

If You Have a Few Minutes	If You Have a Few Weeks	If You Have More Time
Learn the facts about foster care and gain a better understanding of the needs of those touched by this issue.	Child welfare administrators can apply to participate in the Leadership Academy for Middle Managers to increase their effectiveness in leadership, workforce development and succession planning.	Become a Foster or Adoptive Parent. Caring families are especially needed for older youth, siblings, and children with special needs.
Make a financial contribution to support the personal enrichment or education of a young person in foster care.	Become a licensed respite care provider as a way of providing support to foster families in your neighborhood.	AdoptUsKids www.adoptuskids.org
www.promises2kids.org	Tutor a child. Because they must change schools frequently (or sometimes have social/behavioral challenges to overcome), youth in foster care may benefit greatly from extra academic support.	Mentor a young person. Research shows that children and youth with mentors earn higher grades and improve their relationships with friends and families.
Foster Care Alumni of America www.fostercarealumni.org	Help young people in foster care organize a youth leadership or support group.	Make a Permanency Pact. Supportive relationships with caring adults make all the difference in the world especially for older youth leaving the foster care system.
Send a "Shout Out of Encouragement" to a foster youth or foster care alumni.	Encourage business leaders in your community to support young people in foster care. Ask your company to distribute this Change a Lifetime menu of ways to get involved to educate and involve employees and customers. Collaborate with the National Foster Care Month Partners and local child welfare agencies to develop cause-marketing promotions for the month of May and throughout the year.	Become a Court Appointed Special Advocate (CASA). CASA volunteers are trained citizens appointed by judges to represent the best interests of abused and neglected children.

<p>Orphan Foundation of America www.orphan.org</p>	<p>Be inspired to make a difference! Read more about former foster children from all walks of life who are enjoying positive, accomplished adult lives thanks to the relationships they shared with caring adults.</p>	<p>Dedicate yourself to a career that helps children and families by becoming a professional social worker. If you're right for the job... it's the best job in the world!</p>
<p>Success Stories www.fostercaremonth.org</p>	<p>Learn how to help a youth in foster care explore career options, acquire new job skills, and find employment or a résumé-building internship. Contact the Independent Living Program in your area or visit any of the links below to find more information and how to get involved.</p>	<p>Stay informed year-round. Be a change agent. Become a member of the National Foster Care Coalition and join leading child welfare agencies and individuals across the country in improving the lives of youth in foster care.</p>
<p>Send a care package to a foster care alumni attending college.</p>	<p>http://www.promises2kids.org/programs/guardian-scholars</p>	
<p>Wear a Blue Ribbon during May in support of National Foster Care Month. Attend a local ribbon-tying ceremony to advocate on behalf of the children in foster care in your state.</p>	<p>NFPA Blue Ribbon Campaign www.nfpainc.org</p>	
<p>Donate goods such as suitcases, books, games, computers, sports equipment, musical instruments, clothing, and school supplies to young people in foster care.</p>	<p>http://www.promises2kids.org/donate</p>	
<p>Spread the word! Feature the National Foster Care Month logo and Web site link to promises2kids.org on your site. Help raise awareness and encourage others to get involved on behalf of the 463,000 American children in foster care.</p>		