

## 10 Tips for Supporting Foster Kids During Spring Break

Spring break is a time of excitement and relaxation for many children, *but for foster, adoptive, and kinship kids, it can be a difficult time*. These children may not have the same support systems or resources as their peers, and they may feel disconnected from school and community during this break. As a caregiver or supporter of foster, adoptive, or kinship kids, there are many things you can do to help make their spring break enjoyable and meaningful. Here are ten tips for supporting foster kids during spring break:

1. **Plan activities:** Help foster/adoptive/kinship children plan activities that they will enjoy during their break. Whether it's a trip to a local park, a movie night, or a day trip to a nearby town, plan activities that will keep them engaged and entertained.
2. **Explore nature:** Nature can be a great source of calm and joy for children, and it's a great way to get outside and enjoy the spring weather. Consider taking a hike, going on a picnic, or exploring a local nature center.
3. **Volunteer:** Spring break is a great time to teach children about the importance of giving back to the community. Consider volunteering at a local food bank or animal shelter, or finding other volunteer opportunities that align with the child's interests.
4. **Connect with family:** Foster, adoptive, and kinship children may feel disconnected from their birth families during this time. If it's safe and appropriate, consider helping them connect with family members through phone calls or video chats.
5. **Learn something new:** Spring break can be a great time for kids to explore new interests or skills. Consider enrolling them in a class or workshop, or finding resources online to help them learn something new.
6. **Encourage creativity:** Children may have a lot of pent-up creativity that they haven't had a chance to express. Encourage them to create art, write stories, or make crafts during their break.
7. **Plan for downtime:** While it's important to keep foster, adoptive, and kinship children engaged during their break, it's also important to allow them time to relax and recharge. Plan for downtime, whether it's reading a book, watching a movie, or just spending time outdoors.
8. **Foster connections:** Foster, adoptive, and kinship children may feel disconnected from their peers or community during this time. Encourage them to connect with friends or other kids in similar circumstances, whether it's through a playdate or a group activity.

9. **Build routines:** While spring break is a break from school, it's still important for foster, adoptive, and kinship children to have structure and routines in their lives. Work with them to build a daily schedule that includes time for meals, activities, and relaxation.
10. **Check in:** Finally, it's important to check in with the kids regularly during their break. Ask them how they're feeling, what they're enjoying, and if there's anything they need or want to talk about.

Spring break can be a challenging time for foster, adoptive, and kinship children, but with the right support and resources, it can also be a time of growth and connection. By planning activities, fostering creativity, and building routines, you can help foster children have a meaningful and enjoyable spring break.