



A
Family
for ME

Different Ways to Provide
Care for Teenagers



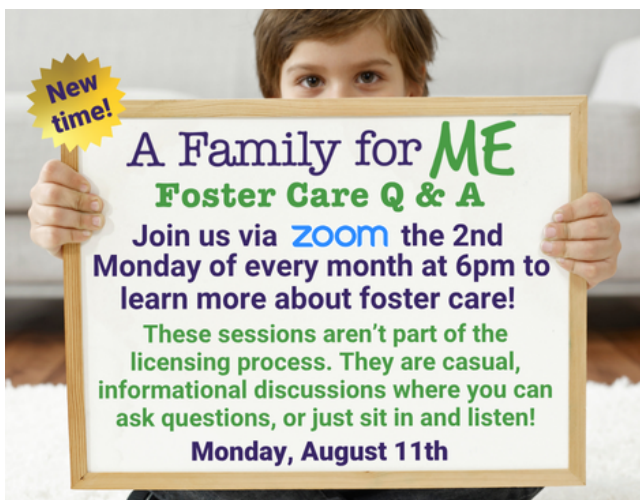
Scan the code to learn about foster care!

Meeting the Needs of Teenagers in Foster Care

As we all know, raising teenagers can be challenging. And raising teenagers who are in foster care presents even more challenges than normal. Or does it?

Teens in care need and want what every other child needs and wants. They want to be heard, accepted, and validated. They need to be supported and guided into adulthood. They want to feel respected and be trusted with responsibilities. They need your patience while learning to trust adults. They want you to support their interests and hobbies, and to be their biggest cheerleader. They want to be able to express themselves freely while also having rules to follow. Teens need to feel safe and loved. They want a place to call home.

Simply put, teens in foster care need families. They need YOU!



Maine Heart Gallery Spotlight



Colton D.O.B. 2015

Colton likes school,
sports video games,
and being active.

Visit the Maine Heart Gallery at:
afamilyformemaine.org/heart-gallery

Ice Breakers for Teens

Here are a few suggestions to help teens acclimate and feel welcome when transitioning to a new home, whether for placement or respite care:

- Create a space that is their own.
- Hang up pictures of the children in your care.
- Take time to listen; show an interest in what they are doing.
- Plan meals around food items they like.
- Ask how they want you to refer to them in public.
- Give them chores so that they feel part of the family.
- Allow them to pick out family activities.
- Allow them to decide what they will call you.
- Put something of recognition - artwork, report card or a picture - on the refrigerator.
- Have a list of important numbers and simple house rules.
- Have them help you shop and plan a meal.

A Family for ME Recruiters:

Amy Bergeron - Districts 6 & 8 (Northern ME)
207-572-0950, abergeron@spurwink.org

Christine Brown - District 3 (Central ME)
207-274-0745, cbrown@spurwink.org

Cate Colombo - District 5 (Central ME)
207-699-9408, ccolombo@spurwink.org

Patricia Tate - District 4 & 7 (Eastern ME)
207-810-6010, ptate@spurwink.org

Stephanie Shue - District 1 & 2 (Southern ME)
207-400-9146, sshue@spurwink.org

Did You Know?

Respite Care (res-pit, noun): temporarily caring for children in foster care, which provides support for full-time foster parents.

- Respite care is an option when foster parents need a break from the daily stresses of parenting, or have obligations that may prevent them from including their child, such as a work trip.
- Respite is just as important for youth because they have the chance to build healthy relationships with others, increase their self-esteem and social skills, and learn to trust others.
- There is an urgent need for families to become licensed to offer respite care for teens and other youth in foster care.

Visit AFFME on YouTube!



Upcoming Events:

Attend an event in your community!

August 8 - AFFM Family & Community Fun Day
Sgt. Family Community Center, Presque Isle

August 11 – Virtual Foster Care Q&A

August 17 - Camp Capella Golf Scramble
Hermon Meadows

August 22 – Crown of Maine Balloon Festival
Presque Isle

September 20 - AFFM Family & Community Fun Day
Place TBD, Rangley