

## 10 Tips for *Resource Parents* to Support Youth During Icebreaker Meetings

1. Remember that the meeting is all about the child/youth.
2. Talk to the child/youth prior to the meeting and ask them if they have any questions or concerns.
3. During the meeting, ask the child/youth if they have any questions about you or your family.
4. Be sensitive to the child/youth during the meeting.
5. Remain calm and positive throughout the meeting.
6. Allow the child/youth and the bio parent to share what they think is important about their family before asking any questions you may have.
7. Be mindful of the child/biological-parent dynamic and try not to parent the youth during the meeting.
8. Try not to be judgmental when the child/youth or biological parent shares information about routines, family structure, parenting style, etc. even if you do not agree with them.
9. Show interest in the child/youth and show that you want to understand their likes/dislikes.
10. Be supportive of the child/youth and the biological parent during the meeting and reassure them that you are all working together as a team.