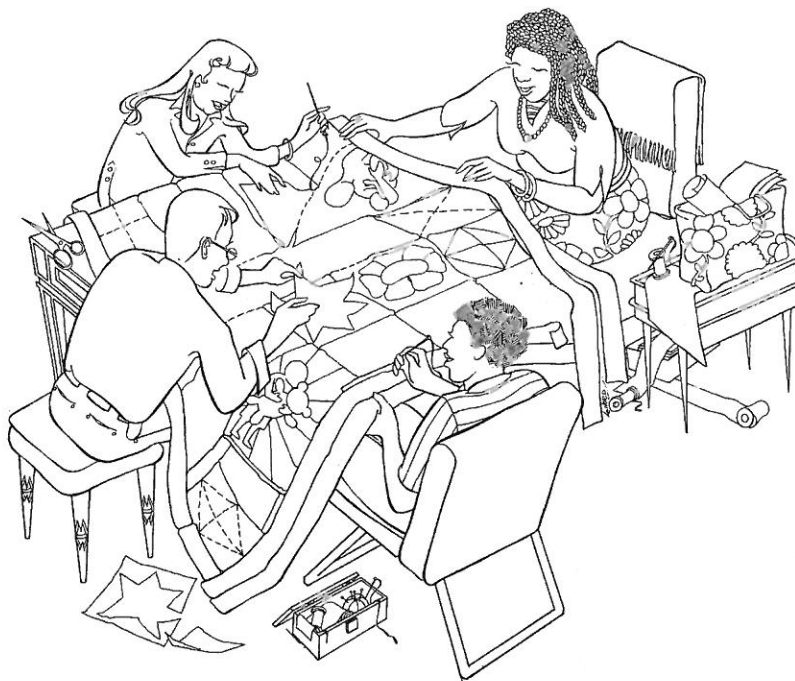
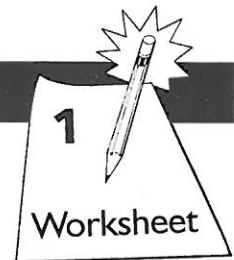




## The Five Foster/Adoptive Family Role Outcomes

1. The child's needs for **safety** are met in a manner that is most supportive of her emotional security.
2. The child will progress in her physical, emotional, social, mental, moral, and cultural **development** according to age and developmental capabilities.
3. The child's needs for **emotional security and attachment** with her birth family are met and maintained.
4. The child is **prepared to reunite** with his family or make the transition to an adoptive family.
5. The child or youth is given the knowledge, skills, and opportunity to make the **transition to self-sufficiency**.





# Helping Relationship Building Blocks Checklist

## Empathy

- Showing interest
- Trying to understand
- Tuning into and reflecting the other person's feelings
- Discussing what's important to the other person
- Recognizing nonverbal cues
- Reaching out to share another person's experience

## Genuineness

- Being yourself, and not changing based on the person with whom you are interacting
- Maintaining consistency between verbal and nonverbal behaviors
- Being spontaneous and natural, and not being artificial
- Choosing to save the relationship rather than being concerned about your own feelings or saving your own face
- Sharing relevant personal information about yourself

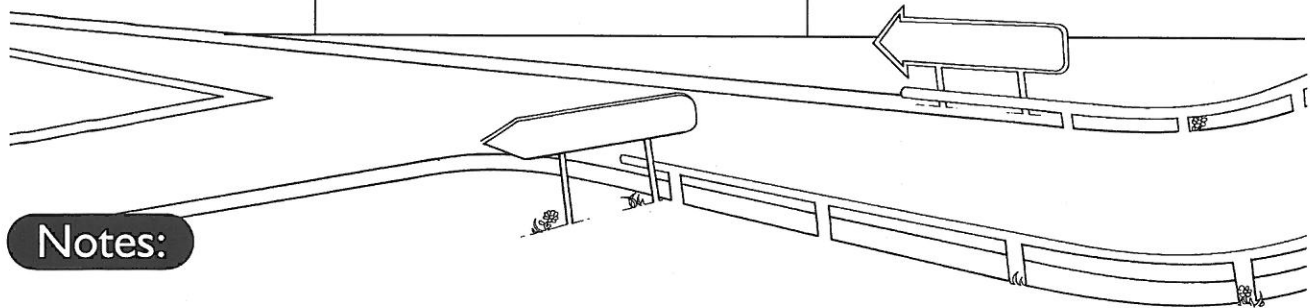
## Respect

- Demonstrating interest and commitment
- Developing empathy
- Communicating warmth
- Suspending critical judgement
- Reinforcing strengths

# Roadwork

In the boxes provided, write one or two brief examples of how you used each of the building blocks of a helping relationship (empathy, genuineness, and respect) with a child and/or family member.

Building Block	Example 1	Example 2
Empathy		
Genuineness		
Respect		



**Notes:**

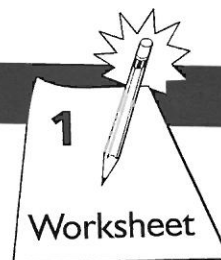
One benefit that I will receive from taking action:

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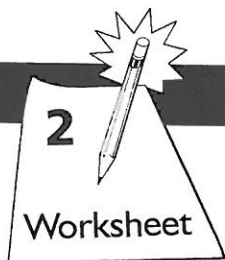


# Nonverbal Helping Skills

*In the box next to each nonverbal helping skill, write down the Foster/Adoptive parent behavior that demonstrated that skill and note the reaction of the child or parent.*

Nonverbal Helping Skill	Foster/Adoptive Parent Behavior	Child/Parent Reaction
Creates a comfortable environment by removing physical barriers and minimizing outside distractions		
Uses body language (appropriate eye contact, facial expressions, posture, and gestures) effectively		
Uses appropriate voice quality, word spacing, phrasing, and paraverbal expressions		
Observes the child or parent's nonverbal communications and paraverbal expressions		
Is aware of the match (or lack of it) between the child or parent's verbal, nonverbal, and paraverbal behaviors		





# Verbal Helping Skills (1 of 2)

*In the box next to each verbal helping skill, write down the Foster/Adoptive parent behavior that demonstrated that skill and not the reaction of the child or parent.*

Verbal Helping Skill	Foster/Adoptive Parent Behavior	Child/Parent Reaction
Uses "open" questions to invite open discussion		
Uses "closed" questions to clarify and focus information		
Checks out specific feelings, experiences, and behaviors		
Clarifies the meaning of any unclear language and/or terms		
Gets and uses details that reinforce concreteness: Who? What? When? Where? How?		
Listens to and tries to understand any feelings being expressed through nonverbal behaviors		

# Verbal Helping Skills (2 of 2)

Verbal Helping Skill	Foster/Adoptive Parent Behavior	Child/Parent Reaction
Uses paraphrasing to accurately reflect the content of what is said		
Matches the child's or parent's emotions		

