

FOSTER AND ADOPTIVE PARENTS

PRACTICAL TIPS TO PRESERVE KIDS' HISTORY

Adoptive and Foster families, if you:

- Don't know what to say to kids about kids' birth parents, or why kids came into care.
- Have been told that ALL conversations regarding a child's past need to be discussed with a therapist.
- Don't know what to do with photos of your foster child, or of your adopted child's birth family.
- Have been given a blank Lifebook and have no idea what to do to with it.
- Have no idea where you will find time to do one more thing.
- Have been told that kids should look toward the future and not dwell in the past.
- Want what's best for kids, but don't know where to start.

Then this training is for you.

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This live 2-hour training provides the extra knowledge, tools, and tips necessary for foster and adoptive parents to be empowered to help children understand their history, even the most delicate parts.

Children who are not living with their birth family, often have holes in their history, but we know kids do better when they can understand where they came from and why they are not with their first family, even if that separation is temporary.

Foster and adoptive parents are an important bridge between a child's past and future and this training will help strengthen that connection.

*2-hour ongoing training certificate provided after an evaluation is received.

MY DAUGHTER HAD A LIFE BEFORE ME, BUT I'M THE
PERSON RESPONSIBLE (AT THIS POINT IN TIME) FOR
HELPING FILL IN THE HOLES.
JEAN MACLEOD, PARENT



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This training will enable parents to:

- Be child-led when talking to children about their stories
- Maintain foster and adopted children's history as they grow.
- Consider what children might want to know when they are older, about their birth families and time in care.
- To name what they want children to understand about their time in their families.

To learn what:

- Is age-appropriate to share or not share.
- A good history looks and sounds like.
- To include when gathering information.
- Questions to talk with a therapist about and what parents can answer themselves.

And be armed with super practical tips on how:

- To find extra minutes on even the busiest of days.
- To talk to kids about their stories at any age.
- To be open without being retraumatizing.
- To hold children's information with privacy, not secrecy.
- To gather children's stories, history, and medical information.
- To start or complete a Lifebook (with examples).

Families should attend this training:

- Before, during, or after placement of children in foster care, or are placed for adoption.
 - When parents want to share photos and memories with children.
 - When parents learn of a move of a much-loved foster child.
 - If parents think children will forget their time with a foster family, because they of their age, or the time spent together was short.
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AN ADOPTION LIFEBOOK TELLS MORE THAN A LIFE STORY. IT REPRESENTS A UNIQUE OPPORTUNITY FOR PARENTS TO HONOR EVERY MINUTE OF THEIR CHILDREN'S LIVES.

BETH O'MALLEY, ADULT ADOPTEE

Presenter Information

Your presenter will be Power of Story Founder and Executive Director Alisa Matheson.

She combines her lived experiences as a foster and then adoptive mom, child welfare worker, and parent trainer, along with the formal training she received while earning her Bachelor of Arts degree in Marriage and Family Counseling and Advanced Certificate in Therapeutic Lifestory Work.

As a foster mom, Alisa completed over 30 lifebooks, and found that being curious about their past, as well as sharing memories and photos with children she cared for has not taken away from the private parenting moments, but in fact increased the connection with children and their parents.

And as a child welfare worker, she has personally completed over 80 Social and Medical Histories and has found that lifebooks and social medical histories are the MOST important "paperwork" that could ever be completed by a child protection or permanency worker.

Come be empowered to bring these powerful items to the youth YOU care about.



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