

Context of Foster Care

Personal Reflections – Module 1

The Personal Reflections provided at the end of each module of training will provide you with an opportunity to:

- ⇒ *Reflect on the information you learn in training*
- ⇒ *Reflect on your life experiences and how it will impact you as a foster carer; and*
- ⇒ *Record information that you will need to provide to the worker undertaking the foster carer assessment, to inform their assessment.*

You may have already answered similar questions in earlier stages of the assessment process. Where this is the case, reflect on how your answers and views on fostering children have changed, as you learn more about fostering.

Participant's name:

Date of training:

The Personal Reflections for module 1 focus on:

Life Experiences

Your life experiences can significantly influence your suitability to provide care to children and young people.

1. What has been your primary source of motivation for wanting to become a foster carer?

2. *What was it like growing up in your family as a child?*

Some things to consider when answering this question include:

- ⇒ *How would you describe your relationship with each of your family members as you were growing up?*
- ⇒ *Was there any member of your family who you were particularly close to? Why do you think this was?*
- ⇒ *What was your position and role in the family?*
- ⇒ *Who was most important to you when you were growing up?*

3. *How has your relationship with your family members changed over time and what is your relationship like now?*

4. *Describe the ways in which your family communicated as you were growing up. How were emotions and conflicts expressed and resolved in your family?*

5. *What methods of discipline were used when you were a child?*

6. *What impact do you think this has had on your childhood experience?*

7. *What impact do you think this has had on you now as an adult?*

8. How would you describe the education you received and your experience of school life?

9. How do you think this has impacted on you now as an adult?

10. Describe the members of your extended family (aunts, uncles, cousins) with whom you had a close relationship with during your childhood?

Some things to consider when answering this question include:

- ⇒ What was nature of your relationship with these people?
- ⇒ What factors contributed to the nature of these relationships?
- ⇒ How have your relationships with these people changed?
- ⇒ Are you still in contact with these people? If so, how would you describe your relationship with them now?

11. Did you have any significant relationships or friendships with any other people outside of your immediate family during your childhood? For example, neighbours, parents of school friends, members of church.

Some things to consider when answering this question include:

- ⇒ What was the nature of your relationship with these people?
- ⇒ How were these relationships important to you?
- ⇒ How have your relationships with these people changed?

12. Identify some of the most stressful events that have occurred in your life up to the present.

Some things to consider when answering this question include:

- ⇒ How did these events impact on your life?
- ⇒ How did you manage these events?

13. How has your method of handling crises and other negative events changed since these events? Provide an example of how you have managed a recent negative event.

14. Describe the events/experiences of your life which have most significantly shaped the person you are today.

Some things to consider when answering this question include:

- ⇒ How did these events impact on your life?
- ⇒ How did you manage these events?

If you have children please take this opportunity to include them in the training process by completing the Adolescent Questionnaire or the Child's Questionnaire. The questionnaires should be used as a starting point for discussion around what it would be like to foster children and to provide an opportunity to share information you have learned through training with them.

Your children may have already completed this questionnaire in earlier stages of the assessment process. If this is the case, you can use this as an opportunity to discuss how their answers and views on fostering children have changed, as they learn more about fostering. You may even wish to use this as a fun discussion point with adult children, getting their views about what fostering will mean to them!

Thank you for your time and honesty