

A photograph of a family of three standing by a large, multi-paned window. A woman with long dark hair, wearing a light-colored patterned dress, is looking out the window with a smile. A man with a beard, wearing a striped t-shirt, is holding a young child in his arms. The child is wearing a white shirt and green shorts. The window has a wooden frame and multiple small panes, looking out onto a bright, sunny day with greenery visible outside.

Birth Parent Foster Caregiver Partnerships

Taking a Family Systems Perspective

Presenters



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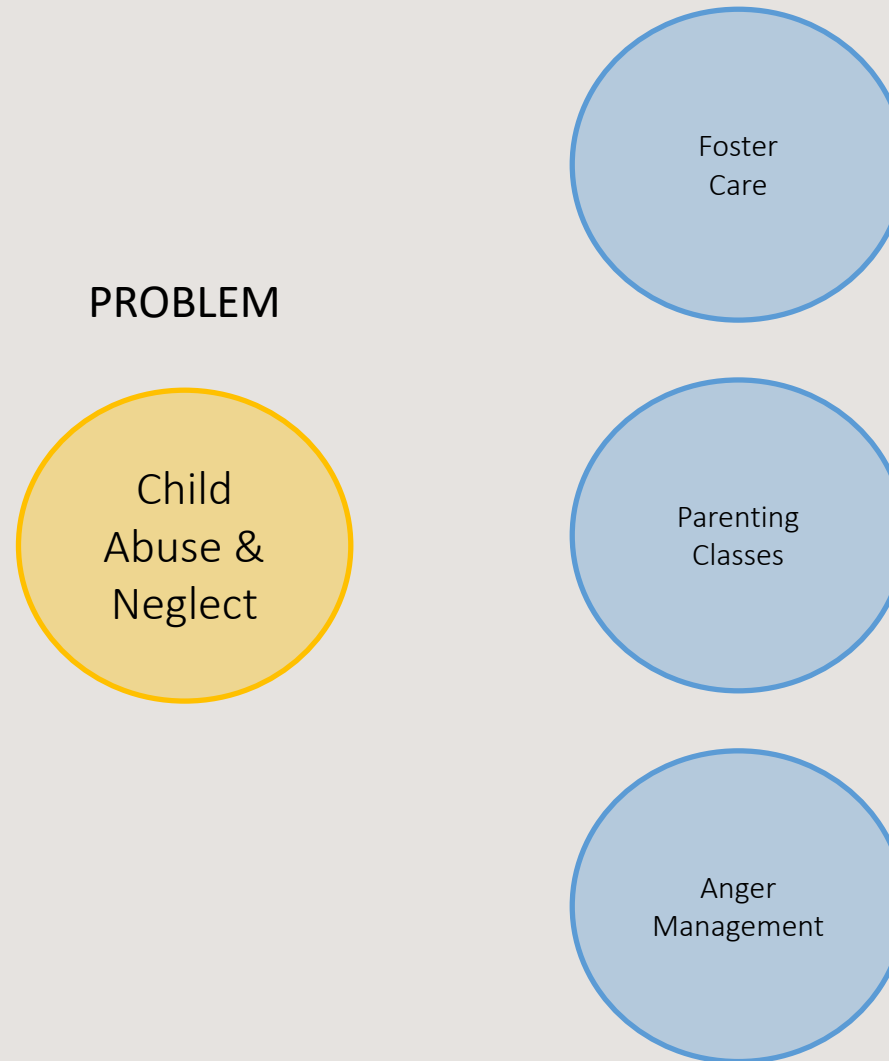
Lead, Learning and
Partnerships
CBLCC



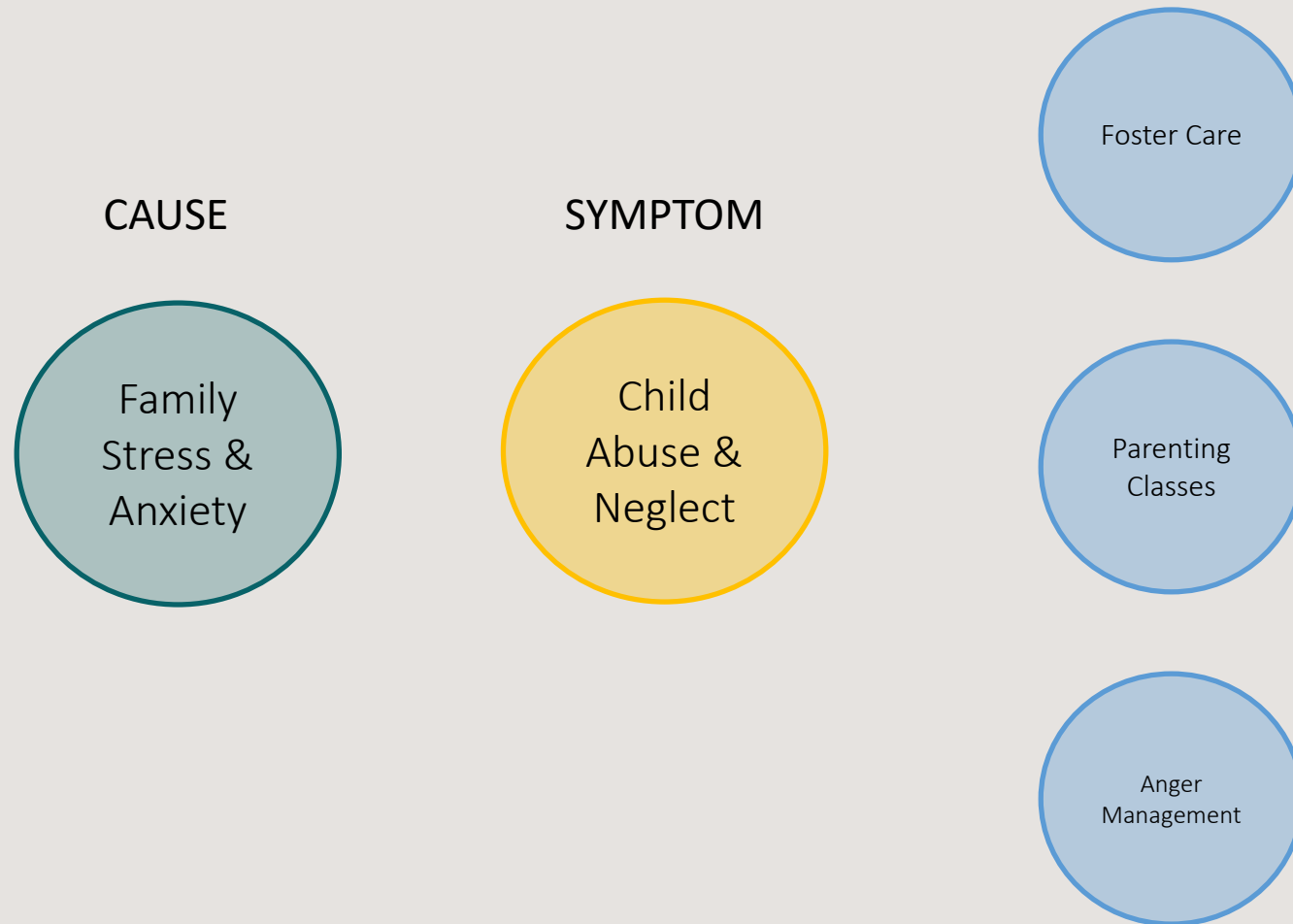
Family Systems Theory

Focuses on **relationships** within the family system and **patterns of emotional interactions** among individuals.

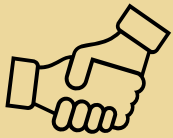
Applying Systems Theory to Child Welfare



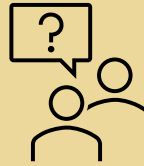
Applying Systems Theory to Child Welfare



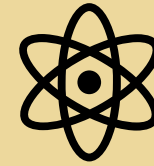
MANAGING SELF



HELPFULNESS



MOVING FROM
JUDGEMENT TO
CURIOSITY



EMOTIONAL REACTIVITY

Helpfulness



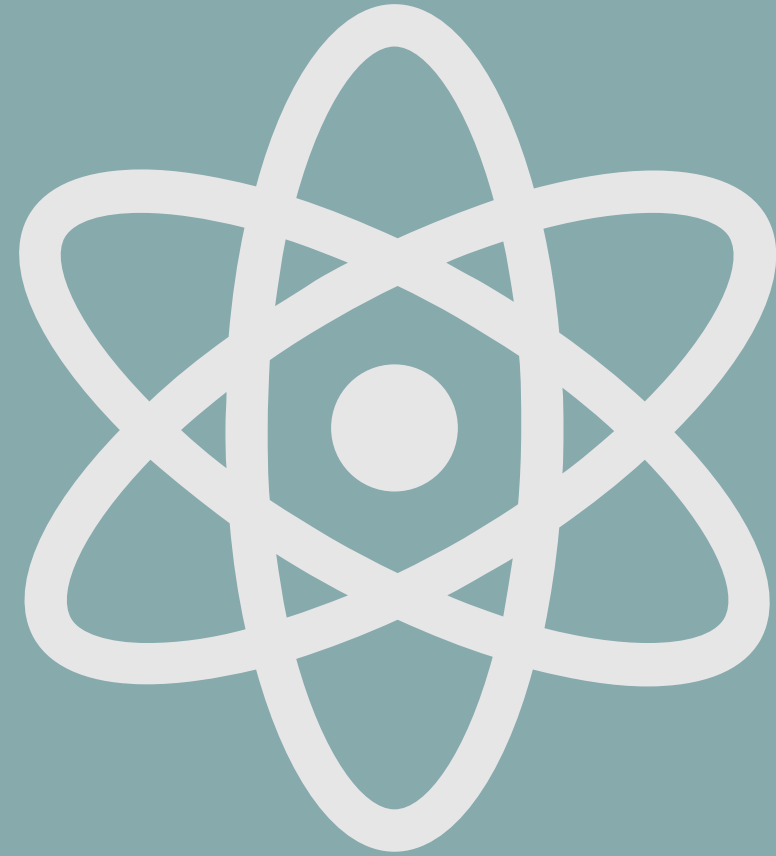
Moving from Judgement to Curiosity



Moving from Judgement to Curiosity

- How have my judgments impacted my behavior?
- Are there ways in which my judgments, blaming, or assumptions made the other person feel anxious or stressed? How would I know?
- Do I tend to blame some people more than others? Who?
- When have I demonstrated curiosity instead of being judgmental?
- How has my curiosity helped to gather more information that was useful to solving a problem?
- What questions can I ask that will help me understand another person's behavior before jumping to conclusions?
- How might asking questions change the situation?

**Emotional
Reactivity**





Q&A

**Please type your questions into
the Q&A box.**

Resources

[Bowen Systems Theory](#)

[Matrix of Birth and Foster Parent Strategies](#)

[BFPP: A State and Local Leader's Guide to Building a Strong Policy and Practice Foundation](#)

[BFPP: A Relationship Building Guide](#)

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Thank you for Joining Us!

