Hugs and many new adventures -

Dear Friend,

I know you are going through a lot right now. You have big questions and feelings you might not know how to handle. If we team up and you'll find this chapter of your life a new adventure and not something scary, I believe in you and think you've one special person!

Darcy
Darby wanted to help Timothy and talk about what was bothering him.

Darby understood that it is hard for anyone to talk about difficult feelings but encouraged him anyway.

Go ahead, you can tell him—he likes to help!

Uncle Darby, a foster family helps someone grow up and takes care of them.

Well, you know... when I get to feeling that way and I don’t talk about it, I feel like I am swallowing a bunch of socks and can’t swallow any more.

Yeah, and they may take me to their home for a short time or a while.

It’s not good to swallow your feelings either.

See, uh, well, my um family is not together. I am not with my mom and dad. I have to go to a new family... a foster family.

I think this is a good time for a hug.

Darby Boing’s tender heart felt sad for Timothy, but he thought talking about it out loud might help.

And then it happened. With many ears to listen and hearts to care, Timothy’s heart opened up...

Well, I believe words are the voice of your heart, even if your heart is sad, it is okay to say these words out loud and talk about why?

My name is Constance, and I know that some of my friends have foster families.

Will my foster family care about me?

There are so many things I’m thinking...

Will I change foster families?

I feel guilty about leaving my parents.

Will I go to school, will I go to?

I don’t want to be alone...

Am I going to get adopted?

What if I don’t like my foster family?

Will I be there where will I sleep?

Can I take my toys with me?
Darby knew that many questions on Timothy’s mind could be confusing, so he tried to help...

Darby thought it would be best if Timothy talked to some people who also had foster families.

When my thoughts seem bigger than me, I always think: you can only paint a picture one brush stroke at a time!

What I mean is, sometimes it’s best to take all those feelings one at a time and talk about them. You’ll get some answers right away, others will take more time, but talking about them is very important.

So Darby boings and Timothy went to find his friends who could help...

Here’s one of them! W.H. Sprockette. He is my friend, my math teacher, and he was in a foster family.

Hi! The W.H. stands for wild hare.

Really?

Hey! The W.H.

After W.H. shared his story, Timothy asked him some questions.

I can think of three of my friends that know about foster families. Do you want to talk to them?

Were you afraid?

Yes, sometimes, and lonely but I talked to my foster parents about it.

Did you feel guilty about leaving your family?

Yes, I really did. But I learned that my family had problems that made it unsafe for me to stay in my home.

WILL MY FOSTER FAMILY CARE ABOUT ME?

Yes, they will care for you and about you!

Just talking about it makes me feel better.

Foster means to help someone grow and develop!
Darby and Timothy thanked W.H. Sprockette and went to see his friend Nurse Hope Springwell at the swingset.

Hi, Nurse Hope! This is Timothy. A friend of mine and Buckaroo's.

I'm going to meet my new foster family soon!

That can be a difficult time with your feelings and questions.

Hi, Kit. Meet my friend Timothy.

Well, greetings to you!

So you were part of a foster family?

Yes, my parents decided we would be a foster family.

As he thought she would, Hope told Timothy her story and talked about how she felt.

Kit explained what it was like to be in a family that "fostered" kids like Timothy.

Oh my! I had so many thoughts and feelings and was nervous. I thought I would feel alone, but I didn't. It took me some time, but I got to know my foster family and learned how they did things and where I would sleep. I was worried that I wouldn't be able to take my favorite doll with me, but I did and slept with her every night.

So they were nice?

Not just nice. I saw that my foster family really truly cared for me, and all that care made me become a nurse. I can help care for people now, too, in my job.

Wow, really?

I never thought about that!

Timothy felt better because they had talked about his feelings.
Darby was so grateful his best friend shared her feelings.

I'm glad I talked to you, Kit!

Me, too! Maybe look at this new foster family as an adventure or journey!

So, do you feel a little better?

Yes, I do! Talking helps.

It does! If you ever feel lonely and want to talk, you can talk to this little guy.

Thanks! I think I'm ready to jump rope now.

That's what I thought, too!

On their walk back, Timothy imagined his new family and thought about his new foster care adventure.

Getting to know me!

Answer the questions and share the answers with your new foster family so they can get to know more about you!

My full name: __________________________

My birthday: __________________________

My nickname: __________________________

(You can even make one up to share with your foster family!)

My favorite book: ______________________

My favorite color: ______________________

My favorite number: ____________________

My favorite toy to snuggle with at night: _____________________________________________
TAKE TIMOTHY ON YOUR NEW ADVENTURE!

ASK AN ADULT TO HELP YOU CUT TIMOTHY OUT OF THE BACK PANEL.

AS YOU GO ON YOUR JOURNEY, MOVE TIMOTHY ALONG THE PATH AND ANSWER EACH QUESTION AS YOU MOVE FORWARD.

KEEP GOING UNTIL YOU REACH DARBY!

WHAT COLOR IS YOUR NEW HOME?

WHAT IS THE NAME OF A NEW FRIEND?

WHAT DO YOU LOVE ABOUT YOUR NEW SCHOOL?

WHAT’S THE FIRST BOOK YOU GOT AT YOUR NEW LIBRARY?
GETTING TO KNOW YOU!

FIND SOMEONE IN YOUR NEW FOSTER FAMILY TO ASK MORE QUESTIONS TO AND LEARN A LITTLE ABOUT THEM!

YOUR FULL NAME: ____________________________

YOUR BIRTHDAY: _____________________________

YOUR NICKNAME: _____________________________

YOUR FAVORITE BOOK: _______________________

YOUR FAVORITE COLOR: ________________________

YOUR FAVORITE NUMBER: ______________________

YOUR FAVORITE SNACK: _______________________

YOUR FAVORITE SPORT: _________________________

FIND AND CIRCLE THE 6 DIFFERENCES BETWEEN THE TWO PICTURES!
FIND AND CIRCLE ALL THINGS THAT START WITH THE LETTER “T.”

CLAYTOWN PICNIC

DRAW A PICTURE OF TWO OF YOUR NEW FOSTER FAMILY MEMBERS, THEN DRAW A PICTURE OF YOURSELF!
HOW DO YOU FEEL TODAY?

USE THE STICKERS TO KEEP TRACK OF HOW YOU ARE FEELING EACH DAY. REMEMBER, IT’S OKAY TO FEEL SAD OR WORRIED. TRY TALKING WITH YOUR NEW FOSTER FAMILY ABOUT IT!

MON | TUES | WED

THURS | FRI | SAT | SUN

MON | TUES | WED

THURS | FRI | SAT | SUN

WOW! THIS IS ALL A LOT TO THINK ABOUT. I KNOW THAT I STILL HAVE MANY QUESTIONS AND SOMETIMES I MAY STILL BE CONFUSED OR SCARED, BUT I JUST HAVE TO REMEMBER TO TALK ABOUT WHAT I FEEL AND THINK OF THIS AS A NEW ADVENTURE! I HOPE THAT YOU DO, TOO!
Stand up Timothy to play your new foster adventure inside! Be sure to ask an adult for help!

1. Cut around the line of Timothy and tab below.

2. Bend along dotted line

3. Cut slits in top and bottom piece then fit together.

4. Stand Timothy up and play!

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