

STRENGTHS/NEEDS WORKSHEET – After Meetings 3 and 4

In the left column are the Criteria for Mutual Selection of foster and adoptive families. By the end of Meeting 4 you should have had the chance to begin developing several of the “Twelve Criteria for Mutual Selection.” Remember no two families are alike. Every family has or can develop many skills which will be helpful in their new roles. You and the agency you are working with will mutually assess your willingness and ability to be successful foster and/or adoptive families. We have included one example of a strength and need related to the twelve criteria. Please identify three strengths and needs that you have as a family.

Criteria for Mutual Selection	Family <i>strengths</i> which will help us accomplish this ability	Family <i>needs</i> to be met in order to grow in our ability to do the task
<i>Example:</i>	<i>After participating in the imaginary journey, I have a better understanding of how important it is for children in my home that I work in partnership with social workers. I know that I will be able to work in partnership.</i>	<i>I need to spend more time processing my losses so that I can become a loss expert. (6 criteria)</i>
1. Know your family - Assess your individual and family strengths and needs, build on strengths and meet needs.		
2. Communicate effectively		

3. Know the children		
4. Build strengths; meet needs		
5. Work in partnership - Develop partnerships with children and youth, birth families, the agency, and the community to develop and carry out plans for permanency.		
6. Be loss and attachment experts - Help children and youth develop skills to manage loss and attachment.		

Abilities learned after Meeting 3 and 4:

- ◆ Understand why foster/adoptive parents need to be “loss experts
- ◆ Understand why the separation/grieving process is a natural and expected part of foster care
- ◆ Understand the difference between situational and maturational loss
- ◆ Understand developmental grieving
- ◆ Use strategies to help a child heal from loss
- ◆ Assess and apply the impact of personal situational and maturational losses on your role as a foster/adoptive parent
- ◆ Understand how children’s needs are expressed behaviorally
- ◆ Understand the threats to a child when attachments are not supported
- ◆ Understand how loss affects a child’s attachments
- ◆ Understand how to support a child’s attachments