

# A Family For Every Child Matching Assistance



*"We should not be asking who this child belongs to,  
but who belongs to this child."*

## Successful Placement Tips

### *Pre-Placement*

Before a child is placed in your home it may be helpful to create a resource binder or folder with the names of local and national organizations that can be of service to your family.

Suggestions include:

- Local therapists who specialize in trauma and adoption
- Local pediatricians who specialize in caring for children who were abused/neglected
- Local support groups with families who have adopted from foster care
- Local support groups for your child
- Emergency number for child(ren)'s social worker
- Local services for other special needs, including PT, OT, tutoring, medical facilities, treatment centers, etc.
- Local organizations and activities your child can join
- Local respite care provider number
- National resources for information and support for your child's needs
- Name and number for who to contact about issues with Medicaid or Adoption Assistance

Having this information on-hand before your child is placed in your home will ensure you are not scrambling for it later when you need it.



### *Parenting Plan*

During the pre-placement stage you will also want to create a parenting plan with your partner and/or your adoption worker and the child's social worker. At the top of the parenting plan include the following information:

- Name and number of your child's social worker, and a number they can be reached at for emergencies
- Name and number of your adoption worker, and a number they can be reached at for emergencies

- Name and number of your child's therapist, and a number they can be reached at for emergencies

Next, you will want to create sections for each behavior the child exhibits (ex.: tantrums) and what your plan is to respond to it. You will want to include information on when and where the behavior tends to occur, how long it lasts, what strategies have been helpful in the past, and how to plan ahead to prevent the behavior from occurring again.



## *Post-Placement*

- Get your child into therapy ASAP, especially if they were previously in therapy. You (or your child) may not think your child needs it, but they probably will. Waiting to send your child to therapy until things are spiraling out of control may result in more problems that are harder to fix later.
- Get to know your child better. Spend some one-on-one time with them, participating in an activity they enjoy.
- Spend quality one-on-one time with your other children. It's important to not let them feel overshadowed by their new sibling and left out from all the attention.
- Outline the house rules and your expectations. This doesn't mean you sit your child down 5 seconds after they walk in the door and bombard them with a list of do's and don'ts, but during the course of natural conversation make sure your expectations of the child are clear.
- Start attending support groups. Begin making those connections now before you are completely overwhelmed later and feel like you are in over your head.
- Take it one day at a time. It's not uncommon for a child to regress in their behaviors shortly after placement. Don't try and "fix" all your child's problems at once. Remember that it will be a process, as your child may have years of trauma to undo.
- Check out Dave Thomas Foundation's [post-adoption guide](#)
- Review Deborah Gray's [Ten Tips for the First Year of Placement](#)
- Remember, your child doesn't need a "perfect" parent! They just need someone who is going to love them, care for them, and support them unconditionally. Check out Families for Children's list [Characteristics of Successful Adoptive Parents](#). You'll notice they're all really simple!



## *Additional Information & Resources*

**Adoptive Families** - [Resources for Parents Adopting from Foster Care](#)

**Dr. Karyn Purvis** - [Empowered to Connect](#)

**Heather Forbes** - [Beyond Consequences](#)

[20 Things Adopted Parents Need to Succeed](#) by Sherrie Eldridge

[Raising Children Who Refuse to Be Raised](#) by Dr. Dave Ziegler

[The Adoptive and Foster Parent Guide: How to Heal Your Child's Trauma and Loss](#) by Carol Lozier, LCSW

[Twenty Things Adopted Kids Wish Their Adoptive Parents Knew](#) by Sherrie Eldridge

