



24 HOURS IN THE LIFE OF AN SOS FOSTER PARENT



Yanet is an SOS foster parent responsible for six children ages 6 months, 3, 4, 5, 11, and 13 years. She is everything to these little people, and cares for them with unparalleled degrees of love and kindness. Our foster parents with infants and young children have the support of respite staff to help them through the day. They are at the forefront of all that we do and are invaluable to our mission. Read on to experience what 24 hours in her life is like.

"Time is important"
- Yanet Diaz



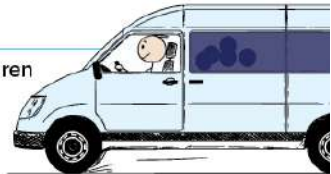
6:00 am Wake up and quickly get ready for the day.

6:15 am Get all six children up. Stay with toddlers and help brush teeth. Pay attention to make sure no one is playing with the water at the sink.



7:00 am Prepare and feed the baby her bottle. Older children have breakfast at school. After getting dressed, everyone either plays or watches cartoons. Older children are on their phones.

7:10 am Loads everyone into van for school and daycare drop-offs. All children need to go in for each drop off, so no one is in the car alone at any time. Apply extra safety measure for one of the toddlers by holding his hand tightly as he likes to run.



8:25 am Back at home. Personal time to go to the gym and run errands. Some days there are training meetings, or a child may have a doctor appointment.



10:00 am Pick up clothes from little ones getting ready. Straighten up house. Log refrigerator temperature twice daily as part of home management requirements. Complete incident reports as needed.

11:30 am Go to supermarket 3 to 4 times per week. Sometimes twice in one day if an item is needed for a school project.

1:30 pm Arrive back at home.

1:45 pm In car pickup line at elementary school. (Hope it goes quickly as time ranges from a few minutes to half an hour)



2:20 pm Return home. Talk with children about their day. Set them up with a snack and assist with homework.

3:00 pm Begin preparing dinner.

5:00 pm Respite staff arrives. Leaves to pick up baby and younger children from daycare.

6:00 pm Everyone back at home and gets baths or takes showers.

7:00 pm Dinner time together. This is when the children get to share and be a family.

7:30 pm Older children do chores such as clearing the table and loading the dishwasher. Younger children brush teeth and watch cartoons.

8:00 pm Little ones go to bed.

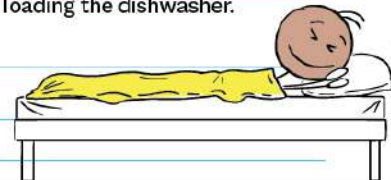
9:00 pm Older children go to bed.

10:00 pm Baby goes to sleep (hopefully!)

11:00 pm Yanet goes to bed. This can vary based on the baby's needs.

2:00 am Feed baby and do a restroom check for one child who needs to be awakened once during the night.

6:00 am Time to get up and start all over again!



Weekends are fluid as the family takes a more leisurely pace. They go on outings to the beach or park, and sleep in a little later. They also play with other children in the Village.