

# CONNECTIONS MEETINGS

for kids in foster care

Connections Meetings are an opportunity for parents and caregivers to meet and talk about the needs of the child/children.

They usually last an hour and are led by a trained facilitator.

## What we talk about

- Family culture
- Kids' routines
- Likes and dislikes
- Communication

## What we don't talk about

- Why the child or children are in care
- Case Plan
- Visitation

When parents & caregivers have contact with each other **children benefit**. This can happen by:

- Maintaining bonds with parents & family
- Keeping similar routines for children
- Smoother transitions & easier adjustments

These meetings can often bring up big feelings. In Connections Meetings, we work through the discomfort together for the good of the child.

# Tips for Connections Meetings

- 1. Think about the information you want to provide or ask** before the meeting. Some questions you may have could be about the family's routine, parenting style, and family culture.
- 2. Topics may include:** medical history, educational information, the child's likes and dislikes, and information about how to best help the child when they're upset.
- 3. Think about what kind of ongoing communication you'd like** to have. Would you like to use email to communicate? Do you prefer phone calls? At the meeting, we will work to find a way of communicating that works for everyone.
- 4. Remember, everyone is here to make things better for the child/children! If you disagree with something that comes up, we will work together to address your concerns.**

Created through collaboration with parents, Amara, CASA of King County, DCYF, Children's Home Society of Washington, The Alliance of Child Welfare Excellence, Fostering Connections for Families LLC, Indian Child Welfare Office, WSPAC, Olive Crest, Northwest Center and foster and adoptive parents, as members of the CWC-CAP sponsored by CHERISH