

**From:** Scott Corcoran [scott@afamilyforeverychild.org]  
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**To:** scott@afamilyforeverychild.org  
**Subject:** How to help kids in foster care



While you are waiting to adopt a child from foster care, consider helping children that are in foster homes. This will give you something to do while you wait, and will count as valuable experience and training that caseworkers look for in an adoptive family!

#### Ten Ways to Help Children in Foster Care:

1. Get your foster care license and provide [respite care](#) to other foster families or do emergency foster care. Emergency care can mean having a foster child in your home for a short period of time. An emergency placement can last anywhere from 24 hours to 30 days.
2. Drive! Many agencies need people to drive foster children to various appointments. Appointments could be visits with birth family, medical or dental visits, or to a new foster home. Some trips may entail long distances. Call your local agencies and see if this is a need in your area.
3. Walk! Through a new walking event, [Walk Me Home](#), teams can raise funds that will directly benefit local agencies that work with foster children and the families that serve them.
4. Become a [Court-Appointed Special Advocate/CASA](#) worker. CASA workers are volunteers that work with the court and the foster homes to see that the children are not lost in the system and that their needs and wants are heard.
5. Become a Big Brother or Sister. Spend 3-4 hours a week with a child and make a difference. Have fun! Teach them a new hobby or learn about theirs. Not every child in the Big Brother Big Sister organization is a foster child, but many are. Help make a difference by taking time for a child. Find out more at the [Big Brother/Big Sister](#) web site.
6. Provide a job and give a chance to learn and grow. Many youth in the foster care system have a difficult time finding work due to the stigma of being a "foster kid". You could help by reaching out to these young people and providing them with their first work experience.
7. Volunteer at a children's home. Children's homes are usually one of the first stops on the foster care journey for many kids, or it could be a stop in-between foster homes. Children's homes are often looking for volunteers to do many different duties. Some may include wrapping Christmas/Birthday gifts, sorting through donations, reading to the children, or even playing games. Find out what your local children's home's needs are and see what you can do to help.
8. Donate items to a children's home or foster care agency. Many need school supplies, shoes, clothes, or even toys. Suitcases or bags of any kind are often needed. Did you know that many children go from home to home with their belongings in trash bags? Make sure you donate items that are in good repair. If you wouldn't let your own child wear it, don't send it on to agencies or homes. Some places prefer new items so call ahead
9. Buy a necklace! Net proceeds from the sale of the [Tangled Heart Necklace](#) supports the Tangled Hearts Scholarship for children from the foster care system. The fund is administered by the [Foster Care to Success program](#).
10. Volunteer with A Family for Every Child! We have many opportunities both locally and nationally that directly and indirectly help children in foster care and adoptive families. You can learn more about volunteer opportunities with A Family for Every Child [here](#).

There are so many other ways to help children in foster care that are not included on this list. Call your [local foster care agencies](#) or children's home and see what needs you can fulfill. You can also check out [101 Ways to Get Involved in Foster care](#) for more ideas!

Nora Sharp  
Matching Assistance Coordinator  
A Family for Every Child  
[nora.sharp@afamilyforeverychild.org](mailto:nora.sharp@afamilyforeverychild.org)

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