

# Helping Your Child in Foster Care Handle Transitions

*Transitions are never easy for children, especially those in foster care*

## Examples of Transitions



Joining a new foster family



Making new friends



Starting at a new school/childcare



Visiting biological parents

## Pointers for Parents:

- Children in foster care need time to adjust.  
*Children in foster care face many changes all at once. A new home, a new school, new friends—the loss of all that is familiar can be scary and overwhelming.*
- New problems may come up after the first month or so.  
*As children settle into their new home, they may start feeling more comfortable. Problems with behavior are common around this time.*
- Children crave routine and structure.  
*All children do better when they know what to expect. Having a consistent routine can be comforting to a child in foster care. Post a schedule to explain household routines.*
- Transitional objects (for example, a favorite blanket or stuffed animal) can help make transitions easier.
- Encourage your child to share feelings as a way to cope.  
*Name emotions so he will know what to say next time. “Sometimes kids feel worried before a visit”, “You look nervous,” or “You look worried.” Prepare for changes by talking about it ahead of time.*
- Talk to your caseworker about concerning transition issues.
- Ask your pediatrician.

**Transitions are never easy.**

**Children in foster care need routine, structure and reassurance.**