Using Smart Phones as Practice Support

**WHAT IS THIS RESOURCE?**
The article describes how a smartphone app helped reinforce content from a training program for resource caregivers* on the use of trauma-informed parenting strategies.

*Resource caregivers include foster and kinship caregivers

**WHAT ARE THE CRITICAL FINDINGS?**
The smartphone app - *iTunes for Tuning In* - supported a training program to provide resource caregivers with knowledge and skills related to:
- The impact of trauma on the development of disruptive behavior
- Responding to problem behaviors in a way that encourages healthy attachment and coping
- Self-care skills

**The smartphone app included:**
- Videos showing how to engage in the behavior (like positive attention and active ignoring)
- Learning tools (like flash cards)
- Relaxation techniques (like breathing techniques)

**Resource caregivers liked the smartphone app’s:**
- Convenience
- Friendly and plain language
- Real and relevant skills
- Ideas for self-care

**The training and smartphone app helped:**
- Increase trauma knowledge
- Improve parenting self-confidence
- Encourage prosocial behavior

**WHAT ARE THE IMPLICATIONS FOR OUR WORK?**
Efforts to address the strain on resource caregivers must be comprehensive, relevant, and easy to use. Enhancing a trauma-informed training with a smart phone app can increase knowledge and skills while reducing stress. Child welfare programs should consider investing in a multi-pronged training and support approach for resource caregivers that includes smartphone apps to reinforce and supplement learning.