

# Respite Care Readiness:

## How to Prepare Your Foster Child for a Short Stay

Use this checklist to help your foster child feel safe and prepared for their respite stay

### WHAT TO PACK

- Ample clothing for a comfortable stay
- Pajamas and comfort items (stuffed animal, blanket)
- Toiletries (toothbrush, shampoo, specialty items)
- School backpack and supplies for school days
- Any prescription medications with written dosage instructions
- Favorite snack or food item (if dietary needs are specific)



### WHAT TO COMMUNICATE TO THE CHILD

- Explain clearly where they are going and for how long
- Reassure them they will be coming back home to you
- Share the respite caregiver's name and what they are like
- Let them know it is okay to feel nervous or unsure
- Practice a simple phrase they can use if they need help



# Respite Care Readiness:

## How to Prepare Your Foster Child for a Short Stay

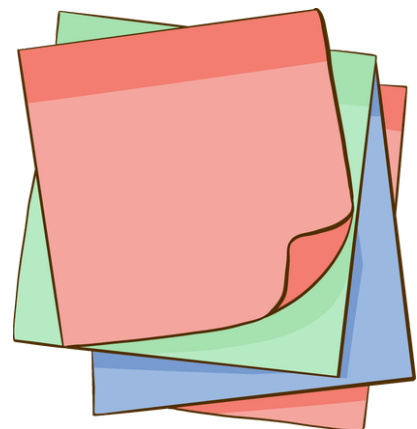
### HELPING YOUR CHILD FEEL EMOTIONALLY SETTLED

- Keep routines as normal as possible before the stay
- Read a calming book together the night before
- Write a short note or draw a picture they can take with them
- Confirm a time you will call or check in (if appropriate)
- Avoid big transitions or surprises close to the departure date.



### WHAT TO SHARE WITH THE RESPITE CAREGIVER

- Written daily routine (wake time, meals, bedtime)
- Any behavioral triggers or calming strategies that help
- Emergency contacts and your caseworker's information
- Medical needs, allergies, or dietary restrictions
- A brief note about the child's current emotional state
- Your preferred method and timing for check-in calls



**Questions about respite care?**

Reach out to your Pathway case manager or visit [pathwaycfc.org/foster-care/support-services/](https://pathwaycfc.org/foster-care/support-services/)