



Foster Care Firsts: What Your Journey May Include

Being a first-time foster parent can be exciting. You have learned a lot and are working on building your circles of support. While you wait in great anticipation for that first child to arrive at your home you're probably wondering what to expect.

In this tip sheet, we wanted to share some situations that you may experience along your fostering journey. We know that every family is unique and every child will bring individual needs, joys, and challenges. There may be moments that are emotional and frustrating and challenging; and there will be moments that are filled with joy and fulfillment. Here is a brief overview of what you could experience as a foster parent.



- A child may arrive to your care with only a few hours' notice, and perhaps without a lot of information.
- You might feel that you don't have a lot of control, that big decisions are made about the child in your care perhaps without your input.
- There may be times when you don't agree with decisions that have been made about the child's care.
- You might struggle to understand how or why a child in your care can want so strongly to return home to their

- parents—no matter what.
- There may be times when a child you have been caring for is going to be reunified with their birth parents and you are worried that those birth parents may not be ready.
- You may have times when you need to change family plans in order to

accommodate the needs of the child in your care.

- It can be difficult to learn about how children in your care were maltreated or hear about situations that were painful and traumatic.
- It is often challenging to juggle the many commitments involved in the child's care.
- The child you are caring for may have trauma behaviors that are difficult, and which may make you feel angry, nauseous, triggered, or many other feelings.

Knowing what to do with the many firsts can be daunting! There may be times when you wonder if what you're experiencing is "normal" or even typical if it happens often. You may think "is our family the only family going through this?" Maybe the situation is making you angry, embarrassed, or makes you question your parenting skills. These are all natural emotions, and it's important to

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know your feelings about your fostering firsts, whether joyful or uncomfortable, are valid. Following are some tips that may be helpful for you and your family:

- **Connect with other foster parents.** Sharing your experiences and hearing from other foster families will go a long way toward helping you feel supported, understood, and “normal.”
- **Seek support** from your agency, including increased contact with your worker and licenser, receiving respite, or being connected to services or resources for the child in your care, as well as for your own family.
- **Engage in learning opportunities**, such as online or face-to-face trainings, reading resource materials, and asking questions of more experienced foster parents.
- **Keep an open mind** around shared parenting. Birth parents can teach us much about the children in our care, as well as empathy and patience.
- **Learn from the children you’re caring for.** Staying present, being in the moment, practicing acceptance, and delighting in the magic that is a child is all part of the journey.
- **Accept each first as a learning opportunity** and as one of many future opportunities to be there for a child who needs a family to help them heal.
- **Make time for self-care.** Taking care of children can be challenging—especially when they have experienced trauma. In order to be the best parent you can be, you need to be sure you take time to rest, recharge, and regroup.

While there are certainly challenges that you will face in your fostering journey, we want you to know that there are also joys! Some of the following experiences may not happen during the time you are caring for your first child; in fact, it may take a while. Yet, your

continued commitment to caring for children touched by out-of-home care—whether for a short time or a lifetime—does make a difference in so many ways, big and small. Here are some of the many positive experiences you may encounter:

- The feeling you will have when a child in your care begins to show signs of trust and healing.
- Hearing a birth parent thank you for caring for their child.
- Seeing your own children exhibit compassion and empathy for the children you’re fostering.
- Falling in love with a child, even though you know reunification is the plan. (Yes, that can be challenging *and* positive all at the same time.)
- Witnessing a birth parent making progress on becoming a safer parent.
- Playing a part in helping a teen experience one of many “teen firsts,” such as driving, going to the prom, or excelling at a sport, while being parented in your home.
- Hearing from a young adult who spent time in your care and having them say that being in your home made a huge impact on their life.
- The feeling of fulfillment and having made a difference in the life of a child.

Being there for a child, and the child’s family, is one of the most significant and caring things to do for your community, your region, and your world. Please know that as you encounter each “first” in your fostering journey the Coalition is here to listen, to provide support, and to offer quality resources and learning opportunities.



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Resources

Tip Sheets

- [By the Grace of Foster Parents: Fostering Pre-School Age Children](#)
- [Fostering Older Youth](#)
- [The Challenges of Foster Care: Grief and Loss](#)
- [Preparing the Kids in Your Home for Fostering](#)

Newsletters & Further Reading

- [What to Expect When You're Expecting: Foster Care Style](#)
- [11+ Tips for First Time Foster Parents](#)

Books & DVDs from [the Lending Library](#)

- *The Foster Parenting Manual*, by John DeGarmo
- *Born for Love: Why Empathy is Essential and Endangered*, by Dr. Bruce D. Perry

From [the Champion Classrooms](#)

- [Foster Parents Supporting Birth Parents: Considerations for Success](#)
- [Working in Partnership with Birth Parents](#)

Inspiration & Hope from [No Matter What Families](#)

- [Fostering the Family](#)
- [In It Together: Fostering as a Family](#)
- [Understanding Trauma](#)
- [Take Time to Recharge](#)
- [Reunification Journey](#)



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