



Self-Assessment Questionnaire

This questionnaire provides topics for you and your family to consider before proceeding with the caregiver approval process. You do not need to return this document, but you should answer the questions and discuss them with your family to assess whether foster care may be a good option for you.

1) **Respectfulness:** Are you open to accepting the feelings and aspirations of birth parents without having to discredit them? Are you willing to accept the birth parents of the children in your care as people who are important in the lives of their children regardless of their mistakes or lapses in judgement?

2) **Flexibility:** How spontaneous and creative can you be in your interactions with birth parents without having to stick with preconceived notions of what needs to be done?

3) **Attentiveness:** Are you able to focus on the needs and concerns of others and not be distracted by your own needs and concerns?

4) **Self-Awareness:** How connected and tuned in are you to your values or spiritual roots, and are you able to use those in service to others?

5) **Humility:** How capable are you to interact with others and not need to dominate or control?

6) **Assertiveness:** How comfortable are you speaking out, asking questions to clarify and gain certainty? Are you comfortable being firm?



Beliefs and Attitudes

The following are beliefs and attitudes that people may experience when considering becoming foster or adoptive parents. If you tend to agree with these statements, you might want to think things over before proceeding with the approval process.

Think it Over...

- I am depressed and think I could feel better if I had a child to fuss over.
- I just love children and don't feel they should ever be disciplined, scolded, or punished.
- These children have been abused and neglected. I want to protect them from their birth family members.
- I don't have children and I feel that having a foster child will fill a lonely void in my life.
- I don't know much about children, but I believe that if you just love them enough, everything will be okay.
- These poor children have been mistreated and I want to protect them, so their family never hurts them again.
- I am struggling financially and think fostering could help my circumstances.

Are You Ready?

If you tend to agree with the statements below, you may be ready to proceed.

You are ready...

- I care about children and helping to strengthen families.
- I have the income and resources to meet the needs of children placed on a monthly reimbursement basis.
- I am kind and loving, but can be firm when it's required.
- I can work in partnership with birth parents and DFCS, when applicable.
- I know that foster care is temporary, and that most children are reunified with their families and I am comfortable with and can support this plan.

For more info: Michaela Guthrie, 770-336-6566 or mguthrie@christiancity.org