

Let's talk about...

**U.S. News
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Children Transitioning to a Foster Home

A change in caregivers can be hard for children. Children in foster care are facing many changes all at once, which can be scary and confusing. There are ways to help reduce the stress of moving to a new home.

Some tips to keep in mind:

- Prepare for the change by talking about it ahead of time. Seeing pictures of the foster home might help the child get ready for their new space.
- Consistency helps children feel safe. Try posting a schedule of household routines so they know what to expect.
- Learn about the child's routine, including eating, sleeping, and bathing. Learn their favorite foods, games, or books. This will help provide familiarity.
- Keeping comfort items close, such as a favorite blanket or stuffed animal, can help make transitions easier.
- Children in foster care can feel cut off from their biological families. When possible, allow them to stay connected. Your case worker may be able to help with this.



- Give your foster child permission to grieve their losses. Give them permission to love their biological and their foster families.
- Use direct and honest communication. Let them know that it is not their fault they are in foster care.
- Encourage children to share their feelings. Name emotions so they will be able to identify those feelings: "You look worried." "Sometimes kids feel..." Let them know that whatever they are feeling is okay.
- Encourage your foster child to play. This helps kids express their emotions.
- Contact your case worker if you have questions or concerns.

For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>