

DO

- 1 Give your child affection and attention.
- 2 Plan a routine:
 - Arrive on time
 - Plan activities
 - Bring toys and supplies
 - Bring a snack for your child
 - Limit videogames, TV, videos so it's a bonding time
 - Warn your child when the visit is almost over
 - Say goodbye as calmly as you can
- 3 Use positive discipline:
 - Explain the rules to your child
 - Explain the consequences for breaking rules (you can take a toy away, or give a time out)
 - Use a calm voice to give a warning or two
 - Be consistent with consequences
 - Praise your child for good behavior
- 4 Ask your caseworker for feedback.
- 5 Ask for support if you are feeling sad, angry, sick, or shut down during visits.
- 6 Greet your child's foster parent. Showing respect to the foster parent can help your child feel safe.
- 7 Call in advance if you have to cancel your visit or will be late.

DON'T

- 1 Don't use your family time to talk about your case. Focus only on your child.
- 2 Don't break visiting room rules or let your child break rules:
 - No running
 - No shouting or screaming
 - No cursing
 - No threats – do not threaten to hit or hurt your child or agency staff
 - No hitting – this includes “popping” your child
 - No blaming or shaming
- 3 Don't have your caseworker discipline your child. Your child needs to see that you're still the parent and still in charge.
- 4 Don't bring frustration and sadness about your case into your visit.
- 5 Don't tune out: Put phones away and play.

Remember: You are still the parent! Your child is counting on you.

Time with your children while they are in foster care can feel loving and happy, but can also be sad and upsetting. You and your children are going through a difficult time. Focus on bonding and staying calm. You can succeed in reunifying!