

In-service Training Available Through Netflix

Instructions: Request the video from Netflix, complete the worksheet for that particular movie (you can get this from your state licensor), and return the completed worksheet to your licensor. You will be given training credit for the video.

A Place of Our Own: Early Academics

This PBS video won a Peabody award, and addresses a variety of learning areas you can explore with your preschooler or young school age child, including language development, literacy, writing skills, math, science and more. Also includes playful learning activities to do with your children.

Credit: Two hours Training Level: Beginning

A Place of Our Own: Early Childhood Solutions-Behavior and Emotion

This PBS series won a Peabody award and provides practical instruction on common behaviors and techniques used for young children, including addressing tantrums, conflict resolution, separation anxiety, sharing, emotion and temperament and encouraging friendships. After seeing real life situations involving each topic areas, there is a discussion with providers and child development experts, then a how-to for a creative activity that caregivers can use to work through some of the challenges. Oriented toward child care providers of preschoolers, but the information is very relevant for foster care providers as well. At the end of the presentation, there is an additional hour of activities.

Credit: Three hours Training Level: Beginning

A Place of Our Own: Health and Nutrition

This PBS series won a Peabody award and addresses a variety of learning areas designed around sleep, childhood obesity, exercise, and nutrition related to childhood medical issues for preschool and young children. Also includes playful learning activities to do with your children.

Credit: Two hours Training Level: Beginning

A Place of Our Own: Special Needs

This PBS series won a Peabody award, and promotes positive interactions with children with special needs. Topic areas are recognizing speech and language delays, sensory impairments and identifying and understanding autism. The focus of this series is on young children.

Credit: Two hours Training Level: Beginning

Aging Out

Excellent documentary profiling three youth who have aged out of the foster care system. Outlines some of the successes, as well as heart-breaking tragedy in the transition to independent living.

Credit: Two hours Training Level: Beginning/Intermediate

Beyond F.A.T. City: A Look Back, A Look Ahead

This film offers practical strategies and inspiration for parents and teachers working with learning disabled children. Dr. Richard Lavoie, an expert in the field of learning disabilities, revisits the impact of his earlier F.A.T. City workshop, and discusses future trends in this field.

Credit: Two hours Training Level: Beginning/Intermediate

Child Development: The First Two Years

This film guides parents and caregivers to foster a child's physical and cognitive development early on. Topics include teething, nutrition, stimulation mobility and motor skills, language development and separation anxiety.

Credit: One hour Training Level: Beginning

Child Safety

An informative one hour DVD Guide providing useful information and practical tips for parents, children and their caregivers about keeping children safe. Child Safety shares with families the latest research on keeping safe, the real-life stories of three families whose children survived life-threatening injuries, and the experience of experts who work with children of all ages, from infants to teens.

Credit: One hour Training Level: Beginning

Choosing the Very Best Day Care

Helps inform providers about choosing a child care provider. The video includes how to tell if your child is getting personalized attention, how to check credentials, and how to help guard against physical and emotional abuse. This film is not specific to foster care.

Credit: Two hours Training Level: Beginning

Developing Minds: Understanding Disc One, Two and Three

Developing Minds is a video series addressing learning problems in children and how to overcome those problems from a developmental perspective. Addresses issues in the home and in school. This first video covers an introduction to the series, general strategies for parents and for teachers and outlines a student profile. The second video covers "Understanding" and "Higher Level Cognition". The third video addresses "Attention", "Language" and "Memory". These videos must be ordered separately from Netflix; be sure to order them as a series, so you will get them in order. On each video, there are also companion written materials that you can print from your computer, if desired.

Credit: Seven hours for the series Training Level: Intermediate/Advanced

Frontline: Growing Up Online

Take a look inside the lives of the most Internet-savvy generation ever with this PBS "Frontline" program that investigates teens and their cyber-existences. The kids and their parents discuss both the realities and the risks of this new frontier. As parents deal with their teens' drastically different ideas about privacy, the kids confront cyber-bullying, Internet predators, YouTube fame and many other issues new to their generation.

Credit: One hour

Training Level: Beginning/Advanced

Frontline: (The) Medicated Child (STREAMING)

Explores the controversy and realities over the use of medication for young children with childhood mental health issues, particularly for children diagnosed with bipolar disorder. Also available as Instant Watch on Netflix.

Credit: One hour Training Level: Intermediate/Advanced

Frontline: The Meth Epidemic

Frontline and The Oregonian team up to investigate the big business behind methamphetamine, the destructive wake the drug has left on individuals, families and communities across America. It also addresses the epidemics roots in the Northwest, lawmakers' response and the struggles to regulate the drug's ingredients. Although the film does not focus on caring for children of addicts, it will provide information on the general nature of the problem, which can help foster parents understand the impact.

Credit: One hour Training Level: Beginning

Girlhood

This award-winning documentary profiles two female juvenile offenders over a period of three years as they manage life in and out of Baltimore's juvenile justice system. A story of mothers and daughters, crimes and consequences, and strength in the face of unimaginable adversity, this film is a testament to the faith and struggles of two girls just trying to grow up. Note: This film contains profanity.

Credit: Two hours Training Level: Beginning/Intermediate

(The) Happiest Toddler on the Block

A pediatrician relates his practical techniques to calm tantrums for toddlers, who don't respond to adult "logic". The easy to understand film depicts portion of parenting workshops, videos of toddlers, as well as a question and answer session with Dr. Karp. This film may be pretty basic for foster parents very experienced with toddlers. Also contains a Spanish subtitle track that can be selected.

Credit: One hour Training Level: Beginning

I Have Roots and Branches: Personal Reflections on Adoption

An introductory video for families considering adoption. Hear from adoptees and their parents about growing up adopted. Does not contain a great deal of content, but does provide personal perspectives from those who have had positive experiences.

Credit: One hour Training Level: Beginning

It's So Much Work to Be Your Friend: Helping the Learning Disabled Child Find Social Success

Special education expert Richard Lavoie offers strategies to help children with learning disabilities succeed in the social sphere. Learn how to teach your child confidence as they acquire skills to become involved in group activities and make and nurture relationships at school and at home.

Credit: Two hours Training Level; Beginning/Intermediate

Know How

This movie was written and acted by youth who are or have been in the child welfare system in New York City. Though it does not focus on practical tips for fostering youth, it provides a depiction of the emotional journey that youth in care may experience, both in the system as well as in their biological homes. Be forewarned that there are intense situations and considerable profanity. Film is not rated. **Available on Netflix as instant streaming.**

Credit: Two hours

Training Level: Beginning

Laugh and Learn about Newborn Baby Care

Very basic newborn baby care, including bathing and dressing. This video demonstrates swaddling techniques. It is important to note that swaddling should not be used for babies older than two months, and babies are not swaddled tightly around their legs and hips. Please follow your medical professional's advice about swaddling.

Credit: One hour

Training Level: Beginning

Misunderstood Minds: Searching for Success at School

Narrative account of five families trying to understand the reasons a child was having great difficulty learning at school. Families discuss the struggle in proper diagnosis, and examine the difficult decisions they made about whether to use medication to assist in the learning process.

Credit: Two hours

Training Level: Beginning

My Flesh and Blood

Winner of several awards at Sundance, this documentary tracks a year in the life of a single parent who adopted 11 children with special needs, primarily children with medical issues or disabilities. Film contains profanity and images that may be disturbing.

Credit: Two hours

Training Level: Beginning/Intermediate

Normal People Scare Me

Teenage filmmaker (who has autism himself) co-directs this documentary that profiles youth with autism, their families and teachers. Rather than a practical training on how to care for children with autism, it is a broad overview of autism from the youth's perspective.

Credit: Two Hours

Training Level: Beginning

Secret of the Wild Child

This 1994 documentary details the case of a severely neglected child who grew up in isolation, which dramatically affected language and other normal development. Although this was an extreme case, this child may have something to teach us about how abuse or neglect may affect development of some children in care. The video also examines the ethics and controversy surrounding her rehabilitation.

Credit: One hour

Training Level: Beginning

Ten Things Every Child Needs

Dr. T. Berry Brazelton hosts this easy to understand study of early brain development, including the effect of external influence on development. Foster parents can learn what they can do to help rewire young children's neural connections. Focused on children age 0-3.

Credit: One hour

Training level: Intermediate/Advanced

The American Experience: Orphan Trains

Moving PBS documentary on the origins of the foster care system, which began with orphan trains in the 1850's. Thousands of homeless, abandoned or abused children were relocated from the streets of New York, and sent on trains to families in rural America.

Credit: One hour

Training level: Beginning

World's Most Dangerous Drug

This video examines the methamphetamine epidemic, including its introduction into the community, the reasons it has taken such a hold, and why addicts have such a difficult time breaking free from the drug. Excellent production values of this National Geographic special.

Credit: One hour

Training Level: Beginning/Intermediate

A Place of Our Own: Early Academics Worksheet

What steps can you take to make your home a print-rich environment?

How do you think you will know when a child is "ready to write" developmentally?

What did you learn that you can implement to encourage children to read?

Of the creative activities the film offered to encourage academic learning, did you find any that you might find helpful for your foster home? Which activities?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

A Place of Our Own: Early Childhood Solutions-Behavior & Emotions Worksheet

What did you learn about conflict resolution that you can implement in your home?

What do you think the filmmakers mean by "Control the environment, not the little people in it"?

What did you see in the separation anxiety section that might helpful to implement around parent visitations?

Why might it be important to be aware of children's temperament?

Of the creative activities the film offered to work through common childhood issues, did you find any that you might find helpful for your foster home? Which activities?

I have viewed the video and am requesting three hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

A Place of Our Own: Health and Nutrition Worksheet

What did the doctor in the film mean by “shaping young tastes”?

What did you learn about making snacks available for kids, and how might you work on to maximize children’s health in your home related to snacking?

Of the suggestions for food preparation offered to encourage healthy eating, did you find any that you might find helpful for your foster home? Which activities?

Why shouldn’t you heat baby formula in the microwave?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

A Place of Our Own: Special Needs Worksheet

What are your thoughts on the discussion of "special needs"?

What plans can you make if you believe you are caring for a foster child with special needs? With whom can or should you communicate? What resources are you aware are available in your area?

Why does the film emphasize paying attention to ear infections in children?

Why do you think it is so difficult to diagnose autism in some children?

Of the creative activities the film offered, did you find any that you might find helpful for your foster home? Which activities?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

Beyond F.A.T. City: A Look Ahead Worksheet

1. The video asserts that we should never do to a child, something we would not do to an adult. Do you agree? Why or why not?
2. How can you incorporate his idea of what "fairness" is into your home?
3. What is learned helplessness? Describe a situation you have observed of a child demonstrating learned helplessness.
4. What is the difference between lack of attention span and distractability?
5. Dr. Levine discusses the idea that when kids have "good days" they are punished for it. Have you ever found yourself doing this, and how might you handle this differently?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name

Date

Child Safety Worksheet

1. What is the number one killer of children under age 14?
2. What is the leading cause of death in bicycle accidents?
3. Describe two ways you may teach a child to escape a fire in your home?
4. What safety rules or checklists can or have you implemented for your household?
5. If you have a computer in your home, how do you intend to make it safe for children to access the internet?

I have viewed the video and am requesting one hour of training credit toward required foster parent inservice training.

Name

Date

Choosing the Very Best Day Care Worksheet

What additional challenges do you think children in foster care may experience in a child care setting?

What are your experiences of the pros and cons of family child care homes vs. child care centers?

What considerations have you made when evaluating your child care options?

Were you surprised about the video's assertion that years of experience was not associated with positive outcomes for children in child care?

What else did you learn from the video?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

Developing Minds: Understanding-Disc One Worksheet

How do you think you can keep showing children “the light at the end of the tunnel”??

Several times, the filmmakers say “When it comes to learning about learning, the children are our textbooks”. What do you think they mean by this?

What have you noticed with your foster children and/or biological or adopted children with regard to learning styles?

How can you help to “put borders around” a child’s learning problems?

When a child is struggling with school, what can you do in your home to protect them from humiliation?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

Developing Minds: Understanding-Disc Three Worksheet
(Please watch all three parts of the Disk Three video)

What cues might you have at home, to signal that a child is having attention problems?

What did you learn in the mental energy section that you might implement in your home?

What did you learn in the production section that you might implement in your home for children who act upon their first impulse or have other challenging behaviors?

What techniques did you see that can help you assist a child to “develop a fascination for words”?

What are a couple things that you learned in the memory section of the video?

I have viewed the video and am requesting three hours of training credit toward required foster parent in-service training.

Name of Foster Parent

Date Submitted

Developing Minds: Understanding-Disc Two Worksheet
(Please watch both parts of the Disk Two video)

How do you think you can use paraphrasing to assist a child with receptive language problems in your home?

Are there things you can do in your home regarding children's personal interests that might assist them in learning? What are they?

What did you learn in the parent strategies section that you can implement in your home?

Some foster children struggle with critical thinking and reasoning, even outside the classroom. Is there anything in the higher cognition section that might apply to children's behavior, and what might you do about that?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

Frontline: The Meth Epidemic
Viewer Worksheet (Use back if needed)

1. What risks does the child abuse expert indicate children experience when their parents are meth addicts?

2. What role does methamphetamine have on dopamine production?

3. What does the Oregonian reporter link to the rise and fall of the meth epidemic in Oregon?

4. Why does the treatment center staff interviewed in the film feel it is important to treat addicted mothers with their children?

5. What is smurfing?

I have viewed the video and am requesting one hour of training credit toward required foster parent inservice training.

Name

Date

Girlhood

Viewer Worksheet (Use back if needed)

1. When the mother of one of the youth does not arrive for a visitation, she says "I swear no one loves me". If this occurred in your home, how would you respond?
2. What changes do you see in Shanae's understanding of the impact of her crime?
3. What three things did you learn that you can apply to your role as a foster parent?
4. The two youth appear to have very different outcomes. What is your opinion as to what factors affected these girls?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name

Date

The Happiest Toddler on the Block
Viewer Worksheet (Use back if needed)

Note: Please watch the movie as well as the Question and Answer session.

1. Think of a recent time when you have seen a toddler throw a tantrum. Using the fast food rule, how could you have handled that in a way that would calm the situation?

2. What do you think of Dr. Karp's recommendation in using "toddlerease". What would make you comfortable using this technique?

3. Thinking of the same tantrum you discussed in Question 1, how could you increase the likelihood of avoiding the tantrum, using Dr. Karp's techniques?

4. What are a couple things you learned from other parents' experiences and Dr. Karp's recommendations in the Question and Answer portion of the film?

I have viewed the video and am requesting one hour of training credit toward required foster parent inservice training.

Name

Date

I Have Roots and Branches: Personal Reflections on Adoption
Viewer Worksheet (Use back if needed)

1. What did you learn about the adoptive experience?
2. Did you hear any questions raised by the adoptees in the film that you might need to be prepared to answer? What were those?
3. Do you think that there may also be additional challenges in adopting that were not discussed in the film? What might those be?

I have viewed the video and am requesting one hour of training credit toward required foster parent in-service training.

Name

Date

Know Who

You saw the experience of a youth being removed from her father's home. If you were receiving placement of this youth, how might you help to transition this young woman, given what she just experienced?

How did you feel about the experiences of the young people you see in the film that might impact what you do as a foster parent?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

Misunderstood Minds: Searching for Success at School Worksheet
Viewer Worksheet (Use back if needed)

1. Have you or someone you know experienced the dilemma of whether or not to medicate a child? What decision-making process was used regarding this issue?
2. If a child in your home is experiencing learning difficulties, what resources or people are available for you to sort this out?
3. What are some of the difficulties when a child like Adam does not get accurately diagnosed at an early age?
4. What is demystification, and how can you take advantage of this for children in care having learning difficulties?
5. What problems might a bright child experience if they also have learning difficulties?
6. Why could a child exhibiting problem behavior really have an academic problem?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name

Date

My Flesh and Blood Worksheet

What are the advantages and disadvantages of a parent adopting this number of special needs children?

You learned of the problems these children experienced being teased or bullied. Do you think foster children are vulnerable to this as well? If so, what can you do about that?

What did you think about the discussion about the interaction of Joe's adoptive mother and birth mother?

How would you manage Joe's behavior toward the other children in the home?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

Normal People Scare Me

What did you hear about how the youth in the film who were autistic, feel about being autistic?

The younger brother of the filmmaker talks about his experiences having a brother with autism. What do you think you might need to do with foster siblings of an autistic youth in your home, in response to what was shared?

Full inclusion in the classroom is discussed. What are your thoughts about the value of full inclusion?

What accommodations might you make in your home related to children having problems with noise, touch or other sensory issues?

How might you help address the bullying or teasing in your home, that you heard discussed in the film?

I have viewed the video and am requesting two hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

Secret of the Wild Child

1. Why do you think the concept of Genie's ability to form attachments was so important to her treatment team?

2. What is the critical period hypothesis?

3. What do you think the concept of the "single dependable adult" in Genie's life has to teach us about children in foster care?

4. What else did you learn about children who have been neglected?

I have viewed the video and am requesting one hour of training credit toward required foster parent inservice training.

Name

Date

Ten Things Every Child Needs Worksheet

How might the childhood experiences of children in foster care affect their brain development?

Given what you learned, how do you think foster children might be affected by separation from their parents? How might visitation impact this?

What might the lessons learned from Romanian orphanages teach us about children we see who have deprived childhoods?

Why is music important for kids?

What did you learn about facilitating reading in young children?

I have viewed the video and am requesting three hours of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

The American Experience: Orphan Trains

In hearing the people who spoke of their experiences on the orphan trains, do you think the feelings they spoke of are experienced by children in the foster care system today?

What improvements have been made to place children in the contemporary foster care system, in comparison to what you saw in the video? Do you see ways in which the system is the same?

Do you think foster children today are socially isolated and alienated in the same way you heard about in the film? Why or why not?

I have viewed the video and am requesting one hour of training credit toward required foster parent inservice training.

Name of Foster Parent

Date Submitted

