



RESOURCE FAMILY LUNCH AND LEARN SERIES

Essentials for New and Experienced Resource Families

Welcome to the Resource Family Lunch and Learn Series, a collection of short, practical videos designed to support both new and experienced resource families. Each video provides essential education and tools to help you navigate the unique challenges and rewards of fostering and caregiving.

Videos are no more than one hour in length and can be viewed in any order, allowing you to

- (1) choose topics that meet your current needs or
- (2) follow the series sequentially for a comprehensive learning experience.

Our goal is to equip you with the knowledge, strategies, and confidence to provide a nurturing, trauma-informed environment for the children in your care.



Frequently Asked Questions from Resource Families with Denise Marler, LMFT Video 3 of 3 | Workbook



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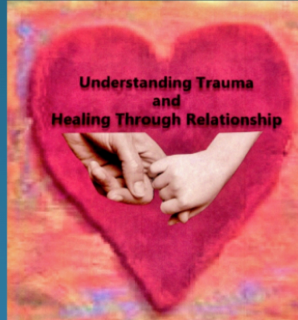
This course contains educational material of a highly sensitive nature, including material that may be triggering for some individuals. Content includes topics on child abuse and neglect, the impact of trauma, sexual abuse, trauma responses, and Dependency Court. This content may be triggering or emotionally challenging. Be aware of your personal responses, take breaks as needed, and consult with your supervisor (if you are a professional) or other qualified professional as needed.





Frequently Asked Questions from Resource Families Video 3 of 3

Denise Marler, MFT
healingbrainshealinghearts.com



Key Takeaways

FAQ

FREQUENTLY ASKED QUESTION

My child struggles with hearing
“no.” How should I handle this?

FAQ

FREQUENTLY ASKED QUESTION

I’ve noticed things around the
house are missing. How do I talk
to my child about it?





Key Takeaways

FAQ

FREQUENTLY ASKED QUESTION

My child has started hoarding things like food. What should I do?

FAQ

FREQUENTLY ASKED QUESTION

My child is masturbating, should I be worried?

FAQ

FREQUENTLY ASKED QUESTION

My child is leaving school or home without permission. How can I help them go to and stay at school?





Key Takeaways

FAQ

FREQUENTLY ASKED QUESTION

My child acts out after visits.
How do I handle this?

FAQ

FREQUENTLY ASKED QUESTION

How do I handle aggressive
behavior?

FAQ

FREQUENTLY ASKED QUESTION

My child insists on buckling
when they still don't have the
skills, or insists on telling me
which way I need to go when
we're in the car. What do I do?





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Key Takeaways

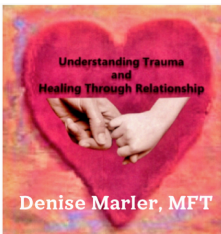
FAQ
FREQUENTLY ASKED QUESTION

How do I help navigate impulsive behaviors like grabbing things they're not supposed to touch?

FAQ
FREQUENTLY ASKED QUESTION

I notice a lack of personal boundaries, like hugging strangers or little to no awareness of personal space. What should I do?

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Tuolumne County Child Welfare Online Training Library
Course: Resource Family Lunch and Learn Series; Essentials for
New and Experienced Resource Families

2025



Resources for Caregivers

Denise Marler, MFT

Recommended Websites

Dan Siegel

mindsightinstitute.com

Trust Based Relational Intervention

child.tcu.edu

The Nurtured Heart Approach

nurturedheartinstitute.com

Heather Forbes

beyondconsequences.com

Bryan Post

postinstitute.com

Bryan Post YouTube Channel Fear to Love, search

[“Mr. T Parenting with Love: Time-in not Time-out”](#)

Self-regulation/mindful breathing, search
[“Just Breathe by Julie”](#)

Search TBRI on YouTube

Bruce Perry's website

childtrauma.org

National Child Traumatic Stress Network

www.nctsn.org

Denise Marler, MFT Website

healingbrainshealinghearts.com

Recommended Books

[Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges](#)

Paperback by [Mona Delahooke](#)

[Transforming the Difficult Child: The Nurtured Heart Approach](#) Paperback by [Howard Glasser](#) and [Jennifer Easley](#)

[The Connected Child: Bring Hope and Healing to Your Adoptive Family](#) Paperback by [Karyn B. Purvis](#), [David R. Cross](#), [Wendy Lyons Sunshine](#)

[Beyond Consequences, Logic, and Control: A Love-Based Approach to Helping Attachment-Challenged Children with Severe Behaviors](#) Paperback by [Heather T. Forbes](#) , [B. Bryan Post](#)

[The Great Behavior Breakdown](#) Paperback by [B. Bryan Post](#)

[Help for Billy: A Beyond Consequences Approach to Helping Challenging Children in the Classroom](#) Paperback by [Heather T. Forbes](#)

[From Fear to Love](#) Paperback by [Bryan Post](#)



Reference List

“The Tick People”

Based on the Stress Model

From “Beyond Consequences, Logic, and Control” By Heather T. Forbes, LCSW and B. Bryan Post

“The Iceberg Reminder”

Based on Ross Greene’s Collaborative Problem Solving: “Assessment of Lagging Skills and Unsolved Problems”.

From “The Explosive Child” by Ross W. Greene, PhD

“Negative Beliefs and Strategies”

Adapted from: “Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma” by Debra Wesselmann, Cathy Schweitzer, Stefanie Armstrong

“Connect Before You Correct”, Play Practice”, “Gentle Reminders”, and “Re-dos”

Based on TBRI (Trust-Based Relational Intervention)

From “The Connected Child” By Karyn B. Purvis, PhD and David R. Cross, PhD, with Wendy Lyons Sunshine

“The 4 S’s of Dan Siegel”

From “The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired” By Daniel J. Siegel M.D., Tina Payne Bryson

“Positive Recognitions” and “Resets” from “The Nurtured Heart Approach”

From “Transforming the Difficult Child” By Howard Glasser, MA and Jennifer Easley, MA

Works Cited

Forbes, H. T., & Post, B. B. (2006). Beyond consequences, logic, and control: A love-based approach to helping children with severe behaviors. Beyond Consequences Institute.

Glasser, H., & Easley, J. (1999). Transforming the difficult child: The nurtured heart approach. Nurtured Heart Publications.

Greene, R. W. (2021). The explosive child: A new approach for understanding and parenting easily frustrated, chronically inflexible children (6th ed.).

Purvis, K. B., & Cross, D. R. (2011). Trust-based parenting: Creating lasting changes in your child's behavior [DVD]. TCU Institute of Child Development.

Purvis, K. B., Cross, D. R., & Sunshine, W. L. (2007). The connected child: Bring hope and healing to your adoptive family. McGraw-Hill.

Siegel, D. J., & Bryson, T. P. (2020). The power of showing up: How parental presence shapes who our kids become and how their brains get wired. Ballantine Books.

Wesselmann, D., Schweitzer, C., & Armstrong, S. (2014). Integrative parenting: Strategies for raising children affected by attachment trauma. W.W. Norton & Company.

