



The Inherent Strengths in Kinship Families

Facilitator's Guide
Module: Attachment

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Introduction

The Inherent Strengths in Kinship Families is a training series developed by Dr. Joseph Crumbley for kinship caregivers. The series takes a strength-based perspective in outlining different topics that are unique to kinship families and providing strategies for caregivers. The training is designed for a small group setting with a facilitator.

Purpose of each Module's Tasks:

- To review the module's learning objectives by highlighting and summarizing key issues discussed in each video
- To allow caregivers to develop practical approaches for applying the videos content in the provision of permanency, protection well-being of the children in their care.

The complete training toolkit consists of six modules. The entire training toolkit can be delivered in a series, or each module can be delivered individually as a stand-alone training. The available modules, recommended in the following order, are:

- Attachment
- Legacy
- Identity
- Healing
- Adaptability
- Co-parenting

Each module includes a facilitator's guide, module video, and caregiver worksheet.

The facilitator's guide includes:

- Module purpose and learning objectives
- Outline of the module
- Optional discussion questions during the video
- Scripts and discussion questions for worksheet activities following the video
- An appendix with the caregiver worksheet and warm-up activity ideas

The videos for each module are about 1 hour in length. To accommodate differing timeframes, each module is split into two 30-minute parts. Part 1 of the videos in each module addresses **why** the attribute being highlighted is a **strength**. Part 2 of the videos explains how the **strength** is used by caregivers in parenting and caring for their children. (The Legacy Module is the only single video that includes both part 1 and 2, and its length is approximately 30 minutes.)

On average, the time for discussion and the caregiver worksheet may match or exceed the length of the video. The facilitator should determine the best format, setting, and timing of the training, which could be delivered online or in-person. It should be noted that the caregiver worksheet is optional and the facilitator can use the questions in the facilitator's guide as a guided discussion. The worksheet can be completed by caregivers after the meeting or as "homework" as well.

The facilitator should adapt the guide to best meet the needs of the current group. There are different methods for viewing each module. For example:

- Watch the entire module and complete interactive activities and discussion after the video
- Pause the video and complete discussion and worksheet as different issues come up throughout the video
- Include discussion during the video and then complete the worksheet after the video

Tips

Module Content

- You can pause the clip and check-in with the group during the video to gauge caregivers' feelings about the content as well as questions. This also may also help to transition between topics and keep the groups' attention.
- Consider pausing the video and preview activities on the worksheet that goes along with the content introduced in the video

Group Discussion

- Decide the appropriate group discussion set-up. Some options include a discussion with the whole group, discussing in small group (3 – 6 people), or discussing in partners. This format may depend on the size of your group as well as the format (online or in-person).
- If discussing in small groups, it is suggested to reconvene as a big group to discuss responses and questions

Considerations for Online Format

- If the training is delivered online, it is recommended to mail printed module worksheets to participants for optimal participation and accessibility.
- Encourage participants to keep their camera's on to read nonverbal language of the group throughout the training
- Encourage participants to use headphones when around others and complete the discussion in a private space
- The chat is a great resource to use for comments and discussion, especially during the video.

Intended Audience

Kinship caregivers, or those caring for relatives or family-friends that are not their biological children, are the intended audience of the current modules. The training can also be referenced by professionals looking to learn more on topics related to kinship care.

Facilitator Qualifications

Facilitators should be knowledgeable about family dynamics and mental health, as well as familiar with different systems that affect kinship families. If the facilitator does not have specific knowledge on these topics, they should partner with a co-facilitator and/or local agencies who have worked with kinship families for support.

Additionally, the modules were created with an informational and therapeutic approach. Some content may bring up different emotions, memories, and experiences for caregivers, some of which may be painful or difficult to process. It is left to the discretion and expertise of the facilitator to proactively plan to support caregivers' mental health and wellbeing throughout the module. It may be helpful to have a list of community and mental health resources for further support available.

Acknowledgements

The facilitator's guide and caregiver worksheets were compiled with the expertise of Dr. Angela Tobin, a support group leader and researcher in the field of kinship care.

Module: Attachment

Description and Objectives

This module describes the unique characteristics and strengths of attachments between kinship caregivers and their children. Approaches are provided to enhance their attachments as well.

Learning Objectives:

- Define attachment, types, and the impact of attachment.
- Explain the strengths and advantages of attachments in kinship families.
- Recognize capacities, levels, and degrees of attachment.
- Develop approaches for mediating and strengthening attachments.

A Note on the Facilitator's Guide:

This guide provides suggestions for integrating the module video into a group session to provide discussion and caregiver takeaways. It also includes scripts as a guide for introducing topics and questions. All materials are completely flexible. You are encouraged to review module content ahead of time to prepare and tailor them to specific needs of your group. A space for notes can be found in the Appendix. Time considerations should also be taken into account when planning materials and questions to include in the discussion.

See the caregiver worksheet as part of the Appendix to follow along with participants.

Materials:

- Computer
- Projector & speakers (if in-person)
- Module Video
- Facilitator's guide
- Caregiver worksheets

Module: Attachment Part 1

Warm-Up Activity (Optional)

See Appendix for examples of warm-up activities

Introduce module topic and video

Script:

Today we will be talking about attachments within kinship families. We will learn about factors that influence attachment formation and different attachment types related to the children in your care.

This video is about 30 minutes long. Important points and notes are on the summary sheet at the end of the Module worksheet so you don't need to worry about writing everything down. However, you can feel free to add additional notes there if you would like.

(Optional: We may pause the video for a short time for quick answers, but will then have a longer discussion for the activity at the end of the video).

Play module video

Optional Questions:

These are places where the video can be paused, and questions can be opened to the group (quick discussion or online chat) for engagement. The facilitator can determine which questions (if any) should be used and length of time spent on questions to ensure there is time for follow-up activity after video.

Video Time	Discussion Questions following along with Dr. Crumbley
11:00	<i>If you were lost or needed help, who would you prefer asking for help... a stranger you don't know or a relative you don't know? Why?</i>
16:53	<ul style="list-style-type: none">• <i>What were the needs that were unmet that resulted in the children coming into your care?</i>• <i>For the children in your care, what were their attitudes and feelings when they first came into your care?</i>• <i>And then after a while the feelings and attitudes were...</i>

Discussion questions and activities

The worksheet for caregivers that goes along with the questions below is located in the Appendix that you can refer to as you lead the group. However, the worksheet is optional the questions below can be used solely to guide discussion as well.

Script:

We are going to transition to a group discussion about different aspects of attachment as presented by Dr. Crumbley in the video. You can think about one or two children in your care when answering these questions. Feel free to share with the group (or a partner). If it is helpful, you can also write ideas on your caregiver worksheet. There is no right or wrong answer to these questions, and if you don't have time to answer all of them, that is okay as well.

Attachment Chart Activity

Discussion Questions:

- *What were some of the needs of this child prior to coming into your care?*
- *How have you responded to this child's needs on a daily basis? You can think about physical needs and also social and emotional needs.*
- *How does this child feel or respond about having their needs met? Do they seem satisfied and fulfilled?*
- *On scale of attachment type ranging from insecure (1) to secure (5), mark what you think your child's attachment type is. Please describe why you chose this response.*
- *How do you think your child's attachment style impacts the way they see the world and approach relationships?*

Module summary

Script:

Today we talked about attachment and different factors that affect a child's attachment. I appreciate everyone being open and sharing their ideas. We will focus on strategies to foster positive attachment in part two.

(As we close out, does anyone have major takeaways or "aha" moments from the session today that they would like to share? Does anyone have any questions?)

Module: Attachment Part 2

Warm-Up Activity (Optional)

See Appendix for examples of warm-up activities

Introduce module topic and video

Script:

In the Part 1 module, we defined attachment and discussed how attachment patterns are related to a child's needs, others' responses to their needs, and their satisfaction with others' responses. Today we will focus on strategies for supporting a positive and secure attachment with the child in your care.

This video is about 25 minutes long. Important points and notes are on the summary sheet at the end of the Module worksheet so you don't need to worry about writing everything down. However, you can feel free to add additional notes there if you would like.

(Optional: We may pause the video for a short time for quick answers, but will then have a longer discussion for the activity at the end of the video).

Play module video

Optional Questions:

These are places where the video can be paused, and questions can be opened to the group (quick discussion or online chat) to the group for engagement. The facilitator can determine which questions (if any) should be used and length of time spent on questions to ensure there is time for follow-up activity after video.

Video Time	Discussion Questions following along with Dr. Crumbley
12:10	<i>Do any of these responses from children in your care resonate with you?</i>
15:50	<i>What do you think of the idea of your feelings of satisfaction and security as a caregiver not depending on the children in your care?</i>

Discussion questions and activities

The worksheet for caregivers that goes along with the questions below is located in the Appendix that you can refer to as you lead the group. However, the worksheet is optional the questions below can be used solely to guide discussion as well.

Script:

We are going to transition to a group discussion about different aspects of attachment as presented by Dr. Crumbley in the video. You can think about one or two children in your care when answering these questions. Feel free share with the group (or with a partner). If it is helpful, you can also write ideas on your caregiver worksheet. There is no right or wrong answer to these questions, and if you don't have time to answer all of them, that is okay as well.

Discussion Questions:

Level/Degree of Attachment Chart

- *After reviewing the attachment chart on your worksheet, select the attachment level and type that best describes the relationship between the child in your care and you. Why did you select this option?*

Role Play Activity

On your worksheet, you will see some of the scripts from the videos as examples of how you can discuss different themes and topics with the kids in your care.

- *Do any script stand out to you? You can choose a relevant script and practice saying this to yourself or a partner.*
- *Now think about your child's previously unmet needs. What conversations or small "tests" might you set up to show that you can meet these needs?*

Leaning on Your Supports Activity

As Dr. Crumbley discussed, sometimes the child you are caring for may make you feel rejected, inadequate, or dissatisfied as a caregiver. It is important to find and implement supports in different areas of your life, so you can feel good about and confident in yourself as not only a caregiver, but also a whole person.

- *Take this time to think about and identify current or potential areas of support within different areas. What can help you connect with yourself and support your wellbeing, satisfaction, and joy?*

Module summary

Script:

Today we talked about strategies for fostering positive and secure attachments between yourself and your child. We also discussed the importance of connecting with and finding confidence in yourself through holistic supports. I appreciate everyone being open and sharing their ideas.

(As we close out, does anyone have major takeaways or "aha" moments from the session today that they would like to share? Does anyone have any questions?)

Appendix:

**Caregiver worksheet
Warm-up activities**

Caregiver “Take-Away” Sheet: Attachment Part 1

These questions are guides help connect different topics from the video to your own experience as a caregiver. You can think of one or two children in your care. There are no “right” or “wrong” answers and you do not need answer all of them. It can be a starting point for discussion with other caregivers and/or something to refer to after the sessions.

Question	Answer
<p>Needs What were some of the needs of this child prior to coming into your care?</p>	
<p>Response How have you responded to your child’s needs on a daily basis?</p>	
<p>Satisfaction How does your child feel or respond to having their needs met? Do they seem satisfied and fulfilled?</p>	
<p>Attachment On scale of attachment type ranging from insecure (1) to secure (5), mark what you think your child’s attachment type is</p>	<p>Insecure Secure</p> <hr style="border: 1px solid blue;"/> <p>1 2 3 4 5</p>
<p>How do you think your child’s attachment style impacts the way they see the world and approach relationships?</p>	

Caregiver “Take-Away” Sheet: Attachment Part 2

Circle the degree of attachment between you and the child in your care.

1. Provider	Caregiver provides food, clothes and shelter.
2. Protector	Caregiver provides protection and safety.
3. Advocate	Caregiver represents youth as a minor in environment
4. Disciplinarian	Accepts caregiver's rules and discipline.
5. Educator	Accepts caregivers' knowledge necessary for survival
6. Problem-Solver	Accepts caregiver’s help with problems, shares problems with caregivers and accepts advice.
7. Friend	Accepts caregiver as a confidant; shares private and confidential feelings, thoughts and experiences.
8. Parental	Accepts and pursues the caregiver’s comfort and support with painful or embarrassing situations

Review the following scripts and strategies you can use in conversations with the child in your care. You can tailor these to fit your family situation.

Approach	Scripts
Earned vs Ascribed Trust	<i>“You don’t know me as your parent or have any reason to trust me so these are the things I will do to earn your trust.”</i>
Responsibility	<i>“The things I will provide are the things you deserve and that adults should provide as a parent or caregiver.”</i>
Affection/Bonding Routines	<i>“What things can we do that are fun for you?” “What should we do at night to get ready for bed or for school tomorrow?” “What can we do that helps when you are nervous about something?”</i>
Write your own! How might you talk with your child about their needs and expectations?	

Leaning on Your Own Supports

Brainstorm some people and ideas for supports for yourself in different categories.



Friends, Family, and Peers



Relaxing/Enjoyable Activities



Community



Caring for your Wellbeing

What is your main “takeaway” from this module?

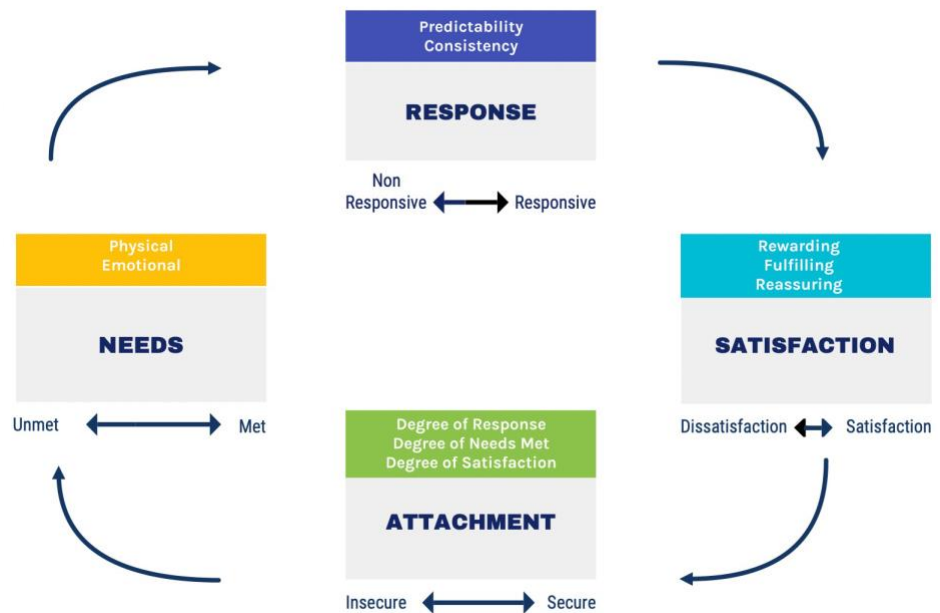
What, if any, questions do you have?

Attachment Summary Sheet

Attachment is the feelings between you and your children based on how well you are caring for your children.

Those feelings range from secure attachments (positive) to insecure attachments (negative)

ATTACHMENT PROCESS



The strengths of attachments in kinship families are:

- The child's expectation that the caregiver wants to care for and meet their needs, because they are kin and relatives.
- The child's trust that the caregiver will feel motivated and obligated to care for them as family.
- Caregivers will need to be prepared for children not showing gratitude or appreciation for their caregiver's efforts.

The caregiver's need for appreciation and feeling successful will need to come from:

- Support systems/Adult Relationships
- Self-reassurance/Confidence
- Understanding of the effects of Insecure Attachments

If a child has a history of insecure attachments, caregivers should avoid making the child feel:

- Guilty if not showing or expressing gratitude: Different from manners.
- Being cared for is conditional and dependent on how appreciative, successful and happy they make their caregiver feel.
- Caring for them is a favor rather than a commitment they deserve

You can use a combination of approaches to remedy your attachment with the child including:

- *Earning trust and "setting up the tests"*
- *Dependability*
- *Responsibility*
- *Affection*
- *Non-verbal connections*
- *Assess your youth's capacity level and type of attachment*

Resources for Warm-Up Activities

Feelings “Check-in” with visual

- Caregivers can describe how they are feeling using a visual aid as guidance
- Simple feelings wheel (see next page)
- Emotion faces:
 - <https://www.therapistaid.com/therapy-worksheet/printable-emotion-faces>

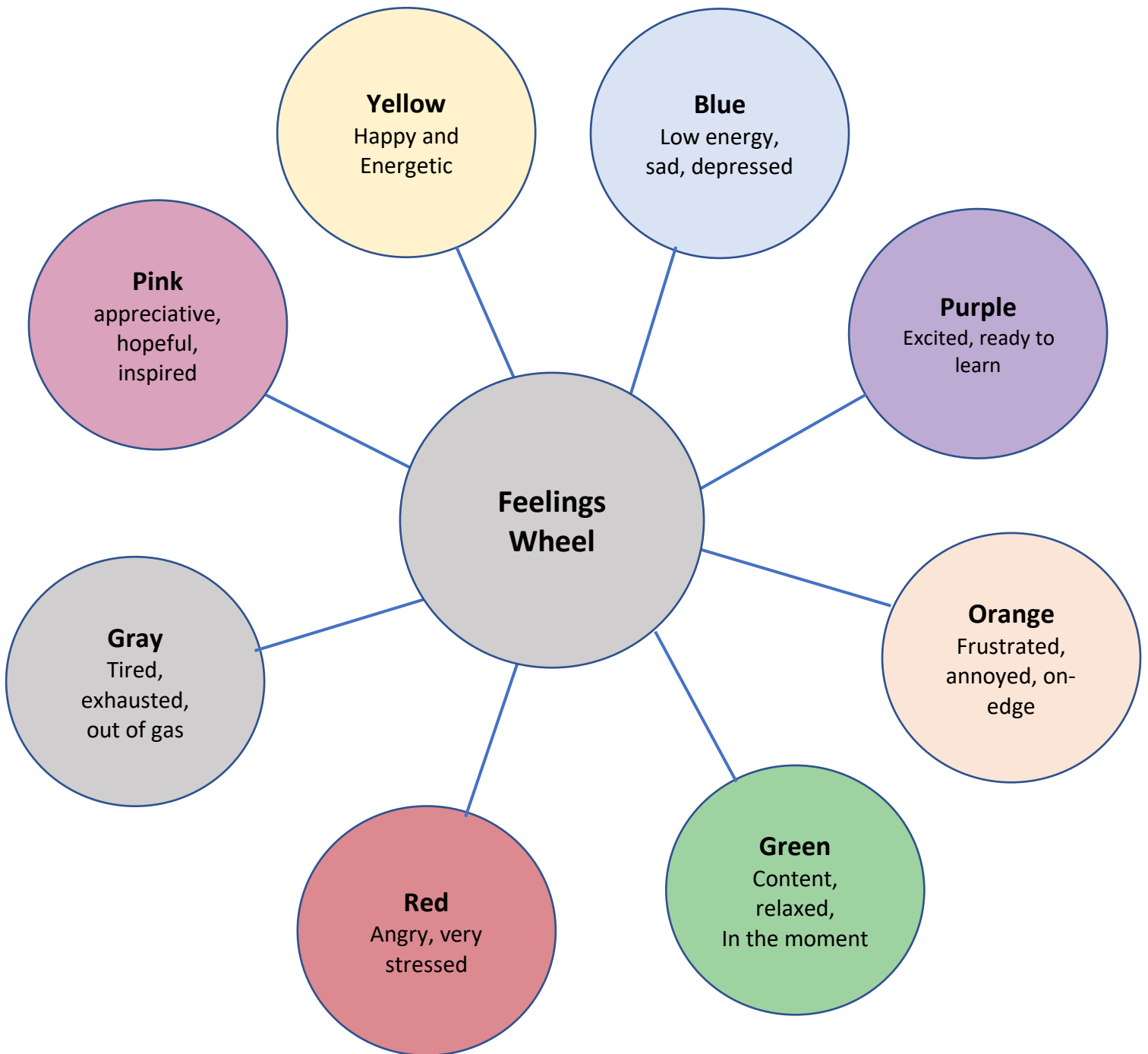
“Get to Know You” Introduction

- Have each caregiver share their name, how many children they are caring for, how the children are related to them, etc
- Include an “out of the box question” such as...
 - Favorite memory from childhood or adulthood
 - 3 words they would use to describe themselves
 - Favorite activity to do with the child in their care

Positive Affirmations

- Group leader can read and display multiple positive affirmation statements
- Ask caregivers to choose the affirmation they needed most this week and explain why
- Websites with printable positive affirmations:
 - <https://morganharpnichols.com/blog/30-affirmations-free-phone-wallpapers>
 - <https://thewellnesssociety.org/wp-content/uploads/2020/03/Affirmation-Cards-Light-Green.pdf>
 - Many more for purchase online

Brainstorm others on your own!



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