



FOSTER & KINSHIP CARE EDUCATION

BARSTOW COMMUNITY COLLEGE

fkce@barstow.edu

760-252-6897

2023-2024 Catalog

Betty Cowley	
Child Development & Foster Care	The developmental issues important for young children in foster care are reviewed, including: 1) the implications and consequences of abuse, neglect, and placement in foster care on early brain development; 2) the importance and challenges of establishing a child's attachment to caregivers; 3) the importance of considering a child's changing sense of time in all aspects of the foster care experience; and 4) the child's response to stress
Depression in Children & Teens	<p>Learning to balance life's positive experiences and emotions with the unhappy ones is an important part of growing up, but some children find this to be a struggle. An estimated 3.2 percent of American children and adolescents have diagnosed depression. And while depression was long seen as an adult problem, researchers now know that even a 2-year-old can experience depression.</p> <p>As children get older, some of those who suffer from depression have thoughts of killing themselves, a condition otherwise known as suicide ideation. Such thoughts can be fleeting ideas that suicide may be a solution to a situation (such as a painful breakup), or they may be more carefully thought-out plans on how to make it happen.</p>
Discipline vs. Punishment	Participants will have an opportunity to explore discipline vs. punishment. What is the difference? Participants will explore both methods for shaping discipline. Tools will be provided to determine when each method should be used and different techniques that are available to parents.
Drug & Alcohol Dependency	Participants will have the opportunity to explore substance use disorder, which is the medical term used to describe a pattern of using a substance (drug)

	<p>that causes significant problems or distress. This may be missing work or school, using the substance in dangerous situations, such as driving a car. It may lead to substance-related legal problems, or continued substance use that interferes with friendships, family relationships, or both. Substance use disorder, as a recognized medical brain disorder, refers to the use of illegal substances, such as marijuana, heroin, cocaine, or methamphetamine. Or the misuse of legal substances, such as alcohol, nicotine, or prescription medicines. Alcohol is the most common legal drug associated with substance use disorder</p>
<p>Foster Parent Burnout</p>	<p>The urgency of taking care of children is a great one; however, foster parents take on the additional responsibility of caring for children not their own and sometimes becoming so preoccupied, they experience burnout. This course will cover what foster parents burn out is and how to navigate the foster care world without becoming overwhelmed or overburdened.</p>
<p>Grand-Families</p>	<p>Grand-families or kinship families are families in which children reside with and are being raised by grandparents, other extended family members, and adults with whom they have a close family-like relationship such as godparents and close family friends</p>
<p>Healthy Eating</p>	<p>Participants will focus on topics such as, eating lots of vegetables and fruit This is one of the most important diet habits</p> <p>Choosing whole grain foods Whole grain foods include whole grain bread and crackers, brown or wild rice, quinoa, oatmeal and hulled barley.</p>

	<p>Eating protein foods</p> <p>Limiting highly and ultra-processed foods</p> <p>Making water your drink of choice</p>
Healthy Homes	Examine those things that must occur for the home to be deemed “safe” & “healthy.”
Kids & Technology	Participants will explore the advances and drawbacks of what it is like to grow up having technology at their fingertips. They will also observe the appropriate use of technology for children and the benefits it may have when used accordingly.
Life Skills	Participants will learn the importance of effective communication, interpersonal skills, decision making, problem solving, creative thinking... etc.
Managing Difficult Behaviors	Identify various negative behaviors and discuss techniques parents may use to correct them.
Modeling Positive Behavior	Participants learn to define self-injury and a discussion on ways to successfully assist children stop the behavior.
Navigating School Transitioning	<p>Parents can ease the transition by: Allowing kids to freely express their feelings. Do not tell a child how to feel or demean feelings of fear or anxiety.</p> <p>Remaining calm and confident about school. Keeping goodbyes short. Offering reassurance and love.</p> <p>Giving kids simple tools for managing anxiety and encouraging them to practice those tools often.</p>
NSSI: Non-Suicidal Self-Injury	There are 2 types of basic self-destructive behavior: suicide and non-suicidal self-injury (NSSI). Currently, more and more researchers point out significant disorders which are NSSI behavior. NSSI seemingly has always been present in society, and certainly in approx. 10% of the population worldwide in recent times. Despite the enormous scale of the

	<p>phenomenon, so far it has been overlooked and marginalized. They were considered transient behavior, typical of adolescence, a part of youthful rebellion. Current research indicates that the disorder affects the adult population in almost equal measure.</p>
Parents as Partners	<p>A discussion concerning the benefits/risks of partnering with the Bio-Parents in Reunification process.</p>
Preparing for Placement	<p>This class will explore and review the requirements for becoming a foster parent/relative caregiver. Participants will identify and review the requirements of foster parenting or kinship caregiver according to California law.</p>
Raising Confident Children	<p>Right from birth, kids learn new skills at a dizzying rate. And along with those new abilities, they also acquire the confidence to use them. As children get older, that confidence can be as important as the skills themselves. To thrive, kids need to trust in their own capabilities while, at the same time, knowing that they can handle it if they aren't successful at something. It's by experiencing mastery and rebounding from failure that they develop healthy self-confidence.</p>
Reactive Attachment Disorder	<p>When we consider the fact that many of our children have been neglected, abused, had multiple placements, and limited coping skills, it becomes clear as to why they are unable to form healthy attachments. Participants will examine the challenges children face in attaching to others and identify specific techniques for building healthy relationships with their children.</p>

Sibling Rivalry	Did your child constantly fight with his/her siblings? Do you find yourself in a constant battle with your child? This class covers tools for dealing with sibling rivalry
Summer Safety	Identify summer dangers, including health issues related to heat, and how to deal with those issues.
Teen Development	This is a time of many physical, mental, emotional, and social changes. Hormones change as puberty begins. Most boys grow facial and pubic hair, and their voices deepen. Most girls grow pubic hair, breasts and start their period. They might be worried about these changes and how they are looked at by others. This also will be a time when your teen might face peer pressure to use alcohol, tobacco products, and drugs, and to have sex. Other challenges can be eating disorders, depression, and family problems. At this age, teens make more of their own choices about friends, sports, studying, and school. They become more independent, with their own personality and interests, although parents are still particularly important.
The ADHD Child	Is your child easily distracted or hyperactive? This class covers an overview of the symptoms of ADHD. Parents will leave this class with tools to help care for your child with ADHD.
The Impact of Drug Abuse on Children	It is no surprise that adults, of whom many are parents, struggle with addiction. What is a surprise is that a significant number of addicted parents abuse and overindulge their children. What exactly is the relationship between parental addiction and childhood overindulgence?
The Importance of a Safety Plan	Identifying disaster situations and developing action plans for disasters.

The Mandated Reporter	<p>A mandated reporter is a person who is legally required to report suspected or known cases of abuse or neglect of children or vulnerable persons to the appropriate authorities. Mandated reporters are usually designated by their profession, such as social workers, physicians, teachers, or counselors. However, in some states, all adults are considered mandated reporters. Mandated reporting laws vary significantly in the United States.</p>
The Preschool Child	<p>A child of 3 or 4 is considered a preschooler. So, whether or not your child is attending a formal preschool program, he is no longer a toddler. Preschoolers are different from toddlers in that they are developing the basic life skills, independence, and knowledge that they will need as they enter their school years</p>
Understanding the LGBTQ+ Child	<p>Provides participants with basic information including; terminology, definitions, and statistics on Lesbian, Gay, Transgender, Bisexual and Questioning youth. Understand the law as it relates to LGBTQ youth in foster care.</p>
Visitation: In-Person or Online	<p>Although in-person contact is the preferred method for family time, there are extreme occasions when in-person contact is not appropriate or safe, such as during the COVID-19 pandemic. Virtual family time, during which contact is established through video or streaming services, offers a safe alternative.</p>
What You Need to know about False Allegations	<p>Students will learn Facts about false allegations which may include,</p> <p>Most false accusations are malicious in intent Some false allegations are the result of memory impairment. Some wrongful accusations are partially but not fully true.</p>

	<p>Fake accusers are primarily motivated by emotional gain.</p> <p>In many cases, the fake accuser has a history of lying to authorities or committing fraud².</p> <p>False confessions account for 29% of wrongful convictions.</p> <p>Official misconduct plays a part in 31% of murder exonerations.</p> <p>False accusations are present in 70% of wrongful convictions.</p>
When Families Split	<p>Children are usually upset and scared when the family is separated. In these situations, children become caught in the middle of all these struggles and conflicts as they experience their own grief and emotional stress. It is often critical that foster parents are aware of what to do to help children when their world changes.</p>
Working with Developmental Disabilities	<p>As more individuals with intellectual and developmental disabilities (IDD) live well into adulthood, they may cope with an array and degree of mental health challenges that far outstrip the supply of specialized mental health clinicians, including psychologists. Anxiety disorders, depression, and suicidal thoughts—along with life’s more routine emotional challenges—all can impact adults living with IDD. In some cases, their vulnerability may be greater.</p>
Working with your Social Worker	<p>Helpful tips in working with your social worker: Avoid displaying anger; it will be misinterpreted as an anger problem. Maintain a professional manner if possible. Check in with the social worker on a regular basis so they can document your progress. Once a week is good. Ask questions if you are not sure of what needs to be done and take notes.</p>
You & Me	<p>Social skills are essential in building both personal and professional relationships. Demonstrating strong</p>

	interpersonal skills can help you accomplish career goals, contribute to company achievements, perform well during the hiring process, and expand your professional network. Understanding and improving your social skills can benefit you in every area of life.
--	--

Candace Rose	
Advice from an Assistant Principal: Helping your child Succeed in School	Students will learn tips on how to help children succeed in school. For example, setting positive expectations, establishing a homework routine, keeping in communication with their teachers, fostering healthy sleeping habits, trusting your child, letting them make mistakes, etc.
Anger Management for the Soul	This topic will teach participants to think before speaking, expressing concerns after being calm, getting some exercise, taking time outs to compose oneself, identifying solutions, do not hold grudges, release tension in the best way that works for you, and practicing relaxation skills.
College and Career Preparation. It Starts Now!	Participants will learn to maintain motivation, develop good studying habits, and how to participate in long-term extracurricular activities.
Helping Teens Understand Healthy Friendships	In this class participants will learn how to teach teens about creating healthy relationships between friends and peers. Creating healthy boundaries to learn what having a healthy relation is about.
Homeless Youth Awareness	In this class participants will learn about homelessness in youth and how it can affect their development.
Kind People Raise Kind People: Teaching Kindness	In this class participants will learn the importance of kindness and the importance it is to instill kindness.

<p>My Child is on a 504 Plan. What the heck is that?</p>	<p>Participants will describe and identify the components of a 504 educational plan and how to request one to a LEA</p>
<p>National Eating Disorder Awareness Month</p>	<p>Participants will learn about eating disorders, the effects on health and how a combination of biological and psychological and/or environmental abnormalities contribute to the development of this illness.</p>
<p>Parent involvement in Education</p>	<p>Parent involvement is the collaboration between the parents and the school to improve children’s education experience and academic performance Parent involvement can take many forms, such as attending school meetings or events, volunteering at school, or supporting learning at home. When parents are involved, it results in positive effects on student outcomes, such as achievement, self-esteem, behavior, dropout, and truancy rates. The higher the degree of parental involvement, the higher the impact on the child’s success in school.</p>
<p>Special Education: It is a Service, not a Placement</p>	<p>This workshop will assist and provide caregivers with an understanding of Special Education. What is the process of Special Education? How do children qualify for special education? What is an IEP-Individual Education Plan? How can you assist the child?</p>
<p>Strategies to cope with grief</p>	<p>Acknowledge your pain and accept that grief can trigger many different and unexpected emotions. Understand that your grieving process will be unique to you. Seek face-to-face support from people who care about you. Support yourself emotionally by taking care of yourself physically. Give yourself time and accept your feelings. Talk to others and spend time with friends and family. Don’t isolate yourself. Take care of yourself. Seek therapy</p>

<p>Suicide Awareness & Prevention: You are not Alone!</p>	<p>Suicide is a serious public health problem that can have lasting harmful effects on individuals, families, and communities. There are many factors that contribute to suicide. The goal of suicide prevention is to reduce factors that increase risk</p>
<p>Teaching Children to use their Words and Dealing with Conflict Resolution</p>	<p>Understand where conflict originates, and why it should be discussed in the first place. Develop or use online lesson plans for teaching conflict resolution to kids. Teach kids to ask the right questions when resolving conflict. Teach kids the right vocabulary for conflict resolution. Be a positive role model. Create a safe environment. Use role-playing to practice resolving conflicts in a safe and controlled environment. Use storytelling to teach conflict resolution. Use group discussions to talk about different types of conflict they face.</p>
<p>That is not a Flash Drive, that is a Vape! Drug and Alcohol Prevention</p>	<p>This class covers awareness of the effects smoking has on children and youth. Participants will learn about the severity and effects that prenatal and after birth smoking has on children.</p>
<p>The truth about social media and Cyberbullying</p>	<p>Participants will learn and become familiar with the effect of social media addiction on young adults and teens. There are graphs that show the impact of hours on social media, gender within social media, and overall harassment that occurs on social media in young adolescent lives.</p>

<p>Dr. Abram Milton</p>	
<p>ADHD: How Foster Parents Can Support Your Child</p>	<p>Make it a whole-family issue. Try and keep a balance of attention in the family. Ensure your foster child lives a healthy lifestyle with a balanced diet.</p>

	<p>Make use of the resources around you and any training that is offered.</p> <p>Don't be afraid to express your concerns to other professionals.</p> <p>Help the child find his strength and capitalize on it. NEVER take away the area of strength as a punishment, or to motivate the child to do better in school.</p> <p>Involve the child in group activities (sports team, photography club, church group) to develop social skills.</p> <p>Make a point to praise and reward effort, not just successful outcomes</p>
<p>Adolescence: How you can Help Your Child During this Phase</p>	<p>Understand Your Child's Adolescent Phase Your child is going through a significant developmental stage during adolescence.</p> <p>Help Your Child Build Healthy Relationships</p> <p>Encourage Your Child to Explore Their Passions</p> <p>Guide Your Child During Social Transitions</p> <p>Encourage Your Child's Physical Activity and Healthy Eating Habits</p> <p>Reward Good Behavior</p> <p>Set Realistic Expectations for Your Child</p>
<p>Anger: A Deeper Conversation</p>	<p>Anger — both direct and indirect (or passive) — is meant to communicate something important. But it can also drive people away. What you really want is to connect and be heard, but when anger is involved, the result is often just the opposite. Aggression in any form is the biggest impediment to emotionally intelligent communication.</p>
<p>Anxiety Management</p>	<p>Participants will learn certain coping mechanisms to manage anxiety such as; Exercise, Sustained diet, Adequate sleep, Yoga, etc.</p>

<p>Autism: A Parent's Guide to Support their Child</p>	<p>Autism, or autism spectrum disorder (ASD), refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech, and nonverbal communication. In this class workshop participants will learn how to care for children with autism.</p>
<p>Bipolar Disorder: Supporting Your Foster Children</p>	<p>Students will become familiar with strategies to follow to support their child in the most adequate manner. These strategies could be group counseling to determine what type of support they will need.</p>
<p>Disruptive, Impulse-Control, & Conduct Disorders</p>	<p>Disruptive, impulse-control and conduct disorders refer to a group of disorders that include oppositional defiant disorder, conduct disorder, intermittent explosive disorder, kleptomania, and pyromania. These disorders can cause people to behave angrily or aggressively toward people or property.</p>
<p>Gaining a Better Understanding about Mental Illness</p>	<p>Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging.</p>
<p>Grief and Loss: How to Process Loss</p>	<p>Do you know someone grieving? Participants will learn about the symptoms of grief and loss. Participants will also learn the tools to help someone cope with grief.</p>
<p>How to Deal with Conflict within Your Family</p>	<p>Participants will learn how to be mindful of how they speak to the parties in conflict, learn how to be active listeners, allow everyone involved to voice their opinions, and focus on managing emotion.</p>
<p>How to Find the Proper Mental Health Support for your Family</p>	<p>Instructor will provide information and help participants become knowledgeable in the accurate</p>

	assistance to seek when supporting family members with their mental health.
How to Help Your Child Adjust to a New School Year	Helping a child adjust to a new school year requires patience and understanding with the child as they are going to experience changes. Learning how to allow the child to take control of the situation they are in, creating routines with the child. As a parent it is important to be involved in the student's educational experiences.
Inspiration from within: Building Self-Esteem as a Foster Parent	This class provides foster parents, Kinship caregivers and bio parents, a clear understanding of what is self-esteem, and self-image. As well as the impact of high or low self-esteem on children's ability to function. The class will give parents tools to use in Building a foster youth Self-Esteem. The class will also give parents tools to identify low-self-esteem and methods of intervention.
Mental Health Considerations for African Americans	In this class you will be in contact on Overall, mental health conditions occur in Black and African American (B/AA) people in America at about the same or less frequency than in White Americans. However, the historical Black and African American experience in America has and continues to be characterized by trauma and violence more often than for their White counterparts and impacts emotional and mental health of both youth and adults.
Overcoming Adversity & Teaching Resiliency in our Youth	Aim for warm, non-judgmental connections. Help by practicing skills for coping and emotional regulation. Try to encourage healthy thinking patterns. Make meaning together and try reasons for hope. Finally, try modeling healthy coping strategies.

Parenting and Attachment styles	Parents and participants will be taught different attachment styles and how to react to each one adequately for the child's benefit.
Recovering from the Pain of Personal Distress (PTSD)	Was your child exposed to trauma? Participants will learn the different forms of trauma children may have experienced. Participants will learn tools to help children with trauma.
Sexual Abuse: Awareness and Prevention	<p>Many believe that child sexual abuse cannot happen in their organization, or that no one they know could be an abuser. This illusion of safety is often found in schools, camps, and many other child-serving organizations.</p> <p>This illusion is dangerous to both the organization and the children it serves. Sexual abusers find those places where the barriers of protection are lowest, where people are more trusting and where fewer barriers exist between service applicants and children.</p> <p>In this class participants will learn the severity and impact sexual abuse has on its victims and learn ways to prevent it.</p>
Sleep Hygiene: How to Promote Better sleep in Your Family	Participants will learn techniques on how to promote good sleeping habits. These techniques could include avoiding caffeine or sugary drinks, establishing a regular sleeping schedule, avoiding strenuous activity or large meals before bed, being comfortable, etc...
Social Media and Mental Health	Social media has been linked to various signs of mental health issues and studies have demonstrated that people who spend more time on social media become consumed by the unrealistic expectancies that the media portrays. As a result, frequent social media users have been found to be less happy and even depressed.

<p>Substance Use: Awareness and Reduction</p>	<p>Instructor will be providing information on programs that may help save someone's life in a traumatic situation of self-harm.</p>
<p>Suicide Awareness and Prevention Skills, you Need</p>	<p>Pain isn't always obvious, but most suicidal people show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, step in or speak up. If any of these signs are present, call the National Suicide Prevention Lifeline on 1-800-273-8255.</p> <p>Talking about death or suicide</p> <p>Seeking methods for self-harm, such as searching online or obtaining a gun</p> <p>Talking about feeling hopeless or having no reason to live</p>
<p>Test Anxiety: Tips and Strategies</p>	<p>Tips and strategies that will allow participants to keep their nerves calm, boost confidence and recall certain material better.</p>
<p>Understanding Eating Disorders</p>	<p>Eating disorders can affect anyone but they are more prevalent in Teenagers and young Adults, the effects of an eating disorder can have serious impacts in the physical and mental health of the person affected. Instructor will advise the participants of the adequate way to treat an eating disorder.</p>
<p>Understanding Personality Disorders</p>	<p>Personality disorders are a group of mental disorders. They involve long-term patterns of thoughts and behaviors that are different from what is considered normal in your culture. The thoughts and behaviors are unhealthy and inflexible. They cause serious problems with relationships, work, and social activities. They can</p>

	make it hard to deal with everyday stresses and problems
Understanding Procrastination: How to Motivate a Child	Instructor will help participants develop healthy parenting strategies. For example, removing temptation, rewards rather than punishments, goal setting, etc.
What Every Parent Needs to know about Bullying	In this class parents will learn that Bullying is never okay, and every student has the right to be safe in any environment. The child is never at fault when they are bullied, parents have the control to teach their child that bullying is not okay. The instructor will teach participants the importance of a child's safety at school, home, or social functions.
What Parents Should Know about Child Abuse	Child abuse is doing something or failing to do something that results in harm to a child or puts a child at risk of harm. Child abuse can be physical, sexual or emotional. Neglect, or not providing for a child's needs, is also a form of abuse.
Who's in Charge? Discipline and Parental Challenges	Parents have a responsibility not only to provide for their children but also to teach them the practical and psychological skills they will need to be well-functioning adults. To that end, parents set their expectations for and try to model appropriate behavior. They often reward obedience and respect, and they may use discipline to correct a child who acts in an inappropriate or unsafe way. Discipline, punishment, and reward are all part of the parental toolbox to be used when and how the situation warrants.
Youth and Depression	What is the main cause of depression among the youth? Many factors increase the risk of developing or triggering teen depression, including Having issues that negatively impact self-esteem, such as obesity, peer

	problems, long-term bullying, or academic problems. Having been the victim or witness of violence, such as physical or sexual abuse.
--	--

Dr. Wesley Sanders	
Caring for Children who have been Sexually Abused	Participants will learn how to support children who have experienced sexual abuse. From dealing with the shock of disclosure to coping with the emotional impact of navigating the legal system, these resources will help you and your child move past the pain and realize that it is possible to transcend trauma.
Cultural Issues in Transracial Parenting	Participants will learn how to provide care for children in transracial homes to help them thrive, celebrate their bicultural family, and to strengthen racial identity and cultural connections.
Building Courage and Redirecting Behavior in Tween and Teens	Teaching your kids how to engage in positive self-talk might feel a little awkward at first. But this is completely normal. You and your child are learning a new coping skill, and it is challenging for their brain (and yours) to reframe thoughts. With practice and consistency, though, you both will master this vital skill
Bullying's Emotional Impact w/ Disabilities	Bullying impact on children with disabilities will define bullying and types of bullying, and how children with disabilities are 50% more likely to be bullied by other children in society. The participants will be given information on Federal Civil Rights Law regarding youth with disabilities. Tools will be given to impact on how parents and caregivers can prevent bullying on children with special needs.
Choices, Consequences, and Responsibility in Parenting	This class deals with the impact of our choices as caregivers, parents, foster parents and accepting responsibility for them and the consequences that might result from them. Understanding these concepts

	appropriately and that this knowledge is essential in their role as parents.
Commercial Sexual Exploitation of Children: I&A	The CSEC: Awareness and Identification training provides caregivers and foster parents an understanding of the intersection of Sex Trafficking of children with child welfare and juvenile justice system. The class assist participants with the necessary in identifying human trafficking victims. As well as a keen awareness of the dynamics that drive the on-going maltreatment and victimization of children.
Depression in Adolescents	Instructor will inform their participants of the serious mental health problem that is depression and how it affects children and adolescents. These conditions may affect the person up until they are adults, so it is important to seek immediate treatment.
Family Rules and Consistent Implementation	In this class, we will explore why home rules and routine are important - and even more so for foster children.
Grief and Loss for Children in Foster Care	Types of grief in foster children and children in care. Stages and grief methods to address and keep foster youth with diverse types of grief and loss.
How Care Providers Can Prevent Allegations of Child Abuse	In this class participants will learn How Caregivers Can Prevent Allegations of Child Abuse.
Internet safety/ Protecting your Child	This class will provide participation with an awareness of the need for parental intervention and awareness for internet safety in the home. We will discuss the terms and safety tips for parents' information on how to keep our children safe while online.
Intervention Tools to Prevent Suicide in Children	This class will clearly discuss suicide, types of suicide engaged in by some children. It will also identify signs and symptoms in children, both verbal and non-verbal. Ways to actively intervene and ways to seek help. Also

	recognize that children exposed to child abuse and neglect are at higher risk of suicidal thinking.
Overcoming Temper Tantrums and Meltdowns in Children	Participants will learn how to keep calm and allow emotions to subside, identify the behavior and try to correct it. Parents are to be models to their children by speaking to them calmly and ensure that their child understands that this behavior is unacceptable.
Parenting Children with Autism	Does your child struggle with school? Does he/she dread reading out loud, drafting an essay, or tackling a math problem? While every kid has trouble with homework from time to time, if a certain area of learning is consistently problematic, it might indicate a learning disorder. Participants will learn how to recognize the early signs of learning disabilities, so that they can ensure their child gets the right help to overcome classroom challenges and succeed in life.
Parenting Rewards and Discipline Tolls	In this class participants will learn parenting styles that will reward and discipline.
Reasonable and Prudent Parenting Standards	California Laws regarding Prudent Parent Standard, Children Services expectations regarding Foster Parenting and Prudent Parent Standards. For family caregivers with reasonable Prudent Parent Standards.
Strengthening the Relationship with your Children	In this class participants will learn how to strengthen the parent child relationship.
Teaching Self-Regulation	Self-regulation strategies reduce disruptive problems in the classroom by encouraging students to manage their own behavior. Such strategies provide teachers with time to work with small groups or one-on-one with students who require extra instruction.
Techniques for Managing Anger in Children in a Healthy Way	This class will provide caregivers, foster parents, and bio parents tools for themselves and their children who

	struggle with anger. As well as techniques for handling anger in a healthy way.
Teens and Domestic Violence Prevention	All forms of intimate partner violence are preventable. Strategies to promote healthy, respectful, and nonviolent relationships are an important part of prevention. Programs that teach young people healthy relationship skills such as communication, effectively managing feelings, and problem-solving can prevent violence.
The Emotional Impact of Domestic Violence Trauma on Children	To enhance the participants' knowledge of the impact of domestic violence on children (short-term & long term). To provide a clear understandable definition of domestic violence and child abuse. An identifiable description of the emotional and physical impact of domestic violence on children.
The Value of Positive Discipline Vs. Punishment in Parenting	Participants will be informed of the differences between discipline, which is to teach and correct the behavior, and punishment, which is to impose some kind of suffering on the child in retaliation for the misbehavior.
The Value of Rewards and Discipline in Parenting	This class will help the students identify when it is right to praise and reward their child. These rewards are known to come in small doses or when something special occurs in the child's behavior.
Tools for Coping w/ and Handling Stress in Children	These tools or strategies may include encouragement from the parents, the idea of the child being proud of themselves in some way or another, maintaining personal space to relax and practice breathing techniques, etc.
Tools for Overcoming Low Self-Esteem in Children	Now replace negative or untrue thoughts with positive, accurate thoughts. Try these strategies: 1. Use hopeful statements. Be kind and encouraging to yourself. Instead of thinking a situation will not go well, focus on

	the positive. Tell yourself, "Even though it's tough, I can handle this."
Transracial Parenting/ Cultural Competency	Participants will learn how to provide care for children in transracial homes to help them thrive, celebrate their bicultural family, and to strengthen racial identity and cultural connections.
Understanding Autism	Autism spectrum disorder (ASD) is a developmental disability caused by differences in the brain. Some people with ASD have a known difference, such as a genetic condition. Other causes are not yet known. Scientists believe there are multiple causes of ASD that act together to change the most common ways people develop. We still have much to learn about these causes and how they impact people with ASD
Visitation: Finding yourself in the Middle	To discuss the court's role in visitations; to review how children respond to their families or origin; to go over what children have experienced from their parents and how conflicted they may be when they see them; and to assess ways caregivers can assist children in dealing with their anger and acting out behaviors when visits go wrong.
Why Co-Parenting is Essential	Participants will identify their thoughts, judgements, and feelings about the child's parents; learn a simple method for establishing a relationship with the child's parent even when they never have contact with the child's parent; learn the do's and don'ts of what to say to the foster child about his/her parent(s) and why.

Leila Montiel	
Niños que han sido abusados sexualmente	Uno de los pasos más útiles que puede tomar para ayudar a su hijo es informarse sobre el abuso sexual y el desarrollo sexual saludable en los niños. Con esta información, reconocerá más fácilmente los

	<p>comportamientos posiblemente asociados con el abuso pasado o actual y evitará la incertidumbre si su hijo o joven muestra comportamientos sexuales poco comunes. Lo más importante es que puede ganar confianza para apoyar a su hijo o joven a través de una variedad de situaciones que pueden surgir.</p>
Cómo comunicarse con los padres biológicos	<p>Habrán varias estrategias en como facilitar la confianza con los padres. Entender que los padres están allí para apoyar, intentar acostumbrar a hablar con los padres en confianza, escuchar atentamente a la persona que se está comunicando.</p>
Abuelos que son Padres	<p>Abuelo paterno o materno es el nombre que se les da a los abuelos que son involucrados en la vida de los niños como padres secundarios.</p>
Addición a la Marihuana	<p>Las personas con trastorno por consumo de marihuana podrían además estar en mayor riesgo de sufrir otras consecuencias negativas, como problemas de atención, memoria y aprendizaje.</p> <p>Algunas de las personas con trastorno por consumo de marihuana podrían necesitar consumir cantidades cada vez mayores de marihuana o concentraciones mayores a lo largo del tiempo para lograr un estado de euforia o "high". Mientras más alta sea la cantidad de tetrahidrocannabinol (THC) haya en la marihuana (en otras palabras, la concentración o potencia), más fuertes serán los efectos que la marihuana pueda producir en el cerebro. La cantidad de THC en la marihuana ha aumentado en las últimas décadas.</p>
Algunas Claves para Criar Niños resilientes	<p>Algunos consejos serían, no satisfacer todas las necesidades, evitar eliminar todo riesgo, dejar que los hijos cometan errores, enseñar a los niños a resolver problemas, etc.</p>

Ayudar a las Familias en Manejar el Estrés	Es importante estar alerta al estrés, pasar tiempo con familia para mantenerse relajado, dormir lo suficiente, reconocer las necesidades emocionales de todos los familiares, no evitar el debate, y nunca perder el humor.
Ayudar a los Adolescentes con Ansiedad	Este taller presentara los temas que enfrentan los adolescentes con la depresión. El taller va a presentar las causas, los signos y las estrategias para prevenir. Se presentaran temas sensitivos que llegan a la ansiedad.
Como apoyar Mejor a sus Hijos en el Proceso de Terapia	El apoyo de un padre es lo mas importante en la vida de un niño. Encontrar un terapeuta con quien usted y su hijo se sientan cómodos, llevar a los hijos a todas las visitas. Como padres reunirse con el terapeuta, pasar tiempo con sus hijos, y educar a sus niños con paciencia y calidez son algunas claves para apoyar a sus hijos en este proceso.
Como Ayudar a los Niños Lidar con la Ansiedad Social	Es importante conocer el trastorno de ansiedad social para poder ayudar a los niños superarlo. Como padres, ser involucrados en el tratamiento del niño y mantener una actitud activa. Reforzar los logros del niño, hacer críticas constructivas que puedan ayudar al niño superar, y escuchar la preocupaciones del niño.
Como Ayudar a un Niño Diagnosticado con Trastorno Bipolar	Los participantes aprenderan lo mas que puedan sobre el trastorno bipolar y ayudaran a la persona aceptar el trastorno. Asistir a la persona con terapia y ser empatico y comprensivo, tener un plan en caso de emergencia y monitorear los medicamentos.
Como Criar un Niño Sigiloso	Como padres no cedan ante los berrinches del niño y enseñarle a los niños como tolerar la frustración. Comunicarse, empatizar, y escuchar a sus niños para poder establecer límites.
Como Reportar Abuso Infantil Mandatoriamente	Hay formas en las que puede ayudar a detener el maltrato de menores si sospecha o sabe que un niño

	<p>está siendo abusado o descuidado. Si usted u otra persona está en peligro inmediato y grave, debe llamar al 911.</p> <p>Quizás se esté preguntando quién puede denunciar abuso y negligencia de menores, qué información se incluye en una denuncia, o qué sucede después de que se hace una denuncia. A continuación, encontrará respuestas a sus preguntas, como también recursos nacionales y locales que están disponibles para brindar asistencia e información sobre cómo denunciar sospechas de maltrato.</p>
<p>Comprension de Los Derechos Educativos</p>	<p>La educacion tiene un derecho humano indispensable. La educacion es una de las herramientas mas poderosas para mejorar la condicion social de los ninos y adultos. La educacion puede sacar a la gente de condiciones como la pobreza y integrarlos a la sociedad.</p>
<p>Convertir Suenos en Titulos (parte 1)</p>	<p>Este curso capacitará a los cuidadores de niños, incluido el personal que trabaja con jóvenes y familias y familias de recursos, para discutir el valor de la educación superior con los jóvenes bajo su cuidado y brindar ideas sobre cómo pueden desempeñar un papel activo en el apoyo a estos jóvenes para la universidad. Los cuidadores aprenderán la importancia de la exploración temprana de la universidad, la preparación y los pasos clave que pueden tomar para ayudar a los jóvenes a convertir sus sueños en títulos</p>
<p>Convertir Suenos en Titulos (parte 2)</p>	<p>Este curso capacitará a los cuidadores de niños, incluido el personal que trabaja con jóvenes y familias y familias de recursos, para discutir el valor de la educación superior con los jóvenes bajo su cuidado y brindar ideas sobre cómo pueden desempeñar un papel activo en el apoyo a estos jóvenes para la universidad. Los</p>

	<p>cuidadores aprenderán la importancia de la exploración temprana de la universidad, la preparación y los pasos clave que pueden tomar para ayudar a los jóvenes a convertir sus sueños en títulos</p>
<p>Cuando El Niño Actúa de Manera Agresiva Hacia Adultos y otros Niños</p>	<p>Esto se puede llamar el trastorno de la conducta. Estas maneras pueden ocurrir a partir de sobreprotección, demasiadas emociones, falta de habilidad con el lenguaje oral, llamadas de atención, etc.</p>
<p>Cuestiones culturales en la crianza</p>	<p>Cultura y pertenencia étnica pueden tener un efecto decisivo en las técnicas de crianza que emplean las familias en todo el mundo. Diferencias tales como métodos de disciplina, las expectativas sobre la aceptación de responsabilidades y la transmisión de la instrucción religiosa varían entre las familias.</p>
<p>Depresión en Adolescentes</p>	<p>La depresión en adolescentes es un problema de salud mental grave que provoca un sentimiento de tristeza constante y una pérdida de interés en realizar diferentes actividades. Afecta la manera en que tu hijo adolescente piensa, se siente y se comporta, y puede provocar problemas emocionales, funcionales y físicos. Aunque la depresión puede ocurrir en cualquier momento de la vida, los síntomas entre los adolescentes y los adultos pueden ser diferentes.</p>
<p>Explotación Sexual y Comercial en Niños (Parte 1)</p>	<p>La explotación sexual comercial infantil es la explotación por un adulto de un niño, niña o adolescente, menor de 18 años, acompañada del pago en efectivo o en especie al niño, niña o adolescente, o a un tercero o terceros</p>
<p>Explotación Sexual y Comercial en Niños (Parte 2)</p>	<p>La explotación sexual comercial infantil es la explotación por un adulto de un niño, niña o adolescente, menor de 18 años, acompañada del pago en efectivo o en especie al niño, niña o adolescente, o a un tercero o terceros</p>

<p>Formas de Evitar el Agotamiento y el Trauma Secundario</p>	<p>Los participantes aprenderán de estrategias para evitar el agotamiento o el trauma secundario de formas como, evaluando las opciones, buscando apoyo con personas adecuadas y estudiadas sobre el tema, participando en actividades relajantes, haciendo ejercicio, y dormir horas adecuadas.</p>
<p>Manejo de la Ira para Adolescentes</p>	<p>Para manejar la ira en los adolescentes es importante reconocer las emociones, reflexionar sobre las consecuencias, y aprender técnicas de relajación.</p>
<p>Manejo de Medicamentos Psicotropicos</p>	<p>Esta clase empieza con una introducción a medicamentos psicotropicos. Que son? Quien los necesita? Se identificarán algunos de los efectos secundarios de los medicamentos psicotropicos que se usan para el tratamiento de trastornos mentales. Y que hacer si su hijo necesita estos tipos de medicamentos.</p>
<p>Porque Los Niños Traumatisados Necesitan un Enfoque de Crianza Diferente</p>	<p>Los niños que han experimentado eventos traumáticos necesitan sentirse seguros y amados. Todos los padres desean brindar este tipo de hogar seguro y enriquecedor para sus niños. Sin embargo, cuando los padres no entienden los efectos del trauma, es posible que malinterpreten el comportamiento de su hijo y sientan frustración o resentimiento.</p>
<p>Problemas de Sueño en Niños</p>	<p>Los participantes serán instruidos a entender los problemas de sueño en los niños. Por ejemplo, la dificultad en dormir o permanecer dormidos, episodios o pesadillas que perturben el sueño, o insomnio.</p>
<p>Que es el Trastorno de apego reactivo?</p>	<p>Aprenderán que esta enfermedad es derivada al conflicto o falta de afecto entre los hijos y los padres. Esto afectará la infancia y el comportamiento del niño.</p>
<p>Temas De Orientación Sexual e Identidad de Género en el Cuidado</p>	

Trastorno de Estrés Postraumático	
Trastorno Obsesivo-Compulsivo en Niños Y Adolescentes	El trastorno obsesivo-compulsivo (TOC) en niños y adolescentes es una enfermedad compleja, que se considera el cuarto trastorno psiquiátrico más común en el mundo, con una relevante morbilidad biopsicosocial y una prevalencia de 1%-3% en la población mundial. De acuerdo con la Organización Mundial de la Salud, ocupa el décimo lugar entre las enfermedades más incapacitantes
Tratamiento y Abuso de Sustancias en Adolescentes	
Una Guía para Cuidadores sobre Las Drogas Cerebrales Comunes	

Olivia J. Chavira	
No Drama Discipline	A type of parenting model where the parents adapt to simple strategies for example, “Say no to the behavior, but say yes to the child” , Taking the time to connect with the child, and considering timeouts as a form of punishment rather than more aggressive manners.
Organizing and Planning Tips for Busy Parents	Participants will learn different tools to make organizing and planning as convenient as possible. Tips may include, setting household chores, using planners, keeping clutter under control, etc.
Positive Life Skills for Children and Adolescents	These skills will allow participants to help their children in their daily lives, through routines, schedules, management skills, fun memory aids, and organized workspaces.
Positive Parenting Solutions	Some solutions discussed in this class may be, getting to the root of the problem, being consistent as a parent, saying “no” to rewards, focusing on things you can control, and discipline vs. Punishment.

Post-Traumatic Stress Disorder	Was your child exposed to trauma? Participants will learn the different forms of trauma children may have experienced. Participants will learn tools to help children with trauma.
Reducing Family Stress	Some strategies may include maintaining a healthy diet, being organized, creating personal space, hanging around positive family members, and being available for fun activities.
Self-Care for Parents and Children	In this class participants will learn tips for self-care.
Social/ Emotional Skills for Children	Social-emotional learning (SEL) is developing the self-awareness, self-control, and interpersonal skills vital for school, work, and life success. People with strong social-emotional skills are better able to cope with everyday challenges and benefit academically, professionally, and socially. From effective problem-solving to self-discipline, from impulse control to emotion management and more, SEL provides a foundation for positive, long-term effects on kids, adults, and communities. Children thrive. Schools win. Workplaces benefit. Society strengthens. All due to social-emotional learning.
Supporting a Child with Depression & Anxiety	Instructor will provide various mechanisms to help your child suffering from depression or anxiety. These strategies may include seeking professional help or starting the child on antidepressant medication, paying attention to the child's feelings, and spending quality time with the child to encourage open and honest conversations.
Teaching Children how to Build Healthy Relationships	Participants will learn that the best way to help a child build healthy relationships is through leading by example. For example, making your child feel loved and secure, communicating often, encouraging the child,

	expressing interest in their activities, and respecting the child as if you were in their situation.
Teaching Youth How to be Effective Listeners & Communicators	Some strategies that may be effective in creating an active listener and communicator would be, to listen actively as a parent or guardian, make conversations fun for the child, read with your child, and teach the child how to take turns.
The Four Different Parenting Styles	This workshop will present the different parenting styles, and a description will be provided of each of these. Examples will be given of each style and the positive and negative aspects of each will be presented.
The Positive Effects of Gentle Parenting	Participants will learn that parenting is the best way to mold the child into someone you would be proud of. For example, through gentle parenting it is evident that the child will have a trusting bond and relationship with their foster parents, biological parent, or guardian. Gentle parenting will enhance the child's emotional intelligence, reduce the likelihood of mental health illnesses or substance abuse, will have a positive impact on the child's self-esteem, and will increase the child's rate of academic achievement.
The Science of Happiness- Fostering Social & Emotional Well Being	The instructor will focus on the psychology of happiness and allow all the participants to learn about the social and emotional importance of well-being.
The Science of Mental Health/Illness	This class will allow people to identify if they need recovery or to focus more on the brain chemistry and identify mental health and mental illness.
Tips To Reduce Family Stress	Some tips discussed in this class may include, healthy diet, discussing your concerns with medical professionals, creating personal space, and surrounding yourself with positive people.

Top Twenty Parenting Tips	These tips will be coming from the instructor's perspective on which twenty tips are essential in parenting.
Trauma Informed Care	Was your child exposed to trauma? Participants will learn the importance of therapy for youth exposed to trauma. Parents will learn the steps to take after therapy.
Why Traumatized Children need a Different Parenting Approach	Caregivers will understand/identify effects of early childhood trauma. Understand how children and youth may have been affected by events that caused trauma, and how to seek resources and provide help to these children.

Vanessa Palacios	
Adolescent Substance Abuse & Treatment	Some of the topics discussed would be examples of family history and substance abuse, mental or behavioral conditions that lead to abuse, or impulsive/ risk taking behaviors. Some treatment options that may be discussed are seeking medical help, parents should discuss consequences with their adolescent, encourage honesty, and check in on them occasionally.
Building Self-Esteem and Confidence in Youth	This class will discuss ways caregivers can help children develop a positive self-image and build their self esteem
Caring for Children who have been Sexually Abused	Participants will learn how to support children who have experienced sexual abuse. From dealing with the shock of disclosure to coping with the emotional impact of navigating the legal system, these resources will help you and your child move past the pain and realize that it is possible to transcend trauma.

Children With Sleep Problems	The instructor will discuss strategies such as improving sleep hygiene, reducing stressors, and optimizing the sleep environment.
Coaching the Traumatized Child to Think Before Acting Out	Some tips may include talking to the child about the traumatic event, nurturing the child so they do not feel alone, and talking to the child in confidentiality.
Compassion Fatigue for Caregivers	Are you tired and never able to take time for yourself? This class covers the definition of compassion fatigue. Parents will learn tools to have better self-care for themselves.
Drug Addicted Babies and Fetal Alcohol Syndrome	Do you have a child who was born drug affected? This class covers the effects of drugs has on babies and children. Parents will gain tools to better help them when raising drug affected children.
Educating Youth on Sexually Transmitted Diseases	The instructor will discuss educational methods on how to warn the youth about sexually transmitted illness. For example, prevention methods, talk to them at an early age about what to expect when it comes to intercourse. Participants will learn the importance of having effective communication skills with their child.
Family Rules and Consistent Implementation	In this class, we will explore why home rules and routine are important - and even more so for foster children.
Impact of Divorce on Youth	Participants will be taught the impact their children will face during a divorce in the family. Children may begin to experience academic problems, behavioral problems, defiance, depression, increased stress, sadness and anger toward their parents, and substance abuse.
Impact of Having an Incarcerated Parent	Children will encounter multiple impacts such as antisocial behavior, psychological difficulties, trauma,

	risk taking, health problems. These impacts may worsen if the child is not communicated with daily.
Impact of Multiple Placements	In this topic students will learn that permanency in the child's life is delayed, and their academic outcomes are hindered due to behavioral and mental health issues derived from multiple placements.
Impact of Neglect on Youth	Neglect can lead the child to attachment issues, self-esteem issues, difficulty trusting others, the struggle to develop healthy relationships, behavior disorders, permanent changes in the child's developing brain.
Importance of Family Meetings	This class will ensure that it's participants know the importance of family meetings because they will help encourage clear and consistent communication, they will also help solidify unique traditions to bring the family together. Through creating family meetings, it opens the opportunity to plan trips, organize family outings, and appreciate each other even more.
Obsession with Fire Play and Fire Setting	Someone with this disorder deliberately and purposely sets fires on more than one occasion, and before the act of lighting the fire the person usually experiences tension and an emotional buildup. When around fires, a person with pyromania gains intense interest or fascination and may also experience pleasure, gratification, or relief.
Overview of Drugs and Teens	Some of the topics discussed would be examples of family history and substance abuse, mental or behavioral conditions that lead to abuse, or impulsive/ risk taking behaviors. Some treatment options that may be discussed are seeking medical help, parents should discuss consequences with their adolescent, encourage honesty, and check in on them occasionally.
Psychotropic Medication	The instructor will discuss the several types of psychotropic medication like antidepressants, anti-

	anxiety medications, stimulants, antipsychotics, or mood stabilizers.
Recognizing signs of Addiction	These signs may be recognized as a lack of control or inability to stay away from the substance or behavior, decreased socialization, ignoring risk factors, changes in personality or behavior like lack of motivation, bloodshot eyes, frequent bloody nose, etc.
Runaway Youth	This class discusses the impacts running away from home will have on an adolescent.
Self-injurious Behaviors	Non suicidal self-injury, often simply called self-injury, is the act of harming your own body on purpose, such as by cutting or burning yourself. It is usually not meant as a suicide attempt. This type of self-injury is a harmful way to cope with emotional pain, sadness, anger, and stress
Separation Anxiety	The fear or distress of being apart from someone you are attached to.
Setting Limits and Building Trust with Foster Youth	Foster parents can improve their child's sense of self-worth and empower them to feel more comfortable expressing themselves when they do the following: Communicate clearly and respect her opinions Model healthy behaviors Encourage her to set healthy boundaries
Social Anxiety in School	When children experience social anxiety at school, it may lead to consequences such as absences, the dreadful idea of having to go to school, and failure to develop close friendships.
Symptoms of PTSD	The instructor will define in depth the mental health condition that is developed when people are affected by the experience or witnessing of a traumatic event.
Tools for Coping Skills	Participants will learn that there are many coping mechanisms to deal with issues. For example, asking for

	help, riding a bike, practicing patience, and listening to music.
Tools for Youth With ADHD	This class will discuss the tools beneficial in coping with ADHD. A helpful tool in that help would be noise cancelling mechanisms.
Tools to Decrease Anxiety	The instructor will discuss how to practice mindfulness along with tools that will help such as regulating breathing, muscle relaxation, calming imagery, positive or enjoyable distractions, and exercise.
Trauma Informed Care	The first step is to recognize how common trauma is, and to understand that every patient may have experienced serious trauma. We do not necessarily need to question people about their experiences; rather, we should just assume that they may have this history, and act accordingly
Trauma Informed Parenting	These classes are to teach caregivers how to care for children who have experienced traumatic events, such as abuse, neglect, or separation from their family of origin. These classes aim to help caregivers understand the impact of trauma on children's development and behavior, communicate in ways that deepen their relationship with their child.
Understanding ADHD	This class will identify neurodevelopmental disorder characterized by excessive amounts of inattention, hyperactivity and impulsivity that are pervasive, impairing in multiple contexts and age inappropriate.
Understanding Eating Disorders	The instructor will inform caregivers of the effects on a person's psychological and social functioning and impairments that eating disorders could cause. Some of these impairments include disturbances in eating and lead to weight and shape related issues.

Understanding Grief and Loss	This class will discuss the definition of both grief and loss and allow the participants to understand strategies and tools to help cope with it.
Understanding Isolation and Youth	Research shows a strong link between social isolation and an increased likelihood of anxiety and depression in children and adolescents. Social isolation can be voluntary or involuntary, short-term or long-term—and the longer isolation lasts, the harder it can be to overcome
Understanding Mood Disorders	Affective disorders are a set of psychiatric diseases, also called mood disorders. The main types of affective disorders are depression, bipolar disorder, and anxiety disorder. Symptoms vary by individual, and can range from mild to severe
Understanding ODD and Conduct Disorder	Participants will learn of the severity of these disorders and what behavior is derived from them. These behavioral problems can include frequent anger, defiance, disrespect of authority, violation of rules, harming others, and destroying property.
Understanding Sensory and Youth	The instructor will discuss the condition in which multisensory input is not adequately processed to provide appropriate responses to the environment's demands.
Understanding Symptoms of Depression	The instructor will discuss the major symptoms of depression like loss of interest, depressed mood, hindered mood to perform daily activities such as; sleeping, eating, and working.
Understanding Testing and Manipulation	The crux of the matter with testing and manipulation is this: if kids are successful in their testing efforts, they will continue to use these tactics in the future. The household will suffer the consequences—prolonged and frequent periods of emotional upset

When Children Resort to Habitual Lying

The instructor will discuss the best ways to handle the situation when your child lies. These are some of the following strategies, view lies as skill-building. As your child gets older, they will test what they can get away with. This is how they learn consequences:

1. Respond to lies with facts
2. Help them find a way to deal with certain behaviors
3. If they see you lie, they will lie
4. Let older children know there are times when small lies can be okay