

The Effects of Multiple Placements Activity Packet

Child's Initials: _____

Age joined your family	
Age now	
# of placements	
Time with current caregiver	
Time with biological family	
Reason for coming in to care	

Puzzle Pieces

	Age	Behaviors
Chronological		
Appearance		
Intellectual		
School/grade		
Emotional		
Social		
Cultural, ethnic, religious experience		
Life experience		

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Triggers

What are your child's triggers?	
If you don't know the triggers, describe the behaviors.	
What happened before the outburst/behavior?	
When do they occur? What time of day?	
What is going on around the child?	
Where did the behavior occur? Home, school, fun event?	
Eating? Smell? Activity? Sounds? Music? Weather? Temperature?	
How can you help in the heat of the moment?	
How can you plan ahead to minimize the triggers or change the effects of the triggers? Who can help you with this?	

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Child's Initials: _____ **SAMPLE** _____

Age joined your family	11
Age now	11
# of placements	11
Time with current caregiver	3 months
Time with biological family	7 years
Reason for coming in to care	Neglect and hazardous conditions

Puzzle Pieces

	Age	Behaviors
Chronological	11	
Appearance	14	
Intellectual	8	Gaps in learning
School/grade	4th grade	Struggles with school and homework
Emotional	12 months	Kicks, screams, cry on floor,
Social	6 – 8	Poor loser, bossy, controlling
Cultural, ethnic, religious experience	11	Faith very important to her
Life experience	18+	Many moves, seen sex, drugs and violence

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Triggers

<p>What are your child's triggers?</p>	<ul style="list-style-type: none"> • Raised voices and being told "no" • Change in routine • Chores and homework • Holidays and birthdays • Unexpected changes in plans
<p>If you don't know the triggers, describe the behaviors.</p>	<ul style="list-style-type: none"> • Whining, crying, and arguing • Throwing self on the floor kicking and screaming • Cussing out authority figure • Refusing to do what told • Punching holes in walls
<p>What happened before the outburst/behavior?</p>	<ul style="list-style-type: none"> • She was told "no" • Didn't get her way • Having to do chores or responsibilities • People talking about holiday plans
<p>When do they occur? What time of day?</p>	<ul style="list-style-type: none"> • Any time • Mornings
<p>What is going on around the child?</p>	<ul style="list-style-type: none"> • When tired • When doesn't get her way • When rushing to do something or go somewhere • Homework time
<p>Where did the behavior occur? Home, school, fun event?</p>	<ul style="list-style-type: none"> • Mostly at home • Sometimes at school
<p>Eating? Smell? Activity? Sounds? Music? Weather? Temperature?</p>	<ul style="list-style-type: none"> • Homework • Chores or responsibilities • Music calms her down • Eating distracts her when upset
<p>How can you help in the heat of the moment?</p>	<ul style="list-style-type: none"> • Stop focusing on the upsetting ask • Give a name to her feelings • Using coping skills – music, punch pillow, or cooling off time • Connect the activity to her feelings • Problem solve for next time • Drink cold water
<p>How can you plan ahead to minimize the triggers or change the effects of the triggers? Who can help you with this?</p>	<ul style="list-style-type: none"> • Talk about the activity/event she is getting ready to do. • Identify feelings she may have about the activity. • Brain storm coping skills and how to handle the situation. • At home – foster mom • At school – teacher, guidance counselor, assistant principal

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Self Care

What are your stressors?	
What are the signs that show you are stressed?	
What do you do to take care of yourself?	
What activities do you do for yourself?	
When do you talk to other foster/adoptive parents?	
Are you worth taking care of?	

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Progress

Celebrate the little things that are big things!

What negative behaviors have become less frequent and how have they changed?	
What are some signs you are getting through?	
What is something positive your child has said?	
What is something positive your child has done?	
Where they able to do or say those things before they joined your family?	
What do you love about your child?	