



Self-Care Tips for Foster Children

If you've begun working with a foster child, you might be wondering how you can make sure they feel happy, healthy, and secure. There are plenty of ways to help your children naturally practice self-care. If you need ideas, or additional support, you can turn to [Arizonans for Children](#). Furthermore, here are a few suggestions, including sticking to predictable routines and planning engaging visits.

Maintain a Predictable Schedule

Many children in foster care grew up in tumultuous environments, and now that you are involved in their life, it's important to provide them [with a sense of stability](#) through predictable routines. Many of us have hectic schedules, so creating a plan will help bring structure to your relationship with your mentee. For example, you can pick a certain day of the week and try to always do your visits on that week. It's ok to change things, especially if a special event or activity comes up, but consistent visits are particularly helpful when you are building a new relationship. This is also a great skill you can teach your mentee so that they can better balance things like chores, homework, and fun time which will help increase their mental health.

Creative Exploration

Art can be a powerful form of self-care for foster children who are trying to process complex emotional experiences. By encouraging your mentee to try arts and crafts, LingoKids [states that you can](#) help them develop valuable problem-solving skills, reduce their stress, and boost their self-esteem.

Physical Activity

All children can benefit from exercise - even kids who don't like playing team sports! Parents.com states that children who get plenty of exercise [enjoy higher energy levels](#) and enhanced emotional well-being. Your mentee might be interested in signing up for recreational sports, or trying out gentle forms of exercise like yoga. You can even find a nearby park and just play outside! This is a fantastic way to bond while ensuring that your mentee gets enough exercise.

By paying attention to your mentee's interests and needs, you can emphasize self-care during your time with the child. With these tips, you'll be able to set up a fixed schedule and choose positive activities for your mentee.

Please note, some of the links provided are specific to foster parents and some elements may not apply to your role in your mentee's life.

Photo via [Unsplash](#)

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