



# SUPPORT FRIEND HELP GUIDE 2020

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**We have all been impacted** by the COVID-19 pandemic and the Shelter in Place mandate has changed how we are able to conduct everyday life. Kids are home from school while parents also try to work from home, some people have taken pay cuts or lost jobs. Needless to say, many people are being financially, physically and emotionally strained.

These unexpected changes can be particularly difficult for Foster Families. Changes to the normal routine and structure provided by jobs, school and regular social worker visits can result in behavioral challenges, isolation, and overwhelming stress. **All to say, it's possible your Foster Families have never needed you more!**

**AS A SUPPORT FRIEND PLEASE CONSIDER HOW YOU MIGHT CONTINUE TO SUPPORT YOUR FOSTER FAMILY DURING THIS UNCERTAIN TIME.**

While considering how the Shelter in Place order has changed the way you conduct your day and the way recent events may have impacted your availability, it's important to adjust and communicate your commitment to your Team Lead or Foster Family.

**First**, check in with your Team Lead. If you are the Team Lead or do not have a Team Lead, please contact your Foster Family directly.

Ask your Foster Family how they could use support. Things have changed for all of us, and therefore the family's needs may have also changed.

## SUGGESTED QUESTIONS

- Can I check in with you more frequently? Would you prefer text, email, or phone calls?
- How can I be praying for you and each of your kids?
- What is your greatest need?
- What do your kids need the most?
- May I run errands or do a grocery store run for you?
- Would you like some new movies, puzzles, games, or activities for your kids? Is there anything specific I can drop off to help your family?

**Second**, offer to help. Here are some ideas of how you might offer to help:

## PROVIDE NECESSITIES (AND SOME FUN STUFF TOO)



- Reach out to them if you are running errands.
- Send a meal through DoorDash or UberEats.
- Order an electronic iTunes or Amazon gift card to order movies.
- Drop off books, puzzles, or letter writing supplies.
- Order art supplies or games through Amazon.
- Drop off or order active toys like bikes, balls, beanbags, hoola hoops, bubbles.

## STAY IN COMMUNICATION



- Offer to read or tutor over FaceTime.
- Send a silly video of your own family or a pet.
- Send an encouraging text or scripture, remind them they are not alone.



## ADDRESS FINANCIAL IMPACT



- Consider offering a financial gift to minimize financial strain.

## PRAY



- Philippians 4:6 instructs us to, “not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”
- Let your Foster Family know you are praying for them! Send them a text or a note via snail mail letting them know that you are praying for their kids and for their family. Perhaps set an alarm on your phone to remind you to keep them in your daily prayers.
- If you have ANY questions, concerns, additional or overwhelming needs please reach out to your church Advocate as soon as possible.



## IMPORTANT NOTE



If you are not yet a Support Friend to a Foster Family in your church, **your first step is to connect** with the Foster the Bay Advocate at your local church. If you need help connecting with the Advocate, contact us at **info@fosterthebay.org**  
**Email hollys@wearepcc.com.**

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## OTHER HELPFUL RESOURCES

Promise 686: How to virtually care for vulnerable children and the families you serve  
<https://promise686.org/virtual-care/>

[Just Show Up: The Dance of Walking Through Suffering Together](#)  
by Kara Tippetts and Jill Lynn Buteyn

Lotsa Helping Hands: Care Calendar  
<https://lotsahelpinghands.com>

[The Forgotten Initiative Podcast](#)

[Reframing Foster Care](#) by Jason Johnson