**Between Families Training**

**5 Tips to Help Children Transition into a New Foster Home**

**December 2022**

Fostering children who have endured abuse, neglect, or other family issues is a life-changing decision that provides safety and 24/7 support. Foster parenting requires a great deal of patience and dedication, but not everyone is chosen to be a foster parent. Fostering is only one of many options for helping children in need, but here are five additional ways you can assist a foster child:

**Familiarize Yourself**

Familiarity goes a long way towards helping children feel safe in a new environment. Providing them with a sense of security and predictability will go a long way in further exposing a child's emotions to you and helping you build loving bonds while they’re still in your house.  Getting to know a child you've only recently met might be difficult. Pick up hints from the knowledge your caseworker gives you. If the child's file lacks depth before you encounter them, try asking them about their previous bedroom, what they like eating, what games they like to play, or what books they enjoy reading.

**Communicate**

When you decide to express your family's routines and expectations, attempt to do so in age-appropriate ways. Remember that many foster children are behind their peers in understanding your expectations. Manage your expectations so that you and your partner are successful in your new relationship. There are a few items that will assist you in communicating your family's routines:

1.   Use a social story or a visual timetable.

2.   Keep things basic and consistent.

3.   Break down the schedule into small chunks.

4.   Maintain consistency in your routine enforcement.

5.   Reward them frequently when they get it - especially if they are new.

6.   Find methods to have a good time together.

**Find a Happy Medium**

 While several seasoned foster parents recommended doing fun family-focused things together in the early days of welcome a new child into the home, others stressed the importance of giving them time and space to adjust. Another recommendation is to put off establishing a routine for a few days and instead allow for a relaxed environment to foster a sense of safety and connectivity. Gradually introduce the family's usual routine and expectations once the foster child has had time to adjust to their new home. Both methods are valid, so you'll have to determine which one works best for your family.

**Make A Schedule**

 Creating a routine for your foster child is a terrific approach to ease their adjustment into your household. This schedule will provide them with a sense of security by letting them know exactly what to expect each day. You can even discuss what they have been used to and incorporate it into your routine. Posting this schedule in their room and other areas of your home can act as a helpful reminder and assist them in remembering what follows next.

**Educate Yourself Before Placement**

Gather information and insights from various stakeholders and caretakers in this youth’s life. Social workers and caseworkers are a great place to start, but, when applicable, consider communicating with teachers, neighbors, family members, clergy members, friends, etc. It takes a village to raise a child, so coordinating with the youth’s pre-existing town beforehand may be advantageous.

https://www.thecamelotdifference.com/5-tips-to-help-children-transition-into-a-new-foster-home

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**PLEASE COMPLETE THE FOLLOWING QUESTIONNAIRE AND RETURN TO YOUR ASSIGNED FOSTER CARE WORKER FOR ½ HOUR CREDIT**

**Printed Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Familiarize Yourself- what does the article recommend you try doing with a foster child to familiarize yourself with them?**
2. Ask them about their previous bedroom
3. Ask them what they like to eat
4. Ask them what games they like to play
5. Ask them what books they like to read
6. All the above
7. **Fill in the blank, remember that many foster children are behind their \_\_\_\_\_\_\_\_\_\_\_\_ in understanding your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
8. **What are 3 things you can do to communicate your family’s routines?**

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1. **What is a terrific approach to ease their adjustment into your household?**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. **Posting this schedule in their room and other areas of your home can act as a helpful reminder and assist them in remembering what follows next.**
2. True B.) False
3. **Gather information and insights from various stakeholders and caretakers in this youth’s life. Is a part of which recommended Tip?**
4. Communicate
5. Make a Schedule
6. Find a Happy Medium
7. Familiarize yourself
8. Educate Yourself Before Placement
9. Know their history
10. **What are the 5 Tips mentioned in this article to help Children Transition into a New Foster Home? (Circle the 5)**
11. Familiarize Yourself
12. Communicate
13. Find a Happy Medium
14. Make a Schedule
15. Educate Yourself before Placement
16. Assist with Respite Care