

A photograph of a man and a young child walking away from the camera on a path. They are silhouetted against a bright, golden sunset over a body of water. The man is on the right, wearing a dark jacket and pants. The child is on the left, wearing a light-colored coat. The path is bordered by trees and bushes on the left and a large rock on the right.

Parent Strategies

CLIENT:
Foster Parents

INDUSTRY:
Social Services

ISSUES ADDRESSED:
High stress and challenges due to fostering children

ENGAGED BY:
County Foster Care

Services Offered by Avenir:
Training

THE GOAL: Provide stress-management tools to parents that they can use for themselves and teach their children.

THE CHALLENGES: Children in the foster care system tend to have greater needs than those from a stable home environment. Providing the love and care that these children need can put additional strain on foster care parents and all children in the family. Like any parent, these clients want to be the best parent possible, yet the stressors are often very intense.

THE SOLUTION: Teach them simple tools based in mindfulness, HeartMath® and Somatic Experiencing® tools to modulate their own stress and to assist their children in regulating theirs.

THE OUTCOME: More effective responses to all stressors which helps the family in their bonding and stabilizing efforts.