

# Let's talk about...

## Children Transitioning to a Foster Home

**M**oving to a new home can be hard for kids. Children in foster care deal with many changes at once, which can feel scary. Here are some ways to help them feel more comfortable:

- **Talk about it early:** Tell the child about the move ahead of time. Showing them pictures of their new home can help them get ready.
  - **Keep a routine:** Children feel safe when they know what to expect. Post a daily schedule so they know the house rules and timing.
  - **Learn their habits:** Find out what they like to eat and how they like to sleep. Knowing their favorite games or books helps them feel at home.
  - **Keep “comfort items” nearby:** A favorite blanket or stuffed animal can make the move much easier.
  - **Stay connected:** Foster kids often miss their birth families. When possible, help them stay in touch. Your case worker can help with this.
  - **Be honest:** Use simple, direct words. Make sure they know it is not their fault they are in foster care.
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- **Talk about feelings:** Help them name their emotions. You might say, “You seem worried,” or “It’s okay to feel sad.” Let them know all feelings are okay.
  - **Let them love both families:** Give them permission to care for their birth family and their foster family at the same time.
  - **Encourage play:** Playing is a great way for kids to process their feelings and cope with this new transition.

For more information or to connect with a Child Life Specialist, please visit: <http://ucdavis.health/childlife>