Children who foster

swiis
foster care Scotland

What does fostering have to do with me?

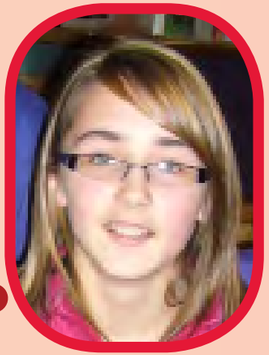
Before any children come to stay with you, your family will go through a process called an 'assessment'. This can take up to 6 months but in most cases is quicker. You will get to meet the social worker who is assessing your family as they will visit your house and family quite a lot.

Charlotte aged 15

As we all got to know each other, we were able to teach each other new things.

Be open to changes in your family 'rules'...some things might need to change in preparation for a child coming to stay.

Don't expect that the children will like everything that you do...they may like different food, games and TV programmes.

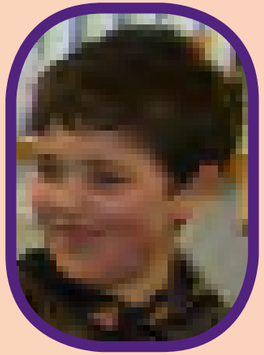


Children who foster

Fergus
aged 12

It doesn't feel like sharing your parents because the foster children have became part of our family.

The first few months are the trickiest...the children didn't know our family rules and it took some time for everyone to get used to each other.



Children who foster

Andrew
aged 18

Always take a minute to look at things from their perspective.

Always remember that you are your parents child and that they will never forget that...

Children who foster

Ethan
aged 12

At first it seems strange sharing your family and your stuff with someone new...now it just feels normal and we're all part of the family.

You need to give the foster kids some space...

Children who foster

What does fostering have to do with me?

Things at home will change when someone comes to live with you. Although it will be Mum or Dads job to look after the children, you will also have a role in helping any new children to feel welcome and to settle in to life with you and your family. If you are friendly and welcoming, this can make you feel part of what is going on and can help another child to settle into your family more easily. Try to remember that children who are staying with you are away from their own family and that can be really tough.

Support

for children who foster

There is a support group called Children Who Foster. All of our children and young people have the opportunity to have their say! This might mean suggesting topics for group chats, ideas for activities, arts & crafts or maybe places to go on group days out like Laser Quest or Go Ape! There are always staff on hand at groups to help you out with stuff and there is even special training to help children and young people understand what it's like to be part of a fostering family.

Have a look here to see what some of our young people had to say about their support group.

You get a day out somewhere good and get to hang out with other kids who's family foster. We talk about what its like to be part of a foster family and it helps to speak to other kids who understand.

We do activities together and get to meet other kids who foster like us, which is really good.

The **Children Who Foster** group is really good, it gives me somewhere I can go to talk about what its like to foster, what's going well and anything that I might be worried about. There are staff there as well who are always on hand to listen and help.

We also get the chance to get involved in projects like interviewing new staff members, information leaflets and web pages!

We offer each other support and advice [at the group] with adults who are there to help.

As I have grown up with fostering, I can now help out with activities at the group, supporting the younger ones and sharing my experiences.

Top tips

for children who foster

by Andrew, Charlotte, Ethan and Fergus

- There will be some changes in your house when a new child comes to stay—this is not always a bad thing!
- Sharing is part of family life and also part of fostering, letting others know what you will happily share can help
- If you are finding things difficult, always talk to someone about it, a problem shared always helps
- Remember that the child who comes to stay with you may be missing their own family
- Sometimes the children who come to stay may go somewhere else to live or go back to their own family. This can sometimes be hard
- Try not to take things personally, anyone can have a bad day!
- Do your best to make the foster child feel welcome when they come to stay
- Try to find out which interests you share—but don't expect them to like everything that you do

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