

Care Plan for Foster and Adoptive Moms

By Renee Witkowski at Empoweredcalling.com

When you feel down or discouraged, please take some time to fill out this care plan. You will hopefully feel encouraged, nourished and in closer fellowship with the Lord so you can serve your family.

My Name:

Three things I'm good at:

- 1.
- 2.
- 3.

A happy memory I have:

A time I felt loved and appreciated:

Caring for ourselves does not always come natural to moms. We are the caregivers and sometimes we forget to give that same care to ourselves. Listed below is an acronym and some activities to help you remember to care for yourself.

Compassion towards self

Acknowledge the battle

Rest your nervous system

Encourage yourself in the Lord

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Compassion- Picture yourself sitting beside the Lord in a cozy place. Perhaps you are on the porch at a mountain cabin early in the morning. You are rocking in a rocking chair with a soft warm blanket over your lap. In your hand you hold your favorite beverage and it smells delightful. You and the Lord are overlooking a beautiful valley filled with wildflowers bright purple, white and yellow in the field below. A slight fog covers the valley and is being burned off by the sun that has just risen. You start to feel its warmth on your arms. Jesus looks at you, puts his hand on your shoulder and speaks over you.

"Therefore, as God's person, _____, holy and dearly loved, clothe yourself with compassion, kindness, humility, gentleness and patience." Colossians 3:12

Acknowledgement- Being a foster or adoptive mom is hard. You are in a spiritual battle to parent someone who may have been rejected, experienced trauma, loss, and neglect. Satan is the author of pain and confusion. His purpose is to cause problems for you and your family. He does not want anyone to experience freedom. His plan is to steal, kill and destroy. Acknowledge the battle you are in and access the tools the Lord has to help you fight.

Dear _____, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. 1 Peter 4:12

Rest- Your nervous system is battle weary. Let's take a moment to nourish and extend lovingkindness to your body. You are not alone, God is here with you along with other sisters in Christ all over the world. Sit up straight in a comfortable chair and if you want, close your eyes. Drop your shoulders, relax your jaw and the muscles in your face. Take three deep breathes, in through your nose and out through your mouth. Breathe in deep into your belly and feel your chest expand. Breathe out through your mouth and feel your chest fall. Notice the feeling of the air coming into your nose. Is the air cool? Does it warm as it goes down your windpipe into your diaphragm? If you have time take a few more deep breathes and rest. The Lord is with you. He will fight for _____; I need only to be still. Exodus 14:14

Encouragement- Sometimes we need to be encouraged. God is your biggest cheerleader! He is excited when good things come your way or when you experience success. Maybe your child took one step in the right direction of overcoming a longstanding challenge. Perhaps you got really frustrated but were able to hold it together and not raise your voice or say what you really wanted to say. Yay, yay, yay!! Use your body or your voice and do something to celebrate. Pat yourself on the back, hold your arms out in victory, jump in the air or shout out a hallelujah! Savor this exciting moment! And we know that in all things God works for the good of _____, who has been called according to his purpose. Romans 8:28