



# Honoring Love and Grief as a Foster Parent



## HONOR YOUR GRIEF

- Say: “This is grief. This hurts.”
- Light a candle or write a goodbye letter



## REFLECT & JOURNAL

- Cherished memories
- Lessons learned
- Hopes for the child



## SELF-CARE

- Rest & nourishment
- Creative outlets
- Compassion for yourself



## STAY CONNECTED (IN SPIRIT)

- Keep photos or mementos
- Blessings or prayers for the child



## LOOKING AHEAD

- Take time before fostering again
  - Reframe: “My love made a difference.”
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