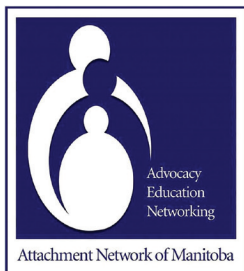


"Every child needs at least one adult who is irrationally crazy about him or her."

— Urie Bronfenbrenner



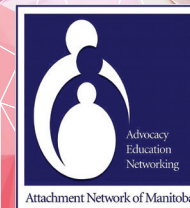
10 Things **YOUR** FOSTER CHILD Wants You To Know



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**FOR MORE INFORMATION ON
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circleofsecurity.net





Sometimes children and youth aren't able to live with their biological parents. Some live in foster homes or group homes, and some are cared for by extended family or friends. Their needs can be unique.

1 I have experienced trauma; recovering from that takes time.

Please learn all you can about trauma. I appreciate you being with me in those times that overwhelm me.

2 I still care about my birth family and I'm rooting for them.

I have a lot of confused feelings about them and talking with you will help me sort out those feelings.

3 Like all kids, I need to feel like I belong.

People at school know I don't live with my family, and I might not look much like my foster family or be from the same culture. I am hoping you treat me as your own, and encourage others to help me feel like I belong too.

4 It might be hard for me to trust adults.

Please don't take that personally, just keep trying to help me gradually learn to trust. I have a hard time understanding who is safe and who is not.

5 Don't give up on me! Sometimes I'm in so much pain or confusion that I'm not able to behave the way you want me to. Please ask for help if you're frustrated by how I act.

6 I may have had lots of interruptions in my learning and growing. Please be patient with me while I catch up. My brain is often on red alert in school, which makes it harder to learn. Your love and care can help me begin to feel safe and settled.

7 I need help understanding and managing my emotions. Telling me how to feel or behave doesn't help. I will benefit most if you recognize when I'm overwhelmed by big feelings and help calm me. Once I'm calm, then help me understand what was happening.

8 Don't be afraid to get close to me, even though we may not know how long I'll be here. Without connection, I won't heal. I'm still longing for someone to love and accept me as I am.

9 I'm a kid, and I love it when we can just have fun. In the everyday things we do, we can make memories that connect us.

10 I'm more than just a kid in care. The story I carry about myself and my family may not be a happy one, but if you believe in me and help me discover my gifts, I can begin to believe in myself. Then my story can change.

