Children's Home Society of North Carolina

You're Not Alone: Support for Foster Families

Foster parenting is meaningful, rewarding—and sometimes overwhelming. Every foster family needs support, and asking for help is a sign of strength, not failure. At Children's Home Society of North Carolina (CHS), we surround foster parents with a network of people, resources, and services so you never have to navigate challenges alone.

Your First Line of Support: CHS

CHS is here to support you every step of your foster care journey. You can reach out to us for:

- Questions about behaviors, routines, or transitions
- Guidance during challenging moments
- Emotional support for caregivers
- Help connecting to services and resources
- Advocacy and problem solving

You don't need to wait for a crisis to call. We offer **24/7 on call assistance** for foster families – refer to your call tree magnet for the most important numbers to have on hand. Support is available early—*and often*—to help families thrive.

Behavioral & Emotional Support

Children in foster care may express trauma through behaviors or big emotions. CHS can help connect you to:

- Trauma informed therapy and counseling
- Behavioral health services
- Parenting strategies tailored to foster care
- Tools like routines, visual supports, and calming techniques
- Guidance for navigating school or community concerns

Support focuses not on "fixing behavior," but on understanding needs and promoting healing.

Training & Learning Opportunities

Foster parenting often requires tools that many adults did not grow up with — and learning is part of the process. CHS offers:

- Trauma informed parenting training
- Ongoing education and learning opportunities
- Guidance on communication, attachment, and regulation
- Practical strategies for everyday challenges
- Online training and support via SkyPrep – **chsnc.skyprepapp.com**

Growth happens when foster parents are supported—not judged.

Peer & Community Support

Other foster parents understand foster parenting in a way few others can. Support may include:

- Foster parent support groups and peer connections
- Mentorship from experienced caregivers
- Shared stories, encouragement, and perspective
- A safe place to ask questions and feel understood

You are part of a community—and community matters.

Support for the Whole Family

Foster care impacts everyone in the household. CHS can help with:

- Supporting birth children and other caregivers
- Navigating family dynamics and boundaries
- Helping siblings adjust to change
- Preparing extended family or "the village" to be supportive

Care for foster families means caring for the entire home.

When Things Feel Hard

If you are feeling overwhelmed, uncertain, exhausted, or unsure of next steps—reach out. Early support can:

- Prevent burnout
- Strengthen placement stability
- Improve outcomes for children and families
- Help you feel confident and capable

You don't even have to have the right words to describe how you're feeling—just reach out.

CHS Is Here for You

Foster parenting is not meant to be done alone. With the right support, families grow stronger—and children heal.

For foster parents licensed with Children's Home Society, log in to your Sky Prep account for additional training about this topic.

CHSNC.ORG