
THE SHOW UP FOUNDATION

Resource Guide

The Caregiver's Toolkit: Practical Resources for Every Season

Templates and checklists | Seasonal support tools

For caregivers who need practical systems, planning pages, and faith-rooted tools that make daily life more organized, calm, and sustainable.

WHY THIS RESOURCE EXISTS

This resource is intended for encouragement and practical support. It is not a substitute for professional medical, legal, mental health, or case-management advice.

Created to equip tired caregivers with warm, faith-rooted, practical encouragement for the next faithful step.

SHOW UP WITH HOPE

FROM THE SHOW UP FOUNDATION

Take what helps, return to what you need, and let this resource serve your real life with grace.

The Caregiver's Toolkit: Practical Resources for Every Season

Welcome to the Toolkit

This toolkit was created for real-life caregiving. It is for the days when you need fewer inspirational slogans and more practical help. It is for the caregiver who is trying to remember appointment details, medication schedules, school updates, meal plans, emotional needs, and spiritual encouragement all at once.

Use these pages in the way that best serves your household. Some sections are designed to be read and implemented immediately. Others are templates you can print again and again. Nothing here needs to be used perfectly. Let the toolkit serve you, not burden you.

Section One: The Essential Care Snapshot

When life is busy, it helps to keep key information in one place. This page is designed to give you a simple household snapshot you can review quickly before a busy week or hand to a trusted helper when someone steps in.

Category	Key details to fill in
Child's full name and preferred name	
Primary diagnosis, needs, or current concerns	
Allergies and urgent medical information	
Primary care doctor and specialists	

Category	Key details to fill in
Medications and dosing times	
Emergency contacts	
School, daycare, or program details	
Comfort items, calming strategies, and routines	
Spiritual or emotional encouragement that helps this child	

Practical note: Keep one printed copy in a folder near the door and one digital version in a secure place for quick reference.

Section Two: The First 72 Hours Care Plan

Transitions matter. This is especially true when a baby comes home from the NICU, when a new foster or kinship placement enters the home, or when a child’s medical needs suddenly intensify. The first seventy-two hours rarely feel polished, so the goal is not perfection. The goal is stability.

What to protect first

Priority	What this looks like in real life
Safety	Know medications, feeding instructions, allergies, sleeping plan, and immediate supervision needs
Regulation	Keep the environment calm, reduce extra visitors, lower noise, and keep routines simple
Connection	Use a steady tone, repeat reassuring phrases, and avoid overwhelming the child with questions
Information	Write down what you learn instead of trusting memory alone

Priority	What this looks like in real life
Support	Notify one or two trusted people who can help without creating extra chaos

First 72 hours checklist

Task	Done	Notes
Confirm medications, feedings, or medical equipment needs		
Set up sleeping space and comfort items		
Prepare simple meals and hydration for the caregiver		
Create one-page care notes for anyone helping		
Limit nonessential commitments		
Ask one trusted person for practical support		
Protect one calming bedtime routine		
Pray over the home and the child		

Section Three: Appointment and Questions Planner

Many caregivers leave an appointment realizing they forgot the most important question. This planner helps you go in prepared and leave with the right information.

Before the appointment

Prompt	Your notes
What has changed since the last visit?	
What symptoms, behaviors, or patterns need to be discussed?	
What is one main concern you do not want to forget?	
What medications, therapies, or supports need review?	
What does success look like before the next visit?	

Questions to consider asking

Topic	Questions
Understanding the issue	What does this mean for daily life right now?
Next steps	What should we watch for before the next visit?
Treatment clarity	What is the goal of this treatment or therapy?
Home care	What do we need to do differently at home?
Urgency	What changes would mean we should call sooner?

After the appointment

Follow-up item	Next step
Medication changes	
Tests, labs, or referrals	
School or therapy updates needed	
Supplies or paperwork to complete	

Follow-up item	Next step
Questions still unresolved	

Section Four: Medication and Care Log

When schedules are full and sleep is low, memory becomes less reliable. A written care log reduces stress and helps multiple caregivers stay on the same page.

Date	Medication or care task	Time due	Time completed	Notes

Practical note: If the child has complex needs, keep this page clipped to a hard surface or placed in a binder where every caregiver can find it quickly.

Section Five: Feeding, Sleep, and Symptom Tracker

This tracker is especially useful for NICU graduates, medically fragile children, and seasons when patterns need to be documented clearly.

Date and time	Feeding or meal details	Sleep details	Symptoms or behavior notes	Follow-up needed

When you are gathering data for a doctor, therapist, or care team, even brief notes can make an important difference.

Section Six: Foster and Trauma-Informed Home Notes

Children from hard places often need structure, predictability, and dignity more than constant correction. This page helps caregivers build a safer, more regulated environment.

Grounding truths for the caregiver

A child's behavior often tells a story before it creates a problem. Resistance may be fear. Withdrawal may be self-protection. Anger may be grief with no safe words attached to it. Your calm will not fix every response immediately, but it will help create a trustworthy environment.

Home rhythm prompts

Area	Gentle planning question
Morning	What helps this child start the day with predictability?
Meals	What routine makes food feel calm and safe?
Transitions	What warning or visual cue helps with change?
Correction	What language protects dignity while staying clear?
Bedtime	What ritual helps the child settle and feel safe?

Connection ideas

Moment	Simple showing-up practice
After school	Offer a snack, a calm tone, and one predictable question
After a hard behavior	Regulate first, then correct with clarity
Before bed	Repeat the same blessing or reassuring phrase each night
During transitions	Tell the child what is happening before it happens

Section Seven: Caregiver Reset Page

You cannot pour from a constantly empty place. This reset page is not about becoming selfish. It is about remaining sustainable.

Quick personal check-in

Question	Your answer
What feels heaviest right now?	
What am I carrying that belongs to tomorrow, not today?	
What physical need have I ignored?	
What emotion needs honest attention?	
What is one kind thing I can do for myself in the next twenty-four hours?	

A simple reset plan

Need area	Tiny next step
Hydration or food	Drink water and eat something with protein
Rest	Sit down for ten quiet minutes or lie down early
Prayer	Read one psalm slowly and honestly
Support	Text one trusted person the truth about how you are doing
Home pressure	Remove one nonessential task from this week

Section Eight: Weekly Family Planning Page

Chaos decreases when the week has a map. This page helps you plan what matters without trying to control everything.

Area	This week's focus
Appointments and therapies	
Medication refills or supply needs	
School or childcare needs	
Meals and groceries	
Transportation plan	
Sibling support needs	
Household tasks that truly matter	
One spiritual anchor for the week	
One form of joy or rest to protect	

End-of-week reflection

Reflection prompt	Notes
What helped the household most this week?	
What created unnecessary stress?	
What needs to change next week?	
Where did we see grace?	

Section Nine: Support Team Organizer

Most caregivers do not need more vague offers of help. They need a usable plan. This organizer helps you match people with specific types of support.

Person	Strength or availability	Possible role
		Meals
		Childcare or sibling support
		Transportation
		Prayer support
		Errands or household help

Helpful scripts for asking

We have an appointment on Thursday and need someone to sit with the other kids from 2:00 to 4:30. Would you be available?

This week is especially full. Would you be willing to drop off dinner one night?

Could you check in with me on Friday and pray with me for five minutes?

We need a pharmacy pickup and one grocery run. If you can help with either one, that would be a gift.

Section Ten: Prayers for Different Seasons

A prayer for hospital days

Lord, be present in every room, every conversation, and every decision. Steady my heart and help me care well for this child. Give wisdom to the medical team and peace to our family.

A prayer for foster and transition days

Father, make this home a place of safety, truth, patience, and peace. Help this child feel protected here. Help me respond with compassion and wisdom as trust is built over time.

A prayer for exhausted days

Jesus, I do not have much extra today. Fill what is empty. Calm what is anxious. Strengthen what is weak. Help me be faithful in the next right thing.

A prayer for uncertain days

God, I do not know what tomorrow brings, but I know You are already there. Lead us, provide for us, and keep us near to Your peace.

Section Eleven: Scripture for Caregiving Seasons

Season	Scripture reference
When you are overwhelmed	Psalm 46:1
When you need wisdom	James 1:5
When you are anxious	Philippians 4:6-7
When you are tired	Isaiah 40:29
When you need peace	John 14:27
When you need endurance	Galatians 6:9
When you need hope	Romans 15:13
When you need courage	Joshua 1:9

Read one verse at a time. Let it be enough for the day.

Section Twelve: Encouragement for the Road Ahead

There will be seasons when you use every page of this toolkit and seasons when you only return to one section again and again. That is okay. This resource is not another standard you have to meet. It is a companion for the road.

The goal is not perfect organization. The goal is faithful support. The goal is not controlling every outcome. The goal is helping your home become steadier, safer, and more peaceful one choice at a time.

Small systems matter. Written notes matter. Prayer matters. Calm routines matter. Gentle presence matters. And in the middle of all the practical details, love still matters most.

Final Encouragement from The Show Up Foundation

May this toolkit help you feel more grounded, more prepared, and less alone. May it create breathing room where life has felt crowded. And may it remind you that every faithful step, every organized page, every whispered prayer, and every act of steady presence is part of what it means to show up.