

Fostering Forward

A monthly tip sheet to navigate through foster care

A Guide to Happy Holidays for Foster Children



Everyone wants to be “home for the holidays.” Foster children may struggle with not being with their birth family during the holiday season. You can make a difference for these children by allowing them to share this time with ALL of their loved ones.

Spreading Holiday Cheer

Creating or purchasing gifts for family members can help the child feel like they are sharing the holidays with their families.

Consider one of these ideas or create your own!

- Holiday cards
- Photo and/or salt dough ornaments
- Photo calendar
- Hand/foot print crafts
- Hat and gloves
- Personal hygiene items and other essentials



Share the Joy

Even when families are separated, it is important to allow them to feel like they are sharing these special moments together.

- Schedule time for phone calls on holidays
- Send photos of children celebrating traditions
- Facetime during gift opening
- Share school projects
- Invite biological family to school programs and community events
- Extend visits or schedule extra visits during the holidays
- Arrange sibling visits over winter break



Making Spirits Bright

Holidays are stressful for everyone! Help foster children cope with the conflicting emotions they may experience during the holidays.

- Spend extra time checking in with your foster child to see how they are doing
- Validate the child's feelings and let them know that it is okay to be sad
- Ask the child what traditions are important to them and incorporate those traditions
- Ask the biological families for advice and ideas about what the child enjoys most about the holidays



It's the Most Wonderful Time of the Year

In order to best support your foster child during the holidays we want to make sure you feel supported.

- Reach out to the Family Case Manager or your Licensing Specialist
- If it's an after-hours or holiday emergency, contact our on call line at (414)453-1400
- Connect with the fostering community

Here are some additional resources to help you help your foster child.

- <http://foster2forever.com/2016/12/foster-family-holidays.html>
- <https://www.fosterfocusmag.com/articles/foster-care-holidays>
- <http://www.theforgotteninitiative.org/blog/2016/12/forgotten-friday-four-things-every-child-in-foster-care-needs-this-christmas/>

