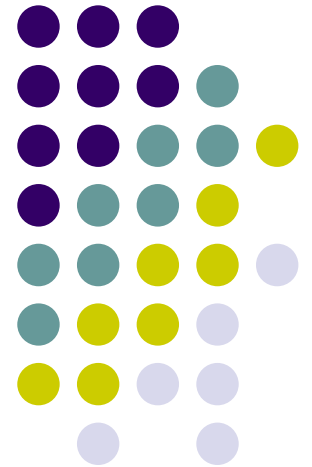


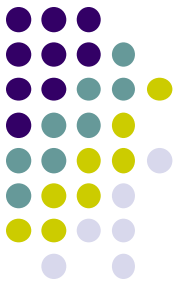


Community Partnership for Children

Foster Parent Mentor Training



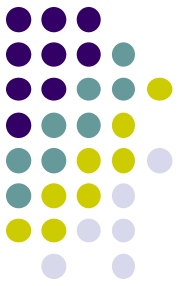
Define Mentoring



-What is a Mentor?

-Who is a Mentor?

-Everyone in this room has benefited from the influence of someone who taught, guided, or challenged you.



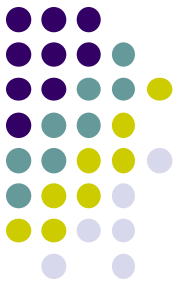
Skills of a Mentor

- Be able to establish trust between new foster parent and self
- Offer advice specific to each individual
- Give examples on how situations can be resolved
- Motivate, encourage, and support to new foster parent
- Share strengths to meet needs



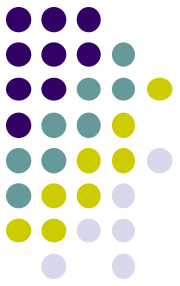
Duties of a Mentor

- Provide information and assistance to families regarding foster care
- Upon receipt of names of newly licensed/potential families, the mentor will contact them within 24 hours.
- Mentors will meet with the new family at least one time in person.
- Mentors will complete monthly reports on each family
- Mentors will respect and uphold confidentiality but will also **report any suspected abuse.**
- Attend monthly Mentor meetings at CPC



Create a relationship

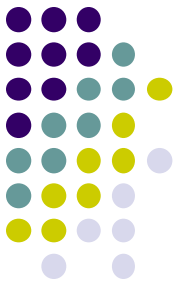
- Have scheduled meetings and observations
- Be prepared and organized before your meeting
- Always give them your contact info.
- Allow them to ask questions
- Follow-up regularly
- Communicate respect



Qualifications of a Mentor

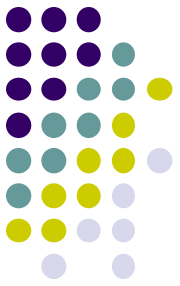
- Good communication skills
- Flexible time commitment
- Capability to travel
- Courteous and welcoming
- Listen patiently

Communication

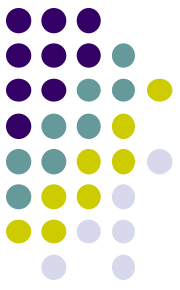


- A lot of relationships cite communication as a big problem. Communication is important in everything we do, and as a mentor your relationship with a new family depends on it.
- What are some obstacles to good communication?
- Both the messenger and listener need to work to overcome these obstacles.

Communication Skills

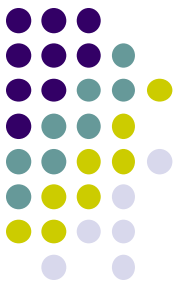


- For a Mentor, the most important communication skill is listening
- Body language such as eye contact, facial expressions, and hand gestures should match verbal communication
- Describe problems in behavioral instead of personal terms. For example, instead of saying “You’re always late to pick up your child!” you should say “Being late to pick up your child makes him feel scared.”
- Ask open-ended questions that allow for more than a “yes” or “no” answer.
- Convey empathy
- Focus on the solution, not the problem



Positive Feedback

- Negative feedback does not promote learning. It is judgmental and doesn't identify changes needed to improve performance. What is an example of negative feedback?
- Positive feedback is an acknowledgement of a response or action in an affirming manner. It is motivation and needs to be sincere. What is an example of positive feedback?
- Positive feedback also helps identify solutions



Confrontations

- Example: “You obviously don’t have any children in your home like I do because the advice you gave me doesn’t work. I don’t know what book you got it out of but it definitely was not meant to work on these kids.”
- What do you do?



Keep Your Cool!

- Look at what is happening
- Remember your influence
- Take control of yourself
- Mentally think of an appropriate response
- Carry out your plan
- Judge your effectiveness
- Sometimes you just have to remove yourself from a situation to allow yourself and the other person calm down



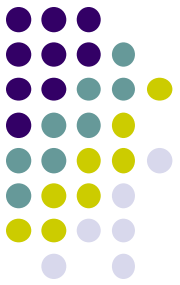
Other Communication Tips

- Use clear language and steer clear of acronyms and slang
- Control your emotions
- Do use humor but stay away from offensive jokes (ex. Sex, race, religion, politics, etc.)
- Don't be sarcastic

Always Report Concerns!



- If you have a concern about a family, report it to the Foster Care Liaison immediately! This could be a concern about parenting skills, discipline practices, motivation to foster, preconceived notions about biological families or foster children, or living conditions.
- Foster Care Liaison, Lori Bainbridge
Lori.Bainbridge@cbcvf.org
Office: 386-254-3748 and Cell: 386-631-4793



-Questions, comments,
or concerns?