**Foster carer training (Starting out): Learning outcomes assessment form**

**Competent = C**

**Not yet competent = NC**

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| Promoting positive behaviours | | | | |
| Module | **Learning Outcomes** | **Performance Criteria** | **C** | **NC** |
| 5 | 1. Understand that there may be a range of reasons that contribute to various behaviours | 1. Scenario: What are the possible explanations for this behaviour? |  |  |
|  | 1. Discuss attitudes to behaviour and how we judge whether behaviours are acceptable or unacceptable | 1. Scenario: How would these explanations change the way you respond to the behaviour? |  |  |
|  | 1. Understand that a caring approach includes a range of strategies to promote positive behaviours. | 1. Self-esteem: Write down a list of the positive characteristics of a child of young person you look after – strengths, talents, positive aspects of their personality |  |  |
|  |  | 3(b). How could each of these positive characteristics be used to promote positive behaviour? |  |  |
|  |  | 3(c). Consider a behaviour problem you have dealt with in the past. Describe this briefly and write down how you might have helped the child or young person more by focusing on their strengths. |  |  |
|  |  | 3(d). Scenario: Robert. How would you try to help Robert change his pattern of violent behaviour? |  |  |
|  | 1. Accept the importance of carers managing stress for themselves, their families, and the child or young person. | 1. List 3 stress management techniques for both children and adults. |  |  |

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| Carer support, advocacy, and self-care | | | | |
| Module | **Learning Outcomes** | **Performance Criteria** | **C** | **NC** |
| 6 | 1. Identify support needs | 1(a). Why is it important for foster carers to be aware of seeking support when feeling fatigued? |  |  |
|  | 1. Demonstrate skills to seek support | 2(a). Name the places where you can get support |  |  |
|  | 1. Understand the difference between support and advocacy. | 3(a). What does advocacy mean? |  |  |
|  | 1. Explain the role of:    * Foster Care Queensland and FAST delegate    * The Queensland Family and Child Commission (QFCC)    * Community Visitors; and    * Queensland Civil and Administrative Tribunal (QCAT) | 4(a). Who can assist you advocate for yourself or the child or young person in your care? |  |  |
|  | 1. Identify individual sources of stress and apply a range of strategies to manage these | 5(a). What are some practical ways you can practice good self-care? |  |  |

**Participant**

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| **Name of participant:** |  | |
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| **Date of course:** | Enter date |

**Trainer**

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| **Name of trainer:** |  |
|  |  |
| **Signature:** |  |