

HANDOUT #2: BEGINNING TO KNOW YOU

Introduction:

This handout is intended to begin a dialog between foster and adoptive parents and the child coming to live with them. Welcoming children with an opportunity to share the things that are important to them can reduce anxiety and uncertainty and can contribute to a greater sense of safety as they transition into their new placement. These are not intended to be asked at once or in interview style, just general questions over the early days of placement. Some questions may be more appropriate for older children, but can be adapted for preschoolers or elementary school children

- We want to get to know you better. Can you share with us some of your strengths and talents, the things you are good at or come easily to you? Also, what are your favorite television shows, sports, or fun activities you enjoy? What other hobbies or interests do you have?
- What questions do you have about me/us and our home? You might be wondering where things are in this house, what we like to eat or do on the weekend, who comes into our home that you haven't met already?
- Who are the important people in your life right now that give you support? How can we make sure you stay connected?
- What will help you feel more comfortable in the first week as you settle in?
- What are your favorite foods? Least favorite?
- Do you have food allergies, other allergies, or any other health concerns?
- Are there any family or religious traditions that are important to you? What about holidays?
- What is most helpful to you when you are having a bad day or feeling upset?
- We all have worries from time to time. What is your biggest worry right now? Is there anything that we could do to help you with this worry?
- How do you feel about school? Is it a good part of your day or is it a place that you don't feel comfortable?
- Do you have any favorite subjects? Or subjects you don't like?
- What is your usual daily routine and what can help you feel more comfortable? Usual bedtime routine? Eating? Homework Time? Play and Relaxation Time? Other routines?
- Do you have any current goals, and are there ways we can help you work on those goals?
- If you were planning a game night for all of us, what game would you want us to play? What would we have for dinner that night?
- What else would you like to share about yourself? Other questions for us?