

903 Foster Care (All)

**Description**

- Being in foster care or moving from one foster home to another within the last 6mo
- Foster children have more mental & physical problems, chronic conditions (asthma & diabetes), more likely have birth defects and poor nutrition

**Assess Readiness for Change:** with open ended questions

- “How familiar are you with WIC as a foster parent?”
- “How long has Sam been with you? Have you noticed any problems with his eating?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“I’ve taken care of foster children for years. We even adopted one foster child on top of our three, so we have mealtime down.”</p> <p>Raise awareness &amp; personalize change</p> <p><b>Record Plan or Goal</b></p>	<ul style="list-style-type: none"> <li>• “Being a foster parent is a wonderful gift. What have you found is most successful in helping children eat well?”</li> <li>• “How are things going since Sam joined your family?”</li> </ul> <p>Parent appears confident, experienced in foster role. No information desired. Re-assess needs next appointment.</p>	<ul style="list-style-type: none"> <li>• “WIC has classes and handouts on many children’s topics if you would find them helpful. What topic would be interesting to you?”</li> </ul>
<p><b>Unsure</b> →</p> <p>“Our children are all grown. This is our first foster experience.”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p> <p><b>Record Plan or Goal</b></p>	<ul style="list-style-type: none"> <li>• “Sounds like it has been awhile since you had little ones at home. How has Sam been interacting with you?”</li> <li>• “On a scale of 1-10, how well do you think Sam eats?”</li> <li>• “What concerns you most about Sam’s eating or how he is growing?”</li> </ul> <p>Child thin, parent to bring child for weight check next appointment. Re-assess next appointment.</p>	<ul style="list-style-type: none"> <li>• Often little is known of child’s habits or history:                             <ul style="list-style-type: none"> <li>○ Offer referrals as needed</li> <li>○ Offer education on issues as determined</li> <li>○ Monitor anthropometrics frequently (single measure may miss problem growth patterns)</li> </ul> </li> </ul>
<p><b>Ready</b> →</p> <p>“Sam is my sister’s boy. I am fostering until her life changes.”</p> <p>Help plan change-support</p> <p><b>Record Plan or Goal</b></p>	<ul style="list-style-type: none"> <li>• “You’re ahead of many foster parents since you know Sam. How do you think he is growing? Eating?”</li> <li>• “What changes have you seen in Sam since he has been with you?”</li> </ul> <p>Aunt says Sam is withdrawn, but does well with her kids. Provided Playtime materials. Assess benefit next appointment.</p>	<ul style="list-style-type: none"> <li>• “Here is one of our WIC Playtime activity sheets. It has ideas on how to make playtime fun and might help Sam feel involved in your family activities.”</li> </ul>

**Not ready** →

“I’ve taken care of foster children for years. We even adopted one foster child on top of our three, so we have mealtime down.”

Raise awareness & personalize change

**Record Plan or Goal**

- “Being a foster parent is a wonderful gift. What have you found is most successful in helping children eat well?”
  - “How are things going since Sam joined your family?”
- Parent appears confident, experienced in foster role. No information desired. Re-assess needs next appointment.

- “WIC has classes and handouts on many children’s topics if you would find them helpful. What topic would be interesting to you?”

**Unsure** →

“Our children are all grown. This is our first foster experience.”

Raise awareness & confidence & identify barriers to change

**Record Plan or Goal**

- “Sounds like it has been awhile since you had little ones at home. How has Sam been interacting with you?”
  - “On a scale of 1-10, how well do you think Sam eats?”
  - “What concerns you most about Sam’s eating or how he is growing?”
- Child thin, parent to bring child for weight check next appointment. Re-assess next appointment.

- Often little is known of child’s habits or history:
  - Offer referrals as needed
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  - Monitor anthropometrics frequently (single measure may miss problem growth patterns)

**Ready** →

“Sam is my sister’s boy. I am fostering until her life changes.”

Help plan change-support

**Record Plan or Goal**

- “You’re ahead of many foster parents since you know Sam. How do you think he is growing? Eating?”
  - “What changes have you seen in Sam since he has been with you?”
- Aunt says Sam is withdrawn, but does well with her kids. Provided Playtime materials. Assess benefit next appointment.

- “Here is one of our WIC Playtime activity sheets. It has ideas on how to make playtime fun and might help Sam feel involved in your family activities.”

**Education Resources** | <http://www.hss.state.ak.us/ocs/FosterCare/moreinfo.htm> Resource- *Alaska Foster Care Resources*