DARBY DOINGG
HELPS A FRIEND ON
A FOSTER CARE JOURNEY

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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 help you on your journey, I think you’ll find this chapter of your life a new adventure and not something scary. I believe in you and think you’re one special person!

Hugs and many new adventures-
Darby

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

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

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

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

See, uhh, 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.

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

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.

It's not good to swallow your feelings either.

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.

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

Will my foster family care about me?

Will I change foster families?

What if I don’t like my foster family?

What school will I go to?

Am I going to get adopted?

I don’t want to be alone.

I feel guilty about leaving my parents.

Will my foster family care about me?

What school will I go to?

Am I going to get adopted?

I don’t want to be alone.

I feel guilty about leaving my parents.

Where will I sleep?

How long will I be there?

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

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 Bolngg 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.

Really?

Hi! The W.H. stands for Wild Hare!

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

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

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

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.

Darby Bolngg counted on his best friend Kit Sprockette, and he knew her experience as a part of a foster family would help Timothy.

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

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?

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

Well, my family decided we wanted to help kids who needed care... Foster care. We had a lot of love in our home and had extra care to give someone else. I was nervous at first, but after some time, we all became a foster family. We had an extra person to play with and make things with. We all had feelings like you do, but for different reasons.

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.

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 do you love about your new school?

What is the name of a new friend?

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.”

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!