I Hear You!

Kids and grown-ups can ask and answer questions to get to know each other:

- What made you smile today?
- If you could go anywhere right now, where would you go?
- What is something important about you that I may not know already?
Heart Pocket

Fold here

Tape here

For more resources, go to SesameStreetInCommunities.org

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My Heart Can Grow

1. On each heart, draw a person or place that has been important in your life. Then cut apart the hearts (you can use another sheet of paper).

2. If you want to, tell a grown-up about a memory of each person or place. Put each heart in the pocket and keep it in a safe place.
You’re Okay: A “Together Poem”

Parents and kids can read this poem aloud together.

Adults read

Kids read

You are strong. You belong.

I am strong. I belong.

You’ll be alright. You’ll hold on tight.

I’ll be alright. I’ll hold on tight.

You carry others in your heart…even when you’re far apart.

I carry others in my heart…even when we’re far apart.

You have space to learn and play, and you are growing every day.

I have space to learn and play, and I am growing every day.

In sunny days and stormy weather, we are in this thing together.

We are in this thing together.
You Belong

You are safe.
You are strong.
There is a place for you here,
A place that’s filled with love.
You belong.
Being a foster parent or service provider is a big job, but no one ever has to do it alone. Here are resources that offer support and information for both providers and foster parents.

*Casey Family Programs*
www.casey.org
Offers services for both providers and kids/families, public policy resources, and research analysis.

*Comfort Cases*
www.comfortcases.org
Provides foster children with special bags (including comfort items) to carry their belongings between homes.

*The Children’s Defense Fund*
www.childrensdefense.org
Protects and supports the children of America, who cannot vote, lobby, or speak for themselves.

*The Children’s Place*
www.childrensplacekc.org
Offers resources for everyone as well as direct in-person services for kids and families in Kansas City, Missouri.

*Family Focused Treatment Association*
www.ffta.org
Develops, promotes, and supports treatment of children in foster care.

*Foster Care Alumni of America*
www.fostercarealumni.org
Organization of adult advocates who were once in foster care, whose goal is a better quality of life for those who have been and are currently in the foster care system.

*National Court Appointed Special Advocates Association of America*
www.casaforchildren.org
Supports and promotes court-appointed volunteer advocacy so every abused or neglected child in the United States can be safe, have a permanent home, and have the opportunity to thrive.

*National Foster Care Coalition*
www.nationalfostercare.org
Dedicated to improving the lives of the more than half a million children currently in the foster care system.

*National Foster Parent Association*
www.nfpaonline.org
Supports the caregivers of our nation’s most vulnerable children.

*National Head Start Association*
www.nhsa.org
Supports families facing difficult circumstances and works to remove barriers to learning in the early years.

*National Indian Child Welfare Association*
www.nicwa.org
Works to support the safety, health, well-being, and spiritual strength of American Indian and Alaska Native children throughout their years.

*Project ABC*
www.projectabc-la.org
Provides resources for everyone as well as compassionate and culturally competent community services to young children and families in Los Angeles.