

Children of foster carers: what you need to know

Being part of a fostering family can mean sharing your home, family and everyday life with a child or young person. There may be fun, laughter and happy memories, but also change, uncertainty and goodbyes.

You make a difference

The little things you do can help a child feel welcome, safe and part of the family:

- Playing games.
- Showing them around your home.
- Inviting them to something you enjoy.
- Helping them feel like they belong.



Meet others who understand

Ask your parent or supervising social worker about opportunities to meet other children and young people from fostering families.

These might include:

- Support groups and activities for children who foster - if your service doesn't have a group for children who foster, ask if you can set one up.
- Family days, celebrations and school-holiday events.
- Activities through a local Mockingbird hub.
- Opportunities through fostering networks or your school.



Your voice matters

You have the right to have your thoughts and feelings heard.

Tell someone:

- What is going well.
- What you find difficult.
- What support you need.
- What you would like to change.

You are an important part of the fostering community.

Thank you for everything you bring to your family and for helping children and young people feel that they belong.

Support for you

Your fostering service must support you too and should provide you with advice, guidance and training.

- Share your views at your family's foster carer annual review.
- Speak to your family's supervising social worker – they are there to support you too.
- Talk to a trusted adult, such as your parent, another relative or a teacher if you don't feel heard.

