

# TÚSLA

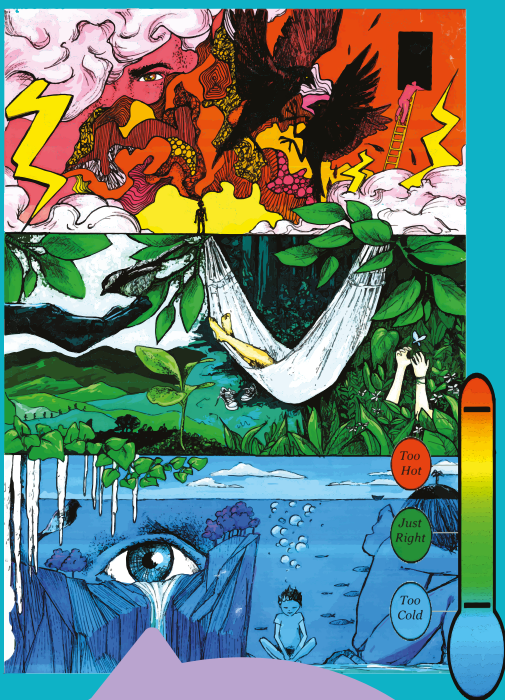
An Ghníomhaireacht um  
Leanaí agus an Teaghlach  
Child and Family Agency

# Fostering Connections: The Trauma Informed Foster Care Programme

Dr. Maria Lotty



The Fostering Connections Programme recognises that Foster Carers have a crucial role to play in promoting the healing of children in Foster Care.



“I try to look beyond problem behaviour to recognise what the trigger might be e.g. Finbarr (name changed) cannot recognise that he is full, which probably stems from hunger he experienced as a child.”

## This training supports Foster Carers to enhance and develop their skills:

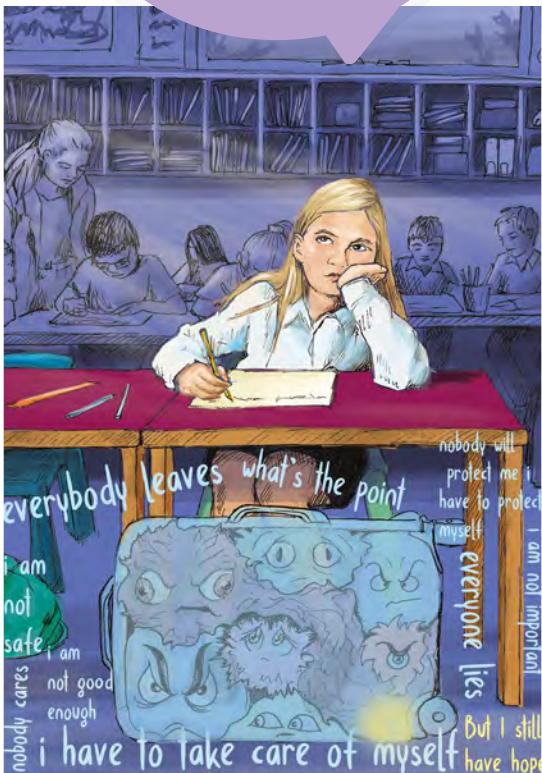
- 1) to communicate better with their child
- 2) to improve their child's behaviour
- 3) to reduce their own stress levels, and
- 4) to increase their satisfaction in Fostering.

“Foster carers cannot work with children in the dark, it's like working in isolation, you can't do it. You have to have some basic understanding what has gone on for the child, what has brought him into care and that information giving is very slow and it is something that should be recognised.”



The Fostering Connections Programme was developed for Foster Carers by Dr. Maria Lotty. She developed the programme for her PHD through a Formal Research collaboration between UCC and Tusla.

“...the invisible suitcase is a monster really when it is explained to you, like how you work it out, it is working for us.”



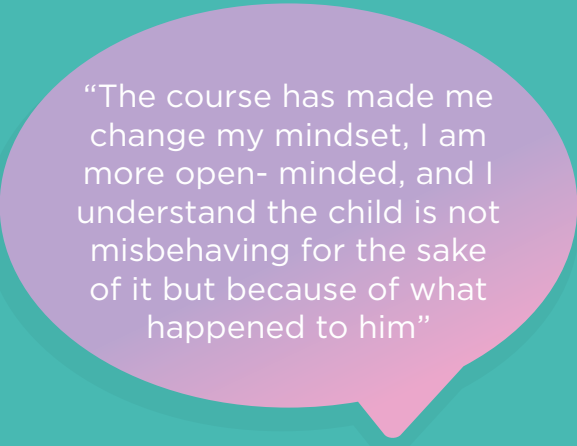
*“This training helped me to go from surviving to thriving by helping me to understand the impact of trauma through a trauma lens”*

The Fostering Connections Programme is built on 6 core principles of Trauma informed Foster Care which are covered over six 3.5 hour sessions. The course is run weekly or monthly depending on demand.



Contact your link social worker or  
Marion Troy, Training Co-Ordinator  
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**087-3833408/021-4521138**



“The course has made me  
change my mindset, I am  
more open- minded, and I  
understand the child is not  
misbehaving for the sake  
of it but because of what  
happened to him”

Artwork inspired by the Fostering  
Connections Programme on this leaflet  
is by Mary O'Regan, Foster Carer.