

Creating Care

PR3 Foster Care Family Engagement Tool

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Definitions and keywords

- **Kinship care:** family-based care within the child's extended family or with close friends of the family known to the child, whether formal or informal in nature;
- **Foster care:** situations where children are placed by a competent authority for the purpose of alternative care in the domestic environment of a family other than the children's own family that has been selected, qualified, approved and supervised for providing such care; Foster care is a way of providing a family life for children who for a variety of reasons cannot live with their biological parents. Foster care is used to provide temporary care while parents get help sorting out problems, or to help children or young people through a difficult period in their lives. Often children will return home once the problems that caused them to come into foster care have been resolved and it is clear that their parents are able to look after them safely. Others may stay in long-term foster care, some may be adopted, and others will move on to live independently.
- **Residential care:** care provided in any non-family-based group setting, such as places of safety for emergency care, transit centres in emergency situations, and all other short- and long-term residential care facilities, including group homes.
- **Adoption:** The legal transfer of parental rights and responsibilities for a child which is a permanent solution for a child who cannot be with his/ her biological parents and all legal ties with his/her biological family are cut. It should only be used as a last resort for children.
- **Accompanied minor:** A minor who is accompanied and effectively taken into the care of an adult responsible for them by law or by the practice of the Member State concerned. Families with children: minors who are accompanied by one or both parents or by their legal or customary primary caregiver.
- **Separated child:** A child under 18 years of age who is outside their country of origin and separated from both of their parents or their previous legal/customary primary caregiver. These may include children accompanied by other adult family members.
- **Unaccompanied minor:** minors who arrive on the territory of an EU Member State unaccompanied by the adult responsible for them by law or practice of the EU Member State concerned, and for as long as they are not effectively taken into the care of such a person; or who is left unaccompanied after they have entered the territory of the EU Member State.

1. Introduction

Creating Care is a project co-financed by The European Commission Erasmus+ Programme and it's being implemented in 9 partner organisations in 7 European countries: Austria, Greece, Romania, Portugal, France, Czech Republic and Italy. This initiative emerges with the objective to invest in the training and support of professionals and foster care families, as well as to address the shortcomings in terms of support offered to foster families after the fostering process, and consequently to contribute to the process of deinstitutionalization.

According to the United Nations Convention on the Rights of the Child, all children should be provided with adequate living conditions for their physical, social and mental development, in a positive family environment. Despite residential care measures being initially created to protect and provide the needs of children, research has shown that institutional care is harmful, having a negative impact on psychosocial development (OHCHR, 2011) and may be particularly dangerous for small children (UNICEF, 2011). In the other hand, foster care has a positive impact on the children such as recovery of language, attachment, psychological adjustment, recovery of behavioural problems and symptoms of posttraumatic stress, academical performance and employability (e.g., Nelson, Fox, & Zeanah, 2014; Ahmad et al., 2005). In the past decade, Europe has followed a policy of deinstitutionalization and the European Commission's recommendation is to eradicate institutions for children, focusing on foster care measures (European Commission, 2013) specially in case of children between 0 and 3 years old and children with fragile life paths (Eurochild, 2010). **In the light of the recommendation towards deinstitutionalization and the increased number of children living in residential institutions especially the unaccompanied children in Europe, the main aim of this project is to prepare and enable professionals how to deal, recruit and communicate with foster families considering their needs and the reality of the unaccompanied children.**

Creating Care project puts the inclusion of children at risk (with a special focus on unaccompanied children) at its core and pushes for alternative care measures as is the case of foster care measures, by training and supporting both professionals and foster families, addressing stereotype and prejudice-based beliefs around foster care families and unaccompanied children in the foster care system.

The project focuses on developing structures of social support and care to fit the needs of both professionals and families, namely training professionals and enabling them with communication and recruitment skills and creating a support app for families. It is expected that foster families and potential foster families receive more support that is adjusted to their specific needs during the process of recruitment. Therefore, more families may be encouraged to welcome children and future/potential foster families may become more motivated to become foster families or more open the possibility of welcoming an unaccompanied child. Additionally, the existence of a wider range of support not only during the recruitment process by the professionals that accompany the families, but also after the fostering process is completed, through access to useful and nearby services, will facilitate the foster care period. Thus, providing the child with a healthier and more positive environment to their development and inclusion not only in foster families but in society and therefore taking a big step to achieve the needed transformation of foster care families and respective children's services across Europe.

The specific aims of this initiative are to:

- ✓ Analyse the needs of the professionals within the foster care system in order to train them and improve their competencies of recruitment and communication with foster families and potential foster families;
- ✓ Profile the foster care families to identify and understand their characteristics, experiences, concerns and needs;
- ✓ Support professionals in engaging families in foster care;
- ✓ Gather important information in terms of professionals and foster care family's needs to provide proper training, support and services accordingly;
- ✓ Train and enable professionals to demystify prejudice-based beliefs and stereotypes around foster care families and unaccompanied children;
- ✓ Train professionals to raise awareness of foster families/potential foster families during the recruitment process to the issue of the unaccompanied children in Europe and their highlighted vulnerability;
- ✓ Fill a gap in terms of support offered to foster families and the foster children after the fostering process by designing a phone app with information about useful and nearby services for foster families.

1.2. Purpose of this tool

As several authors have reported, for people to be motivated in becoming a foster family, it is essential for them to understand what this means. Successful recruitment of foster parents begins with raising awareness in communities, educating them about the topic and the needs of these families, as well as reporting and demonstrating a realistic view of their nature. However, it is important to understand that strategies are needed to recruit and motivate future foster families. Sometimes strategies that are based on self-centered parenting motivations can develop disruption or be associated with lower placements because they do not fit with the goals of the foster care system (Baum, Crase & Crase, 2001). On the other hand, when foster parents are driven due to motivations such as altruism and a desire to help the child or teenager, more positive outcomes occur (Rhodes et al., 2006). One of the reasons to motivate possible foster families is to provide them with practical tools, training, lectures, workshops, financial rewards, support from other foster families and professionals.

Despite residential care measures being initially created to protect and provide the needs of children, research has shown that institutional care has a negative impact on psychosocial development and may be particularly dangerous for small children (UNICEF, 2011; OHCHR, 2011).

Foster care has a positive impact on the children such as recovery of language, attachment, psychological adjustment, recovery of behavioral problems and symptoms of post-traumatic stress, academic performance and employability (e.g., Nelson, Fox, & Zeanah, 2014; Ahmad et al., 2005).

In the past decade, Europe has followed a policy of deinstitutionalization and the European Commission's recommendation is to eradicate institutions for children, focusing on foster care measures (European Commission, 2013) specially in case of children between 0 and 3 years old and children with fragile life paths (Eurochild, 2010).

Nevertheless, the number of children in residential care remains high. That may be due to the lack of public awareness on this issue and of information provided to engage families in becoming foster families as well a lack of support offered to those who already are foster parents.

In this sense, this tool provides basic information on the welfare system in the partner countries of the project, reflects on the benefits, rights and responsibilities of the foster care families, includes criteria to become a foster family, delivered a list of responsible entities and resources on foster care. Finally, the tool proposes a set of practical exercises that can help professionals to engage and work central issues of foster care with potential foster care parents.

1.3. Who is this tool for?



The tool intends to help professionals that contact potential foster care families (case workers, social workers, psychologists, etc.), to engage the community and to raise awareness to the need to increase the number of foster carers as a strategy towards deinstitutionalization. It was designed as a practical instrument that provides comprehensive information on foster care as well as exercises promote social solidarity and responsibility among all members of the community. The exercises can be used with potential foster care families in group (e.g.: training sessions; workshops) or individually (e.g.: with a person that fostered a child recently).

2. The welfare System

2.1. Austria

In Austria, the primary goal of out-of-home care is to return the child to his or her family of origin as soon as the parental situation there improves. However, if it is in the child's best interest, a parent-child relationship has been established, or a return to the family of origin is no longer possible, foster parents can also apply for full custody or seek adoption.

The custody of asylum-seeking and non-asylum-seeking unaccompanied minors follows specific rules. If a minor whose parents are unknown is found in the federal territory, the child and youth welfare agency assumes custody. As clarified by the Austrian Supreme Court in its decision of 19 October 2005, this principle applies to all minors regardless of their age and without distinction between Austrian and foreign nationals. But adolescents between 14 and 18 years of age who come to Austria without parents or parents or other guardians, are currently largely on their own. As a rule, they have no accompaniment during their questioning by the police, the decision on whether to apply for asylum, medical examinations and any other examinations including age diagnosis. Only their accommodation in a basic shelter and their legal representation in the asylum procedure are guaranteed. Not until the young people are admitted to the asylum procedure, the child and youth welfare service becomes active. This can take several weeks or months. In Austria, unaccompanied minors become capable of contract when they reach the age of majority (18) and are no longer entitled to custody. In addition, they must move out of the special care facilities for unaccompanied minors.

Statistical data:

More than 12,500 children and adolescents in Austria were not living with their biological parents as of December 2021. Around 5,000 of them live in foster families, while the rest are placed in residential communities, children's villages, homes or crisis centres run by child and youth welfare services. (Wiener Zeitung, 2021). In 2022, 2,940 unaccompanied minors applied for asylum in Austria by the end of May. Extrapolated for the year as a whole, the number of applications is expected to rise for the fourth year in a row to approximately 7,060.

Protocol for recruitment:

Anyone wishing to take in a foster child under the age of 14 needs a foster care permit from the local Child and Youth Welfare Agency. As in the case of adoption, applicants are checked for their suitability (ability to raise a child, ability to cope with stress, state of health, living and income conditions, etc.). The foster care permit is always issued for a specific child only. There is no official minimum age requirement for foster parents, but a certain amount of life experience and experience in dealing with children is required. The age difference between foster child and foster parents should ideally not exceed 40 years. Single persons can also take in foster children if they are otherwise suitable. In some federal states, it is possible to be employed as a foster parent under certain conditions. This involves further training, counselling, social security (pension, health, accident and unemployment insurance) and a salary just above the marginal earnings threshold.

2.2. Czech Republic

The Czech Republic prioritises the possibility of placing the child in foster families over the option of residential (institutional) care whenever it is possible. A legal act (No. 363/2021) was agreed, allowing the placement of a child under 3 years of age in residential care only until 12/2023. In line with this intent, a wide network of supporting organizations is created to actively help families who have opted for foster care.

Statistical data:

Looking at the national statistical data from 2016 to 2021, there has been a gradual increase in the number of minors in foster care. In 2016, there were 10,922 minors in foster care, which rose to 12,351 in 2021. This indicates a positive trend in prioritizing foster care placements. The data also shows a small decline in the number of minors in temporary foster care from 692 in 2016 to 665 in 2021, but in general we can say that the number of children in temporary foster care has not changed over the years. Similarly for the number of minors in residential care, the numbers have fluctuated slightly over the years, with 6,593 in 2016 and 6,173 in 2021.

Protocol for recruitment:

The procedure begins with submitting an Application for Inclusion in the Register of Applicants Suitable to Become Foster Parents. The municipal authority will then carry out a social investigation directly at the place of actual residence of the applicant. When it has collected the necessary documentation (a report on health, property situation, etc.), it forwards the application (plus evaluation of the research) to the relevant regional authority. This is followed by an assessment by the regional authority, which will provide psychological examination as well as the assessment of application by an expert. They will also place applicants in preparatory courses. During the expert assessment, the characteristics of applicant personality and mental and health condition will be mainly considered with regard to the prerequisite for raising a child. The office will also be interested in motivation for foster care, the quality of applicant's relationships and the stability of the family environment. The attitude of other family members is also ascertained. Based on the findings, the office will then issue a decision on inclusion or non-inclusion in the register of applicants. The regional authority also keeps a list of children whose situation requires placement in foster care. The choice of a particular family then depends on the needs of the child and the abilities of the future foster parents. As soon as the selected family is approached by the regional authority and acquainted with all the necessary information regarding the child in detail, personal contact is mediated.

2.3. France

In France, becoming a foster parent is a highly regulated activity that depends on the department in which the foster parent lives. To obtain approval/authorisation, foster parents must meet certain prerequisites and undergo training. They will then become employees of the department or a foster care association and will receive remuneration from the department depending on the number of children they take in and the length of time they spend with them. However, the child's biological parents (if they are still present) generally retain parental authority, and the family assistant must ask them for authorisations concerning the child's life: if he or she wishes to go on holiday, if he or she needs a medical consultation, etc.

Statistical data:

According to the URM mission of the Ministry of Justice, in 2020, there were 9,501 minors entrusted to the Departmental Councils by decision of the judiciary in 2020, compared to 16,760 in 2019, this is a decrease of 43%. Of these URM, very few seek protection through asylum. In 2019, only 755 URM were asylum seekers.

Protocol for recruitment:

The processing of the application for approval as a foster family takes 4 months and requires several actors. It begins with a collective information meeting and continues with a social and psychological investigation carried out by the social services of the general council, the PMI

(Protection Maternelle et Infantile) and the ASE (Aide Sociale à l'Enfance). Then, several visits by a childcare worker and a social worker take place at the home of the future family assistant, as well as an interview with a psychologist. These actors will make sure that the family assistant is willing to make a long-term commitment, that he or she has a good command of French, and that the home is suitable and large enough. In addition, they will evaluate the qualities and capacities to welcome children and young people under the age of 21, the communication skills, the environment and the accommodation, and the capacity to adapt and organize themselves to various situations. Finally, if all the conditions are met, the approval will be delivered for 5 years and renewable.

2.4. Greece

As stated in the Greek Civil Code, in foster care “the legal relationship between the minor and his/her natural family or guardian and in particular the competences of parental care of guardianship remain unchanged, unless otherwise specified in the law.” The child’s return to its biological family is the goal, if it is in the child’s best interest.

Foster care can be categorised based on the following: Method of constitution (contract between foster and biological parents or guardian, court decision or prosecutorial provision); Foster parent’s status (relative or professional); duration (long- or short-term); type of child’s need it covers (emergency, daily, hospitality foster care, relief foster care); applicability in the context of criminal law (as reformatory measure, therapeutic measure, by order of prosecutor based on recommendation of juvenile probation officer).

Statistical data:

According to the latest data of 10/2021 relating to fostering and adoption uploaded in the information system www.anynet.gr, there are currently 1.505 minors living in shelters, 589 of whom are eligible for foster care. 447 foster placements have been completed (as of 7/2020) and 274 applications for foster care have been filed (up to 4/1/22).

Protocol for recruitment:

The Law 4538/2018 established a National Registry of Candidate Foster Parents and Special Registries of Candidate Foster Parents for the first time in Greece. For the registration of foster parent candidates in the Special Registries, the following steps are required:

- Submission of an application of interest by the candidates accompanied by the necessary supporting documents. After the documents have been checked, a certificate of approval of the necessary eligibility requirements is issued.
- Social research/ investigation exploring the environment of prospective foster parents. It includes meetings with a social worker in the office and in candidates’ homes, meetings with other specialists, such as psychologists, meetings with the family’s children and close relatives, and also, recommendations from persons proposed by the family. A suitability report is then produced by the body in order to complete the registration in the Special Registries.
- Attendance of a training course provided by specialists, such as lawyers, psychologists and social workers. The duration is 30 hours and it is implemented during 5 to 8 meetings. After successful completion of the programme, a certificate of attendance is issued and registration in the National Registry is completed.

2.5. Italy

In Italy, out-of-family placements are regulated by Law 184/1983 as amended. There are three main placements for children in need of temporary out-of-home care: children's homes (small residential services with professional caregivers, mostly social workers and social pedagogues);

non-professional foster families (families or single people who care for a child in their home, without direct payment from the welfare system but with some income support); and professional foster families (families with one or both parents paid as professional caregivers, usually employed by a Voluntary Organization). Generally, the main characteristics of foster care are temporariness; maintaining relations with the family of origin; the forecast of the return of the minor to the family of origin. Unlike legal adoption, which is a commitment for life, fostering is for a limited period of up to 24 months, with the possibility of a 24-month extension on the order of a judge; and ideally contact with the child's family of origin is maintained throughout. In addition, the law stipulates that by December 31, 2006, no minor may be placed in an institution, with preference being given to foster care or, as a secondary option, placement in a family-type community.

Statistical data:

In 2019, 708 children entered the pre-adoption foster care in Italy. Between 2010 and 2019, the largest number of minors in the pre-adoptive phase was registered in 2013, when 1,126 infants were assigned to their potential future families. In 2019, 1,239 children were declared adoptable by the Italian Juvenile Court.

Protocol for recruitment:

Foster care can be ordered towards a family (preferably with minor children) or even a single person, as long as they are able to provide the child with the maintenance, upbringing, education, and emotional relations he or she needs. The law provides that in the event that foster care of the child is not possible, the child shall be placed in a family-type community or, failing that, in a public or private care institution. The latter must be based in the place closest to that in which the family unit of origin permanently resides, so as to ensure its effective proximity to the family of origin, in line with the inspirational rationale of the entire reform. An amendment to the Law (No. 149 of 28.03.2001) prescribes measures to fully realise the right of the child to his/her own family, by which is meant both the natural family of origin and the one to which the child may be entrusted due to the difficulties of the family of origin. With the present law, the child is expressly granted the right "...to grow up and be educated in his or her own family", for which the State, the Regions and the local authorities provide support and/or assistance measures to overcome any difficulties related to the neediness of the parents or the parent exercising sole parental authority.

2.6. Portugal

According to the Portuguese Social Security (2021), foster care has a wide-ranging responsibility for the development of the children and young people concerned. It is seen as a protective measure that consists in the placement of the child or young person to a family or a person, qualified for this purpose, in order to provide the children or young person with integration into a stable family environment that guarantees them the adequate care to their needs and their well-being, as well as the education and affection necessary for their integral development. The goal is to provide the child or young person with: conditions for the proper satisfaction of physical, psychological, emotional and social needs; the establishment of affectionate, safe and stable bonds, acquiring skills for their personal, social, educational and professional development; conditions that contribute to the construction of the child's or young person's identity and integration; promote the acquisition or strengthening of the competencies of fathers and mothers and/or holders of parental responsibilities so that they can exercise them with quality in the best interests of the child or young person. The application of the foster care measure is favoured over residential care, in particular for children up to six years of age (Law 147/99, updated by Law 26/2018).

Statistical data:

Analysing the numbers of foster care children in the last years, we can observe a 70% decreasing between 2009 and 2018 (ISS, 2019). Some authors define this phase as a “regression” phase of the foster care evolution, as a consequence of the lack of awareness campaigns, technical support and initial training for the caregiver candidates and foster families (Delgado, 2013; Magalhães & Batista, 2021). In 2017, of the 7,553 children placed, only 246 were in foster families. In addition, it should be noted that only 18 of the 885 children under 6 years of age were in foster families, representing only 2% of this age group. Despite a reduction of almost 25% in the total number of children with protective measures, institutionalisation increased from 91% to 97%, compared with foster care that went from 9% to 3%. Numbers from 2020 show that a total of 6706 children and youngsters were placed in some kind of protective measure. From this total, 5787 were placed in residential care and only 202 were placed in foster care (that consist of a 6% growth from 2019) (Social Security Institute, 2018; 2020).

Protocol for recruitment:

Interested families in Portugal contact the Social Security Institute and, after receiving the expression of interest, an informational interview is scheduled. It is the responsibility of the administration of the vacancies, in collaboration with the framework institutions, to select the most suitable foster families for the child or adolescent to be admitted and to notify the Children and Youth Protection Commissions (CPCJ) or the court of the start of the admission. Registration of foster families is recorded in a database, and the framework facilities are responsible for ongoing communication with families.

Upon application, the framework facility conducts a psychosocial study of the applicant family. This examination allows the institutions to analyse whether the family is able to respond to the needs of children and adolescents, and to verify that home conditions, hygiene and adequate security are in place. The psychosocial study can be conducted through interviews, visits to the family, observation of family dynamics, and other technical procedures. At the end, the decision to accept or reject the application is communicated: If the decision is accepted, a foster care certificate is issued. If the decision is not accepted, the family can appeal within 10 days and resubmit the application and submit new documentation. (Social Security Institute, 2021).

2.7. Romania

In Romania, the foster family is a family certified by the competent authorities and willing to provide protection to the child for a certain period of time. Child placement is a special protection measure, which can be disposed of: a person or a family (with priority to the extended family), a maternal assistant (foster carer), or residential service. The foster family can be part of the child's extended family. The professional foster carer (maternal assistant) is a certified person, who ensures through his/her work at home or in the home, the care and education necessary for the harmonious development of children in foster care. In general, special protection of the child is a national concept defined as the totality of social assistance benefits and social services, as well as programs, measures and actions aimed at the care and development of children who are removed from parental care or who cannot be placed in their care in order to protect their interests.

Statistical data:

In Romania, the number of children placed in foster care centers has decreased in recent years as an overview between 2017 and 2019 shows, namely, numbers went from 18197 (in 2017) to 15572 (in 2019). However, a comparatively large proportion of children at risk are placed in foster care and only a smaller number in institutional/ residential care. In 2021, 32700 were placed (out of

which 17.177 to foster carers and 11.267 to the extended family), compared to 13097 in residential institutions.

Protocol for recruitment:

According to the Regulation No. 26/2019 of the Ministry of Labor and Social Justice, the person/family wishing to provide care services must submit an application to the service provider and attach the relevant documentation (copies of civil status certificates, education certificates and criminal records). After the documents are reviewed, the initial assessment process begins. The assessment is conducted by specialised professionals who are responsible for hiring, evaluating, training, and monitoring the applicant. The initial assessment is carried out through various visits to the applicant's household, assessing the following aspects: material conditions, health status, and parenting skills. Upon completion of the initial assessment, an interim assessment report is prepared, and the training and instruction process is initiated. In addition, applicants participate in a mandatory training program in accordance with the framework developed by the National Authority for the Protection of the Rights of the Child and Adoption. Upon completion of the mandatory preparatory modules, a training report is prepared. The report contains information on the completed modules, the results achieved by the applicant and comments on the person's behaviour during the training process. Based on the assessment report and the training report, a final assessment report is attached to the applicant's application.

3. Why is it important to support foster care?

Foster care has been shown to be more beneficial and more adjusted to the children's needs when compared with institutional/ residential care. While residential care is a measure that has its own benefits and purpose, it is typically characterised as a group home in which caregivers (psychologists, social workers, etc) are responsible for the care and well-being of the children. This measure hinders a healthy bond or attachment with a significant caregiver, having consequently negative impact on child development. On the other side, foster care is characterised by stable parental figure(s) who are responsible for the children in a “normal” family setting¹. It is well documented that foster care has the potential to reduce the adverse effects of institutional care and early deprivation, as well as less behavioural and psychosocial issues later in life when compared to children placed in residential care.²

Some children do not have appropriate family circumstances or family members that can respond to their needs or respect their rights. Although literature and international guides point to that efforts should be made to keep children in their biological families, when that compromises their safety and well-being children should be placed in care. It has been shown that foster care measures are an optimal option for children, especially for small children. Thus, the children are placed in a family that can ensure the wellbeing of the child while the biological family reorganises themselves¹.

Foster care provides stability and holistic wellbeing. Foster families can meet not only the basic needs (such as food, shelter, clothing), but offer a positive, healthy, and most importantly stable environment for the child to develop. The foster care family constitutes a solid support system that can potentialize the child's life skills and respond to the emotional, educational, and social needs, appropriate to their age.

¹ Li, Chng & Chu, 2019

² UNICEF, 2022

4. Needs of children in care

- **Protection**

The child needs protection from all forms of violence, abuse, neglect and exploitation and cruelty, as well as being treated with personal dignity and respect. In this sense, the child needs the protection of a stable family that can ensure their rights, including to maintain contact with their biological family and relatives (unless this is not ordered by the court or responsible entities)³.

- **Emotional & psychological support**

It is common sense that children are placed in foster care because the biological family was not able to provide the condition for the child's wellbeing and safety. Therefore, before entering the foster care system, the children were exposed some forms of abuse (physical abuse, sexual abuse, emotional abuse, neglect, witnessing domestic violence, etc). Literature points out to the fact that children that suffered physical, sexual or emotional as well as neglect are at higher risk of developing psychological disorders such as depression, anxiety, PTSD, eating disorders. Therefore, although not all children that are placed in foster care have these issues, the foster care placement itself brings a lot of changes in the child's life. Thus, one of the possible needs of the foster care children are a strong emotional system and professional psychological support⁴.

- **Parent-child contact**

Continuous contact between the child and the biological family is a crucial point in the foster care process since the ultimate goal (with the exception of some cases) is the reunification of the family. It's believed that this contact benefits the attachment relationship as well as the healthy adjustments of the child⁵. Related to this need, we must salient the importance of the foster care specialists and professional support in planning the visits between the child and the family of origin and ensure that they benefit the child instead of resulting in harmful consequences⁶.

- **Educational support**

Children in the alternative care system face some challenges in education and often need extra support in school in order to improve their education outcomes. Research shows that foster care is linked to indicators of educational risks, such as higher rates of absenteeism and disciplinary referrals. Additionally, children in foster care present lower academic performance, higher rates of grade retention and lower rates of graduation when compared to general population⁷.

- **Health**

Children who have been removed from their biological families and placed in foster or residential care are at a higher risk of developing health problems as a result of hostile biological and psychosocial influences (e.g.: premature birth; prenatal exposure drugs; abuse or/and neglect; unhealthy attachment styles). This need is also linked to lower socio economic status of the families and lack of provision/access to health services⁸.

³ UNICEF, 2018

⁴ McWey, Pazdera, Vennum, & Wojciak, 2013

⁵ McWey & Mullis, 2004

⁶ Auger, Poitras, & Tarabulsky, 2019

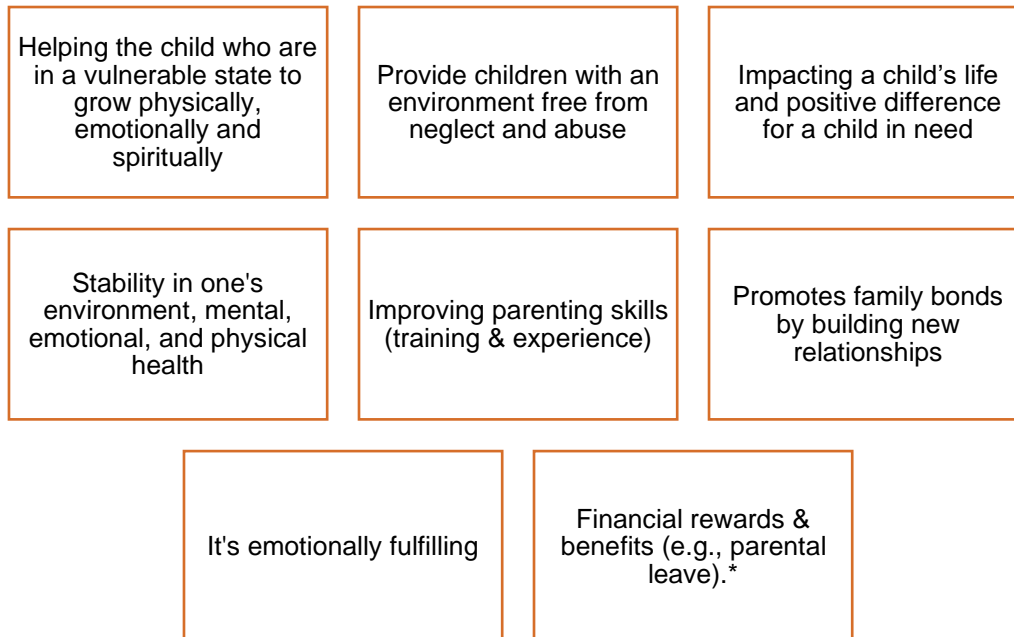
⁷ Allen & Vacca, 2010

⁸ European Commission, 2019

5. Rights & Benefits in becoming foster families

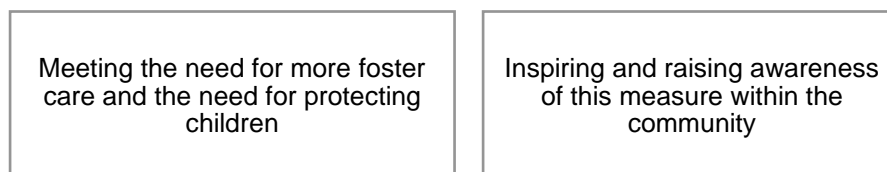
Foster care has purposes and benefits to the life of the child involved, namely, to supply a temporary family environment that provides the child with appropriate care regarding his or her well-being and general education, as well as providing for all their needs while their life project is being redefined⁹. Along these lines, foster care is seen as a measure that provides more positive benefits compared to residential care. Some of the benefits of becoming a foster family are summarized below¹⁰.

For the foster families:



*depending on each country reality and legislation

For the Community:



⁹ Negrão et al., 2019

¹⁰ Baum, Crase & Crase, 2001..

For the children:

Sense of belonging

Feeling connected to
a stable family

Stability in one's
environment, mental,
emotional, and
physical health

Family preservation

6. Foster Care Families rights and responsibilities

6.1. Rights

✓ **No coercion, discrimination, or reprisal**

Foster parents have the right to be free from coercion, discrimination, and reprisal in serving foster children. Foster parents also have the right to submit complaints about retaliation or discrimination to the Office of Family and Children's Ombuds.

✓ **Confidentiality**

If you choose to become a foster parent, the licensing process includes answering questions about your life experiences, your family history, and other matters. But foster parents have the right to have their personal information kept confidential, to the extent allowed by law.

✓ **To be informed**

Sometimes, you may find yourself needing to adapt to unexpected circumstances. In these moments, remember that you have a right to information that can help you decide whether to accept a placement and help you get ready to give a child the care they need. Before a child is placed in your home, you have a right to be informed of any known health conditions that pose a serious threat to their safety. You also have the right to be informed about any behavioural history that could pose a serious risk of harm to the child or others.

✓ **Training and support**

Foster parents who are caring for children who have emotional, mental, or physical handicaps have the right to training that will equip them to support that child.

✓ **Right to decline placement**

People who want to become foster families have the desire to provide a safe and stable home for a child, however not every placement is the right placement for the parent and child. It's important for foster parents to have the right information and knowing their rights and also responsibilities is a great place to start.

6.2. Responsibilities

✓ **Providing a safe home**

Many children will not have had a stable family life. They may be coming from a background where there is abuse, addiction or neglect. As such, a feeling of security and stability will be essential in rehabilitating them. It is your responsibility, as a carer, to provide a child with a place that they can call 'home'. This is more than just a roof over their head, it's a place where they are looked after and feel happy and comfortable.

✓ **Providing love and support**

Being displaced from your home and taken into care can be very traumatising for any child or young person. They will be surrounded by people they don't know and in a foreign environment. The love and support provided by an understanding and reliable trustworthy adult is an invaluable asset a foster parent can provide to the well-being of the child. It will help them to settle and eventually grow and mature.

✓ **Attend to a child's education**

Any child you take on, if of age, must be enrolled in and attend a school. Education is a vital part of a child's development. It is important that being taken into care doesn't affect their learning. A foster parent must take an active interest in their foster child's education.

✓ **Attend to a child's health needs**

It is your responsibility to ensure they have access to medical care when they need it and have adequate transport to get to and from appointments, be that a car or public transport services. Some children placed in care may also have disabilities that require medical attention.

✓ **Managing children's behaviour**

Challenging behaviour can often be an issue with children in care. They may have had negative past experiences of being parented and not be used to responding to instructions. They may also be vulnerable or have had traumatic pasts. It is important that a carer is nurturing, patient and understanding and has a system in place to handle difficult behaviour to help the child deal with their situation.

✓ **Encourage contact with family**

The ultimate goal of foster care is to temporarily look after a child until they can return to their birth parents (if feasible). Therefore, a foster parent must promote healthy contact between the foster child and their family and work with the placing local authority care plan to ensure contact is maintained and managed appropriately.

✓ **Attend meetings and be a team player**

You are not alone as a foster carer. You will work together with your SSSW to manage all aspects of the child's fostering journey. You will need to attend meetings about the foster child to ensure they are receiving the correct care for their unique situation. You will also need to be a team player who is happy to keep records and manage confidential information.

✓ **Continue to improve skills**

Fostering is a learning process. You will always be faced with new challenges as no two children will be alike! Fusion Fostering provides ongoing training and support including specialist training events. It will be your responsibility to ensure you are interested in improving your skills and becoming the best foster carer you can be, really making a difference to many children's lives.

7. Criteria to become a foster parent

Although there are common criteria across Europe to become a foster parent, each country's culture, legal and social framework shapes the standards to foster a child. The table down below allows you to consult your country's criteria to become a foster parent as well as to compare these principles with other European countries.

<p>Austria</p>	<ul style="list-style-type: none"> ● Experience in raising and caring for children; ● Desire to accompany a child who needs more time and support for successful development; ● Lifestyle and household are adjusted to children; ● Being free from life crises, financial worries or other problems; ● Resilient and able to cope with crises; ● Resolve disputes and disagreements well; ● Acceptance of a foster child is desired by all family members living in the household; ● There is a harmonious, warm-hearted, child-friendly and understanding family climate in the family; ● Positive attitude towards the foster child's right of contact with his/her biological family; ● Willingness to accompany a child on his or her return to the birth family, and; ● To work closely with the social workers of the Child and Youth Welfare Services.
<p>Czech Republic</p>	<ul style="list-style-type: none"> ● Stable and peaceful family environment; ● Stable partnership (> 5 years living together without current conflicts); ● Meeting the needs of the children in the family must not be compromised by the possible admission of children to foster care (children living in the family should not have serious educational problems, chronic problems or significant trauma); ● Families in middle age with grown children (over 15 years old) seem to be the most suitable; ● The family has sufficient capacity to attend to the child whom it will receive for a temporary period; ● A sufficient period of time has passed since the arrival of the last child in the family in the form of adoption or classical foster care (usually at least 2-3 years) and all children in the family have created a safe and solid relationship with their parents (foster parents); ● It is assumed that families with children with special needs (ADHD, autism, serious educational problems, adverse health conditions, etc.) No longer have the capacity to care for another child in foster care; ● Driving license; ● The nature of the housing, quality, amenities and stability; ● One of the temporary foster carers should be prepared to leave his/her job at the latest when the first child is taken in, and should devote full time to the child, which is necessary due to the placement of even very young children and children who are deeply traumatised; ● The socio-economic level of the family is stable, the initial current situation is without serious problems (without foreclosure or significant debt); ● The environment in the applicant's household must be safe for the acceptance of the child (the presence of dogs of fighting breeds, dogs without training, etc. Is not recommended);

	<ul style="list-style-type: none"> • The applicant's state of health in mental, physical and sensory terms must be such that it does not prevent the care of the foster child; • Addictive diseases (drugs, alcohol, etc.) Excluded in the anamnesis.
Italy	<ul style="list-style-type: none"> • Have the availability of a physical space in their home for the minor; • Being of age; • Have time and availability to devote to the boy/girl you are taking in; • Be willing to commit to accompanying the minor on a path of development and growth; • Be willing to collaborate with the local authorities, the Municipality's foster care services, and the support network of the unaccompanied foreign minor, such as the voluntary guardian who acts as his/her legal representative.
Portugal	<ul style="list-style-type: none"> • Must be over the age of 25; • Not be an applicant for adoption; • Have physical and mental health conditions, proven by a medical declaration; • Have an adequate home with hygiene and safety conditions for the reception of children and young people; • Must be suitable for foster care; • Not have been indicted, accused, sentenced or convicted by the judicial authority, even if not yet judged, for a crime against life, physical integrity and personal liberty, or against sexual freedom or self-determination; • Not have been inhibited from exercising parental responsibilities, nor have their exercise limited, because they pose a threat to the safety, health, moral upbringing and education of the child.
Romania	<ul style="list-style-type: none"> • By their social behaviour, state of health and psychological profile, provide a guarantee of proper fulfilment of parental duties in the upbringing, care and education of their children; • Have full capacity to practice¹¹; • Have housing that meets the food preparation, hygiene, education and recreation needs of their users, including children who are to be taken into care or custody; • They don't engage in paid activities¹²; • They have participated in training courses organized by the public service for child protection or by the approved private institution that conducts the evaluation for the issuance of the certificate as a professional childcare worker.
France	<ul style="list-style-type: none"> • Be a French citizen, a citizen of the European Economic Area (EEA) or have a valid residence permit authorizing the exercise of a professional activity; • Not have been convicted of any offence related to children; • Pass a medical examination to ensure that the assistant's state of health allows him/her to care for children;

¹¹ In Romania, according to Decree 31/1954 concerning natural persons and legal persons, "Full capacity to exercise" means a person's capacity to exercise rights and assume obligations when he/she has reached the age of 18. The "full legal capacity to exercise" is the first condition to become a "professional maternal assistant" (foster parent) stipulated in Government Decision No 679 of 12 June 2003 on the conditions for obtaining the certificate, the procedures for certification and the status of professional maternal assistant.

¹² According to Government Decision No 679 of 12 June 2003 on the conditions for obtaining the certificate and the status of the "professional maternity assistant", the activity is carried out on the basis of an individual employment contract, which is of a special nature, specific to child protection (Article 8). Thus, the foster parent cannot be engaged in other paid professional activities. Nevertheless, at least one of the family members must have a stable income (one of the parents will become a professional maternal assistant, and the other must be presented the proof that he has a stable monthly salary).

	<ul style="list-style-type: none"> • To present conditions of reception guaranteeing the safety, health and development of the children (physical, intellectual and emotional);
Greece	<ul style="list-style-type: none"> • Between 25 to 75 years old and have an appropriate age difference (not less than 18 and not more than 60 years of age) from the foster child. The age limitation does not apply in the case of foster care by relatives; • The foster parents (as well as the people living with them) are in good mental, intellectual and physical health, and in particular do not suffer from any infectious diseases; • The foster parents (as well as the people living with them) have not been convicted or are not subject to criminal proceedings for offences; • The foster parents have proven ability to meet the basic costs of the foster child's maintenance, education and medical care; • The foster parents are registered in the National Registry of Candidate Foster Parents.

Table 1 - Criteria to become a foster parent across Creating Care project partner countries (PR1 Desk research – Creating Care, 2021)

8. Strategies to demystify myths & doubts around foster care

As in all subjects, people too create myths around foster care, but acting on these myths or pre-judgements does not produce positive and desired results for the recruitment of foster families. It's essential for professionals in the field to demystify these myths, since these arise due to preconceived judgments that are often incorrect.

Social workers play an essential role in foster care and in connecting the system with families. In addition to their involvement with families, social workers also ensure that there is screening and training for interested families and aim to emotionally support parents and children in adapting to the new family environment.

It is also crucial for case workers and agencies to adopt different kind of behaviors to use with foster families and engage them, such as professionals meeting the family where they are and planning with them (not for them), setting mutually goals, provide relevant and beneficial services for the families and finally, professionals spending sufficient time with the families in order to provide everything essential needed .

So, in order to demystify them, the community needs to present knowledge on the topic. Some myths around foster care are:

“There is non-financial remuneration for foster families”

“Teenagers are the most difficult to foster”

“All children in foster care are juvenile and have psychological problems”

“I can't foster because I would get too attached”

“Foster parents should never adopt the foster child”

“I must be already a parent”

“Foster care and adoption are similar processes”

“Foster parents take the children from their biological families”

“Foster families compete with the biological families”

8.1. What strategies can we use to demystify these myths?

- ✓ Engaging the potential foster care families as key decision-making partners;
- ✓ Provide clear and simple material with the information regarding the fostering process from the beginning to the end (including simple summary of legislation, criteria, rights and responsibilities);

- ✓ Identifying possible droughts around the foster care process early on the recruitment process;
- ✓ Tracking and acknowledging progress within the process regularly;
- ✓ Promoting transparent discussions of possible problems and identifying the strengths;
- ✓ Listening to the potential care family's concerns and provide resources / support;
- ✓ Focusing on bettering family' skills instead of providing insights;
- ✓ Sharing transparently the procedures implemented by the responsible entities (e.g. court, social security);
- ✓ Discussing openly expectations;
- ✓ Guaranteeing frequent visits with all the main actors of the process (foster care parents, children, family of origin) with the supervision of the professionals responsible for the process;
- ✓ Organising meetings between experienced foster carers and newly qualified ones to share experiences and obtain testimonials.

9. Activities to engage foster families

In this section we provide suggestions of activities that can be conducted by professionals (case workers, social workers, psychologists, etc.) with potential foster care families to engage them. These activities can be used during awareness sessions for the community, informative workshops for potential foster care parents, training for recruited foster care families or any events with this target group. The main goal of the activities suggested below is to engage and motivate the community and people that consider becoming foster parents, as well as to promote an informed discussion around this protective measure.

9.1. The wheel of emotions

Dialogue, the ability to listen, the willingness to take into consideration the emotions and feelings of the other, are indispensable tools for building a healthy educational relationship capable of generating a constructive exchange between child and parent. Moreover, fostering a child can be a challenging process for all of the foster care family members. Plutchik's Wheel of Emotions provides a simple way to make sense and express feelings.

Goal: This activity is intended to educate in dialogue and foster awareness of other's needs, helping them to express them in an almost playful manner.

Instructions: Present the wheel of emotions and explain that the wheel indicates that there are eight primary emotions:

- Anger
- Anticipation
- Joy
- Trust
- Fear
- Surprise
- Sadness
- Disgust

Each primary emotion has a polar opposite, based on the physiological reaction each emotion creates. E.g.: Joy is the opposite of sadness (Connect vs withdraw); Fear is the opposite of anger (Get small and hide vs get big and loud); Anticipation is the opposite of surprise. (Examine closely vs jump back); Disgust is the opposite of trust (Reject vs embrace).

Foster parents are asked to form a circle. In a box, the facilitator has some cards, each with a different emotion. In turn, each person should draw a card and tell the group about the emotion and an episode in which he or she experienced that emotion and how they dealt with that. After one complete circle, ask whether everyone would have felt that way in that circumstance, whether anyone might have felt differently and above all whether the needs were the same for everyone and alternative ways of dealing with that emotion. The facilitator exemplifies scenarios where those emotions could emerge in a context of foster care. If the group has some parents that already fostered or is fostering a child, ask them to illustrate with a real situation if they feel comfortable to share with the group.

Duration: 1h

Material: Wheel of emotions in your native language; cards with emotions; pens.



Figure 1 - Plutchik's Wheel of Emotions

A Printable version of this Tool is in the Annex 1.

9.2. Box of Believes & Myths

There are a lot of prejudice-based believes and misconceptions around foster care and foster children that have an impact on the recruitment of foster care families. Therefore, it is imperative to freely discuss and demystify them together with the potential parents. This activity will consist of dialogue in a group of (potential) foster parents with a facilitator. We recommend keeping the groups small, in order to have space for anyone to speak.

Goal: The aim is to name prejudices about foster parenting and discuss them.

Instructions: Facilitator asks the group to anonymously write on a piece of paper a belief that they have regarding fostering a child and put the paper on a jar/box. The facilitator goes through all the statements, one by one and starts a discussion around the myths and believes that emerged. If you think that the group will not feel comfortable sharing believes, have some myths ready. In Figure 2, you can find some possible myths (in blue) and ways of deconstructing and discussing it (in green).

Alternative: Cut some myths and some truths (you can use the examples from Figure 2) and ask the parents to link the myth with the correspondent truth and start a discussion around those links. We recommend adapting the myths to national context and beliefs.

#1. My family and I will get too attached to the child and it would be too hard to see the child leave us.

#1. One of the main goals of foster care is to offer love, stability and a safe environment to a child. Before fostering it's important to discuss with your family about your expectations, having in mind that foster care is temporary, and the goal is (when this is possible and in the best interest of the child) to return to the biological family). Though it can be emotionally hard to see a child go back to the biological family, it's

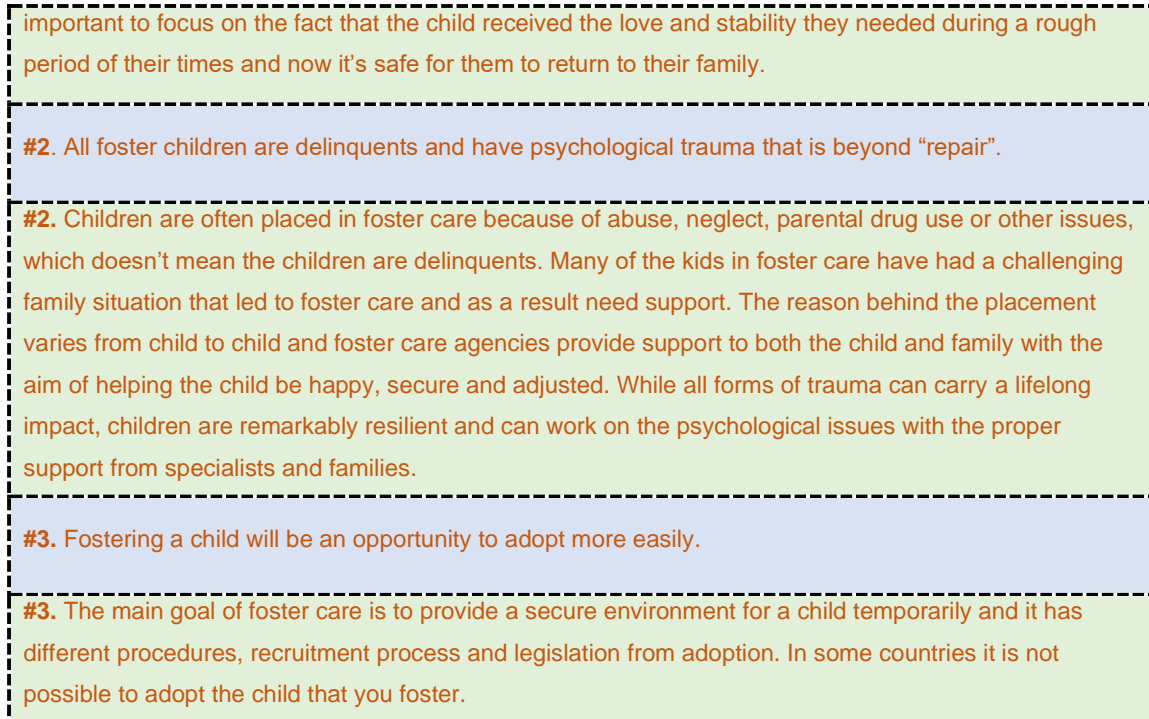


Figure 2 - Examples of myths and truths

Duration: 1h

Material: Jar/box; paper; pens

A Printable version of this Tool is in the Annex 2.

9.3. The journey of a foster care family

Although the process of becoming a foster family varies a lot in the national context and from country to country, there are some steps that are common to all.

Goal: Explore the journey to foster a child.

Instruction: Ask your participants to write and draw what is for them the journey to become a foster care family since the manifestation of interest until integrating a child in their home. After all participants drew and wrote down their perspective of this process, ask them to share it with the group. This will be an excellent opportunity to explore/manage expectations and clarify possible doubts around this process.

If you see that your participants are blocked or not sufficiently aware of the steps, help them with the main key processes, such as manifestation of interest/ contacting responsible entities, interview with foster care families, initial training, being a part of a foster care database, etc. If you have in your group a family that is already fostered, ask them to draw and describe their own journey and share it with the rest of the group.

Additional tip: refer to your participant that this exercise can be very helpful to do with the future foster children or biological children to discuss expectations. The potential parents can suggest their children to draw their journey before the foster care process and the expectation on how the journey will develop during the fostering process.

Duration: 45min

Material: Paper and pencils

A Printable version of this Tool is in the Annex 3.

9.4. Truth or false

The criteria to become foster care parents differs from country to country and is based on the child protection system legislation that may suffer alterations over the years that are important to have in mind when a person applies to become a foster care family.

Goal: Explore the criteria to become a foster care family in your own country as well as in other European countries.

Instructions: Consult point 7. of this tool to proceed with this exercise. Conduct a truth or false game with the group, in the following manner: the facilitator explains that to become a foster care parent there are some fundamental criteria; then presents some quotes exemplified below in a slide show or on a flipchart and participants respond if they believe the quote is true or false.

Examples:

To become a foster care parent, I must:

10. ... have experience in raising and caring for children;
11. ... be married or have a stable partnership;
12. ... be at least 18 years old;
13. ... be an applicant for adoption;
14. ... have a paid job;
15. ... not engage in paid activities;
16. ... be a citizen of the country I apply to become a foster parent

Additional tip: you can conduct this activity using Kahoot (<https://kahoot.com/>) or other online interactive platform.

Duration: 30 minutes

Material: slide show presentation / flipchart.

A Printable version of this Tool is in the Annex 4.

9.5. Circle time

Circle time is the main tool of socio-affective education that helps facilitate mutual acquaintance and communication, establish a climate of trust, stimulate the assumption of responsibility, valorise individual resources and differences, educate for equality and is an important tool for bringing out everyone's needs.

Goal: Discuss fears and possible obstacles expected during the fostering process, especially in case of fostering a migrant/refugee child.

Instructions: The facilitator places chairs in a circle and asks all participants to sit. The facilitator explains that the communication in a circle takes place according to shared rules, such as all must

be active listeners and that the participation is ritualised by the passing of an object (this can be a toy, a pen, etc). Before exploring the fears and obstacles, do some rounds focusing on more general topics to show the participants how this works in terms of rules and also as a team building exercise that will allow participants to get to know each other better. Some topics to be addressed could concern favourite games, hobbies, favourite vacation etc. After conducting the circle on the fears associated with foster care, make sure that you make a restitution of the contents that have emerged, highlighting the important elements and enhancing the emotional experiences of each person with respect to the activity carried out. Remember that this exercise is to validate the fearful feeling but also to demystify some potential misconceptions around foster care.

Duration: 1h

Materials: Chairs; random object for the circle.

A Printable version of this Tool is in the Annex 5.

9.6. Letter to myself

Having in mind that although foster care is a temporary measure, it takes commitment from the entire foster care family. When facing a challenging moment it could be helpful to be reminded of the initial goals and expectations before fostering.

Goal: Write a letter to yourself.

Instruction: Challenge potential foster care parents to write a letter to themselves that should reflect their motivations to welcome a child, how the child will be integrated within the family, and what are the benefits for the child and for the family to be a part of this process. Tell the parents that after writing the letter they may share with all what they have written or keep it to themselves. If some participants opt to share the letter, take this opportunity to discuss the benefits and motivations that emerged and point out similarities or disparities. Ask if after hearing other letters they would change their own. Suggest that they keep this letter and consult it after fostering the child and to reflect if their expectations suffered changes.

Additional tip: If there are some participants that face difficulties in starting the letter, provide them some quotes as guidelines, for example:

My main motivation to become a foster care parent is...

My family will benefit from us welcoming a child in the following manner...

We will ensure that the child that we welcome will receive...

When facing challenges, I will remind myself that...

Duration: 30min

Materials: Paper and pens.

A Printable version of this Tool is in the Annex 6.

9.7. Building Empathy

Becoming foster care parents takes a contact exercise of putting yourself in the other persons' shoes. The following exercise allows the foster care parents to explore the perspective of the child that they will foster.

Goal: Build empathy.

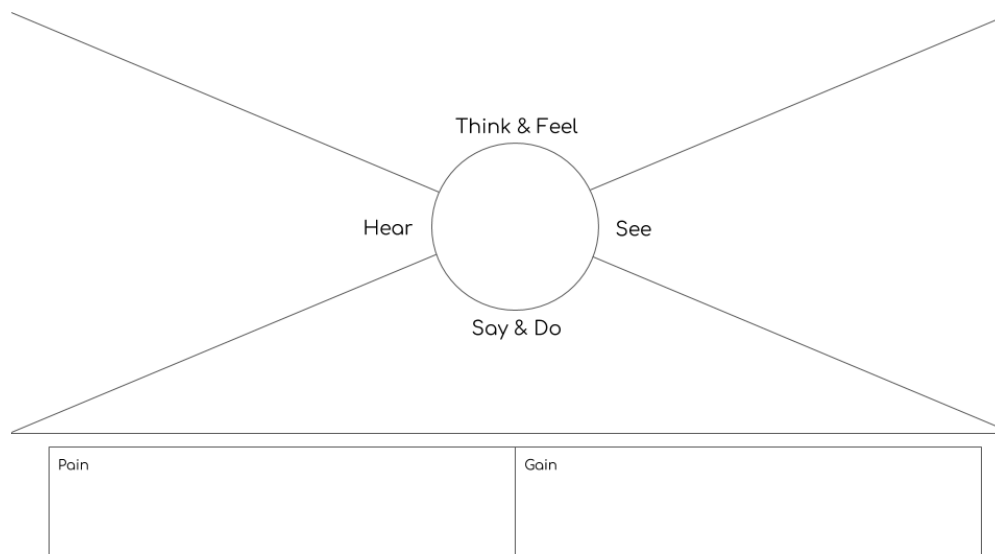
Instruction: Print an empathy map (you can find examples online or use the one presented in Figure 3). Explain that all participants must fill this empathy map individually and explore the perspective of a foster care child. If you prefer, you can build several “personas” and allow the potential foster care parents to build empathy towards different children.

Example: “Gabriel is a 6-year-old boy that fled war and came to your country as a refugee. He has lost his father during the conflict and came with his mother, who is not able to provide for him. He has lived for the past year in a residential care home. He will be soon placed in foster care and hopefully return to the biological mother when possible.”

Ask participants to consider this scenario/persona to fill the empathy map with what Gabriel is thinking/ feeling; what he sees around him; what he hears about his situation/what others say about himself; what he does/says about being in this situation and about being placed in foster care. Finalize the map by indicating the obstacles (pain) and the benefits (gain) of being placed in foster care.



Duration: 25min

Material: Empathy map and pens.









Printable version of this Tool is in the Annex 7.






10. Responsible Entities




Country	Responsible Entity for FC	Responsibility/Role in the foster care process	Contacts to obtain info about FC & manifesting interest in becoming a FC family	Geographical area
Portugal	<p>Instituto da Segurança Social (ISS)</p> 	Official management entity of foster Care in Portugal; The ISS has jurisdiction in mainland Portugal, with the exception of the Lisbon metropolitan area, where the intervening entity is the SCML.	https://www.seg-social.pt/familia-de-acolhimento-de-criancas-e-jovens	National ¹³
	<p>Santa Casa da Misericórdia de Lisboa (SCML)</p> 	Official management entity of foster Care in Portugal ; Implements “LX Acolhe”- Foster Care Programme .	Acolhimento Familiar - Santa Casa da Misericórdia de Lisboa (scml.pt) 213 263 063, 910 051 226 ou 910 047 37 SESSÕES INFORMATIVAS DE ACOLHIMENTO FAMILIAR E-mail para inscrições: servico.acolhimentofamiliar@scml.pt	Lisbon



¹³ Through cooperation agreements signed with “Instituto da Segurança Social” (ISS, I.P.), Private Institutions of Social Solidarity, or similar, that develop activities in the area of childhood and youth, can act as responsible institutions.

	<p>Centro de Bem Estar Social da Zona Alta</p> 	<p>A social response of Family Reception of the Social Welfare Center of the Zona Alta is intended for families who wish to welcome a child who is in a situation of vulnerability. This service aims to find families, with a humanitarian profile, guided by values such as solidarity, who are available and motivated to temporarily welcome children who, for different reasons, cannot live with their parents. The Family Reception is developed in cooperation with Social Security, with whom CBESZA has signed a protocol of collaboration and technical training.</p>	<p>Email: cbesza@gmail.com Tel.: 249839130 Address: Avenida Sá Carneiro, nº2 2350-536 Torres Novas Website: https://zonaaltasocial.com/acolhimento-familiar/</p>	National
	<p>Mundos de vida</p> 	<p>Has a specialized Foster Family Service that is intended for families living in the municipalities the northern part of Portugal. With this service Mundos de vida intend to find a new generation of families, with a more humanitarian profile oriented by reasons of solidarity, who are willing to temporarily welcome children who, for different reasons, cannot live with their parents.</p> <p>The service, developed in cooperation with the Social Security Intitute, was created based on the <i>know-how</i> of national and international partners, with whom Mundos de Vida has signed collaboration and technical training protocols.</p>	<p>Address: Rua Quinta da Serra, 101 4760-683 Lousado Tel: +351 252 499 018 Email.: familia@mundosdevida.pt Site: www.mundosdevida.pt http://www.mundosdevida.pt/Ser_Familia_de_Acolhimento1</p>	Braga and Porto districts: Barcelos, Braga, Esposende, Guimarães, Vila Nova de Famalicão, Vizela, Maia, Matosinhos, Trofa, Pova de Varzim, Vila do Conde, Santo Tirso.
Czech Republic	<p>OSPOD</p> 	<p>Authority for the social and legal protection of children Its local offices are the very first place to be contacted if somebody is interested in being a foster parent. Social workers of OSPOD also evaluate living conditions before the Application to become a foster parent is passed to the regional authority.</p>	https://www.ospod.cz	Regional
	<p>Regional Authority Krajský Úřad</p>	<p>Regional authority evaluates the psychological character of applicant and whole family relations and aspects where the foster child would be placed. Also during this state the applicant must successfully pass Courses for</p>	https://www.mpsv.cz/web/cz/kontakty-na-krajske-urady	Regional





		foster care. If all results are good, the applicant is accepted to be listed in potential foster care takers.		
	Regional or district court Krajský nebo okresní soud	After the applicant is linked with a foster child, the Court takes a decision about giving the child to the care of a foster care parent. The court is obliged to request the opinion of a child social-legal protection authority (OSPOD) when deciding whether to place a child in foster care or adopt a child.	https://www.mpsv.cz/proces-zprostredkovani	Regional
	Organizations accompanying foster families	Numerous organizations all over Czechia that are the closest support of the foster parent. Once in every two months (or sooner if needed) is meeting with child and foster parent, follows child development, fulfilling the goals set by OSPOD and every 1/2 year prepares a report for OSPOD. Each family has one “key person” who is fully professionally supportive and reacts to the actual needs of the child or foster parent.	multiple websites - each organization has its own website	All over the Czech Republic
France	Ministère de l'intérieur ou Ministère de la justice 	The government communicates and explains the different information, procedures, laws and national regulations concerning foster families. It also gives a list of contacts and reception points throughout France.	Only available online Famille d'accueil (assistant familial) (interieur.gouv.fr)	National
	Conseil départemental du Nord 	In order to be able to work as a foster family, it is compulsory to obtain approval from the President of the Department in which the person lives. This approval consists of a training, assessment, interviews and home visits. The application to the Department can be made online by filling in a form.	Adress : Conseil départemental - Nord Hôtel du département 51 rue Gustave - Delory 59047 Lille Cedex Phone : +33 03 59 73 59 59 https://lenord.fr/jcms/prd1_441737/contactez-nous-colonne	Regional/Departmental
	La Cimade et RAIL (Réseau d'Accueil d'Immigrés à Lille) 	Collective of associations that helps asylum seekers by organising reception in families or communities.	https://www.lacimade.org/active/rail-reseau-daccueil-dimmigres-a-lille/?gclid=CjwKCAiA_6yfBhBNEiwAkMxy53C3s8n0Yv6pJpaM19th4nbA80RW7xuJtasNQPT_hzoIHbb9quYSoxoCJC4QAvD_BwE	Lille and surroundings


	<p>Service Aster de la Sprene</p> 	<p>Sprene is an association whose mission is to provide all forms of help and support to children with disabilities. And Aster is a service to accompany and support third parties and volunteer foster carers who are entrusted with children and/or adolescents in the context of sponsorship or long-term care.</p>	<p>Madame Lecomte Phone : +33 03 28 44 00 44 Email : jlecomte@sprene.fr</p>	<p>Lille and surroundings</p>
	<p>Österreichische Kinderfreunde</p> 	<p>Österreichische Kinderfreunde are one of the largest family organisations in Austria, representing the interests of children and parents. The more than 30 local groups, in which volunteers provide educationally valuable services for children and young people, are of particular importance. The association's tasks also include the organisation and implementation of summer child care, mobile play animation and parent education events.</p>	<p>Görtschach 23 AT - 9170 Ferlach, 24-h-Telefon Wohnheim: 0650 6806341 joachim.petscharnig@ktn.kind erfrende.org</p>	<p>National</p>
	<p>UMF Land Kärnten</p> 	<p>Service and information portal for all Austrians and all those who need support</p>	<p>Hasnerstraße 8, 9021 Klagenfurt am Wörthersee, 0664 8053633031 dannie.wutti@ktn.gv.at:</p>	<p>Regional</p>
	<p>SOS-Kinderdorf Kärnten</p> 	<p>They create a loving home in dignity and warmth for children in need and support their families in difficult life situations. They provide sustainable and targeted help in 138 countries around the world - together with donation, sponsorship or voluntary commitment.</p>	<p>Waldhofweg 14, 9020, Klagenfurt am Wörthersee Jane.telsnig@gmx.at</p>	<p>National</p>
	<p>Kinder- und Jugendhilfe</p> 	<p>Kinder- und Jugendhilfe is for all girls and boys and working with family and school. However, it is also a crisis intervention agency that provides help for children and parents in emergency situations, for families with educational difficulties, in cases of sexual abuse, drug use, violence among young people and much more.</p>	<p>Bahnhofstrasse 35, 9020 Klagenfurt, Nora.Falkinger@klagenfurt.at</p>	<p>National</p>

	<p>DIAKONIE KÄRNTEN: Asyl, Migration & Integration (UMF)</p> 	<p>Legal counselling and legal representation in the asylum procedure for unaccompanied minor refugees in order to ensure a fair procedure in the best interest of the child.</p>	<p>Marcel.leuschner@diakonie.de latour.at +43 664 88 27 26 76</p>	<p>Regional</p>
Italy	<p>Amici dei bambini</p> 	<p>The Ai.Bi Foundation aims, through its profits and without speculative ends, to pursue the general interest of the community in the human promotion and social integration of citizens, supporting initiatives and projects aimed at children in a state of abandonment or in family difficulties.</p>	<p>https://www.aibi.it/ita/attivita/affido/</p>	<p>national</p>
	<p>Associazione nazionale famiglie adottive ed affidatarie</p> 	<p>Anfaa is daily committed to protecting the fundamental right of all children to live in a family. Its members are firmly convinced that the family is the inalienable right of every child. In order to grow well, every child needs not only to be fed, to sleep, to be cared for in personal hygiene, but also to be loved and educated. One of the results of ANFAA's commitment was to contribute to the drafting of the Adoption and Fostering Law.</p>	<p>http://www.anfaa.it/</p>	<p>national</p>

	<p>Centro nazionale di documentazione e analisi per l'infanzia e l'adolescenza - Dipartimento per le politiche della famiglia</p> 	<p>The Department for Family Policies of the Presidency of the Council of Ministers, which exercises the functions of national direction and coordination in matters of childhood and adolescence policies, also performs those already belonging to the National Centre for Documentation and Analysis for Children and Adolescents.</p> <p>The Centre's own functions are dedicated to the promotion, information and communication of policies in favour of children and adolescents. More specifically, these functions concern documentation, analysis, research and monitoring, information and promotion activities, as well as the bibliographic collection of studies and publications relating to the world of children.</p>	<p>https://www.minori.gov.it/it/chisiamo</p>	National
Romania	<p>Ministry of Family, Youth and Equal Opportunities</p> 	<p>Ministry of Family, Youth and Equal Opportunities is primarily competent for coordinating the implementation of national and European strategy and policies on the protection of children's rights and adoption¹⁴. *</p> <p>*As foster care or maternal assistance is stated by law (Law 272/2004) as a temporary protection and intervention measure for the child, the finality and solutions of this measure of placement are either reintegration into the biological family or adoption.</p>	<p>https://mfamilie.gov.ro/1/</p>	National
	<p>The Child Protection Commission</p>	<p>The Child Protection Commission is a body without juridical personality, subordinated to the County/Local Councils. It has decision-making attributions according to the Law no. 272/2004 establishing special protection measures (in this case placement in foster families) for children</p>	<p>https://copii.gov.ro/1/intrebari-frecvente-2/</p>	Regional and Local

¹⁴ In Romania, as foster care or maternal assistance is stated by law (Law 272/2004) as a temporary, protection and intervention measure for the child, the finality and solutions of this measure of placement are either reintegration into the biological family or adoption.

		and processing applications for the issuance of the professional maternal assistant certificate.		
	<p>National Authority for the Protection of Children's Rights and Adoption</p> 	It is placed under the Ministry of Family, Youth and Equal Opportunities, with the role of protecting and promoting children's rights. The guiding principle of the institution is that "every child counts".	https://copii.gov.ro/1/asistent-maternal/	National
	<p>General Directorate of Social Assistance and Child Protection (Maternal Assistance/Foster Care Service)</p>	It is the public institution subordinated to the municipal/county council. For child protection and family welfare, the General Directorate of Social Assistance and Child Protection is responsible for the protection of the rights of the child through counselling services, prevention of separation from the family, and proposes and implements special protection measures (foster care) for children in difficulty or with disabilities.	https://copii.gov.ro/1/harta-contacte-dgaspc-uri/	Regional and Local
Greece	<p>National Center for Social Solidarity</p> 	<p>Child Protection and Foster Care Statistics</p> <p>The platform implements Law 4538/2018 "on fostering and adoption". It was created to facilitate people who want to offer a family to children in need.</p>	https://www.ekka.org.gr/index.php/en/me-endiaferai-i-anadoxi-yiothesia-en	National
	<p>Ministry of Labour and Social Affairs</p> 	<p>General Information and statistics for Foster Care System in Greece</p> <p>This is the Ministry's open platform for accessing and informing all citizens on child-related issues. <i>*The construction of the platform is ongoing. Information is being entered gradually.</i></p>	Αρχική – Paidi.gov.gr	National
	<p>METAdrasi NGO</p> 	<p>Foster Care Program for unaccompanied minors</p> <p>Many unaccompanied children arrive in Greece having lost or having been separated from their relatives. Because of this, unaccompanied minors are often in need of safe and adequate housing. METAdrasi has developed a temporary foster system to address this need, providing minors with safe housing and support until they are reunited with relatives in Europe. METAdrasi's foster care activities comply with national law and the International Convention on Rights of the Child in cooperation with the local Prosecutor's Offices and authorities.</p>	https://metadrasi.org/en/campaigns/foster-care-for-unaccompanied-separated-children/	National

	<p>SOS Children's villages</p> 	<p>Deinstitutionalization and Foster Families Support Program</p> <p>SOS Children's Villages Greece has been providing Child Protection services since 1984 offering family-like care to children who cannot grow up with their biological parents. They protect and take care of children from a very young age until they are fully prepared for adult life in self-sufficiency.</p>	<p>https://sos-villages.gr/en/sos-home-english/</p>	<p>National</p>
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11. National Resources

Country	Resource	Description	Available at:
Portugal	Guia Prático Instituições de Enquadramento para A Resposta Social “Acolhimento Familiar de Crianças e Jovens”	Document developed by the Social Security Institute to offer practical guidelines on the main entities that are responsible for foster care in the country.	https://www.seg-social.pt/familia-de-acolhimento-de-criancas-e-jovens
	Guia Prático Acolhimento Familiar de Crianças de Jovens	Document developed by the Social Security Institute to offer practical guidelines on the foster care system in the country.	https://www.seg-social.pt/documents/10152/14961/N33A+-+Guia+Pr%C3%A1tico+Acolhimento+Familiar+de+Crian%C3%A7as+e+Jovens.pdf/00e69e39-9dbd-49fb-8c76-f746d629d27e
	Linha de Apoio à Medida Acolhimento Familiar	Websites and phone numbers of support lines per district	https://www.seg-social.pt/documents/10152/13326/listagem+contactos+distritos.pdf/57f519e1-df0a-4b4b-a8ac-0ad3570a2011
	Olha por mim! Todas as crianças têm direito a viver numa família!	Flyer with resume information on foster care	https://www.seg-social.pt/documents/10152/13200/Folheto+Familias+de+acolhimento+red.pdf/e5fcf532-e778-4292-989e-4742d7e50ac8
	Manual de processos chave: Acolhimento familiar	A practical manual that explains the key processes of the foster care system.	https://www.seg-social.pt/documents/10152/13337/gqrs_acolhimento_familiar_processos-chave/8ae193b6-291a-4772-aafe-a559154f729f
	Brochura Informativa: ACOLHIMENTO FAMILIAR DE CRIANÇAS E JOVENS	Flyer with resume information on foster care	http://www.mundosdevida.pt/sqc/Content/Pages/DOCS/754e8e099a2c849f15a859578711b613.pdf
	Brochura LX Acolhe 2022	Flyer with resume information on foster care	https://backoffice.scml.pt/wp-content/uploads/2020/03/AF_e_SCML_LXAcolhe_Brochura_2022.pdf

	Lei n° 142/2015 de 8 de setembro	2nd amendment to the Law on the Protection of Children and Young People in Danger, approved by Law No. 147/99, of September 1)	https://backoffice.scml.pt/wp-content/uploads/2020/03/1422015.pdf
	Decreto-Lei n.º 139/2019 de 16 de setembro	Establishes the regime for the implementation of foster care, a measure to promote the rights and protection of children and young people in danger	https://backoffice.scml.pt/wp-content/uploads/2020/03/Decreto-Lei-n.%C2%BA-1392019.pdf
Czech Republic	Pěstounské rodiny v České republice Základní charakteristiky pěstounů a dětí v pěstounské péči	Foster families in the Czech Republic Basic characteristics of foster parents and children in foster care June 2019	https://www.nadacesirius.cz/soubory/ke-stazeni/Analiza-Pestounske-rodiny-v-Ceske-republice.pdf
	Pěstounská péče příbuzných – analýza potřeb	Foster care of relatives - What are their needs? How are they different? How to support them? The aim of the research was to identify the needs of foster parents who have children entrusted to kinship foster care.	https://www.nadacesirius.cz/vyzkumy/o-nahradni-rodinne-peci/pestounska-pece-pribuznych-analyza-potreb
	Konference Aktuální výzvy systému péče o ohrožené děti	Substitute Family Care - how should it change to better meet children's needs Conference "Current challenges in the system of care for vulnerable children"	https://www.nadacesirius.cz/vyzkumy/o-situaci-v-rodinach
	Předčasně ukončená pěstounská péče Selháva Pěstounská péče v České Republice? Stručné shrnutí	Early termination of foster care in the Czech Republic - Is foster care in the Czech Republic failing?	https://lumos.contentfiles.net/media/assets/file/Lumos_S_HRNUTI_predcasne_ukonceni_pp.pdf?
	Podněty ke změnám v oblasti náhradní rodinné péče	Suggestions for changes in the field of foster family care	

	Pěstounská péče	Brief overview information about foster care system and related processes	https://nahradnirodina.cz/pestounska-pece
France	Service public - Famille d'accueil	National website from government that gives information about foster families, laws, references, online services and forms	https://www.service-public.fr/particuliers/vosdroits/F1260
	Code de l'action sociale et des familles	Legal texts and references about foster families (definition, information, conditions of eligibility, remuneration...)	https://www.legifrance.gouv.fr/codes/id/LEGISCTA000006157646/
	Ministère de la justice - Devenez famille d'accueil	National website from government for conditions of eligibility	https://lajusticerecrite.fr/devenez-famille-d-accueil
	Contact list to become a host family	National website with contact list to become a host family in all of France	https://lajusticerecrite.fr/sites/default/files/2022-07/Liste_contacts_pour_devenir_famille_accueil.pdf
	Nord services - Devenir assistant familial	Website of the Nord department (where there is Afeji) that gives information about foster families in this department and contact list	https://services.lenord.fr/devenir-assistant-familial#:~:text=Postuler%20au%20D%C3%A9partement%20du%20Nord.g%C3%A9n%C3%A9rales%20de%20recrutement%20sont%20remplies.
	Département du Nord - Devenez assistant familial (flyer)	Information leaflets/flyer on how to become a host family in the Nord department (where Afeji is located)	plaquetteassistantfamilial-6220cb6ba5140.pdf (spontaneit.fr)
	Action sociale	Website with the directory of all the establishments and services approved in France in the social and medico-social sector and with the addresses of training centres to become a foster family	https://formations.action-sociale.org/Metier/assistant-familial/nord/institut-social-de--lille.html
Italy	LA PROMOZIONE DELLE RETI DELL’AFFIDAMENTO FAMILIARE	An operational document, consistent with already existing regulations and documents, capable of schematically encapsulating the operations to be put in place to set up and/or support foster care networks.	https://www.garanteinfanzia.org/sites/default/files/2020-03/la_promozione_delle_reti_dellaffido_familiare.pdf
	Foster care guidelines	The Guidelines for Family Fostering are part of the national project Un percorso nell'affido (A pathway in foster care), launched in 2008 by the Ministry of Labour and Social Policies in collaboration with the National Coordination of Foster Care Services, the Department for Family Policies, the Conference of Regions and Autonomous Provinces, UPI, ANCI and the National Centre for Documentation and Analysis for Childhood and Adolescence.	https://www.minori.gov.it/it/minori/linee-guida-laffido

	Guidelines for family fostering	The "Guidelines for family fostering" represent the synthesis of several years' work started with the national project "A pathway into fostering". The project, launched in 2008, has seen the involvement of the many actors involved in foster care: policy-makers at the various levels of government, service operators, the private social sector.	https://www.anci.it/wp-content/uploads/linee_di_indirizzo_Affido_2013.pdf
	IL PROGETTO AFFIDO	Fostering PROJECT 'L'ALBERO DELLA VITA', a Programme for information, awareness-raising, promotion and management of hetero-family fostering.	https://www.alberodellavita.org/wp-content/uploads/2017/03/Affido-Familiare-Albero-della-Vita.pdf
	DIECI PUNTI per rilanciare l'affidamento familiare in Italia	The proposal is part of the reflection and the documents matured in the Associations/Networks' long-standing confrontation with the National Coordination of Public Foster Care Services) and takes as its reference the analysis shared with other third sector organisations within the Working Group for the Convention on the Rights of the Child and Adolescent.	https://www.tavolonazionaleaffido.it/files/documento_-_10_punti_per_rilanciare_laffido.pdf
	Guida Affidamento Familiare - 101 risposte sull'affidamento familiare	Family Fostering Guide - 101 answers on family fostering	https://www.progettofamigliaformazione.it/affidofamiliare-it/guida-affidamento-familiare
Austria	Pflegekinder & Pflegeeltern	The website page gives general information about the foster parenting process in Austria.	https://www.noee.gv.at/noee/Familien/Pflegekinder_und_Pflegeeltern.html
	Meine Familie	An article that is dedicated in detail to the topic of foster care in Austria and explains the procedure, the costs and the requirements of an adoption in Austria.	https://www.meinefamilie.at/blog/was-es-heisst-sich-fuer-ein-pflegekind-zu-entscheiden-1
	Pflegekinder, Pflegemamas und Pflegepapas	The website is about formalities and requirements that should be fulfilled by the foster parents	https://www.wien.gv.at/menschen/kind-familie/pflegefamilie/
	Informationsblatt für Adoptivwerber*innen	Information sheet for the parents who want to be foster parents.	https://www.kinder-jugendhilfe-ooe.at/Mediendateien/dl_adoption_infoblatt.pdf
	Familie und Partnerschaft in Österreich	The website that summarises the most essential criteria on the adoption. Moreover, it is a contact point that the parents can call to receive any information about the foster parenting process.	https://www.oesterreich.gv.at/themen/familie_und_partnerschaft/adoption/aufnahme_eines_pflegekindes.html
	Die rechtliche und soziale Situation von Pflegeeltern in Österreich	Legal expertise and empirical survey on social situation of foster parents in Austria	https://www.oif.ac.at/fileadmin/user_upload/p_oif/Forschungsberichte/fb_16_pflegeeltern_in_oesterreich.pdf

	Familien portal - Wie verläuft eine Auslandsadoption?	It is an official web-page explaining all legal procedures for adoptive candidates.	https://familienportal.de/familienportal/lebenslagen/kinderwunsch-adoption/adoption/wie-verlaeuft-eine-auslandsadoption--125880
Romania	The professional maternal assistant's handbook	The handbook was published in 2007 and produced by the Agapedia Foundation, it addresses the work of the professional maternal assistant (foster parent) and examples of good practice.	https://www.academia.edu/39691905/MANUALUL_ASIS_TENTULUI_MATERNAL_PROFESIONIST
	SOS Children's Villages organization, present in Romania for over 30 years, supports children in need, promoting the mission that no child should grow up without a family.	The organization encourages and informs about maternal assistance also through recruitment calls for foster families collected from the General Directorates of Social Assistance and Child Protection and through various national campaigns such as "Childhood must not hurt", 2021-2022.	https://www.sos-satelecopii.ro/
	Guide: About foster families and how they develop: how to understand the effects of foster care on the family Authors: Betsy Keefer Smalley, Jayne Schooler, Lynn Wilkins, Norma Ginther	The guide addresses the status of a maternity assistant in relation to key issues, milestones, success strategies.	https://romaniafaraorfani.ro/resource/despre-familiiile-de-plasament-si-cum-se-dezvolta-ele-cum-sa-intelegem-efectele-plasamentului-asupra-familiei/
	Social media campaign "ADOPTION CHANGES DESTINIES!" led by the National Authority for the Protection of Children's Rights and Adoption	During the campaign, testimonials are distributed with different actors in the adoption process* - adoptive parents, psychologists and professionals from the child protection system. *As foster care or maternal assistance is stated by law (Law 272/2004) as a temporary protection and intervention measure for the child, the finality and solutions of this measure of placement are either reintegration into the biological family or adoption. Therefore, for all children in the protection system whose reintegration into the family of origin has not been possible, the adoption procedure is opened, so adoption is seen as the finality or permanent solution for the child. Likewise, foster care or maternal assistance is encouraged for children whose adoption procedure is open, during which efforts are made to find a suitable adoptive family. Foster children will remain in the open adoption procedure until the age of 14.	https://copii.gov.ro/1/adoptia-schimba-destine/

	Romania without Orphans Alliance gathers non-governmental organisations, companies, churches, public entities to join efforts to improve the situation of foster children by integrating them into families.	The Alliance operates in four pillars: prevention of child abandonment, promotion of adoptions, training support for maternal assistants and adoptive parents, lobbying and advocacy to simplify the adoption procedure.	https://romaniafaraorfani.ro/
	The national #EuAdopt programme	The programme is developed by the Foundation for the Development of Social Services and provides a sustained orientation on adoption in Romania*, offering tailored services for adoptive families such as an Adoption Assistance and Support Centre and a support group for parents, counselling, courses and webinars. *As foster care or maternal assistance is stated by law (Law 272/2004) as a temporary protection and intervention measure for the child, the finality and solutions of this measure of placement are either reintegration into the biological family or adoption. Therefore, for all children in the protection system whose reintegration into the family of origin has not been possible, the adoption procedure is opened, so adoption is seen as the finality or permanent solution for the child. Likewise, foster care or maternal assistance is encouraged for children whose adoption procedure is open, during which efforts are made to find a suitable adoptive family. Foster children will remain in the open adoption procedure until the age of 14.	http://euadopt.ro
	General Directorates of Social Assistance and Child Protection offices	The public institution with representatives all over the country informs at regional level about maternal assistance and publishes the calls for recruitment.	https://copii.gov.ro/1/harta-contacte-dgaspc-uri/
	"Tzuby's Kids" Association	"Tzuby's Kids" Association organises training camps for foster and adoptive families. The association also provides a series of "TzubyTOYS" tools for foster parents that are therapeutic support in the integration of children with a background of trauma in the family.	https://tzubyskids.ro/tabere-de-instruire-pentru-familii-adoptive-si-de-plasament/
Greece	e-nomothesia	Law 4538/2018 85A for the Foster Care	https://www.e-nomothesia.gr/oikogeneia/nomos-4538-2018-phek-85a-16-5-2018.html

	<p>The official online platform which belongs to the ministry of Labour and Social Affairs for the access and the information of the citizens for topics related to children rights.</p>	<p>webpage with answers in basic questions of potential foster parents</p>	<p>https://paidi.gov.gr/anadoxi/</p>
	<p>Πληροφοριακό Σύστημα Αναδοχής - Υιοθεσίας anynet.gr - Πανελλαδική εφαρμογή</p>	<p>Foster Care Online System for potential Foster Parents and Professionals</p>	<p>https://www.anynet.gr/</p>

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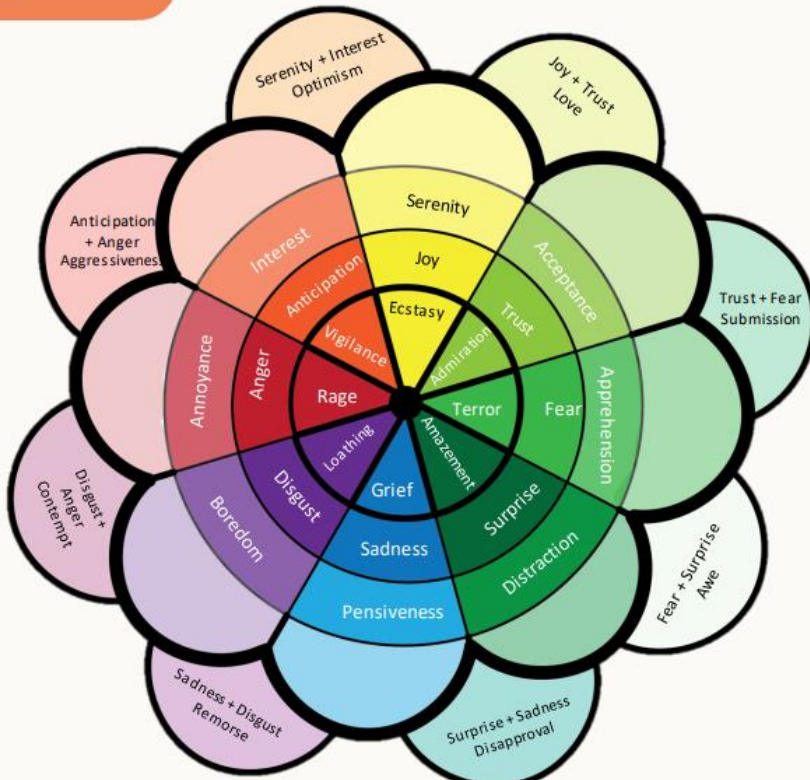
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Annexes

Annex 1 - The Wheel of Emotions (Printable Version)


#The Wheel of Emotions


Activity



The diagram is a circular wheel divided into 12 segments, each representing a primary emotion and its associated secondary emotions. The segments are arranged in a clockwise direction starting from the top:

- Serenity** (Yellow): Serenity + Interest, Optimism
- Joy** (Light Green): Joy + Trust, Love
- Acceptance** (Light Green): Trust + Fear, Submission
- Apprehension** (Light Green): Fear + Surprise, Awe
- Fear** (Light Green): Fear + Surprise, Awe
- Surprise** (Light Green): Surprise + Sadness, Disapproval
- Distraction** (Light Green): Surprise + Sadness, Disapproval
- Pensiveness** (Light Blue): Sadness + Disgust, Remorse
- Sadness** (Light Blue): Sadness + Disgust, Remorse
- Grief** (Light Blue): Sadness + Disgust, Remorse
- Disgust** (Light Purple): Disgust + Anger, Contempt
- Boredom** (Light Purple): Disgust + Anger, Contempt
- Anger** (Light Purple): Disgust + Anger, Contempt
- Anticipation** (Light Orange): Anticipation + Anger, Aggressiveness
- Interest** (Light Orange): Anticipation + Anger, Aggressiveness
- Serenity** (Light Orange): Serenity + Interest, Optimism

Created by:  **CreatingCare**
Creating a Safe Environment for
Children in need in Foster Care

Designed by:  **aproximar**

Annex 2 - The Box of Beliefs & Myths (Printable Version)

#The Box of Beliefs & Doubts

Activity

Doubt 1.

My family and I will get too attached to the child and it would be too hard to see the child leave us.

Doubt 2.

Fostering a child will be an opportunity to adopt more easily.

Doubt 3.

All foster children are delinquents and have psychological trauma that is beyond "repair".

Doubt 4.

Write myth here



Doubt 5.

Write myth here



Doubt 6.

Write myth here



Annex 3 - The Journey of a foster care family (Printable Version)

#The Journey of a Foster Care Family

Activity

The activity consists of six empty, rounded rectangular boxes arranged in two rows of three. The boxes are numbered 1 through 6. Box 1 is at the top left, box 2 is at the top middle, and box 3 is at the top right. Box 6 is at the bottom left, box 5 is at the bottom middle, and box 4 is at the bottom right. The boxes are connected by arrows: a horizontal arrow from 1 to 2, a horizontal arrow from 2 to 3, a vertical arrow pointing down from 3 to 4, a horizontal arrow from 4 to 5, and a horizontal arrow from 5 to 6. Each connection point is decorated with colorful wavy lines.

Annex 4 - True or False (Printable Version)

#True or False

Activity

To become a foster care parent, I must:

- 1.... have experience in raising and caring for children
- 2.... be married or have a stable partnership
- 3.... be at least 18 years old
- 4.... be an applicant for adoption
- 5.... have a paid job
- 6.... not engage in paid activities
- 7.... be a citizen of the country I apply to become a foster parent

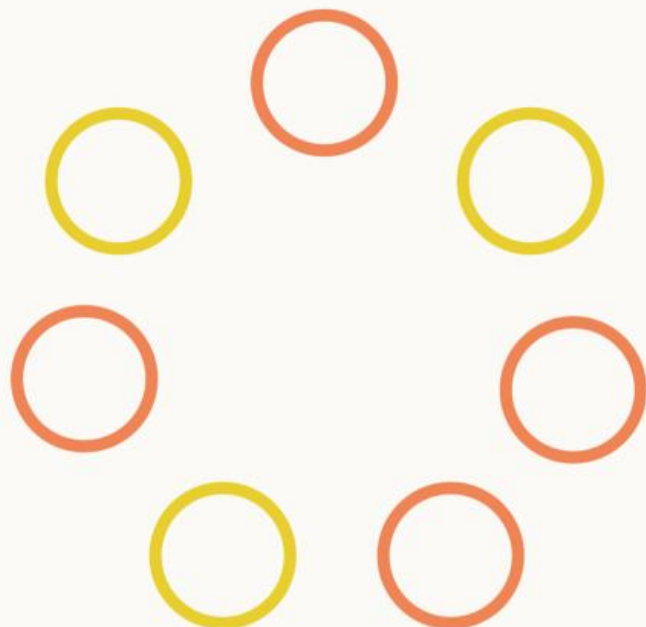
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Annex 5 - Circle Time (Printable Version)

#Circle Time

Activity



Rules:

- ✓ Listen actively
- ✓ Speak only when you have the totem
- ✓ Take turns
- ✓ Respect the time given by the facilitator to speak
- ✓ Pass if you don't want to answer a question
- ✓ Respect confidentiality
- ✓ Speak from the heart

Annex 6 - Letter to Myself (Printable Version)

#Letter to myself

Activity

Dear "Future me"...



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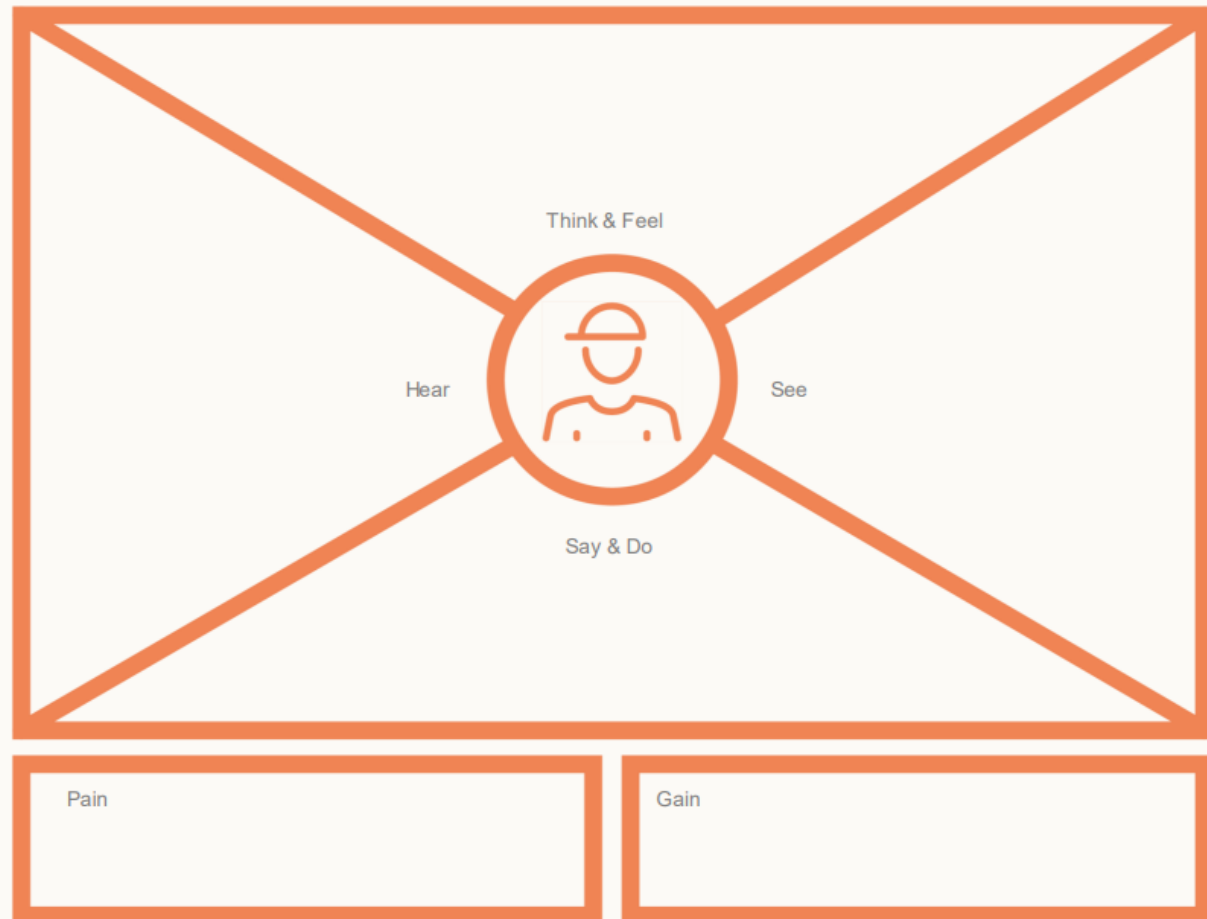
Annex 7 - Building Empathy (Printable Version)

#Building Empathy

Activity

Consider this Persona to fill the Empathy Map:

"Gabriel is a 6-year-old boy that fled war and come to your country as a refugee. He has lost his father during the conflict and came with his mother, that is not able to provide for him. He has lived for the past year in a residential care home. He will be soon placed in foster care and hopefully return to the biological mother when possible."



#Building Empathy

ANNEX

Consider this Persona to fill the Empathy Map:

I'm a 12yo girl in a foster family for 2 years and I would love to be with this family forever. At the beginning I never wanted to leave this house, not even for lunch at my foster' grandparents' because I was afraid, they wouldn't bring me home. I know that one day I can go back to my biological parents. But I would love to stay here.

Consider this Persona to fill the Empathy Map:

*I'm a **biological child** in a foster family.
The fact that there is another, "foreign" child in our family affects our whole family. Sometimes, if a child is having a hard time, or has a more difficult medical condition, there is no time or energy left to devote to those who, in my opinion, should feel it first. And that's us, the biological children.
But at the same time, I have to say that this experience has been rewarding.*

Consider this Persona to fill the Empathy Map:

*I am a **foster mom** to a boy, for several years now, and I also have my 4 children, about the same age and a husband. The issue of foster care is particularly close to my heart, as I consider it to be an excellent form of childcare. I strongly feel the inadequacy of the foster-child and foster-parent care system. I am not referring now to the financial one; that is partly covered. Rather, I am referring to the help provided by the state, particularly in times of crisis, problems and difficulties, which - in these cases - are unfortunately much more numerous than in standard, biological families.*

Consider this Persona to fill the Empathy Map:

