# Telephone Log

| Child’s Name: |  | Case Number: |  |
| --- | --- | --- | --- |
| Parent’s Name: |  | Foster Parent: |  |

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| --- | --- | --- | --- |
| Date | Time | Who Answered | Topic and Length of Call |
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# Letter Log

| Child’s Name: |  | Case Number: |  |
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| Parent’s Name: |  | Foster Parent: |  |

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| Date  Mailed | Who Was the Letter Mailed to | Topic of Letter |
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While You Are Away

1. Call as often as possible. Some foster parents have rules, try not to interrupt meals, homework time or bed time. Many short calls are better than one long call. Young children tend to have a short attention span and lose interest easily.
2. Write at least once a week!! Children who cannot read love pictures with happy faces, trees, sunshine etc. and a comment like, “You make me feel happy.” Every child loves to get mail.
3. Ask open ended questions. Stay away from have you been good or are you being good, you do not want them to start to think that is what determines whether or not you love them. Ask questions such as, “what is your favorite color?”, “what did you have for lunch?’, “who are your friends at school, who is your best friend?”, “what is your favorite TV show?”, “what is your favorite book?”, favorite color, type of ice cream
4. Do not promise anything you are not sure of? Do not promise that you will live together again? Do not discuss where the children will be living in the future, in almost every case the judge enters an order to not discuss the case with your child, that includes timelines for return.
5. Tell the truth, it is better to say nothing than to be untruthful. You can often avoid details by telling children that you are going to classes or school to learn how to be a better parent.

Remember it is your responsibility to prove that you can be a good parent. You must prove you made the effort. It helps to:

1. Keep a list of dates and times of phone calls. This will show the judge you tried.
2. Write each letter twice, or copy the first one, so you can show the judge the letters.
3. If you are concerned that the child is not getting your letters you can send them directly to your attorney who can copy them and forward them.