

# Ways for Foster Parents and Their Family to Grieve and Care for Themselves When They Say Goodbye to a Child They Love and Cared For <sup>1</sup>

When foster parents say goodbye to a child they love and cared for, it's a form of ambiguous grief: the child is still alive but no longer in their daily lives. Here are some **ways to grieve and care for themselves** during this transition:

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## 1. Acknowledging and Honoring the Grief

- **Name the loss:** Allow yourself to say, “*This is grief. This hurts.*” Naming it legitimizes it.
  - **Create rituals of release:** Light a candle, write a letter to the child, or create a memory book of your time together. Some foster parents plant a tree or release a balloon as a way of symbolically letting go while holding the love.
  - **Talk openly:** Share your grief with trusted friends, support groups, or a therapist who understands foster care dynamics.
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## 2. Practicing Ongoing Connection

- **Memory-keeping:** Keep photos, art, or small mementos the child gave you. This allows your bond to stay alive in a healthy way.
  - **Blessings and prayers:** Some foster parents light a candle on the child's birthday or say a short blessing for them regularly. This creates a sense of continued love without trying to control the child's journey.
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## 3. Engaging in Self-Care

- **Rest and renewal:** Grief is physically draining. Prioritize rest, walks in nature, nourishing food, and body care.
  - **Creative outlets:** Journaling, art, or music can help express emotions that don't have words.
  - **Boundaries with guilt:** Many foster parents feel guilty for not doing “enough.” Practicing self-compassion is key — reminding yourself you gave love and stability when it was needed.
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<sup>1</sup> Using ChatGPT, asking the question: What are ways for foster parents and their family to grieve and do self-care after a foster child they have given their love and cared for leaves their care and transitions to their biological parents, adopted parents, or other loving and caring people? September 28, 2025.

#### 4. Community and Support

- **Foster parent support groups:** Sharing your story with others who “get it” helps ease isolation.
  - **Spiritual or faith communities:** Rituals, prayers, or group support can provide grounding.
  - **Trusted friendships:** Having people who will simply sit with you in the grief without trying to fix it is deeply healing.
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#### 5. Looking Forward with Intention

- **Reflect on the journey:** Journaling about what you’ve learned from caring for this child helps honor both the joy and the sorrow.
  - **Prepare for re-engagement:** Some foster parents choose to take time before fostering again. Others find healing in welcoming a new child when they are ready.
  - **Reframe the narrative:** Instead of only focusing on the loss, remind yourself: *“I was part of this child’s healing and story, even if for a season.”*
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**Question for ChatGPT:** What are ways foster parents can help their children grieve and adjust when their families, foster child, boy or girl, have left their home to be cared for by the foster child’s biological parents, adopted parents, or other loving and caring people?

**ChatGPT said:** That’s a deeply compassionate question—children in foster families often grieve just as much as the adults when a foster sibling leaves. The loss can feel confusing, unfair, or even frightening to them. Here are some **ways foster parents can support their children** in grieving and adjusting:

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##### 1. Acknowledge the Loss Openly

- **Name the grief:** Tell your children it’s okay to feel sad, mad, or confused. Let them know *“We loved and cared for [child’s name], and it’s hard when someone we love leaves.”*
  - **Normalize feelings:** Assure them that their emotions are valid and that everyone in the family feels some of the same things.
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##### 2. Create Rituals of Goodbye

- **Family farewell:** Have a goodbye dinner, prayer, or ritual where your children can say their own goodbyes.

- **Memory projects:** Make a scrapbook, photo album, or memory box with drawings, letters, or pictures of the child.
  - **Symbolic acts:** Light a candle together or plant a flower/tree in honor of the foster child, marking that they were part of your family’s story.
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### 3. Keep Connections Alive (When Appropriate)

- If contact is allowed, write letters, send artwork, or exchange updates with the child’s new family. This reassures your children that love doesn’t “disappear.”
  - Even if direct contact isn’t possible, foster parents can help children talk about memories and offer blessings for the child’s future.
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### 4. Support Emotional Expression

- **Books & stories:** Read children’s books about loss, transitions, or foster care (e.g., *Maybe Days* by Jennifer Wilgocki, *The Invisible String* by Patrice Karst).
  - **Creative outlets:** Encourage drawing, journaling, role-playing, or music to help process emotions.
  - **Modeling emotions:** Share your own sadness or joy appropriately—children learn by seeing healthy ways to grieve.
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### 5. Provide Extra Security

- **Consistency:** Keep routines (bedtime, meals, school) as stable as possible to give a sense of safety.
  - **Reassurance:** Remind your children that they are not leaving and that your love for them is steady and secure.
  - **Extra attention:** Offer more snuggles, one-on-one time, and verbal affirmations of love.
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### 6. Encourage Perspective and Compassion

- Help them understand, at an age-appropriate level, that the foster child is going to be with their biological or adoptive family, which is a positive step for them.
  - Talk about how your family gave important love and care during a chapter of that child’s life.
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## 7. Invite Ongoing Reflection

- **Check-ins:** Ask regularly, “*How are you feeling about [child’s name] not being here?*”
  - **Dreamwork:** If they have dreams or worries, invite them to share and explore together.
  - **Journaling or storytelling:** Older children may want to write letters they won’t send or make up stories about their foster sibling’s “new adventures.”
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## 8. Seek Support When Needed

- Child-friendly grief counselors or therapists can help if the loss triggers deeper anxiety or sadness.
  - Support groups for foster families can give children peers who understand their unique experience.
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**Question for ChatGPT:** Any more thoughts?

**ChatGPT said:** Here are some additional thoughts, building on what I already shared. These go a little deeper into the **emotional, relational, and developmental needs** of children in foster families when a foster sibling leaves:

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### 1. Children’s Grief Looks Different

- Kids often **grieve in bursts**: they may seem fine one moment, then suddenly express sadness or anger. Be patient with these ups and downs.
  - Younger children may **regress** a little (clinginess, sleep troubles, irritability). This is a normal response to loss.
  - Teens may **hide or minimize feelings**, especially if they sense parents are also grieving. They might need gentle invitations to talk.
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### 2. Help Them Hold Two Realities

- Children often feel torn: “*I’m glad they’re back with their family, but I’m sad they’re not here.*”
  - Encourage them to see it’s okay to feel **happy and sad at the same time**—this helps them build emotional resilience.
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### 3. Guard Against Misunderstandings

- Some children worry: *“If [foster child] had to leave, could I leave too?”*
  - Reassure them clearly: *“You are our forever child. You will not leave. Our family is your safe and permanent home.”*
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### 4. Let Them Participate in the Family’s Mission

- Children often feel more secure if they understand why your family fosters.
  - Share the family vision: *“Part of what our family does is love children who need a safe place for a while. We give them love and care until they can be with their forever family.”*
  - This frames fostering not as a random loss, but as a shared **family calling** where they play an important role.
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### 5. Normalize the Cycle of Love and Loss

- Just as adults in foster care need to learn that love is never wasted, children also benefit from hearing:  
*“Even though [child’s name] is not living with us anymore, the love you gave them will always be part of their story.”*
  - This helps children understand that love is not erased by distance or change.
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### 6. Model Hope and Healing

- Children watch how parents handle grief. If they see you **express sadness, honor memories, and then slowly move forward**, it teaches them healthy coping skills for their own future losses.
  - When you talk about the foster child with warmth rather than bitterness, it shows your kids that love doesn’t end with separation.
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### 7. Encourage Peer Sharing

- Sometimes kids don’t want to talk only with parents.
- If possible, connect them with **other kids in foster families** through support groups, church programs, or community events. Knowing they’re not alone makes a big difference.