

- Validating feelings of
  - Disappointment/anger
  - Loss/sadness
  - Uncertainty/worry
  - Hope/expectations
  - Complicated loyalties
  - Confusion/curiosity
- The right spot for you
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- Things kids worry about when they change homes
  - Will they be nice?
  - What will my room be like?
  - Will I get to see \_\_\_\_\_ again?
- Safe
  - You will be safe
  - People will check on you and still be in your life
  - You will be taken good care of – yummy food, good bed
- Capable
  - You can do this
  - You can show him all the great things about you
  - You have made big changes before and have been very brave
    - Remind him of specific ways he adapted to big changes before
  - You can handle big feelings – you can share them and ask for help with them (who can you talk to when you have big feelings?)
  - You can be responsible and show him all the big boy things you know how to do
  - You will get used to your routine
- Loveable
  - We care about you always, no matter what
  - Even when you feel upset or have a hard time following directions, you are still a good kid who is loveable

- We are excited to hear all the things you love about your new family and home
- We care about how you feel, what you think, and what you choose to do with your life
- You matter to us and we will miss you
- You're a special kid! You're great! There is no one like you!
- We hope to hear how you are doing and to see you soon
- No one can take your place
- Our hopes for your future
  - That you grow up happy, healthy, and strong
  - That you know you are a special person
  - That you know that the big changes in your life were not your fault
  - That you know that you are wanted and loved
  - That you know that you are important and you matter
  - That you can achieve your big goals and dreams