

After a Challenging Placement

Challenging placements or transitions are often a part of the fostering journey. There are a few things you can do to prepare for what comes next.



Check in with each person in your household.

Talk about the experience with your family, share in a caregiver support group, or seek professional counseling from a family therapist.



Press Pause

You can tell your licensor you will not accept a new placement for a specific amount of time.

Self-Care Check List

- Do one thing you couldn't do during the placement.
- Have a coffee/dinner/day date with your spouse or close friend.
- Complete an enjoyable project: DIY, craft, art, woodworking etc.,
- Head outdoors: explore, walk, hike, play at a park, camp, etc.

The following page offers training and support suggestions to help you prepare for your next placement.

Training Suggestions



Supportive Facilitated Discussion Groups

- Grief and Loss in Your Fostering Journey
- Fostering as a Part of a Team
- Boundaries as Self-Care
- Self-Care for Caregivers

Reach out to the CaRES team for additional resources or one-on-one support! alliancecares@uw.edu

Find a complete list of groups [here](#)

Building your caregiver toolkit is a great way to prepare for your next placement. While you rest, you can get support or learn skills that will help you navigate future placements.

Book Clubs

- TBRI: The Connected Child
- TBRI: The Connected Parent
- Dancing with a Porcupine
- FASD, Trying Differently Rather Than Harder

Informal Support

- Drop-in Discussions
 - Find topics & times at alliancecares.org
- Local Caregiver Connections
 - Find topics & times at alliancecares.org

Alliance Trainings

- Caregiving for children with physically aggressive behavior concerns
- As they grow the drug impacted... (series)
- Intro. to positive discipline
- Caring for children who have experienced trauma
- Caring for children with sexual behavior concerns
- Trust Based Relational Intervention: Intro. & overview
- Paper trail: Documentation training for caregivers

AllianceCares.org

