

Tips for Great Visits With Your Child

Activities

- Plan some things you can do together, such as draw, read aloud, play a game or sing songs.
- Ask the visitation agency what toys and activities are available at the visit location.
- Bring a favorite toy, book or game to each visit.
- Help your child with their homework or pre-school activities. Ask them what they are learning and show them you support their education.
- Turn off your cell phone during visits so you won't be distracted by texts or calls.

Food for Visits

- Share nutritious food that your child will enjoy.
- Ask your social worker or the foster parent to share your child's current favorite foods.
- Feeding your child is something that all parents do. Bring food that is part of your culture and family tradition.

Staying Connected

- Attend all of your visits. Your children will miss you and don't understand if you aren't there.
- If you can't make a visit due to an appointment, let your social worker and the visit provider know as soon as possible. Sometimes a makeup visit can be scheduled.
- This time is for bonding with your children. Do not vent your frustrations about your case, social worker or others.
- Use a notebook that travels with your child to ask your child's foster parent or caregiver questions about your child's care. Ask about nap times, meal times, favorite activities, preferred food, and behavior.
- If you have questions or concerns about your child, talk to the visitation staff or your social worker before or after the visit, or at another time.