

Family Placement Service

Sons and Daughters Workshop



Aberdeenshire Council Family Placement Service recognises that children of Foster Carers are crucial members of the fostering family. As a service we consider it necessary to the development and well being of these young people to take into account their views and feelings.

The Sons and Daughters workshops provides a safe environment for children to express their views and opinions about becoming a part of a fostering family. The workshops help them to gain insight on how children in need of care may feel. The offer children who foster a chance to consider some of the difficulties they may encounter along the way, whilst also encouraging them to think positively about their experiences.

The topics covered during the workshops are:

1 Why are we here today?

This session gives the children a chance to:

- Talk about what it might be like to be part of a family who fosters
- Think about any questions or worries they have about fostering
- Think about the positives of being a son or daughter of Foster Carers
- Talk about who helps the sons and daughters of Foster Carers

2 How will we work together?

By establishing ground rules about the way the group will work together, taking into account confidentiality/privacy. By encouraging the children to contribute to this the sons and daughters will feel that they are being listened to and that their views are important.

3 Pictures of first living thing

Task - Draw the first living thing. Think about where would it live and how it would feel leaving its home for the first time? This helps children to identify their own feelings and the feelings of others. Explore with the children how this might fit when a child in need of care comes to live in their home.

4 Who am I?

Each group member will have a post-it note stuck on their back with a famous person's name on it. This group member will then ask questions of the other children in the group to try and guess who they are. The purpose of this is to help the group to work together and have some fun.

5 **Family Sculpture**

This is a fun exercise similar to the “eco map” used during the assessment process for families who wish to foster. Each child takes a turn at choosing members of the group to be their “Mum, Dad and Brother”, favourite pet, teacher or whom they feel are closest to them in real life. These are then placed where the child views them to be or how close they would like them to be. This will help children to think about this with their parents when the home study begins.

6 **Sharing**

This task is about reminding children that they will have to share many things and to help them think about what is easy, hard or impossible for them to share. This also aims to identify what their parents and the Family Placement Service can do to help them with this and how to make sharing easier.

7 **Evaluation**

Task – Imagine there is a big box in the centre of the room. Invite each child to take out of the box what they think they have gained from the training. Then ask the child to explain how this might help them as part of a family who fosters. After each child has completed this, they are then asked in turn to put something back into the box that they might have liked to do as part of the workshop and then to share this idea with the rest of the group.