

# KIDS NIGHT OUT



Project **1.27**

Fostering and Adopting in Faith

# KIDS NIGHT OUT

## WHO

Foster and Adoptive parents often hold a unique set of challenges as they provide loving and consistent care for kids who've experienced severe trauma. Providing a night out where parents can catch their breath and find some grounding, helps sustain parents as they relentlessly pour into the lives of their children. The best part is... the kids are having so much fun they don't realize the evening is also for their parents!

## WHAT

With the opportunity to care for kids, why not go all out and offer some fun activities! This may look different depending on your budget, but with Pinterest and Family Time (famtime.com) there are so many opportunities to be creative! Here are just a couple of ideas:

- Develop a 15-30 minute rotation of activities: Group game, Bible story, crafts, healthy snack, etc.
- Incorporate sensory rich activities such as obstacle courses, making slime/play dough, as well as opportunities to sit in a big bean bag chair and play with fidgets.
- Be mindful of dietary restrictions and avoid sugar when possible.
- Find crafts that are safe and age appropriate.

## WHERE

Does your church have a night or weekend day with available space in the multi-purpose room and Sunday School classrooms? Collaborating with another church to cohost a Kids Night Out can provide access to additional volunteers and resources. If there is an easily accessible Community Center, in your area that may be an option, too.

## WHEN

Would you like your Kids' Night Out event to be a one time event, or a regular break for families monthly, bi-monthly, etc.? You'll need to consider how long you would like the event to last. Typically, 3-5 hours is the best amount of time due to restrictions for children in foster care, energy levels and recruiting volunteers.

## HOW

There are many logistics to consider to pull off a Kids Night Out Event! To ensure you don't miss any details we recommend the manual "One Wild Night: A Respite Guide" by Denise Kendrick. [Click Here to Purchase](#). Here are a few things to consider:

- Volunteers - They will absolutely need background checks. If you're holding the event in a church, you will need to follow the churches policies regarding child care. We recommend

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some form of special training for volunteers regarding how caring for kids from hard places might look different. This could be reading and answering questions about an article or watching this video by the Karyn Purvis Institute for Child Development at TCU [Trust Based Relational Intervention Overview](#). Depending on the size of your event, you may need A LOT of volunteers. Due to required ratios for child care, if you have 100 kids, you would most likely need 60 volunteers!

- Children served - What ages and how many children would be able to attend this event?
- Registration - You will need forms to ensure that you receive necessary parent and child information. Will the child need one-on-one care? Does the child have special needs, allergies, or a diagnosis of which the caregivers need to be aware. Since often times foster parents will take in many siblings at once, make sure your registration forms have boxes for many children to be included! Waivers and Liability Releases are important to have parents sign before dropping the kids off at the event.
- Check-In/Out - It's imperative to have a system in place for secure checking in and checking the children out when parents return.
- Cost - As you're planning the Kids Night Out event, you may also consider whether or not there will be a charge for parents to help cover costs of the event. They may pay a flat fee or per child.

This is just the tip of the Kids Night Out iceberg! You may have other ideas and questions swirling around in your head. If so, please contact Project 1.27 at [info@project127.com](mailto:info@project127.com) to talk with one of our Case Managers about what this event might look like in your church.