

Supporting Foster and Adoptive Families

- **Pray!** Pray for kids in foster care or being adopted, biological parents, foster and adoptive families, caseworkers, etc.
- **Become babysitter or respite care certified**– this typically involves a background check, fingerprinting, CPR/First Aid certification, and a couple of online trainings. Ask a specific family you hope to serve what their agency requirements are.
- **Volunteer to serve at a Parents Night Out/Respite Nights** – CityBridge hosts Parents Night Out/Respite Nights twice per year for families with foster, adoptive, or special needs kiddos. Volunteer to help give these parents a night out.
- **Encourage those you know fostering/adopting to seek support through local Foster Care and Adoption support groups** – CityBridge hosts a monthly Mom to Mom support group specifically for prospective and current foster & adoptive moms. Embrace Texas hosts support events throughout the year including opportunities for dads. **Bonus:** offer to babysit while they go!
- **Ask how you can help them get their home ready for their pre-certification Home Study**
- **Start a meal train or bring a meal when a new child is placed in your friends' home**
- **Bring new or gently used clothes, equipment, or toys specific to the age/gender of the placement**
- **Give financially to adoption fundraising efforts**
- **Host an adoption shower!**
- **Give a gift card**
- **Encourage** – Send encouraging words and scripture, especially during difficult seasons. Ask how they best receive encouragement.
- **Offer specific help** – instead of “let me know if you need anything,” give a specific way you would be willing to serve that family.

Examples:

- I am going to Target today. What size clothes/diapers does your kiddo wear?
- I am bringing you coffee. What kind do you prefer?
- We would love to bring you dinner. Is today or tomorrow more helpful?

- I would love to watch your forever kids while your new son/daughter has an appointment. Is it easier for me to come to your house or for you to come to mine?
- I would love to go to a foster closet and grab some things for you. What would be helpful?
- Can I come mow your grass for you this weekend? Clean your house? Do laundry?

Other things to remember:

- **Be understanding** – foster families legally cannot share much information about the children in their care. Be gracious and understanding if the foster/adoptive parents do not answer detailed questions regarding their children.
- **Embrace these children as members of the family** – Include all children in play dates, invitations, gift giving, etc. whether they are permanent or temporary family members.

We are so grateful for you and the way you are seeking to serve the families around you that are opening their homes to kids in vulnerable situations. Please do not hesitate to reach out the CityBridge Family Advocacy team: cityengagement@citybridgechurch.org.