

Self-Care Guide for Foster Parents ¹

Practical ways to nurture your body, mind, and spirit
during times of grief and transition

Caring deeply for a child and then saying goodbye is a profound act of love. This guide offers self-care practices to help foster parents navigate grief, nurture themselves, and restore balance.

1. Care for Your Body

- Rest: Give yourself permission to sleep more or take short naps.
- Nutrition: Eat nourishing meals to support your emotional and physical health.
- Movement: Gentle walks, yoga, or stretching help release tension stored in the body.

2. Care for Your Mind

- Journaling: Write freely about your feelings and memories with the child.
- Mindfulness: Practice breathing exercises, guided meditation, or simply sit in silence.
- Reading: Choose books or poetry that bring comfort and perspective.

3. Care for Your Spirit

- Rituals: Light a candle or say a blessing in honor of the child.
- Gratitude: Write down three things you are grateful for each day.
- Prayer or Meditation: Connect with your faith or spiritual practice for strength.

4. Care Through Connection

- Support Groups: Share with other foster parents who understand your journey.
- Trusted Friends: Let loved ones listen and comfort you without judgment.
- Professional Support: Consider therapy or counseling for deeper healing.

5. Gentle Practices for Healing

- Creative Expression: Use art, music, or crafts to express your emotions.
- Nature: Spend time outside, noticing beauty and grounding yourself in the present.
- Affirmations: Remind yourself: “I gave love. I made a difference. I deserve care, too.”

Self-care is not selfish—it is how you refill your heart so you can keep showing love in the world. Allow yourself to grieve, to rest, and to be renewed in this season.