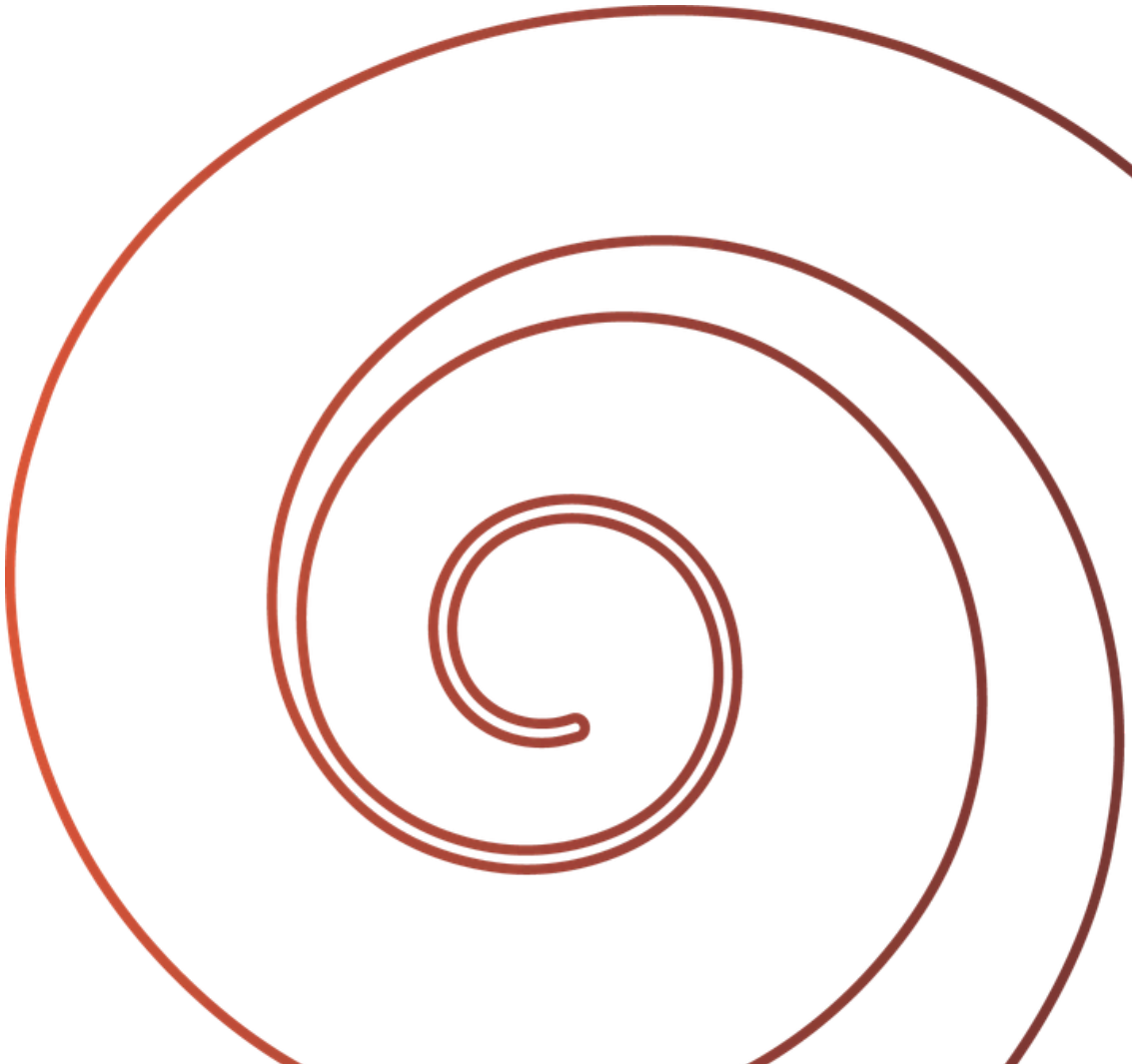


SELF DIRECTED ONLINE TRAINING

for Caregivers



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INTRODUCING OUR TRAINING FRAMEWORK

Our training

The training offered by Caring Families Aotearoa is for our **caregiver members** parenting tamariki and rangatahi who have relationship difficulties - especially children who have experienced insecure attachments, trauma, loss and/or separation, or family violence. Becoming a member is FREE and gives you access to our training, support and events.

Professionals working in the care sector will also benefit from our training. Professionals also need to sign up to become a member of Caring Families Aotearoa to access our training.

Become a member

https://www.caringfamilies.org.nz/membership-form-redesign/

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 to support behaviour.

How our training platform works

Our training platform is split into three levels: *Foundational*, *Intermediate* and *Advanced*.

Each level has three tiers, with each tier containing four courses. Once you have finished a tier, you will receive an email confirming completion. To complete a level, you will need to complete all three tiers, (12 courses), plus two Additional Courses. This will provide you with a base knowledge before diving deeper into the next level.

We recommend that anyone starting our training begins at the Foundational Level. Caregivers and professionals who have previously completed our Foundations For Attachment (FFA) or Nurturing Attachment courses should also start at the Foundational Level but can contact us about advancing through this level.

NZQA micro-credentials

If you wish, you can gain a NZQA micro-credential after completing all of our training levels.

Our training framework has been assessed by NZQA and is equivalent to 22 credits at Level 3 of the New Zealand Qualifications and Credentials Framework. In some instances, this learning can be cross-credited towards another learning programme.

If you would like this formal recognition of your training, you can refer to our website for more information; https://www.caringfamilies.org.nz/gain-nzqa-recognition-for-your-training/ or call us on 0800 693 323 or email - training@caringfamilies.org.nz

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 online platform in May 2025, and our Foundational Level courses are all open for registration.

We're adding to our training suite all the time, with the aim of releasing a new course every month.

Each course takes approximately 1 hour to complete.

Please refer to our website for courses that are currently available.
https://www.caringfamilies.org.nz/training-self-directed-online-learning

Cost

Please note, our courses are funded by Oranga Tamariki (Ministry for Children) if you receive your allowance from Oranga Tamariki or Work and Income, or if you don't receive any funding, they are currently FREE. 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. Each course is $25.00 + GST.

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-Tools, Resources & Advice for Formal / Informal Caregivers

What are Adverse Childhood Experiences (ACEs)?

How our Past Shapes Parenting

Why Therapeutic Parenting?

You will receive an email confirming completion of Tier One.

TIER TWO

Understanding Wellbeing through a Cultural Lens

Healing using the House Model of Parenting

Developmental and Historical Trauma

Attachment 101

You will receive an email confirming completion of Tier Two.

TIER THREE

Introducing DDP - Healing at Home

How Trauma Impacts the Child's Brain

Taking Care of Yourself

What is Blocked Trust?

You will receive an email confirming completion of Tier Three.

The Foundational Level is achieved once all Foundational and two Additional Courses have been completed.

FOUNDATIONAL LEVEL

TIER ONE COURSE DESCRIPTIONS

Caregiving 101

This course offers valuable insights into the unique role and responsibilities of caregivers, as well as guidance to understand the challenges and rewards of caregiving. It's applicable for anyone who is caring for a child not born to them.

If you're looking for tools, techniques and resources to navigate your caregiving journey and to create a positive and nurturing environment for the tamariki and rangatahi in your care – this is a great place to start!

We have two different training pathways for this course - one designed for formal, or statutory caregivers (inside the state care system) and another for informal, or non-statutory caregivers (outside the state care system).

What are Adverse Childhood Experiences (ACEs)?

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.

Understanding ACEs is the first step on the journey to therapeutic care. There are four parts to this training:

1. An introduction to Adverse Childhood Experiences
2. How to identify ACEs and understand their long-term effects on health and opportunities
3. Protective factors and therapeutic strategies to support children and help them build resilience
4. Creating a safe and nurturing environment for children affected by ACEs.

How our Past Shapes Parenting

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.

This course helps caregivers explore how childhood experiences and past messages influence their parenting approach.

- Participants will learn to identify and reframe unhelpful beliefs and challenge common parenting myths.
- The course emphasises building strong, nurturing relationships with children and fostering a supportive, empathetic environment.
- Caregivers will gain insights into aligning their parenting values with their actions through reflection and practical strategies.

This course is ideal for enhancing parenting skills and creating meaningful connections with children.

Why Therapeutic Parenting?

Therapeutic parenting aligns with the principles of manaakitanga (care and compassion), wairuatanga (spiritual wellbeing), and whanaungatanga (building strong relationships). It acknowledges the impact of mamae (hurt) and whētuki (trauma) on tamariki and seeks to restore mauri (life essence) and mana (dignity) through consistent, empathetic, and culturally grounded care.

By using empathy, consistency, and understanding, therapeutic parenting helps children regulate their emotions, form secure attachments, and build healthy relationships. It focuses on addressing the underlying needs behind challenging behaviours, promoting long-term emotional and psychological well-being.

TIER TWO COURSE DESCRIPTIONS

Understanding Well-being through a Cultural Lens

This course will show you how to use a cultural model to develop a holistic view of your own well-being and that of others. It is a gentle learning experience giving you the time to explore how connection and balance contribute towards overall well-being.

At Caring Families Aotearoa we acknowledge and celebrate the many different cultures that make up and contribute to our country. We embrace these differences as they form the foundation of our identity – both as individuals and as a community. Each culture is steeped in history and lore, and each has their approach to health and well-being. This course focuses on well-being from a Māori perspective.

The information it contains is a humble offering of centuries of knowledge passed down through generations by way of stories, karakia (spiritual incantation), waiata (songs), whakapapa (genealogy) and practice. We have taken a small cross section of that knowledge to share.

Healing using the House Model of Parenting

We look at Kim Golding's House Model of Parenting, which is a framework designed to help caregivers provide a safe and nurturing environment for children, especially those who have experienced trauma or adversity.

Using the House Model, we cover the importance of a secure base, fostering strong relationships and the need to support emotional and behavioural development. You will learn about attachment-focused and trauma-informed approaches to connecting with the child in your care, including Playfulness, Acceptance, Curiosity and Empathy (PACE). The key parts of the House Model, such as boundaries, nurture, and guidance, are a common thread across many of our training courses. Healing using the House Model of Parenting will give you a good understanding of them all.

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 issues.

Historical trauma, on the other hand, is the collective emotional and psychological damage experienced by a group over generations due to significant historical events like colonisation, slavery, war or genocide. Both types of trauma can profoundly affect individuals and communities, influencing behaviours, health outcomes, and social dynamics.

You'll learn to recognise signs of trauma, understand their effects on emotional regulation, relationships and brain development. Explore strategies to create safe, supportive environments, and much more.

Attachment 101

This course offers a foundational understanding of how early attachment experiences shape a child's emotional and social development. It covers key concepts; attachment styles, the caregiver's role in fostering secure attachments, and examines the impact of loss and separation on children in care.

Attachment shapes how we connect, trust and grow. By understanding its roots and behaviours, we unlock the tools to nurture resilience and healthy relationships in children. It is important for you to understand as most children in care have insecure attachments due to their past trauma and adversity.

TIER THREE COURSE DESCRIPTIONS

Introducing DDP: Healing at Home

This course explores the core principles of Dyadic Developmental Practice DDP parenting—PACE (Playfulness, Acceptance, Curiosity, Empathy)—and how they can be put into action within the home. 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.

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.

How Trauma Impacts the Child's Brain

Have you ever wondered why children who have experienced trauma may react in ways that seem puzzling or overwhelming? In this training you will learn how children's brains develop and how trauma can disrupt this process. Understanding these changes can help you respond with empathy and provide the right support children need to heal and grow.

The main objectives of this training:

- Learn how trauma, abuse, and neglect shape a child's developing brain.
- Explore how trauma influences children's behaviour and emotions.
- Gain supportive guidance on the biological roots of trauma.
- Recognise how trauma manifests in everyday behaviours.
- Discover how your responses can help children heal and rebuild trust.
- Feel more confident and equipped to support children with empathy and practical tools.

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 optimal wellbeing (mauri ora), including building supportive relationships (whakawhanaungatanga), spiritual reflection, (whakaata wairua). This course encourages caregivers to honour their own needs and build resilience through trauma-informed responses.

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

TIER ONE

- Ways to Connect with DDP
- Exploring Attachment Styles and Behaviour
- Am I Coping? Stress
- Torn Loyalities - Family Dynamics
- You will receive an email confirming completion of Tier One.

TIER TWO

- Creating a Secure Base
- How Shame Drives Behaviour
- Why Serve and Return is Critical
- Knowing Self and Others' Mind-mindedness
- You will receive an email confirming completion of Tier Two.

TIER THREE

- Behavioural Support
- Emotional Impact of Caregiving
- Understanding your Attachment History
- Understanding Emotional Regulation
- You will receive an email confirming completion of Tier Three.

The Intermediate Level is achieved once all Intermediate and two Additional Courses have been completed.

ADVANCED LEVEL

These courses are in development

TIER ONE

- PACE - Acceptance and Empathy
- PACE - Playfulness and Curiosity
- How to Parent in the Moment
- What is the Internal Working Model?
- You will receive an email confirming completion of Tier One.

TIER TWO

- Communication - Staying Open and Engaged
- What is Blocked Care?
- Understanding your Child's inside/outside age
- Providing Safe Structure and Supervision
- You will receive an email confirming completion of Tier Two.

TIER THREE

- Creating a Positive Family Atmosphere
- Using Natural and Logical Consequences
- Practising PACE
- Torn Loyalties - Family Dynamics
- You will receive an email confirming completion of Tier Three.

The Advanced Level is achieved once all Advanced and two additional courses have been completed.

ADDITIONAL COURSES

Most courses are in development.
Those marked with an * are currently available

Screen time - Technology: Supporting Healthy Habits*

Helping babies heal: Understanding the Impact of Trauma*

They Care Too: The Impact of Fostering on Biological Children*

Keeping Safe - Safety and Prevention*

What Children learn through Play

Play - the Adult's 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.

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 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

There are two registration pathways for our self-directed online training, each tailored for the type of support you receive as a caregiver. Learn more on the Caring Families Aotearoa website:

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

Or email: training@caringfamilies.org.nz

Or call: 0800 693 323

Once registered, you will receive access to your learning 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:

Notes

Caring Families
AOTEAROA



Contact

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