

Tip Sheet: What Foster Parents Should Know

Created by: *Our Own Words*: Minnesota's Adoptee Advisory Committee

- Treat me like your child so I feel welcome in your home. Include me in your family's routine and activities.
- Having contact with my birth family is important to me.
- I ended up in your home through no fault of my own. Learn to understand where I've been and how to best help me through this transition.
- Consider the impact of sibling separation. I may not understand why this had to happen, I may blame myself, and I probably need to feel connection to my biological family.
- If you want to be a foster parent only as a way to get paid, don't do it. I will be able to tell if this is your reason for having me in your home.
- Everything you do and say has an affect on me. I can easily assume you aren't committed to taking care of me based on my past experiences.
- Stand up for me when we experience racism, judgment, and misunderstanding. Help me understand my past, what is happening to me now, and where I fit in.
- I need consistency, honesty, structure, praise, and acknowledgement of a job well done. Tell me the rules and know that I've had to adjust to all kinds of rules so it might take me awhile to adjust to yours.
- The difficult behaviors you might experience with me might be an attempt to reject everyone before they reject me so it doesn't hurt so much.
- If my life with you isn't going to be permanent, help me do what I need to do and go where I need to go to find permanence by being honest and supportive.

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Please visit us at www.groups.fostercare.org/ourownwords, on Facebook at Our Own Words – Adoption Support Network or email a facilitator at hbischoff@hopeadoptionervices.org or jbenedict@chsfs.org

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