

My family is thinking about fostering





What's your name?



What do you like doing for fun?



What is Fostering?

This is when a family looks after a child or young person while they can't live with their own parents. This might be for a few days, months or possibly a few years.

Children live with foster parents for many reasons:

- Their parent might be unwell
- They might be struggling to get on with their family
- Their parents might not be able to look after them safely

A foster family gives them a safe place to live.

Being part of a family that fosters means that some things will change for you. Not everything changes though: you will still have your own bedroom, do your own activities and have your own friends.



Being part of FCA means that:

- You will form new friendships with other children
- You will be invited to social activities
- Every year we ask you how you feel about fostering

Sharing

Sharing will be a part of fostering.

Think of some things that you would be happy to share with another child and some things that you wouldn't like to share.

I could share these things...



I would not like to share these things...



Talk to your mum or dad about safe places where you can keep the things that you treasure.

Routines

Your daily routine might change a bit and you will have to share your mum or dad's time and attention. They might need to take children:

- To school
- To activities
- To have family time with their own family

There also may be some meetings in your home.

How do you feel about this?

Feelings and behaviour

Children that come into foster care often struggle with their feelings. Things that have happened to them before coming into care can also affect the way they act. This could show itself in lying, stealing, not speaking, being angry, shouting, bed-wetting or being rude.

This can be hard to see and hear. Your mum or dad will help you to find ways of coping with this. Here are some things you can try.

Tick the ones that you think might work for you...

- Talk to your mum or dad
- Go out and play with your friends
- Go to another room
- Give the fostered child some space

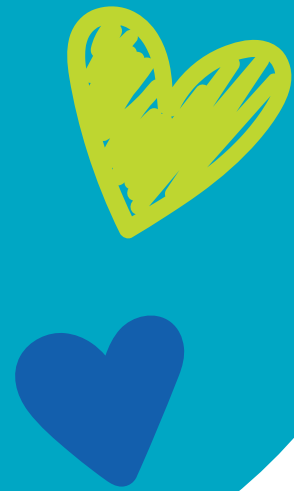
Do you have any other ideas?

Keeping things private and safe

Meetings about fostering might take place at your home. If you are home at the time, you might hear adults talking about the children. It is important to keep information about children who stay in your home private and not to share this with your friends.

Children might also tell you about how they are feeling. If you are worried about what they tell you then you must share this with your mum or dad and not promise to keep it a secret.

It is important that everyone in the home feels safe.



Welcoming new children

How would you welcome a child into your family?



Finally, every child that comes to your home will be unique with their own personality, just like you.