

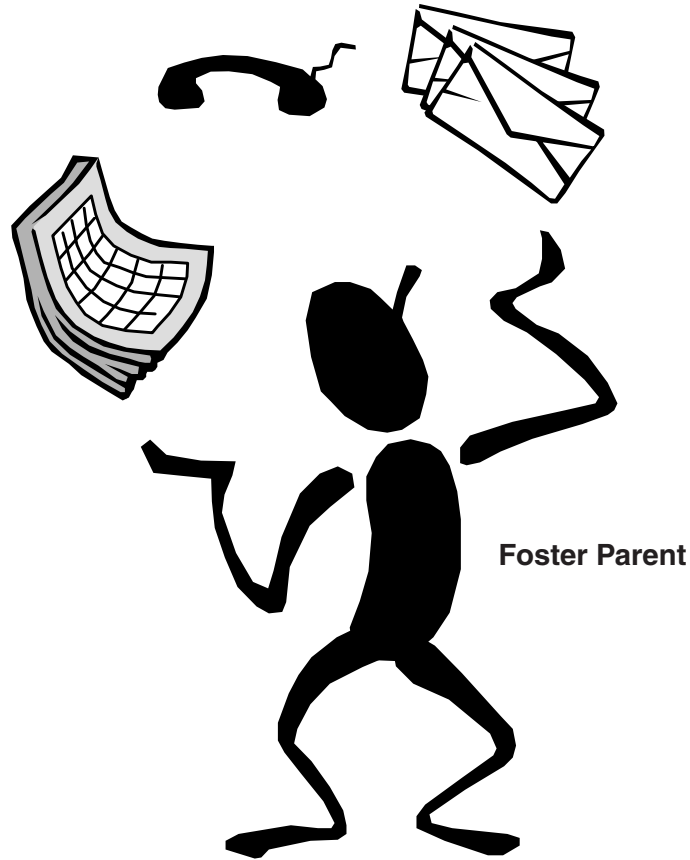
Support Network

A foster parent is supported by many different people, from friends and family to the members of the child welfare team. These people are known collectively as the foster parent's **support network**.

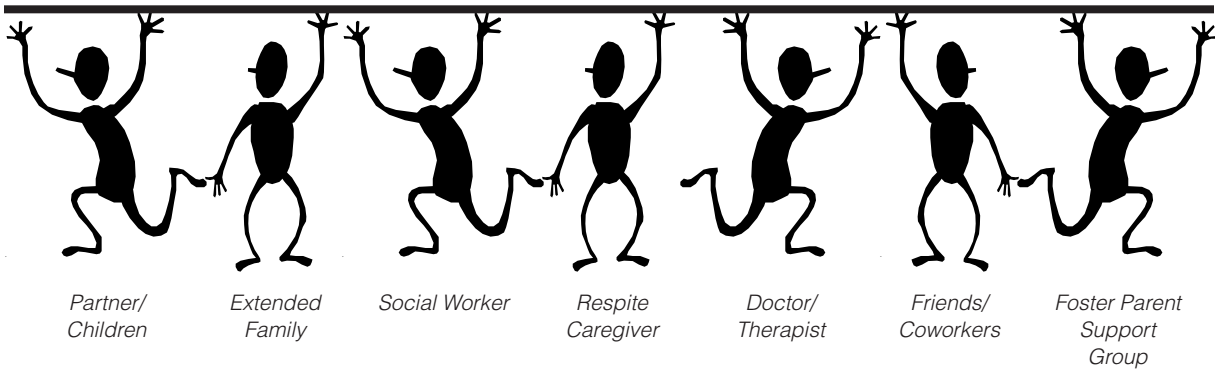
Those in the support network are only human and can sometimes make draining demands on time, energy, resources, and psychological state. If a member of the support network is no longer being supportive, it is best to adjust the support network to draw support from others instead. Additionally, needs often change over time, so the support network may need to be adjusted to reflect this.

Identifying the members of your own support network in the pre-placement phase and throughout placement is a huge step toward keeping a balanced support system in place.

Typical members of a foster parent's support network.

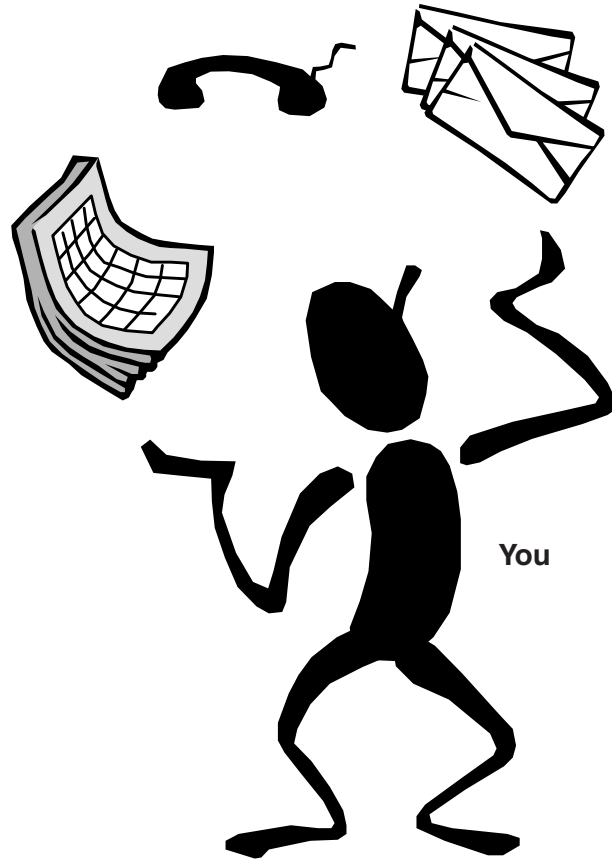


SUPPORT NETWORK

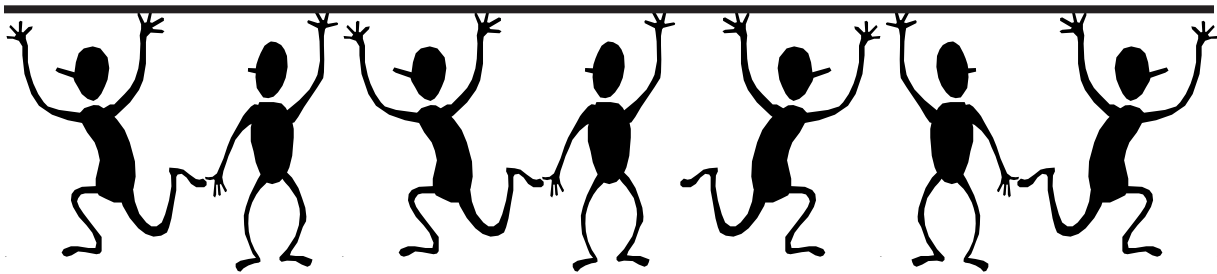


Additional supports: Religious/spiritual community,
school staff, foster parent mentor

Write the names of the people in your own support network.



SUPPORT NETWORK



Additional supports? _____
