



MONTHLY PARENTING JOURNAL

NATURAL SUPPORTS

FELLOWSHIP 03



Love to Nurture is a relationship-driven, grace-based, trauma-wise style of parenting that holds sacred the dignity of every child, the uniqueness of every child, the emotional safety of every child, and the developmental stage of every child.



NATURAL SUPPORTS

VIDEO: BUILDING NATURAL SUPPORTS

By Hope & Home Foster Parents

To find this video visit the Support Group Content page at www.HopeAndHome.org/supportgroupcontent

Hope & Home foster parents say it best! Support looks different for everyone—some families have a large family nearby, others have friends that are as close as family. Hear from other foster parents about how they maintained their sanity in the midst of their foster care journeys.

SUPPORT SYSTEM INVENTORY FOR FOSTER PARENTS

By Jacque Thurman

1 The following statement best describes my situation:

- A. I have family members within a 30-minute drive who are ready and willing to support my family on our foster care journey.
- B. I have family members out of town or out of state who are ready and willing to support my family in our foster care journey when they have enough notice to make travel plans.
- C. I do not have family in town to provide regular support.

2 If I need to rush a child to the emergency room in the middle of the night and my spouse is out of town,

- A. I have at least two support people who could immediately be called upon to stay with my other children.
- B. I have at least one support option who could immediately be called upon to stay with my other children.
- C. I don't know who would be able to help me.

3 If I am suddenly bedridden with the flu and my spouse can't take off work to help with transportation to school and visitation,

- A. I have at least two people who have room in their cars and are willing to pick up the children from school and take them to visitation.
- B. I have at least one person who has room in their car who would be willing to pick up the children from school and take them to visitation.
- C. I don't know who I would lean on for help.

4 If my spouse and I are at our wit's end and need a break,

- A. I have a "go-to respite buddy" through Hope & Home.
- B. I have family members or friends who are certified to provide in-home respite so my spouse and I can get away.
- C. I don't have anyone I could personally contact to ask for respite.

- 5** To nurture my marriage and/or myself,
- A. I have a “go-to” babysitter/person who would be glad to give us/me a few hours to get out of the house.
- B. I would have to ask around to find a babysitter to give us/me time to get out of the house.
- C. None of the above.

- 6** If foster care is taking a toll on my marriage,
- A. I have at least one trusted confidant who would listen if I needed to talk.
- B. I have at least one other Hope & Home foster parent who would listen if I needed to talk.
- C. I wouldn’t feel comfortable talking to anyone about my marriage.

- 7** Since becoming a foster parent,
- A. I have made a point to find time to do at least one hobby I enjoy.
- B. Foster care leaves no time for hobbies.
- C. I have trouble saying no and am overcommitted to hobbies/activities outside of foster care.

- 8** Since becoming a foster parent,
- A. I have developed genuine connections with other Hope & Home foster parents.
- B. I would like to be more intentional about forming connections with other Hope & Home foster parents.
- C. I prefer to keep to myself.

SCORE YOUR SUPPORT!

Each A answer is worth 4 points, each B answer is worth 2 points, and each C answer is worth 0 points.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

TOTAL: _____

0-8 POINTS = You have hardly any support. It would be wise to intentionally begin seeking out additional supports to help you.

9-16 POINTS = You have some support, but potentially not enough to help you endure a crisis.

17-24 POINTS = You have quite a bit of support and have many people to call on for help.

25-32 POINTS = You are a support superstar. You have a wide range of support that is ready and willing to help.

FOUR TYPES OF SUPPORT FOR FOSTER PARENTS

PRACTICAL
SUPPORT

EMOTIONAL
SUPPORT

EDUCATIONAL
SUPPORT

CLINICAL
SUPPORT



Natural Supports Training: Volume 7 Tags: 7.708.65.C.3. Administrative Procedures and Program Goals



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