

Fostering Peace on the Journey

Exploring together how the ways we interact with birth families impacts our energy, relationships and ability to connect with our children.

3 Main Focuses of the Topic Today:

- 1) What are my expectations?
- 2) How have these expectations affected my situation?
- 3) How can I adjust my expectations to establish peace?

Unrealistic expectations and biases can disrupt a peaceful journey.

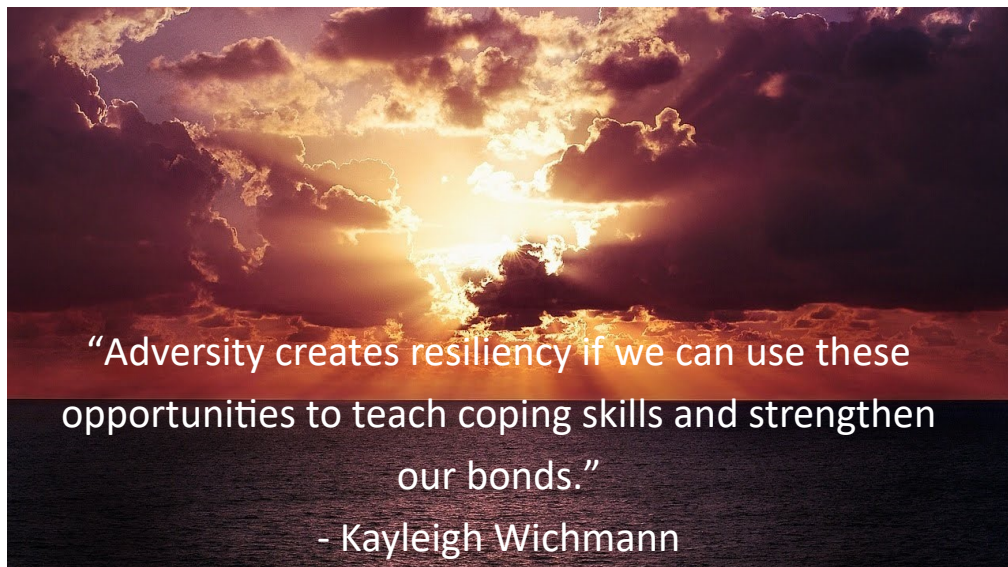
You cannot bring peace unless you possess peace.

Peace is *not* in this sense the absence of conflict, but rather, a sense of wholeness and connectedness.

Our perspective may change when we identify that the problem is NOT a person.

Your perspective is the lens through which your child will discover their own identity in relation to their own history and development.

“Your job is not to shield your child from difficult situations but to stand with them in the midst of what cannot always be changed.” – Kayleigh Wichman



Group Discussion Questions:

Foster Parents:

- 1) What were my biases about birth families and was I aware of these biases?
- 2) What are (or were) my expectations when I started to enter this journey?
- 3) How do I think these expectations have affected my situation and those around me?
- 4) How would adapting my perspective and expectations contribute to fostering peace for myself and others around me?

Adoptive Parents:

- 1) What were my expectations like before adoption and how did these evolve over time?
- 2) What were my expectations and/or biases about the birth family and their role in my child's life?
- 3) How did my expectations affect my situation?
- 4) How would adapting my perspective and expectations contribute to fostering peace for myself and others around me?

Kinship Families:

- 1) What were my expectations like as I began to enter this kinship care journey?
- 2) What was my perspective and biases I held toward the birth families of the children?
- 3) How have my expectations, perspective and biases affected my situation and those around me?
- 4) How might adapting my perspective and expectations contribute to fostering peace for myself and others around me?

We have a finite amount of energy for each day.
Let us spend it on what matters most.

