



NCSS

Social Service
Institute

Empowering Families: Start Planning Your Foster Parents Training Journey



Capability &
Capacity Series

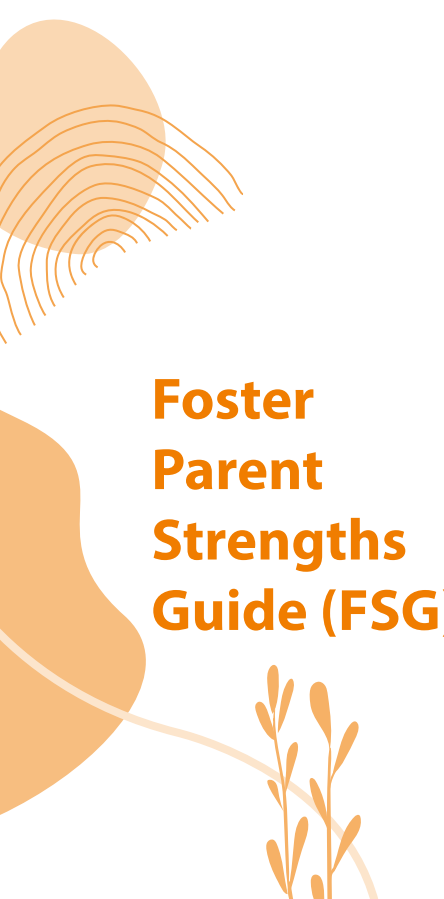
Foster Parents Training Catalogue and Calendar 2025



About Children In Care (CIC) – Fostering Scheme



Partnership Between CIC and SSI



Foster Parent Strengths Guide (FSG)

Vulnerable children are not able to stay with their natural families for a variety of safety reasons including loss or incarceration of parents, abuse, neglect or abandonment by parents. They may be placed in alternative care arrangements.

Formed in 2013, CIC oversees and provides a coordinated strategy for the out-of-home care sector in Singapore. Part of the Ministry of Social and Family Development (MSF), CIC aims to bring about better outcomes for vulnerable children through the development of diverse out-of-home care options and services, including Foster Care and Children's Homes (CHs).

MSF emphasises on family-based care as the best environment for children. This includes kinship care and foster care for children to benefit from a nurturing home environment. Introduced in 1956, the Fostering Scheme aims to provide an alternative care arrangement for children, below 18 years of age, and are in need of a safe, stable and nurturing home. Children are placed with foster families because they lack alternative kinship care arrangements. To grow fostering in the community, MSF has partnered five Social Service Agencies, namely Boys' Town, Epworth Community Services, Persatuan Pemudi Islam Singapura (PPIS) - Oasis, Muhammadiyah Association and The Salvation Army as the Fostering Agencies.

Since January 2016, CIC partnered Social Service Institute (SSI) to enhance the training roadmap and curriculum for foster parents. The aim is to deliver a more in-depth and holistic training to foster parents.

SSI developed a curriculum that covers a wide range of topics including "Understanding the Impact of Trauma on Children", "Managing Challenging Behaviours" and "Working with Natural Families". Case studies and learning activities are included for foster parents to apply theories to practice and vice-versa. SSI has identified qualified Adult Educators to facilitate the training.

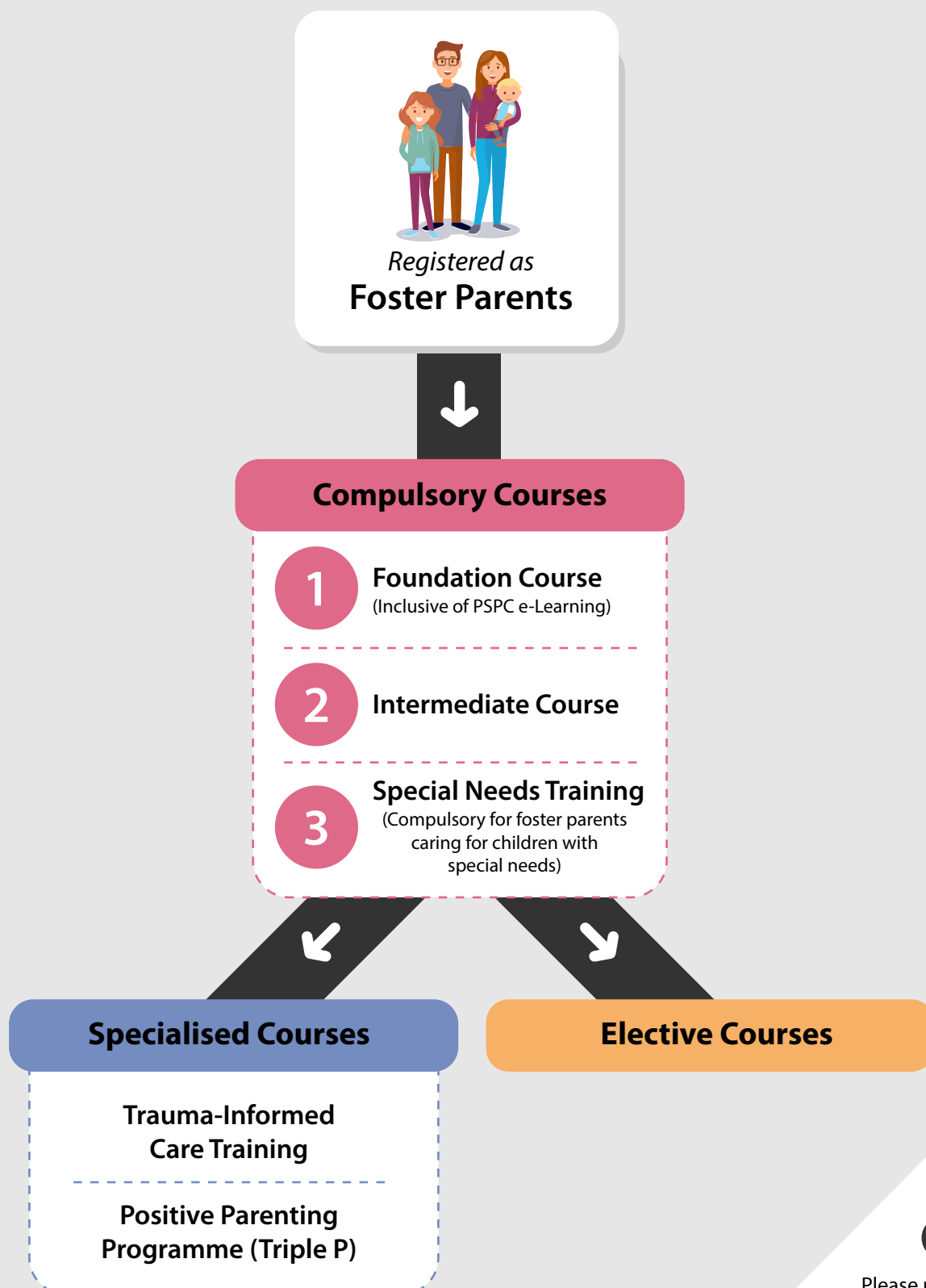
In April 2019, blended learning was introduced to foster parents attending the Foundation and Intermediate Courses. With the conversion to e-Learning, foster parents have benefited from the ease of access to learning and the use of class time for more quality discussions.

In February 2021, CIC implemented the Principles of Safe and Positive Care (PSPC) for foster parents to understand the basic care expectations required for foster children. The PSPC e-Learning module was developed to help foster parents understand the 13 desired outcomes for foster parents and foster children, and has been incorporated into the compulsory Foundation Course.

To support foster parents identify and grow their strengths in their fostering journey, CIC also introduced the [Foster Parent Strengths Guide](#) in September 2023. The FSG aims to help foster parents provide better care for their foster children. Foster Care Workers will work with foster parents to identify their strengths in 4 domains (Safety, Nurturing/Caring, Personal Development and Working with Others), which represent the areas of development that are essential for foster parents.

Training Roadmap

for Foster Parents



Please refer to the training calendar on page 5 to 6 for training dates

FEEDBACK FROM LEARNERS

"The foster parenting course was both informative and thought-provoking. Through the interactive sessions, we learned practical strategies and gained a deeper understanding of children's needs. The content prepared us well for the realities of fostering."

Foundation Course



"The trainer's personal insights deepened my understanding of fostering special needs children and teens. I like how the content can be age-specific which is highly relevant and engaging for me."

Intermediate Course



"The course offered useful insights and practical strategies to help us manage difficult situations. The trainer used real-life examples to help us understand children's perspectives, adjust our expectations, and develop effective parenting skills."

Foundation Course



"The trainer's teaching approach was engaging and purposeful, effectively empowering parents and educators. I've attended similar courses, but this is the best so far."

*Specialised Course -
Special Needs Training*



"I thoroughly enjoyed the Trauma-Informed Care Training. Though it's conducted via Zoom, I remained fully engaged due to the highly interactive nature of the course."

*Specialised Course -
Trauma-Informed Care Training*

TRAINING CALENDAR 2025

Date (Sat)	Foundation Course	Intermediate Course	Special Needs	Triple P	Trauma-Informed Care Training	Elective Courses
	9am-1pm	9am-1pm	10am-1pm	10am-12.30pm	9am-1pm	9.30am-1pm
January 2025						
4	PSPC e-Learning 1.1 ● Foundation 1.2 ** Foundation 1.3 ●	Intermediate 1.1 **				
11	Foundation 1.4 Foundation 1.5 ●	Intermediate 1.2 Intermediate 1.3 ●			TICT 1.1	Managing behaviours of lying and taking things without permission
18	Foundation 1.6 **	Intermediate 1.4 **	Special Needs 1.1 **			
25		Intermediate 1.5			TICT 1.2	
February 2025						
1	Chinese New Year (29 - 30 January)					
8					TICT 1.3	Preparing your foster teenager for independent living
15	PSPC e-Learning 2.1 ● Foundation 2.2 ** Foundation 2.3 ●	Intermediate 2.1 **	Special Needs 1.2 **		TICT 1.4	
22	Foundation 2.4 Foundation 2.5 ●	Intermediate 2.2 Intermediate 2.3 ●			TICT 1.5	
March 2025						
1	Foundation 2.6 **	Intermediate 2.4 **	Special Needs 1.3 **			
8		Intermediate 2.5				Managing sibling rivalry and helping children develop social skills
15	March School Holidays					
April 2025						
5	PSPC e-Learning 3.1 ● Foundation 3.2 ** Foundation 3.3 ●	Intermediate 3.1 **		Intro to Triple P		
12	Foundation 3.4 Foundation 3.5 ●	Intermediate 3.2 Intermediate 3.3 ●		Triple P 1.1		
19	Good Friday (18 Apr)					
26	Foundation 3.6 **	Intermediate 3.4 **		Triple P 1.2 **		
May 2025						
3	Labour Day (1 May)					
10	Vesak Day (12 May)					
17		Intermediate 3.5		Triple P 1.3		Creating life story work for foster children
24				Triple P 1.4		Parenting adolescents
31	June School Holidays					
June 2025						
28	PSPC e-Learning 4.1 ● Foundation 4.2 ** Foundation 4.3 ●	Intermediate 4.1 **		Triple P 1.5 **		

● e-Learning to be completed prior to the next session

** Face to Face Training Session

Note: The training sessions are subject to change or cancellation by SSI.

For course registration and enquiries, please contact us at NCSS_FosterParentsTraining@ncss.gov.sg

TRAINING CALENDAR 2025

Date (Sat)	Foundation Course 9am-1pm	Intermediate Course 9am-1pm	Special Needs 10am-1pm	Triple P 10am-12.30pm	Trauma-Informed Care Training 9am-1pm	Elective Courses 9.30am-1pm
July 2025						
5	Foundation 4.4 Foundation 4.5 ●	Intermediate 4.2 Intermediate 4.3 ●		Triple P 1.6	TICT 2.1	
12	Foundation 4.6 **	Intermediate 4.4 **	Special Needs 2.1 **	Triple P 1.7 **		
19		Intermediate 4.5		Triple P 1.8	TICT 2.2	
26				Triple P 1.9	TICT 2.3	How to manage temper tantrums
August 2025						
2				Triple P 1.10	TICT 2.4	How to develop and strengthen bonds of attachment with foster children?
9	National Day (9 Aug)					
16	PSPC e-Learning 5.1 ● Foundation 5.2 ** Foundation 5.3 ●	Intermediate 5.1 **	Special Needs 2.2 **	Intro to Triple P		
23	Foundation 5.4 Foundation 5.5 ●	Intermediate 5.2 Intermediate 5.3 ●		Triple P 2.1	TICT 2.5	
30	Foundation 5.6 **	Intermediate 5.4 **	Special Needs 2.3 **	Triple P 2.2 **		
September 2025						
6	September School Holidays					
13		Intermediate 5.5		Triple P 2.3		
20				Triple P 2.4		Understanding natural parents who have mental health conditions
27				Triple P 2.5		
October 2025						
4				Triple P 2.6		Ways of managing secondary traumatic stress for foster parents
11	PSPC e-Learning 6.1 ● Foundation 6.2 ** Foundation 6.3 ●	Intermediate 6.1 **		Triple P 2.7 **		
18	Deepavali (20 Oct)					
25	Foundation 6.4 Foundation 6.5 ●	Intermediate 6.2 Intermediate 6.3 ●		Triple P 2.8		MoneySense for your child (activity-based workshop)
November 2025						
1	Foundation 6.6 **	Intermediate 6.4 **		Triple P 2.9 **		
8		Intermediate 6.5		Triple P 2.10		

● e-Learning to be completed prior to the next session

** Face to Face Training Session

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For course registration and enquiries, please contact us at NCSS_FosterParentsTraining@ncss.gov.sg

FOSTER PARENTS TRAINING - *compulsory*

Foundation Course (Blended Learning)



Course Overview:




The Foundation Course consists of 6 sessions on fostering and ways of caring for children, who had experienced abuse and trauma. This course aims to equip foster parents with basic knowledge and skills that will prepare them to care for foster children. An e-Learning module on the Principles of Safe and Positive Care (PSPC) is included for foster parents to understand the basic care expectations required for foster children. It is compulsory for all newly registered foster parents to complete this course.

Target Audience:

New foster parents.
Foster parents who need a refresher course.

COURSE CURRICULUM

-  Duration: 3 classroom sessions (12 hours) and 3 self-directed e-Learning sessions
-  Criteria for Completion: Attendance of all 3 classroom sessions, completion of PSPC and self-directed e-Learning

Session	Module
1 	<ul style="list-style-type: none">• Principles of Safe and Positive Care
2	<ul style="list-style-type: none">• Foster Care in Context• Team Work• Managing Closure
3 	<ul style="list-style-type: none">• Bonding and Attachment (Part I)• Identity and Birth Family Contact (Part I)
4	<ul style="list-style-type: none">• Grief and Loss• Bonding and Attachment• Identity and Birth Family Contact
5 	<ul style="list-style-type: none">• Abuse and Trauma (Part I)• Managing Challenging Situations (Part I)
6	<ul style="list-style-type: none">• Abuse and Trauma• Managing Challenging Situation

Click [here](#) or scan the QR code to e-register for the course above.



FOSTER PARENTS TRAINING - *compulsory*

Intermediate Course (Blended Learning)


Course Overview:


It is compulsory for foster parents to complete the Intermediate Course after the Foundation Course. The Intermediate Course consists of 5 sessions which cover a wide range of topics to build the capability of foster parents in caring for their foster children. This course aims to enhance the knowledge and skills of foster parents in caring for children with special needs or challenging behaviours, as well as those who are parenting teenagers.


Target Audience:

Foster parents who have completed Foundation Course.

COURSE CURRICULUM

 Duration: 4 classroom sessions (16 hours) and 1 self-directed e-Learning session

 Criteria for Completion: Attendance of all 4 classroom sessions and completion of self-directed e-Learning

Session	Module
1	• Managing the Educational Needs of Foster Children and Young Persons
2	• Caring for Children and Young Persons with Special Needs
3 	• Building Resilience in Foster Children and Young Persons (Part I) • Managing Challenging Behaviours (Part I)
4	• Building Resilience in Foster Children and Young Persons (Part II) • Managing Challenging Behaviours (Part II)
5	• Caring for Pre-Teens and Adolescents • Caring for Children and Young Persons with Mental Health Conditions



Click [here](#) or scan the QR code to e-register for the course above.



FOSTER PARENTS TRAINING - compulsory

Special Needs Training

(compulsory for foster parents who are caring for foster children with special needs)

Course Overview:

The Special Needs Training consists of 3 sessions where lessons are customized according to the needs of each foster child. This course aims to help foster parents gain a deeper understanding of children with special needs and strengthen their skills in managing and caring for them. The trainers are from the Rainbow Centre Training and Consultancy (RCTC), and have extensive experience in caring for children with special needs.

Target Audience:

Compulsory for foster parents who have completed Intermediate Course and are caring for children with special needs.

COURSE CURRICULUM

🕒 Duration: 3 sessions / 10 hours ⭐ Criteria for Completion: Attendance of all 3 sessions

Session	Module
1	Develop the foster parents understanding on how their foster child's special needs impacts their learning and behaviours
2	Use basic strategies in interacting and engaging in meaningful experiences with their foster child
3	Understand their child's behaviour and use proactive strategies to assist them



Click [here](#) or scan the QR code to e-register for the course above.



SPECIALISED COURSES FOR FOSTER PARENTS

Positive Parenting Programme (Triple P)

Course Overview:

Triple P is an evidence-based parenting programme which has been used extensively. The programme consists of 11 sessions which promote the use of positive parenting skills on children aged from 2 to 12. Triple P employs an active skills training process to help foster parents acquire new knowledge and skills. The programme provides opportunities for foster parents to learn through observation, discussion, practice and feedback.

Positive parenting skills are demonstrated and practised in small groups, and foster parents receive constructive feedback about their use of skills in an emotionally supportive environment and context. Between sessions, parents will complete homework tasks to consolidate their learning from the group sessions.

The programme is highly interactive, with group participation that enables foster parents to gain support, friendship and constructive feedback from other parents as well as provides opportunities for parents to normalise their parenting experience through peer interactions.

Target Audience:

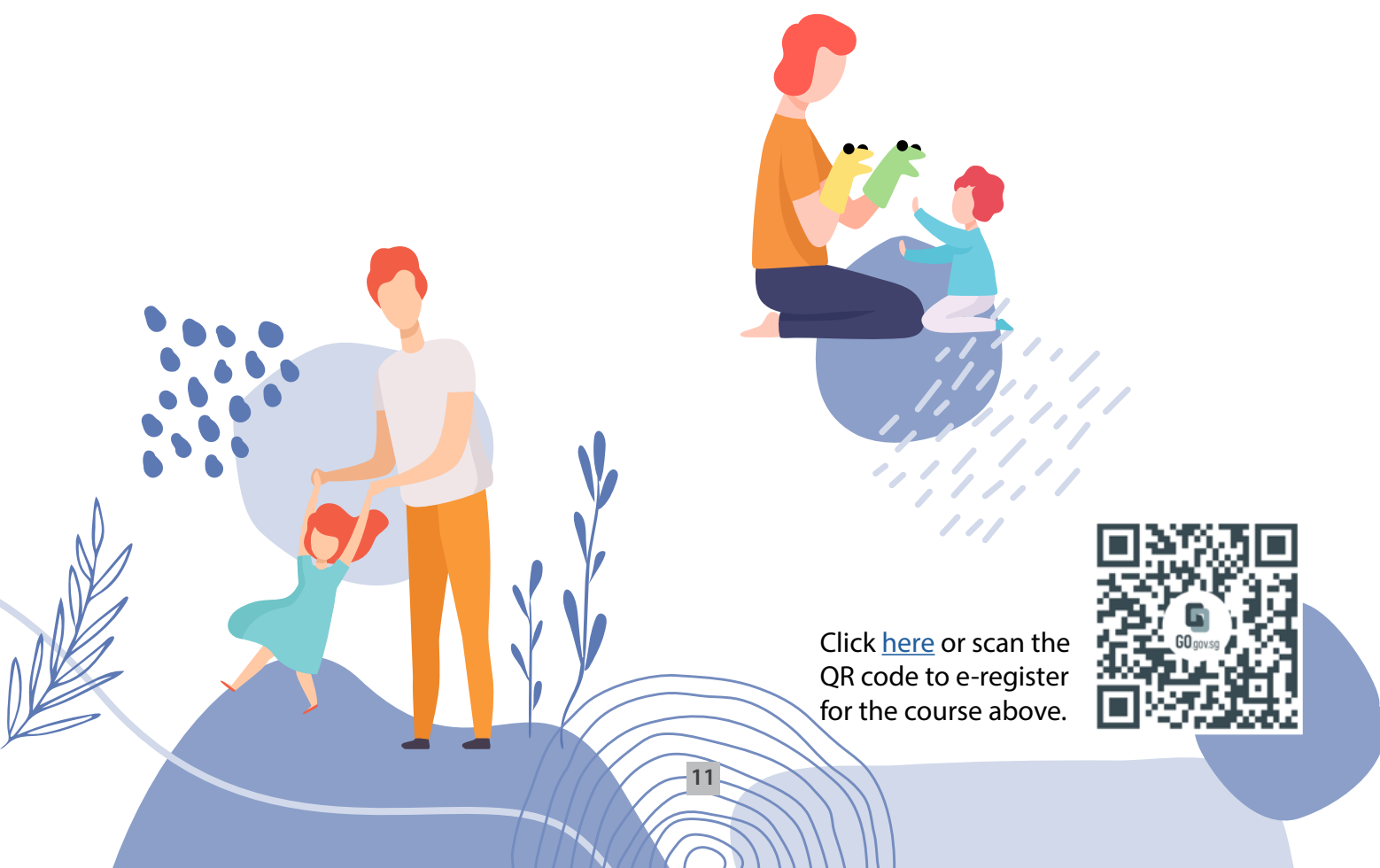
Foster parents who have completed Intermediate Course and caring for foster children aged 2 to 12.

COURSE CURRICULUM

🕒 Duration: 11 sessions / 26 hours ⭐ Criteria for Completion: Attendance of at least 9 sessions

Session	Module	Content
Introduction to Triple P	Positive Parenting	<ul style="list-style-type: none">• Introduction to Triple P• Working as a Group• Principles of Positive Parenting• Causes of Child Behaviour Problems• Goals for Change• Keeping Track of Children's Behaviour
Session 1-10	Parent-Child Relationship Enhancement Skills	<ul style="list-style-type: none">• Spending Quality Time• Talking with Children• Physical Affection
	Encouraging Desirable Behaviour	<ul style="list-style-type: none">• Giving Descriptive Praise• Giving Non-Verbal Attention• Providing Engaging Activities
	Teaching New Skills and Behaviours	<ul style="list-style-type: none">• Setting a Good Example• Using Incidental Teaching• Using <i>Ask, Say, Do</i>• Using Behaviour Charts

Session	Module	Content
Session 1-10	Managing Misbehaviour	<ul style="list-style-type: none"> • Establishing Ground Rules • Using Directed Discussion • Using Planned Ignoring • Giving Clear, Calm Instructions • Using Logical Consequences • Using Quiet Time • Using Time-Out
	Preventing Problems in High-Risk Situations	<ul style="list-style-type: none"> • Planning and Advanced Preparation • Discussing Ground Rules for Specific Situations • Selecting Engaging Activities • Providing Incentives • Providing Consequences • Holding Follow-Up Discussions
	Closure Session	<ul style="list-style-type: none"> • Family Survival Tips • Phasing Out the Programme • Strategies for Maintaining Change • Problem Solving for the Future • Future Goals • Completing Parenting Questionnaires



SPECIALISED COURSES FOR FOSTER PARENTS

Trauma-Informed Care Training

Course Overview:

The Trauma-Informed Care Training consists of 5 sessions. This course is strongly recommended for all foster parents who are caring for foster children, who would have a history of abuse and trauma. It aims to help the foster parents gain a deeper understanding of the impact of trauma on children, enhance their skills in making the children feel safe, and learn ways of managing specific behaviours from a trauma-informed perspective. At the end of the training, foster parents will also learn about managing their own stress and emotions.

Target Audience:

Foster parents who have completed Intermediate Course.

COURSE CURRICULUM

🕒 Duration: 5 sessions / 20 hours ⭐ Criteria for Completion: Attendance of at least 4 sessions

Session	Module
1	Module 1: Understanding Trauma in Children
2	Module 2: Building a Safe Place for your Foster Child
3	Module 3: Dealing with Temper Tantrums
4	Module 4: Dealing with Lying and Taking Things without Permission
5	Module 5: Taking Care of Yourself

Click [here](#) or scan the QR code to e-register for the course above.



ELECTIVE COURSES FOR FOSTER PARENTS

Course Overview:

The Elective Courses cover a wide range of topics that include Parenting and Self-Care. The purpose of these courses is to provide ongoing support to the foster parents in their journey of caring for vulnerable children. Foster parents and EAF volunteers can choose a topic that they find relevant and useful to them.

Target Audience:

Foster parents who have completed the Intermediate Course.

 Duration of each session: 3.5 hours

(1) PARENTING

Topics	Content
<i>"Please stop fighting with each other!"</i> Managing Sibling Rivalry and Helping Children Develop Social Skills	<ul style="list-style-type: none">• The dynamics of sibling rivalry• Common issues in parenting siblings• Strategies in parenting and managing sibling rivalry
<i>"How did I end up in foster care and what happened along this journey?"</i> Creating Life Story Work for Foster Children	<ul style="list-style-type: none">• What is life story work?• Building the foundations for life story work• Apply life story work to your foster child
<i>"Can you stop whining?"</i> How to Manage Temper Tantrums?	<ul style="list-style-type: none">• Reasons for temper tantrums• Strategies for preventing temper tantrums• Ways of managing temper tantrums
<i>"Are you lying again? Where did you get this?"</i> Managing Behaviours of Lying and Taking Things without Permission	<ul style="list-style-type: none">• Why some foster children lie and take things without permission?• Ways of managing such behaviours
<i>"I can't connect with my foster child."</i> How to Develop and Strengthen Bonds of Attachment with Foster Children?	<ul style="list-style-type: none">• Understand the process of attachment development in children• Describe the different attachment styles• Using attachment framework to explain children's behaviour• Strategies in building and strengthening bonds of attachment with foster children
<i>"Can I have more pocket money?"</i> MoneySense for Your Child (Activity-Based Workshop)	<ul style="list-style-type: none">• Teach and model healthy financial habits• Teach your foster children how to budget and save• Differentiating between needs and wants• Being a smart consumer• Understanding payment methods

(2) PARENTING TEENAGERS

Topics	Content
<i>"My teenager is driving me nuts!"</i> Parenting Adolescents	<ul style="list-style-type: none">• Understanding the needs of adolescents• Common issues in parenting adolescents• Ways of managing common issues in parenting adolescents
<i>"Is she ready to be on her own?"</i> Preparing your Foster Teenager for Independent Living	<ul style="list-style-type: none">• Possible challenges that foster youth face when aging out of care• Factors that help foster youth transit successfully• Ways of preparing foster youth for independent living

(3) MENTORING TEENAGERS IN THE INTERNET AGE (MTIA)* (BY TOUCH CYBER WELLNESS)

Topics	Content
Cyber Wellness 1: iPost, iShare, iLike – Understand the Teenagers' World of Social Media & Cyber Bullying	<ul style="list-style-type: none"> • Evolving trends of online communications, i.e. Facebook, Twitter, Instagram, YouTube, Whatsapp, etc • Impact of social media on children and youth • How parents and educators can make social media work for their good • Define bullying and cyber bullying • Impact and implications of cyber bullying • Practical tips in tackling cyber bullying
Cyber Wellness 2: More Screentime? – The Addictive Nature of Computer Gaming & Smartphone Usage	<ul style="list-style-type: none"> • Symptoms and effects of pathological gaming • Understand the motivations why teenagers are so hooked to computer games • Practical tips to equipping youths in this game-crazy environment • Growing prevalence of mobile usage in Singapore • How mobile technologies magnify traditional cyber wellness concerns • Practical parenting tips to engaging this generation 'mobile', cultivating good habits and behaviours

**On-Request Scheduling*

(4) WORKING WITH BIRTH PARENTS

Topic	Content
<i>"The birth mother has depression, how should I be when I meet her?"</i> Understanding Natural Parents who have Mental Health Conditions	<ul style="list-style-type: none"> • Understanding depression, anxiety disorders, obsessive compulsive disorder and schizophrenia • Establishing and maintaining good communication with natural parents

(5) SELF-CARE

Topic	Content
<i>"I'm feeling emotionally drained from caring for my foster child. Is this the same as burnout?!"</i> Ways of Managing Secondary Traumatic Stress	<ul style="list-style-type: none"> • Signs of secondary traumatic stress • Strategies in managing secondary traumatic stress

Click [here](#) or scan the QR code to e-register for the course above.



Co-developed with:



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