

## ***"All About Me"* Ice Breaker Tips for Parents**

Understandably, you have many questions about where your child is and the family caring for him/her. Ice Breakers are a great time to get your questions answered but also to share important information that can help your child be more supported. Here are some tips to help you prepare for the Ice Breaker!

1. Think ahead and write down the questions you want to ask the Resource Family caring for your child. Some questions you may have could be about the family's routine, their parenting style, and the family's culture.
2. Prepare the information you would like to share about your child/children. Information that is important to share is medical history, educational information, the child's likes and dislikes, and information about soothing your child when upset. Please feel free to use the *All About My Child* form for ideas about to the information that is helpful to share.
3. Speak honestly and respectfully about your worries related to your child being away from you. Resource Families understand that you have worries and fears about your child being away. It's important that we work together to address everyone's worries.
4. Think about what kind of ongoing communication you would like to have with your child and the Resource Family. Would you like to have a daily call or a weekly check-in? Please remember that you and the resource family will work together to establish a routine that works for the child, you, and the resource family. Review the Ways to Work Together Document in your Ice Breaker and discuss which ideas work for you, your child, and the resource family!
5. You may want to bring a comfort item or special toy that your child would like to have while he/she is away from you.
6. If your child will be part of the meeting, ask him/her to share things that he/she would like the resource family to know.
7. Remember, this is a scary time for you and your child. When they see that you are safe and that you and the resource family are working together, they are able to feel more at ease.
8. Be open to building a relationship with the resource family. When families work together, long lasting relationships that can be helpful to your child can develop! Many of our resource families want to support you as much as they are supporting your child!
9. Try to maintain a positive attitude during the meeting, even if you are upset about your child being away. Remember this is not the best time to talk about your case, and that you can ask the social worker for a separate meeting to discuss those concerns and questions.
10. Even if you disagree with some of what you hear, try to work together to address your concerns.