



*Know Better... Do Better...*



The things we say can often times be healing or hurtful to our foster care communities! We want to educate the world around us! And once we know better... let's do better! It matters!

## Simple ways to educate yourself on understanding Foster Care:

### DO...

- Refer to a child or youth in foster care as a "child/youth in foster care"!
- Treat kids in foster care the same as all kids in the family when speaking to them.
- Kids in foster care still may be acclimating to their foster family - use the word parent instead of mom or dad.
- The details to a child's case or special needs are sensitive, often times unknown and can be very painful - only if need be, talk privately to the foster parent.
- Make comments that make them feel included in their family! Not separated.
- Use terms such as birth child/parent or biological child/parent.

### DON'T...

- Refer to a child or youth in foster care as a "foster kid"!
- Ask which kids are your real kids and which ones are the foster kids.
- Avoid familial words. Don't assume the child refers to the foster parents as Mom or Dad.
- Refrain from asking kids in foster care when they are going back home.
- Ask "what happened to your real parents". Or assume they are bad people. They may only need our support.
- Use harmful or ethnic labels or point out physical/racial differences.