



Resource Parenting: *More Than a Safe Haven*

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RESOURCE PARENT CONFERENCE

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Agenda

- Review Session Objectives
- Discuss:
 - Some of the How's and Why's of Going the Extra Mile
 - What More We Can Do
 - How We Can Maintain Fuel Levels to Go the Extra Mile and Beyond

Objectives

At the completion of this session, participants will be able to:

- Understand that they provide so much more to the children in their care than just safe space;
- Identify ways in which they go and could go the extra mile as a resource parent;
- Explore ways that they can foster stronger partnerships with people pertinent to the children in their care and their respective plans; and
- Understand the value of self-care, especially as a resource parent and make a committed effort to put it into practice.



**“Two roads diverged in a
wood, and I—
I took the one less traveled by,
And that has made all the
difference.”
-Robert Frost**

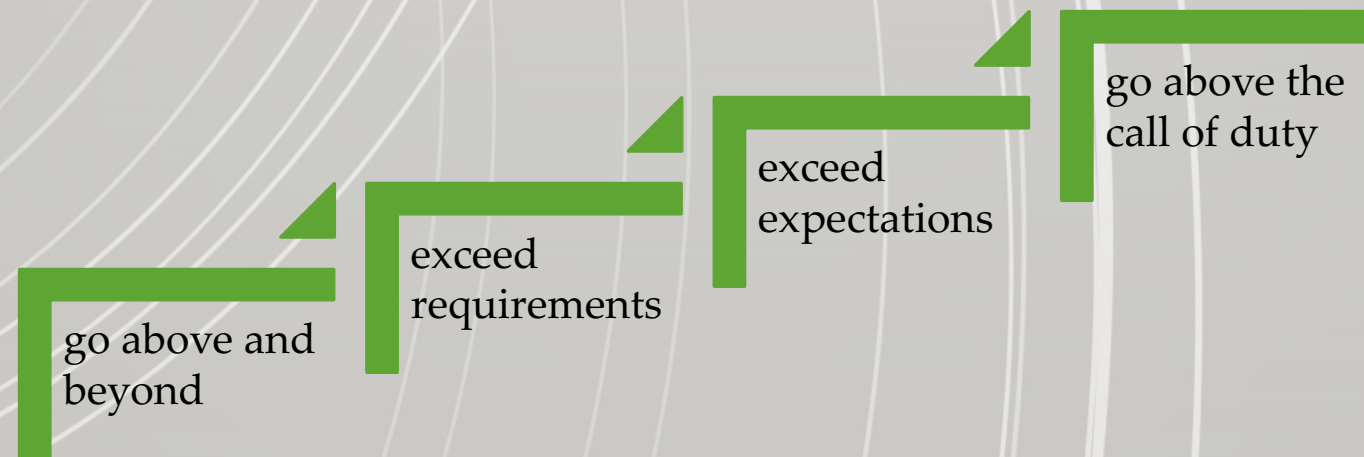
Responsibilities of Resource Parents

- Treat children with love, respect and dignity
- Respect the culture of the child and the culture of the family
- Are knowledgeable about child and youth development, trauma, and parenting
- Are willing to build relationships with the child/youth and their family
- Advocate for children/youth in their care in all aspects of their lives
- Support reunification of children and youth with their families

Going the Extra Mile

“To do more than one is expected to do”

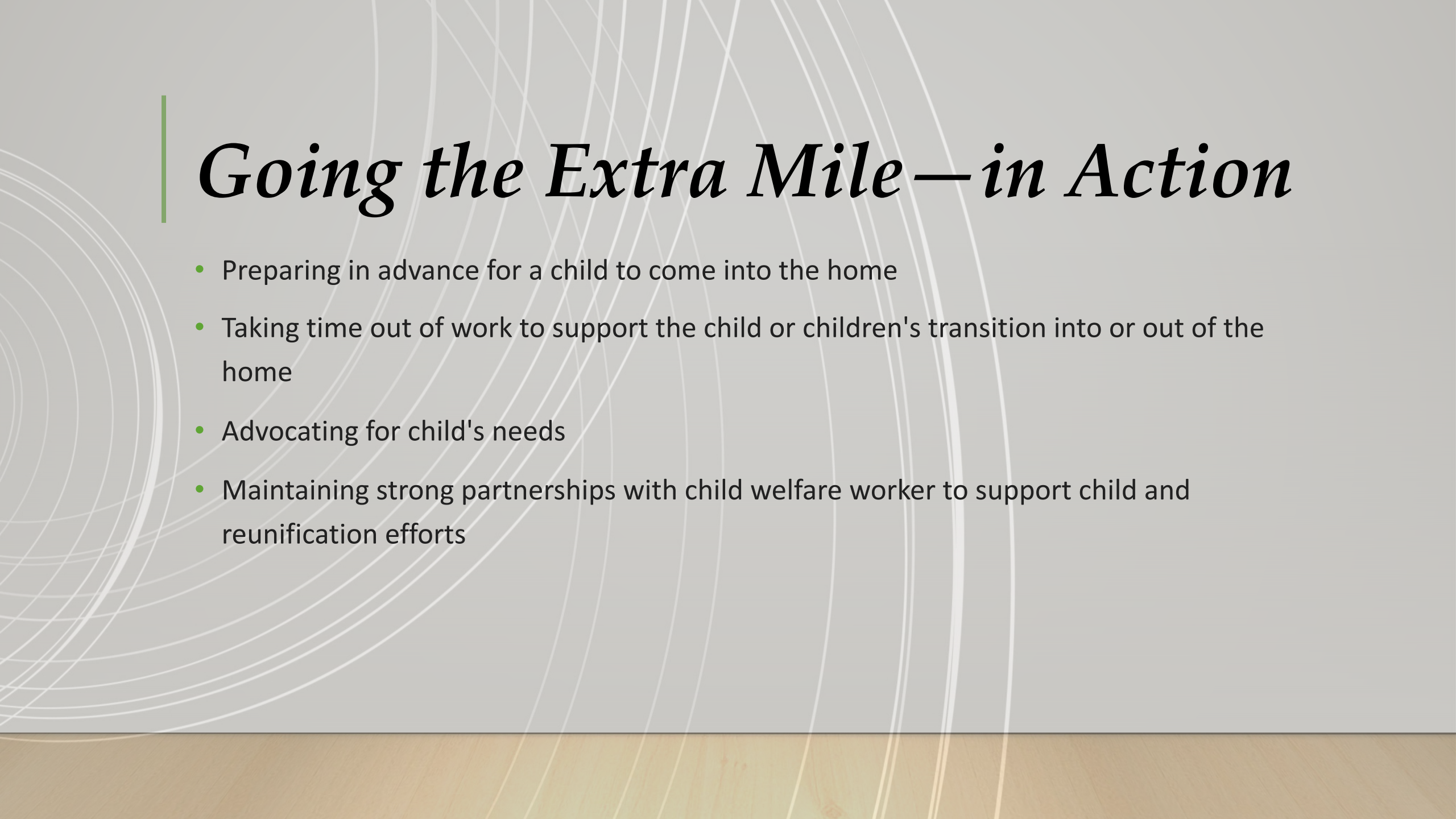
-Merriam-Webster





The How's and Why's...

Of Going the Extra Mile



Going the Extra Mile—in Action

- Preparing in advance for a child to come into the home
- Taking time out of work to support the child or children's transition into or out of the home
- Advocating for child's needs
- Maintaining strong partnerships with child welfare worker to support child and reunification efforts

Going the Extra Mile—in Action, *cont.*

**Every child comes
from somewhere...**

- Supporting birth family connections
- Honoring and respecting child's family history, ethnicity, culture, identity and religious preferences
- Ensuring that sibling connections are not severed (advocating for visitation and communication, unless otherwise deemed unsafe by court)
- Demonstrating our commitment to the process of reunification (supporting and facilitating visitation plans)
- Demonstrating the value and importance of family in more than just words



*“Siblings will take
different paths and
life may separate
them, but they will
forever be bonded
by having begun their
journey in the same
boat”*

-Unknown

Going the Extra Mile—in Action, cont.

- Accompanying the child to medical and mental health appointments, even if the child welfare worker can bring them
- Supporting and advocating for educational needs
- Encouraging and supporting participation in childhood experiences such as school portraits, sports or community activities, including the child in family vacations, events and planning

I've learned that
people will forget what you said,
people will forget what you did,
but people will never forget how
you made them feel.

– Maya Angelou





Fostering Strong Partnerships


While Going the Extra Mile





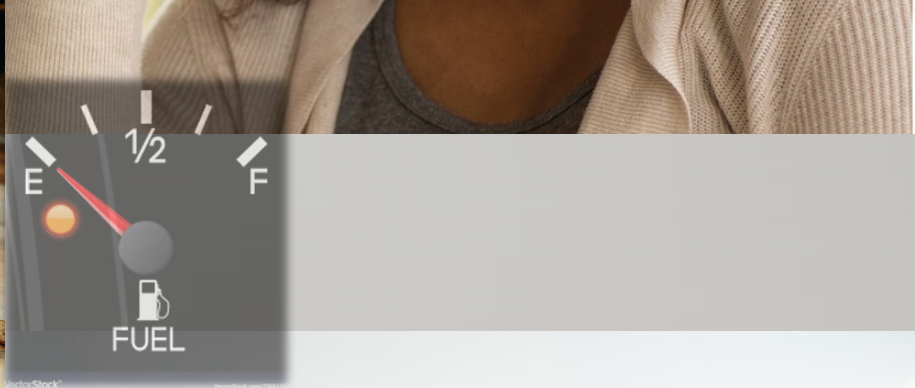
Partnerships to Cultivate

- Child Welfare Worker
- Birth Family
- School Officials and Teacher(s)
- Clinical Support Team
- Child Appointed Special Advocate



Self-Care

How We Can Maintain Adequate Fuel Levels to
Continue to Go the Extra Mile and Beyond



Your Needs Matter Too

- Prioritize yourself and be okay with it
- It is okay to ask for and accept help



Some Ways to Start Prioritizing Self-care

- Make it intentional—plan for it.
- Schedule time like you would for a child’s appointment.
- Rediscover things that you enjoyed before life became so busy.
- Take up a new hobby.
- Exercise—mental and physical benefits.
- Make sure all of your health appointments are up to date (e.g., physical, dental, vision, therapy, etc.).
- Say “No!”

Self-Care Resources

- <https://www.goodhousekeeping.com/health/wellness/g25643343/self-care-ideas/>
- <https://www.psychologytoday.com/us/blog/click-here-happiness/201812/self-care-12-ways-take-better-care-yourself>

References

- “Helping Your Adopted Child Maintain Important Relationships with their Family” Children’s Bureau, U.S. Department of Health and Human Service, September 2019
https://www.childwelfare.gov/pubPDFs/factsheets_families_maintainrelationships.pdf
- New Mexico Foster Child & Youth Bill of Rights
https://www.cyfd.nm.gov/wp-content/uploads/2022/12/foster_child_bill_of_rights.pdf

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