

# Parenting Tips & Tricks

## *Practical Encouragement for Christian Foster Families*

Parenting children in foster care can be both deeply meaningful and challenging. Many children entering care have experienced trauma, sudden transitions, and loss. Foster parents play a powerful role in helping children experience safety, stability, and love. This guide provides practical tips and Christ-centered encouragement for navigating everyday moments with patience and compassion.

### **1. Focus on Connection Before Correction**

- Spend one-on-one time with the child each day, even if it is brief.
- Use eye contact, calm tones, and gentle reassurance when addressing behavior.
- Remember that many behaviors are rooted in fear or uncertainty.
- Celebrate small victories and progress.

### **2. Create Predictable Routines**

- Keep daily routines consistent whenever possible.
- Prepare children in advance for transitions or changes.
- Use visual schedules or simple reminders.
- Predictability helps children feel safe and secure.

### **3. Encourage Emotional Safety**

- Allow children to express feelings without fear of punishment.
- Listen actively and validate emotions.
- Provide quiet spaces where children can calm down.
- Offer reassurance that they are safe in your home.

### **4. Simple Parenting Strategies That Help**

- Give simple, clear instructions rather than multiple commands.
- Offer choices when appropriate to restore a sense of control.
- Use positive reinforcement when children make good choices.

- Maintain calm responses during emotional moments.

## **5. Faith-Centered Parenting Practices**

- Pray for your foster children regularly.
- Model grace, patience, and forgiveness in daily interactions.
- Share encouraging Scripture when appropriate.
- Create peaceful family rhythms such as prayer before meals or bedtime.

## **Biblical Encouragement**

- Psalm 127:3 — 'Children are a heritage from the Lord.'
- James 1:27 — 'Look after orphans and widows in their distress.'
- Galatians 6:9 — 'Let us not grow weary of doing good.'

## **Encouragement for Foster Parents**

Foster parenting is a journey of patience, compassion, and perseverance. Progress may come slowly, but every act of care, encouragement, and consistency helps build trust and healing in a child's life. Through love, stability, and faith, foster parents can create an environment where children begin to experience hope and restoration.