



# FOSTER PARENTS NIGHT OFF KIT

*A practical, low-cost ministry that provides meaningful rest and support to foster parents by offering safe, fun childcare for their children during a scheduled “Night Off.” This ministry reduces stress, strengthens families, and helps the church embody Christlike hospitality.*

## MINISTRY VISION & PURPOSE

### Why the Church Cares for Foster Families

#### VISION

Foster Parents Night Off gives caregivers the gift of rest—something many rarely experience. By offering a few hours of safe, structured, free childcare, the church provides breathing room, emotional renewal, and practical support during a season marked by appointments, transitions, and complex family needs.

#### BIBLICAL BASIS

Scripture calls the church to bear one another’s burdens (Galatians 6:2), to care for children in need (James 1:27), and to refresh those who are weary. Jesus modeled rhythms of rest and compassion.

#### PURPOSE

To offer foster parents meaningful time for rest, errands, connection, and renewal by providing safe, structured childcare at the church once a month or quarterly. This ministry strengthens families, builds trust, and communicates the love of Christ in simple, practical ways.

## WHY IT MATTERS

- Foster parents often experience chronic exhaustion and burnout.
- Many children in care have higher emotional and physical needs, making rest difficult.
- A 2–3 hour break can dramatically improve family stability and resilience.
- Children benefit from safe, positive interactions with caring volunteers.
- Churches become a refuge for families navigating trauma, transition, and complexity.

## HOW IT WORKS

### 1. Family Registers

Families fill out a simple form with names, ages, allergies, behaviors, emergency contacts, and special instructions.

## **2. Volunteers Are Scheduled**

A trained team signs up to serve, including activity leaders, group helpers, check-in attendants, and safety monitors.

## **3. Kids Arrive and Check In**

Families arrive at the church, complete a check-in, receive name tags, and meet their group leaders.

## **4. Children Enjoy a Safe, Fun Evening**

Activities may include crafts, games, snacks, storytime, movies, and optional devotionals.

## **5. Parents Enjoy Their Night Off**

They may rest, run errands, reconnect, or enjoy a quiet meal—completely free of charge.

## **6. Pickup & Check-Out**

Parents return at the scheduled end time, follow check-out procedures, and receive any notes or reminders.

# **LEADER'S ROLE**

- Recruit, screen, and train volunteers.
- Plan monthly or quarterly events.
- Oversee safety procedures and volunteer coordination.
- Prepare activities, games, and spaces.
- Communicate with families.
- Celebrate volunteers and share stories of impact.

# **VOLUNTEER COMMITMENT**

- Serve 2–3 hours per event.
- Attend a short training and safety briefing.
- Help set up and clean up.
- Care for children with patience and warmth.
- Follow supervision and safety guidelines.

# **CHURCH NEEDS TO LAUNCH**

- 15–25 volunteers (depending on attendance).
- Background checks for all volunteers.
- Activity supplies (games, crafts, snacks).
- A check-in and check-out system.
- A ministry coordinator.
- Promotion slides and communication materials.

# **PARTNERSHIP POSSIBILITIES**

*Who churches can partner with to strengthen and expand Foster Parents Night Off*

- **County Child Welfare Offices** – Can share event info with foster parents.
- **Foster Family Agencies (FFAs)** – Promote Nights Off and provide training.
- **Foster & Adoptive Parent Support Groups** – Identify families needing respite.
- **Local Schools** – Inform foster parents of supportive programs.
- **CASA (Court Appointed Special Advocates)** – Recommend families needing extra encouragement.
- **Community Organizations Serving Foster Youth** – Provide referrals and resources.
- **Family Resource Centers** – Connect churches with families in crisis.
- **Nonprofit Mentorship Programs** – Share best practices and volunteers.
- **Other Churches** – Co-host, share volunteers, or expand reach.

## IMPACT

- Strengthens foster family resilience.
- Builds emotional and relational stability for children.
- Creates trust between foster families and the church.
- Offers simple entry points for volunteers.
- Helps the church embody Christlike hospitality.

## BUDGET BREAKDOWN

### Per Event Cost Estimate

- Snacks: \$50
- Craft supplies: \$50
- Games/activities: \$10–\$20
- Take-home item (optional): \$1–\$3 per child

**Typical Cost per Event: \$\$125**

### Annual Estimate

If hosting quarterly: **\$400-\$500**

### Notes

- Many supplies are reused.
- Volunteers often donate snacks or crafts.
- Donation drives reduce cost.

## VOLUNTEER QUICK GUIDE

### Before Families Arrive

- Review assignments and safety guidelines.
- Prepare activity stations.
- Greet children warmly.

## During the Night Off

- Stay attentive and calm.
- Follow the two-adult rule.
- Support kids during transitions and activities.

## After the Event

- Clean up assigned areas.
- Report any concerns to the coordinator.
- Pray for the families.

# SAFETY GUIDELINES

- Two-adult rule at all times.
- Background checks required.
- No unsupervised 1:1 interaction.
- Approved snacks only.
- Clear check-in/check-out procedures.

# PROMOTION SCRIPTS

## 30-Second Announcement

“We’re launching Foster Parents Night Off—a special evening where foster parents can enjoy a few hours of rest while we care for their children here at the church. Kids will enjoy games, crafts, snacks, and fun activities. If you’d like to help or sign up, visit the lobby or register online today!”

## 60-Second Announcement

“Foster families carry incredible responsibilities and often don’t have opportunities for rest. Our new Foster Parents Night Off provides a safe, fun environment for kids while giving foster parents a break to rest, reconnect, or take care of essential tasks. We need volunteers who can help with games, crafts, snacks, and childcare. If you can serve even once a quarter, you can make a real difference.”

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# FAMILY REGISTRATION FORM (TEMPLATE)

**Parent/Guardian Name:**

**Phone:**

**Email:**

**Child Name(s) & Age(s):**

**Allergies or Dietary Needs:**

**Behaviors or Sensitivities:**

**Emergency Contact:**

**Approved Pick-Up Persons:**

**Anything we should know to help your child feel safe and welcome?**

# QUESTIONS TO ASK (EVALUATION)

These questions help leaders evaluate impact, improve systems, and strengthen the ministry over time.

1. Are foster parents using and benefiting from the Night Off events?
2. Are children feeling safe, welcomed, and engaged during the program?
3. Is our volunteer team adequately trained, supported, and equipped?
4. Are safety procedures (check-in, ratios, supervision) being followed consistently?
5. Do we have the right number of volunteers for the size of the event?
6. Are activities and environments trauma-sensitive and age-appropriate?
7. Are we communicating clearly with families before and after each event?
8. Are we gathering feedback from foster families and volunteers?
9. How effectively are we partnering with agencies and community groups?
10. What adjustments could make this ministry easier, safer, or more meaningful?