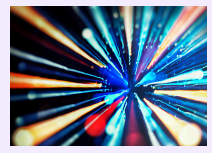
THRIVING FUTURES, TRAUMA RESPONSIVE CAREGIVING TRAINING

Education for Scotland

1 WHAT WE DID

Thriving Futures is a trauma-informed training programme for kinship carers, foster carers, and adoptive parents, delivered over two short days. It covers the impact of trauma, child development, attachment, coping strategies, and trauma-responsive parenting/caregiving. Initially piloted with foster carers, it has been further adapted and is now being piloted with all intended cohorts (kinship carers, foster carers and adoptive parents) to ensure their voices are embedded throughout the training. Plans for the future include a train-the-trainer model to support national delivery.

2 IMPACT



This training programme strengthens carers/parents confidence and skills to provide safe, nurturing, and trauma responsive environments for children and young people. By supporting carers/parents directly, the programme contributes to stronger relationships, improved wellbeing for children and young people and the carers/parents themselves.

The work supports Scotland's national commitment that every child is supported to thrive.

3 UNCRC



This work supports key UNCRC rights, including **Article 3** on prioritising the child's best interests, **Article 19** on protection from harm, **Article 20** on support for children unable to live with their birth families, **Article 39** on recovery from trauma, and **Article 6** on children's survival and development.

4 GIRFEC

The work aligns with Getting it right for every child (GIRFEC) wellbeing indicators, particularly:

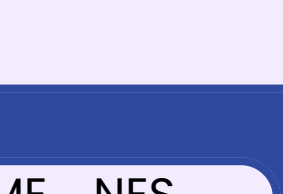
Safe: trauma-informed caregiving and safeguarding knowledge.

Nurtured: attachment and relationship-based care.

Healthy: supporting emotional wellbeing and development.

Respected: understanding behaviour as communication.

5 THE PROMISE



Thriving Futures is directly aligned with The Promise and supports trauma informed, relational, and nurturing care. The programme contributes to getting the right support early and ensuring children with care experience grow up in safe, supportive, and loving environments.

6 REFLECTIONS



Supporting carers/parents to understand trauma and respond with confidence is essential to improving outcomes for children and young people. By investing in trauma-responsive caregiving, NES is helping to strengthen the environments where children live, grow, and build relationships.

TRAUMA WORKSTREAM: NATIONAL TRAUMA TRANSFORMATION PROGRAMME, NES PSYCHOLOGY DIRECTORATE