Increasing Permanency: Seven Principles for Building Emotionally Stable Foster & Adoptive Families

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For families welcoming children from difficult circumstances, adapting systems, developing new skills, and implementing healing principles is essential. By applying the seven principles outlined in this article, parents can create safe places where children can process past fears. Importantly, this transformation relies on the adults, who hold the power to foster healing environments.

- Brains Intuitively Fixate on Fear
- Limbic Brains Harmonize
- Parents Define Children’s Experiences
- Parents Must Project Positive Outcomes
- Parents Must Manage Their Affect
- Children Learn What Works
- Children Need to Be Enjoyed

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