



What is the purpose of Foster Parents' Night Out (FPNO)?

Respite. Retention. Relationship. FPNO provides a four-hour break for foster parents one evening a month so they can enjoy some time to care for themselves while trained volunteers care for their children. And, while providing support that will help to retain Oregon's foster parents, these monthly events give children the opportunity to build healthy relationships with other adults who care for them in a safe, nurturing environment.

Who can participate in FPNO?

FPNO is open to all DHS foster families and relative providers in communities with an FPNO event. All children from birth to age 18, who are not medically fragile, are welcome to attend FPNO, and includes a family's foster, adopted and biological children. To help ensure that FPNO is a safe, fun and nurturing environment for everyone, children and youth who are most successful would not have a history of running away, separation anxiety, violence and would not present a threat of harm to themselves or others. All invitations to attend FPNO come directly from DHS (foster parents should talk with their certifiers about getting connected to a nearby FPNO site). Note: DHS may assess a child to be ineligible for FPNO if the child's behavior puts others at risk.

Does FPNO cost anything?

No! FPNO is provided free of charge.

How do I get started?

Foster parents who would like their children to attend FPNO should notify their certifier and request that they contact the FPNO DHS Liaison in their county,

www.EveryChildOregon.org/Volunteer

What will my children be doing at FPNO?

- Delicious snacks and dinner. The menus are always kid friendly.
- Games for active play. This can include basketball or other gym activities like obstacle courses or relay games.
- Games for quiet play. This can include Legos, Play Doh, board games, card games, puzzles and bingo.
- Arts and crafts. Kids create a variety of fun and simple projects to take home.
- Special events. This can include things like a music concert, karaoke contest, talent show or special guest
- Reading books. Bring a favorite storybook for a volunteer to read to your child.
- Relationship building. Elementary and older children receive lots of attention and have the opportunity to build healthy relationships with other children and adults.
- Nursery aged children enjoy a safe play space with lots of one-on-one attention. Babies are held and cuddled.

"All foster care providers should take advantage of this "night out" to refresh their spirits so we can provide loving care.

Foster parent, Multnomah County