Children's Home

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FOSTER CARE TRAINING RECORD

Name: _____ Calendar Year: _____

Foster parents and any adults in a parenting role must complete at least 12 hours of training each year to build and maintain the skills needed for providing foster care. Training may occur in various settings and through multiple formats. Except for required licensing trainings (e.g., mandated reporting, medication management, B.E.S.T.), the same training can only be counted once during the foster parent's licensure. Each adult should submit their own training record.

Acceptable training sources include workshops, parent support groups, podcasts, webinars, and consultations with a child's therapist, teacher, or medical provider. Up to 6 hours per year may come from books or audiobooks (100 pages = 1 hour; maximum 3 hours per book).

The following trainings are required annually					
Title	**Method of Delivery (in-person, book, webinar)**	**Presenter**	**Brief Description of Topics and Learning Objectives**	**Date Completed**	**Number of hours**
CHILDREN'S MENTAL HEALTH TRAINING					
A minimum of 1 hour of training per year must be in the area of Children's Mental Health. The training should include any of the following keywords: Attachment, Trauma, Depression, Resiliency, Medication (psychotropic), Autism/Pervasive Developmental Disorder, Anxiety, Bipolar, Behavior Disorders, Attention Deficit Hyperactivity Disorder (ADHD), Development, Eating Disorders.					
MANDATED REPORTER TRAINING					
Mandated Reporter training must be completed annually (link below)					
Mandated Reporter training	Mandated Reporter Training | Minnesota Child Welfare Training Academy	MN Child Welfare Training Academy	Mandated reproter training		1 Hour
FETAL ALCOHOL SPECTRUM DISORDER TRAINING (FASD)					
A minimum of 1 hour of training per year must be in the area of Fetal Alcohol Spectrum Disorders. The training should include any of the following keywords: Fetal Alcohol Spectrum Disorders, Alcohol Related Birth Defects, Alcohol Related Neurodevelopmental Disorder, Partial Fetal Alcohol Syndrome, Prenatal Exposure to Alcohol. Must include parenting strategies and skills, not just a general overview of the topic.					

Title	Method of Delivery (in-person, book, webinar)	Presenter	Brief Description of Topics and Learning Objectives	Date Completed	Number of hours
CPR AND FIRST-AID TRAINING					
CPR and First Aid certification for all ages (infant, child and adult) is required for foster care licensure. This training must be completed in-person or in a hybrid format with an in-person instructor-led skill session. CPR certification is often valid for 2 years, so please indicate the current dates of certification. It is the responsibility of the license holder to keep this training up to date and track certification expiration dates. CPR training resources are located on the last page of the training document. If training has been renewed, please share a copy of CPR certification with your licensor. Both applicants (if applicable) must complete this requirement.					
MEDICATION MANAGEMENT TRAINING					
A minimum of 1 hour of training per year must be completed in the area of Medication Management. Please submit a certificate with this training log to verify this has been completed.					
ALL OTHER TRAININGS					
CH recommends using 2-3 different training methods to diversify your learning and help you meet the full 12-hour annual training requirement, since required trainings alone will not fulfill all hours.					

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				TOTAL TRAINING HOURS	

Recommended annually per Minnesota Rules, part 2960.3070:

- 2 hours social equity, racial/cultural identity development
- 2 hours SOGIE, human sexual development, sexualized behavior
- 2 hours de-escalation, crisis intervention and parental self-regulation skills
- 2 hours specifically related to the unique needs or strengths of a child in their care or expected to be placed in their care; may include sessions with a child's therapist, educational specialists or medical providers to learn more about meeting an individual child's needs
- 2 hours secondary trauma, self-care, addressing own trauma or mental health; foster parent's own therapy or attendance at self-care retreat counts.
- Supporting sex trafficked, exploited and at-risk youth in specialized residential settings, modules 1-5 (about 3.5 hours total). May take one or more modules at a time. Strongly recommended for foster, kinship, and pre-adoptive parents especially those serving children aged 10 and older.

CPR/First Aid Training Resources

- First Aid Classes & Training in Minnesota | Red Cross
- Class Connector Search Home- American Heart Association

Medication Management Resource

- Children's Home Medication Management Training

Training Quick Links:

- On-Demand Webinars - Children's Home
- Foster Adopt Minnesota Education (fosteradoptmn.org)
- Supporting foster, adoptive, and kinship families through training and support. (creatingafamily.org) – use code chlss17 to access trainings free of charge