



TOP TIPS

FOR CHILDREN IN THE HOME



Let them have a role when you're preparing for a child's arrival.

Can they help you decorate the child's bedroom or choose the duvet covers or what toys/toiletries should be put out?



Prepare them for arrival day

Could they have a job on the day a child is arriving/when they arrive - Could it be their role to open the front door? (with you present) or to show the child where the garden is?



Explore stories about foster children, adoption and children in care together

There are lots of books, TV shows and movies that can be a great way to get everyone talking. We've listed some of these on our resources page.



Have a question-and-answer session

You will probably already be talking a lot about fostering as a family, but it can be good to plan a Q&A session so that your children have a chance to think properly about all the things they want to ask, and know you've set aside that time to answer them.

Make a plan for the first week



Don't go too crazy and plan a busy packed week when your new foster child arrives but planning some gentle activities to do together can be a nice way to get everyone involved. The children's role in this could involve anything from picking out food, making a welcome book or helping bake a cake. Think of things that make the day feel happy and comforting without going too far outside of what 'normal' life.



Fostering is a big decision, and one that should be made as a family. You know your children best, so plan ahead and think of ways to include them in decision making and be ready to answer any questions they may have.