

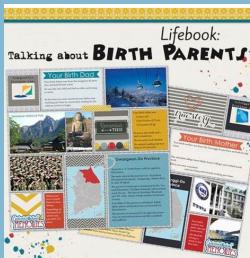
# BIRTH PARENTS & SIBLINGS



## Meeting #4

### ACTIVITIES YOU CAN DO AT HOME

- Create a Life Book



- Choco activity sheet
- Watch movies to promote sibling relationships:

**Frozen** and **Despicable Me**

### Understanding Birth Parents and Sibling Relationships

"To build a good relationship with your foster child's birth parent, try these tips:

#### 1. Be Supportive

Most children in foster care have been abandoned, abused or neglected by their parents. It can be easy to judge them for their actions but remember that most of these parents truly want to do better. Instead of criticizing them, offer your support or a word of encouragement when they need it most.

#### 2. Ask Yourself Positive Questions

Temporarily losing custody of a child can be a very painful experience. Many parents experience grief, anger, and a multitude of other emotions. Asking yourself questions such as, "How would I like to be treated if I was the birth parent?" can help you develop empathy and compassion for the parent. When parents feel accepted, and are treated with respect, they will feel more comfortable with you and develop trust, which is the foundation of any successful relationship.

#### 3. Conduct Monthly Family Meetings

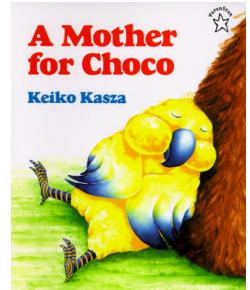
An effective way to build a relationship with a birth parent is to create time to meet with them to discuss upcoming activities, school progress and other important information about their child. Parents looking to reunify with their child will not only appreciate being able to take an active role on behalf of their child but will also form a favorable attitude about you. Having a healthy and successful relationship with birth parents is one of the best things you can do to help support your foster child and give them the stability they need to thrive."

3 Simple Ways to Build a Positive Relationship with Your Foster Child's Birth Parents By Florence Edwards <https://trinityys.org/3-simple-ways-build-positive-relationship-foster-childs-birth-parents/>

### In today's class we:

- Read the book, "A Mother for Choco" by Keiko Kasza
- Each child made a cut-out creation of their own Choco character, after having a discussion of how Choco was able to find a mother who was just right for him.

*"Choco, maybe I could be your mother"-said Mrs. Bear*



- Read the book, "The Family Book" by Todd Parr
- After reading the book, the group discussed the different types of family's children can have. Each child was given popsicle sticks to create a wooden house, with pictures of important members of their family.