



ASPIRANET

0-3 TRAINING

Children are our most valuable natural resource.
~Herbert Hoover

INTRODUCTION



Caring for infants and toddlers can be one of the most rewarding and most demanding times in a child's development. It can also be one of the most important, particularly for infants and toddlers in foster care.

Research tells us that the first three years of a child's life is the time when the most rapid development takes place.

This provides for a unique opportunity for positive change to occur, particularly for our most vulnerable children.



INFANTS & TODDLERS IN FOSTER CARE

- Infants and toddlers entering foster care have a unique set of needs.
- Most have experienced maltreatment in some form, such as neglect, abuse, prenatal exposure to alcohol or drugs, or abandonment.
- As a result, many come into care with developmental and medical challenges, in addition to the trauma of being placed in foster care.

Now the good news....



THE IMPORTANCE OF RESOURCE PARENTS

As a resource parent caring for infants and toddlers, you have the important role and opportunity for having lasting impact on the development of a young child now and into his/her future.





LASTING IMPACT...

- Through your attentive, nurturing care, as their primary caregivers, you play a crucial role in their physical, emotional, social and cognitive development.
- While foster care by definition is temporary, never underestimate the impact on their young lives as you provide them the vital opportunity to receive the consistent, responsive care and intervention for their healthy development now, but also for their future relationships and overall well being.



HOW YOU MAKE A DIFFERENCE



- Many years of research on child development consistently confirms the incredible power of positive parenting and a supportive home environment in influencing positive outcomes for these children.
- It is vital to the development of infants and toddlers that they learn they can rely on a trusted adult to meet their needs. This is the foundation of attachment.
- This is particularly important for infants and toddlers in foster care who have experienced early trauma and a disruption in their parent-child relationship.



THROUGH THIS TRAINING YOU WILL:

Gain knowledge and understanding in some key areas to better equip you in the care of infants and toddlers.

Learn information specific to infants and toddlers including:

- Infant & Toddler Development
- Infant Mental Health

Be provided vital information about:

- caring for substance exposed infants
- safe sleep and prevention of sudden infant death syndrome (SIDS)
- the impact of Shaken Baby Syndrome
- safety: cribs, bathing, child safety seats, etc.



TO COMPLETE THIS TRAINING

- This training includes online courses, and short educational videos.
- To participate in this training you will need a computer with speakers and high speed internet access.
- You can access links to each online course, or educational video on the slides that follow.
- For the online courses, you will need to complete a free registration and log in in order to access the courses.
- The online courses can be completed at your own pace. It is possible to stop the training and start again where you left off.



GETTING STARTED

- Most of the online courses are offered through Texas A&M Extension courses. To register and create an account to take the courses, please [click here](#).
- The Texas A&M courses require a fee of \$12. *Please print your receipt for each course and provide to Aspiranet for reimbursement.*
- There is also course offered through Foster Parent College. You can use the FP College log in you received from Aspiranet to access the training link on next page. If you need assistance with the log in info, please contact Aspiranet.
- The online trainings have post tests to complete and all have a certificate of completion to print.
- Please provide each training certificate to your Aspiranet Social Worker to receive training credit.



REQUIRED TRAINING COURSES/MATERIALS:

Training	Source	Time	Post Test	Certificate	Fee	Link
Understanding Infant Toddler Development	Texas A&M online child care training course	2 hrs.	Yes	Yes	\$12	Click Here Must complete one-time registration/free account
Substance Exposed Infants	FP College	2 hrs.	Yes	Yes	Free	Click here Use log in from Aspiranet. Scroll from alphabetical list to training; Click on "Enroll"
Trauma: Shaken Baby Syndrome	Texas A&M online child care training course	2 hrs.	Yes	Yes	\$12	Click Here
Safe Sleep: Reducing Infant-related death (SIDS)	Texas A&M online child care training course	2 hrs.	Yes	Yes	\$12	Click here



REQUIRED TRAINING COURSES/MATERIALS

Training	Source	Time	Post Test	Certificate	Fee	Link
Intro to Infant/ Toddler Social Emotional Development	Texas A&M online child care training course	2 hrs.	Yes	Yes	\$12	Click Here
Responding to Challenging Infant Toddler Behavior	Texas A&M online child care training course	2 hr.	Yes	Yes	\$12	Click Here
Crib Safety video	YouTube	5 min.	No	No	Free	Click Here
Child Safety Seat Info videos	California Highway Patrol	< 10 min.	No	No	Free	Click Here



EDUCATIONAL VIDEOS

REQUIRED FOR ALL FOSTER PARENTS WITHOUT EXPERIENCE CARING FOR CHILDREN 0-3 YEARS. RECOMMENDED FOR EXPERIENCED FOSTER PARENTS AS A REFRESHER IN INFANT CARE.

Training	Source	Time	Post Test	Certificate	Fee	Link
Bathing Newborns	Web MD online video	<10 min.	No	No	Free	Click here
Tub Baths for Babies	Web MD online video	<10 min.	No	No	Free	Click here
Diapering ABC's	Web MD online video	<10 min.	No	No	Free	Click here
Infant Massage	Web MD online video	<10 min.	No	No	Free	Click here
Why babies cry	Web MD online video	<10 min.	No	No	Free	Click here

