

Family Dynamics Right Time

Application: Bringing It Home

1. List some of the primary ways you think your family dynamics might change when a child moves into your home. If you are already fostering/adopting, list the ways that your family dynamics have changed.
2. Based on the information you listed above, what are three changes that you feel most capable of handling in your family? What are three changes that you might need additional support, information, or resources to handle?
3. List any challenges you have faced or anticipate facing with extended family members and friends being accepting and welcoming of the children you foster/adopt. Share and discuss the list with your partner, family member, or a friend who is assisting you with this journey.
4. Establish a new tradition that includes everyone in the family. Building shared memories, rituals, routines, and traditions together creates strong relationships. For example, begin a tradition of sharing roses and thorns at the dinner table: each person in turn shares a rose (positive experience) and a thorn (negative experience). Facilitate the conversation to ensure that everyone is heard.
5. Create a photo album of the people that a child entering your home through foster care or adoption will be mostly likely to interact with on a regular basis. For each photo include the name of the person, their relationship to the family and a brief description of them. Examples of people to include in the photo album include the parents who will be fostering or adopting, children already in the home, grandparents, close family friends and pets. This photo album can then be shared with children prior to moving into your home or shortly after they arrive.