



Foster Family Self Care





Voices of foster care





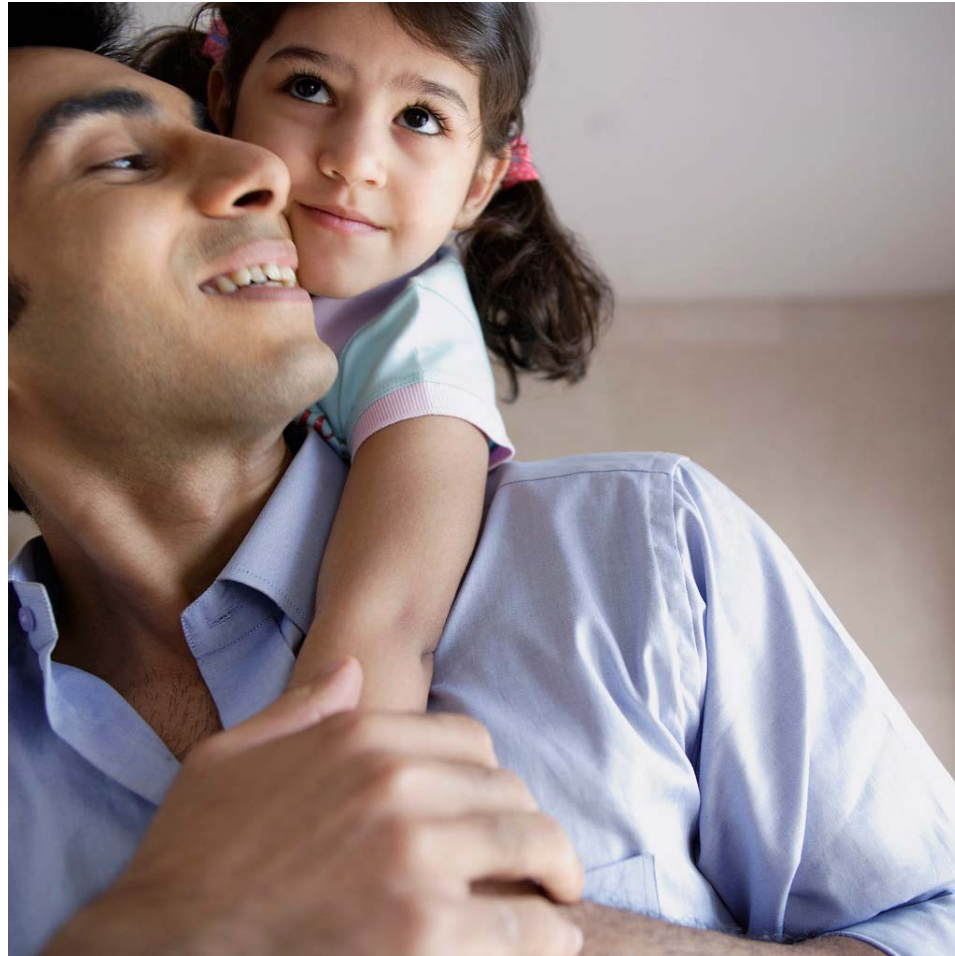
Effects of Fostering on the Family

- Who was part of the decision to foster?
- What are you looking forward to?
- What concerns do you have?
- Concerns your children may have
- Adjustments for your family
- Considerations for relatives





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Grief and Loss for Foster Parents

- Important to find ways for your family to work through your grief
- Connect to support groups
- Grief and loss for relatives





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Support Network

- Who is in your support network?
- Who can you talk to?
- Who can you count on?





Refueling Yourself and Your Family

○ How do you refuel?





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When to Ask for Help

- Don't be afraid to ask for help!
- Don't wait!



Asking for help will help you to best care for your foster children, your family, and for yourself!



Support Groups and Foster Parent Associations

- Wisconsin Foster and Adoptive Parents Association (WFAPA)
 - www.wfapa.org
- National Foster Parent Association (NFPA)
 - www.nfpainc.org
 - 1-800-557-5238
- Foster Care and Adoption Resource Center (FCARC)
 - www.wifostercareandadoption.org
 - 1-800-947-8074
- Respite





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Knowledge is Power

Ongoing Training: information on the needs of children in your home

Foundation Training: more in-depth on effects of fostering on your family and stress management



You Made It!

- Tips and tools for working with children and birth families
- Expectations of you as a foster parent
- How to take care of yourself and your family
- Considerations for relative caregivers
- You have lots of support
- Ask for help!!





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Review

Take care of yourself and your family

Your support network

Ask for help!

Support groups

Refuel yourself