

## Outline

- How can someone tell if fostering might be the right step for them?
- What are some common misconceptions about foster parenting that you often hear from people who are just starting to explore it?
- What mindset shifts do people often need to make before stepping into foster parenting, especially around trauma and reunification?
- Once someone decides to move forward, what does the licensing process look like?
- What tends to surprise people about that process?
- How should families prepare the people already in their lives—a partner, kids in the home, or extended family—for fostering?
- What kind of support system do new foster parents need?
- How can they start building that before they get their first placement?
- When you're waiting for your first placement, what are some basics you should have ready in their home?
- What is it actually like to get that first placement call and welcome a child into your home?
- In those first hours and days, what are some practical ways foster parents can help a child feel safe and supported?
- It's important to remember that reunification is the goal of foster care. What does co-parenting mean for foster parents? Why is it a crucial element of fostering?
- In foster care, children often still have relationships with their families, especially when reunification is still the goal. How can foster parents begin building a respectful relationship with a child's parent?
- How can foster parents help facilitate connection or healing with the child's parents?
- How do foster parents navigate the reality and emotions of a child leaving their home, for another placement, or for reunification?
- How should they support their resident children for that loss?
- What are some of the other hard realities of foster parenting that people should be prepared for?
- What would you want a newly licensed foster parent to know before they say yes to their first placement?
- What keeps you anchored in this work and committed to supporting others?