

## ***“All About Me”* Ice Breaker Tips for Resource Families**

Understandably, you have questions about how to best support the child/ren you are caring for. Ice Breakers are a great time to get your questions answered, as well as share information about your family and routine that the parents would benefit from knowing. 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 child’s parents. Information that is important to ask about is medical history, educational information, the child’s likes and dislikes, and information about soothing the child when upset. Please feel free to use the *All About My Child* form for ideas about to the information that is helpful to know.
2. Prepare the information you would like to share about your family. This may include your routine, culture, parenting style, and communication preferences. You can use the *All About My Family* form for ideas of other information to share.
3. Speak honestly and respectfully about your worries related to working with the child’s family so that you can work together to address worries.
4. Think about what kind of ongoing communication you would like to have with the child’s parents. Is a daily call helpful for the child? A weekly check-in between the adults? Please remember that you and the parents will work together to establish a routine that works for the child, your family, and the parents. Review the Ways to Work Together Document in your Ice Breaker and discuss which ideas work for you, the child, and the parents!
6. If the child will be part of the meeting, ask him or her if there is anything he/she would like to discuss. Also, please be mindful of the parent-child bond, and try to let the parents parent the child during the meeting.
7. Remember, this is a scary time for the parents and child. Try to reassure them that the child is safe, being well cared for and that you want to work together to help the child get home.
8. Be open to building a relationship with the child’s parents. When families work together, long lasting relationships that can be helpful to the child can develop! Many of our parents would like to have your support and mentorship.
9. Try to maintain a positive attitude during the meeting, even if you have concerns you would like to discuss at a different time. Remember this is not the best time to talk about the parent’s case, and if you have questions about the court hearings or other case issues, it’s best to discuss these away from the child.
10. Even if you disagree with some of what you hear, this is a time to work together to address your concerns.