thinking and learning. This course integrates neuroscience with Māori knowledge systems, exploring how healing can be supported through manaakitanga (nurturing care), whanaungatanga (restoring relationships), and tikanga (cultural practices).

FOUNDATIONAL LEVEL

TIER THREE COURSE DESCRIPTIONS

How Trauma impacts the Child's Brain cont.

Participants will gain insight into how trauma-informed and culturally responsive caregiving can help restore balance and promote oranga (wellbeing) in tamariki.

Taking Care of Yourself

Self-care is a critical part of parenting children with relationship difficulties. It builds emotional resilience and enhances the ability to respond with empathy rather than defensiveness. This course will explore how to build emotional support systems before becoming overwhelmed, helping caregivers stay grounded and connected.

We will explore practices that support mauri ora (flourishing wellbeing), including whakawhanaungatanga (building supportive relationships), karakia (spiritual reflection), and hauora (holistic health). This course encourages caregivers to honour their own needs, restore balance, and build resilience through culturally grounded and trauma-informed strategies.

What is Blocked Trust?

Blocked Trust occurs when a child struggles to form trusting relationships due to early trauma, neglect, or disrupted attachment. These tamariki often expect rejection or harm from others, leading them to be overly cautious, defensive, or emotionally withdrawn. They may find it difficult to seek comfort, experience joy, or be curious about the world around them.

When trust is blocked, a child's wairua (spirit) and mauri (life essence) can become diminished, affecting their ability to connect with others and feel safe in the world.

This course explores how blocked trust develops, how it presents in behaviour, and how caregivers can respond with aroha (compassion), mārama (understanding), and ngākau māhaki (gentleness). Through culturally responsive and trauma-informed strategies, we aim to support the restoration of mana and the rebuilding of safe, trusting relationships.

INTERMEDIATE LEVEL

(These courses are in development)



An Intermediate Qualification is provided once all intermediate and two additional courses have been completed.

ADVANCED LEVEL

(These courses are in development)

TIER ONE

PACE - Acceptance
& Empathy



PACE - Playfulness
& Curiosity



How to Parent
in the Moment



What is the
Internal Working
Model?



Advanced One
Certificate

TIER TWO

Communication -
Staying Open
& Engaged



What is
Blocked Care?



Understanding
your Child's
inside/outside age



Providing Safe
Structure
& Supervision



Advanced Two
Certificate

TIER THREE

Creating a
Positive Family
Atmosphere



Using Natural
& Logical
Consequences



Practising PACE



Torn Loyalties -
Family Dynamics



Advanced Three
Certificate

An Advanced Qualification is provided once all advanced and two additional courses have been completed.

ADDITIONAL COURSES

(These courses are in development)

What's important for the
growing baby

What children learn
through play

Caring - the 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

Each additional course takes between 30 mins to 1 hour to complete.
To retain the Advanced Level, a further two topics need to be
completed each year. More topics will be added over time.



***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 recognising their 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 them 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 regulations.

How to access our courses



To register on one of our courses please go to the Caring Families Aotearoa website:

<https://www.caringfamilies.org.nz/caregiver-training>

Or email: training@caringfamilies.org.nz

Or call: 0800 693 323

You will receive access via an email link on the course start date.

What caregivers have told us they like about our training platform.

The course was easy to follow and provided practical tools. It was great to be able to complete in our own time and go back over information.

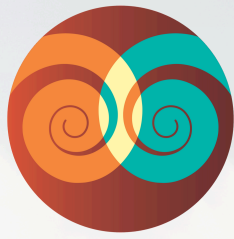
I really enjoyed this course it challenged my outdated way of parenting. I think before I speak. I encourage without direction and I attempt to stay calm.

This information has been insightful to me as I am a very new carer, this helps me understand the processes for the child's hauora.

This course was interesting and informative. It reinforced ways to assist and help support children through ACEs they may have encountered. It gave practical and fun ways to support children.

Notes

Courses I'm interested in:



Caring Families
AOTEAROA



Contact

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