

# My Foster Care Journey





# HELLO THERE!

Dear \_\_\_\_\_,  
(insert your name here)

Being in foster care will be scary and confusing, so we hope this handbook will help you.

Here, you can read stories from other children just like you, and learn about foster care!

Use this handbook to find answers to questions you may have about the changes in your life. It will also teach you useful ways to look after yourself, and give you a space to share your thoughts and feelings safely.

Choose what you want to read!

This handbook covers the 3 main stages in your fostering journey. Read the parts that match what you need.

You can ask an adult you trust for help, if you have questions after reading this handbook!

# TABLE OF CONTENTS

## 1. Entering Foster Care 03

- i. Moving into Foster Care ..... 04
- ii. Roles of Foster Parents ..... 09
- iii. Identifying Feelings ..... 14
- iv. Safety ..... 24

## 2. Growing up in Foster Care 31

- i. Identity (About Me!) ..... 32
- ii. Managing Relationships ..... 53
- iii. Coping Skills ..... 60

## 3. Leaving Foster Care 72

- i. Reflecting on My Fostering Journey .... 73
- ii. Saying Goodbye ..... 75
- iii. Dear Future Me ..... 83

- List of References ..... 88
- Acknowledgements ..... 89
- Notes ..... 90

# ENTERING FOSTER CARE



# MOVING INTO FOSTER CARE

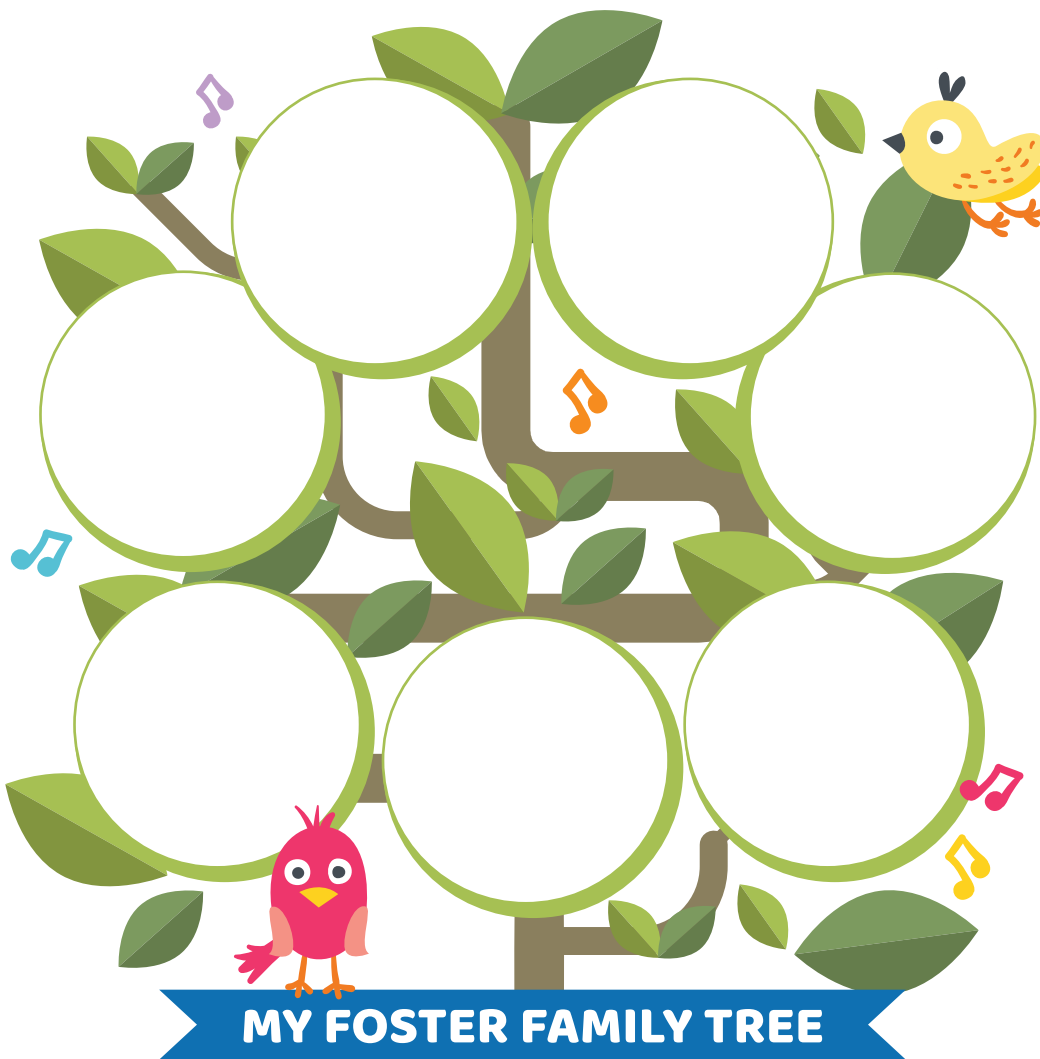
## What are foster families?

Foster families provide a home for children just like you! Your foster family will take care of you while you are unable to live with your own family. Foster families will care for you during this time until your own family is ready to welcome you home.

Foster parents are the Aunty and Uncle in your foster family who will keep you safe! If Aunty and Uncle have children, they are your foster brothers and sisters.



## ACTIVITY My Foster Family



Some helpful questions to start with:

- Who am I living with? How many people are there?
- What do I call them? What do my foster parents do?
- What do they like? Pick something that makes you think of them! It could be a food item, object, colour, animal or more!

## ACTIVITY The Day I Moved In

When did I move in?

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What did I do with my foster family on the first day I moved in?

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What helped me when moving in?

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The thing I remember most is . . .

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## Why Do I Have to Live with A Foster Family?

There are many reasons why children are in foster care. It is important to remember that this is not your fault, as all children need to be looked after in a safe place.

While your family and Child Protection Officer work to make sure that you can go home safely, foster families give you a home so that you will not feel alone and you can continue to grow in a caring family environment.



## When Will I See My Family Again?

We understand that you might miss your family, or even worry about them. They could be your parents, grandparents, aunties, uncles, and cousins!

Write the names of those you miss here:

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Tell your Child Protection Officer or Foster Care Officer who you would like to see.

Your Child Protection Office will let you know:

- When you can see your family again
- Where you can meet your family
- How often you can see them

This can only happen when it is safe for you. Sometimes, you may not be ready to see your family. You can choose to talk to your officers or foster family about this.

# ROLES OF FOSTER PARENTS

## What Will My Foster Parents Do for Me?

Your foster parents will work together to give you a safe and loving home to heal and grow.



### Physical Needs

#### This means they will:

- give you a safe and caring home to live in
- protect you from hurt and harm

### Developmental Needs

#### This means they will:

- make sure that you are growing well
- make sure you go to school, and help you with your schoolwork



### Social and Emotional Needs

#### This means they will:

- listen and try to understand your thoughts and feelings
- spend time with you



### Psychological Needs

#### This means they will:

- respect what you think, feel and wish
- help you stay in touch with your family, friends, and people you care about



## What Is It Like Living with Foster Families?

Everybody plays a part in the home.

For example, some foster mothers cook yummy meals for their foster children, and some foster fathers drive the children to school!



## What About My Foster Family?

- Which of my foster family members do I like the most?

Name \_\_\_\_\_

Words I would use to describe this person

\_\_\_\_\_

\_\_\_\_\_

I would rate our relationship (1-5)

1 2 3 4 5

Not Good —————> Great

What I like most about our relationship is:

\_\_\_\_\_

\_\_\_\_\_

My favorite memory with this person is:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Moving into foster care is not just about staying apart from your parents and moving in with foster parents.

It can also mean changing your:

- 1 School
- 2 Friends
- 3 Relationship with your Siblings
- 4 Routine (like your bedtime or sleeping arrangement)
- 5 Lifestyle (like your diet)
- 6 Family Rules

## Hear from Others Like You!

### Sarah's Story: Happy to Share!

MY FOSTER PARENTS LOOK SO STRICT . . . I WONDER WHAT IT'LL BE LIKE TO HAVE SIBLINGS . . .

MEET YOUR FOSTER BROTHER AND SISTER, SARAH!

HI SARAH! COME PLAY WITH US!

HERE SARAH, LET'S PUT YOUR TEDDY TOGETHER WITH OURS!

NO! DON'T TOUCH HIM, HE'S MINE!

AS TIME PASSED, SARAH BECAME MORE COMFORTABLE WITH HER FOSTER FAMILY.

A FEW MONTHS LATER...

IT'S NICE HAVING SIBLINGS TO PLAY WITH . . . SHARING HELPS ME FEEL CLOSER TO THEM, AND I AM HAPPY TO BE ABLE TO SHOW I CARE FOR THEM TOO!

## Hear from Others Like You!

- What are the changes that I have gone through after moving in with my foster family?
- What are some things I learnt after moving in with my foster family?



## IDENTIFYING FEELINGS

### It's Okay to Feel...

Some children do not take a long time to get used to living with their foster parents, but some children may take a while to adjust to their new home.

It's okay to feel...



Happy



Sad



Angry



Unsure



Embarrassed



Bored



Nervous



Excited



Proud



Lonely



Jealous



Surprised



Annoyed



Shy



Scared

## ACTIVITY MY Feelings Chart

What are the feelings that I have experienced due to these changes?

Pick and circle a face below!



## ACTIVITY MY Feelings Chart

I felt \_\_\_\_\_

because \_\_\_\_\_

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Some children may have happy feelings about their foster parents, but some children may have other feelings, such as feeling sad, scared or unsure.

It is also okay to have more than one feeling at the same time.

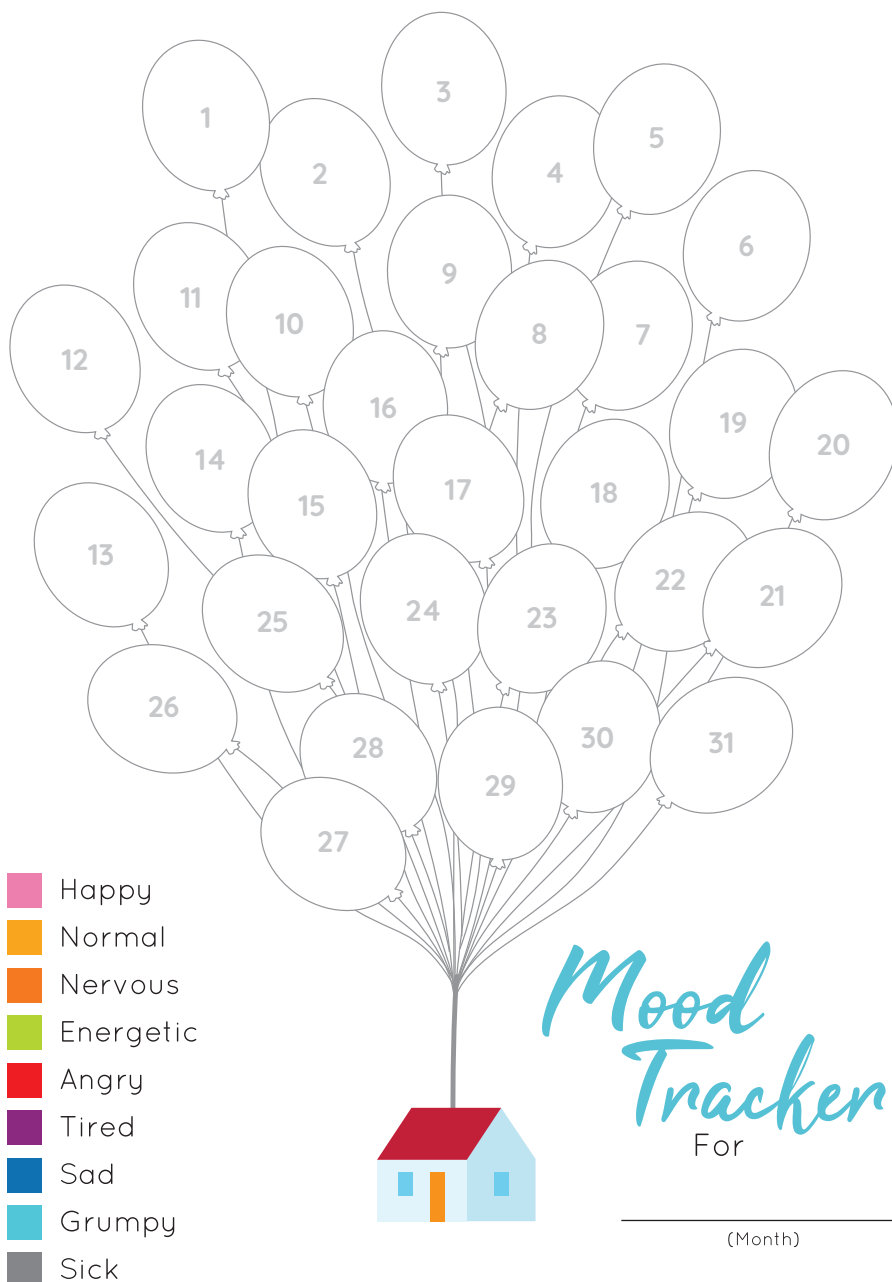
It can be hard to be away from your parents, and to stay with a family that you do not know.

You may feel relieved one day, and angry the next day, or even both relieved and angry at the same time. It can be a confusing time for you.



## ACTIVITY Mood Tracker

## Hear from Others Like You!



### Charlotte's Story

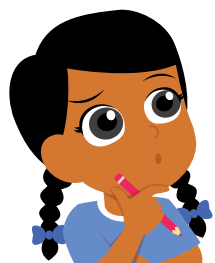


**Charlotte\***, 18 years old. She was 1 year old when she entered foster care.

\* Note: All names of foster children have been changed to protect their privacy and maintain confidentiality

## Hear from Others Like You!

- In what ways do I relate with Charlotte's experience?
- What did I learn from Charlotte's experience?



## ACTIVITY What Can I Do to Feel Better?

Draw or write about a happy memory or things that make you happy!



Although moving into a new place can be confusing and scary, you deserve a safe home and meaningful relationships that make you feel cared for.

It may take a while to get used to living with your foster family. Try to give your foster family and yourself time to adjust.

## Activity Ideas to Do with Your Foster Parents



## Activity Ideas to Do with Your Foster Parents

What other activities do I hope my foster parents will do together with me?

Eight horizontal bars for writing, each preceded by a colored circle (pink, green, orange, light blue, pink, green, orange, light blue). A yellow pencil icon is on the right side of the second bar, and a blue star icon is on the right side of the eighth bar.

## How Long Do I Need to Stay With My Foster Family?

Some children stay with their foster families for a few months. Others stay longer, maybe a few years.

Children go back to their own families when their parents can keep them safe and take good care of them.



## SAFETY

### Who Are Your Safe Adults?

No matter how you feel about your foster family, you can always talk to an adult you trust! They can be your safe adults.

Safe adults are adults around you that you know and trust.

You should feel safe with them and they should listen to you when you need to talk to them.

Can you think of some safe adults in your life?

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## Some Examples of Safe Adults Are:

Adults at Home	Role	Contact Information
Foster Mother		
Foster Father		
Domestic Helper		



Adults at School	Role	Contact Information
Teacher		
Counsellor		



Adults at MSF	Role	Contact Information
Child Protection Officer		
Foster Care Officer		
Psychologist		



**Telephone Number** 1800 274 4788



**When You Can Call** Every Monday to Friday  
(All Weekdays)  
From 2.30pm to 5pm

While your safe adults are there to help you and keep you safe, it is important that you know how to keep yourself safe!

## How Do I Keep Myself Safe?

Practice **NO! GO! TELL!** when you are feeling uncomfortable about someone looking at you, talking to you or touching you.

**NO!**

– SAY NO

**GO!**

– **GET AWAY FROM the PEOPLE or PLACES** that make you feel uncomfortable

**TELL!**

– **TELL SOMEONE YOU TRUST**, like a Safe Adult

**NO! GO! TELL!**



## My Safe Zone



**Your safe zone is the space that surrounds you. It is the distance between you and another person that you are comfortable with.**

**Everyone's safe zone is different.**

- No one should enter your safe zone without you saying it is okay.

**Safe zones change with different people.**

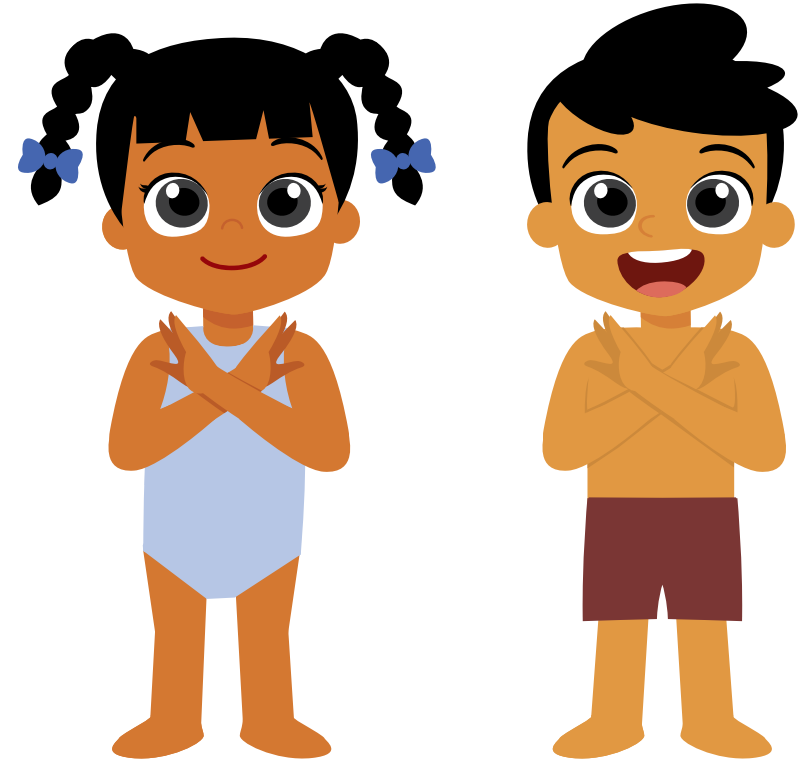
- You may be more comfortable with your family, and less comfortable with school friends or strangers.

**Safe zones can also change, at different times.**

- For example, you may be comfortable with your classmate when you are sitting together in class, but you might not be comfortable to be alone with them during recess.

## "OK" and "Not OK" Touches

No one should touch your body in the parts where a swimsuit covers, unless it is to keep you healthy, AND your parents or guardians are with you.



**Unsafe Touches**

## Your Body, Your Rules

What are some “OK” and “Not OK” touches?

### “OK” Touches

These touches usually make you feel:

- Good
- Happy
- Comfortable
- Loved

OK

What kind of touches are you comfortable with?

Who are the people you allow in your Safe Zone?

### “Not OK” Touches

These touches make you feel:

- Uncomfortable
- ‘Funny’
- Scared
- Confused
- Worried
- Sad
- Angry

Not OK

What are some touches that are not okay for you?

## Let’s Recap!

Remember the Safe Adults you wrote down earlier?

They make up your safety circle. They are the people you should tell if someone makes you feel unsafe or afraid.



# GROWING UP IN FOSTER CARE

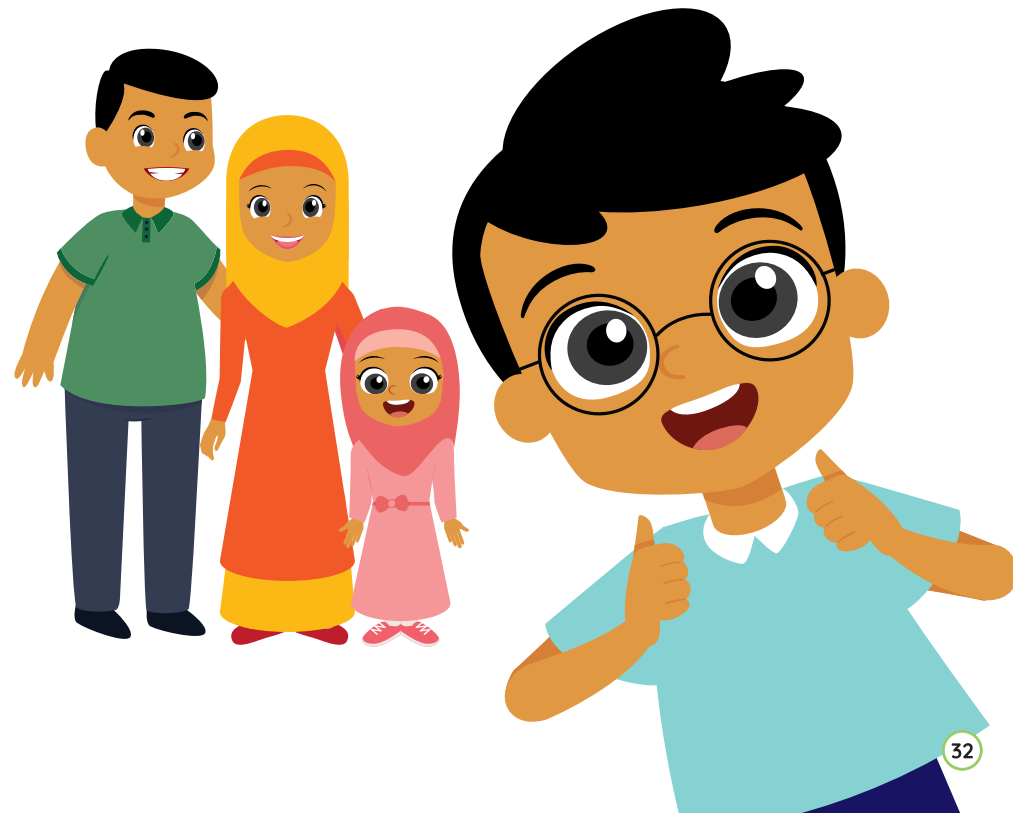


## IDENTITY (ABOUT ME!)

### You are Still You!

Even though you live with a foster family, you are still you!

Things that make you who you are — such as your name, who you pray to, and what you think — will not change. You will also continue to be the rightful child of your natural parents.



## ACTIVITY Like Me, Not Like Me



Learn about yourself and let your Foster Parents get to know you too! Circle True (T), or False (F) for the sentences below.

T	F	I get bored easily and I like to try new things
T	F	I trust most people
T	F	I like to spend time with family and friends
T	F	I make friends with others easily
T	F	I like to be neat and organised
T	F	I want to be well-liked by others around me
T	F	I am usually able to stay calm in stressful situations
T	F	I am cheerful and positive
T	F	I am competitive and take pride in my achievements
T	F	Being kind and thoughtful is important to me
T	F	I enjoy challenges and I do not give up easily
T	F	I like to plan things ahead of time
T	F	I really enjoy receiving gifts from others
T	F	I feel loved when someone praises me and offers words of encouragement
T	F	I feel close to someone when we are talking or doing something together
T	F	I like it when people do things to help me
T	F	I like it when I receive high-fives, pats on the back or hugs

## ACTIVITY Learning About My Personality

Discover more about yourself with the Know & Love Personality Test. Visit [www.knowandlove.com](http://www.knowandlove.com) to take the test!



## ACTIVITY My Strengths and Interests

### Strengths:



Caring	Brave	Honest	Loyal
Curious	Energetic	Friendly	Loving
Creative	Organised	Imaginative	Determined
Gentle	Observant	Confident	Outgoing
Thoughtful	Independent	Encouraging	Hardworking
Humble	Hopeful	Patient	Attentive
Flexible	Reliable	Respectful	Responsible

### Interests:



Art and Craft	Drawing	Dancing	Cooking
Reading	Writing	Photography	Painting
Badminton	Basketball	Soccer	Magic Tricks
Cycling	Gardening	Building Blocks	Astronomy
Martial Arts	Singing	Acting	Music
Hiking	Scrapbooking	Puzzles	Rollerblading
Swimming	Robotics	Running	Science

## ACTIVITY My Strengths and Interests

What interests do you think you would enjoy, and which would you like to try out?

### My Strengths

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### My Interests

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All of us have different hobbies and interests. Some people like to play sports, while others prefer to read, or watch movies.

You can share with your foster family what you like to do, and maybe you can also do it together with them! You can also ask your foster family members what they like to do.

You can try out different activities with your foster family. This will allow you to get to know your foster family better and for them to get to know you.

## ACTIVITY All About Me

Work on this together with your foster parents to learn more about each other! Use drawings or words to identify things about yourselves, such as your family and friends, or favourite foods and activities.

My Family and Friends...

## ACTIVITY Family Bingo

Find out some of your strengths and interests through bingo with your foster family!

**Instructions:** Using a different colour pencil to represent each player, take turns choosing a box. Everyone with the same strength or interest listed in the box can circle it. The first person to get 5 boxes in a row can choose an activity on the bingo sheet for the family to try out together!

**BINGO**

I am a good listener	I am a good swimmer	I am a loyal friend	I am a neat person	I like cooking
I love cycling	I am good with numbers	I am understanding	I am friendly and warm	I love dancing
I am fun to be with	I like reading books	I am helpful	I am fashionable	I am good at computer games
I am funny and make others laugh	I am flexible	Eating is my favorite activity	I am confident	Running makes me feel good
I like watching movies	I am a great singer	I like to skip rope	I enjoy baking	I provide good advice

## Hear From Others Like You!

### Alicia's Story: A Game to Connect



“ My foster mom taught me chess and gave me a lifelong hobby that's made me friends! ”

**Alicia\***, 31 years old. She aged out of care when she was 18 years old.

\* Note: All names of foster children have been changed to protect their privacy and maintain confidentiality

## ACTIVITY Family Activities and Traditions

- What are the things that I enjoy doing with my foster family?
- What are some family traditions that we have?
- What do I wish to do more of with my foster family?

Our favourite family activities are

### Social Support System

There are **3 groups** that make up a strong support system.

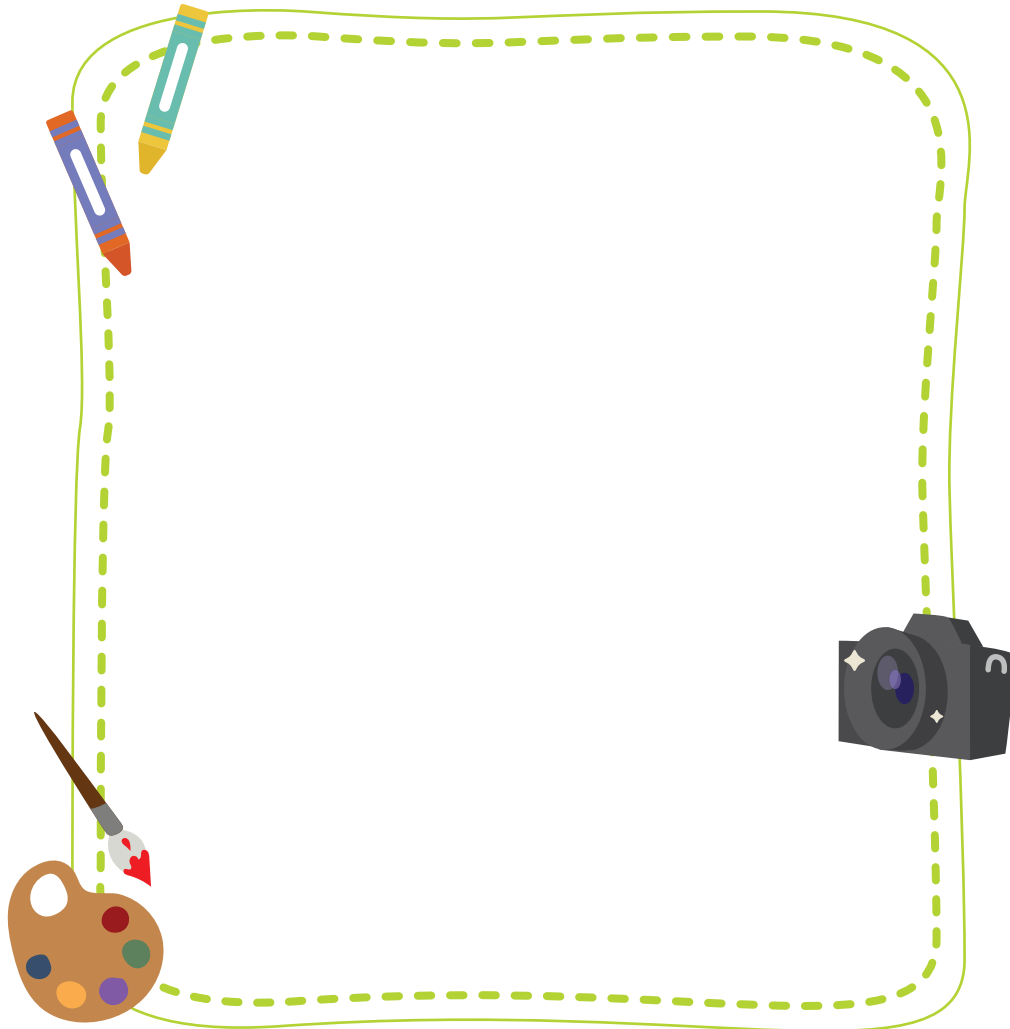
They are **family, friends, and professionals** like your teachers and social workers.

It is important to have a strong support system as it can help you in many ways. Studies have shown that social support can lower stress and sadness.

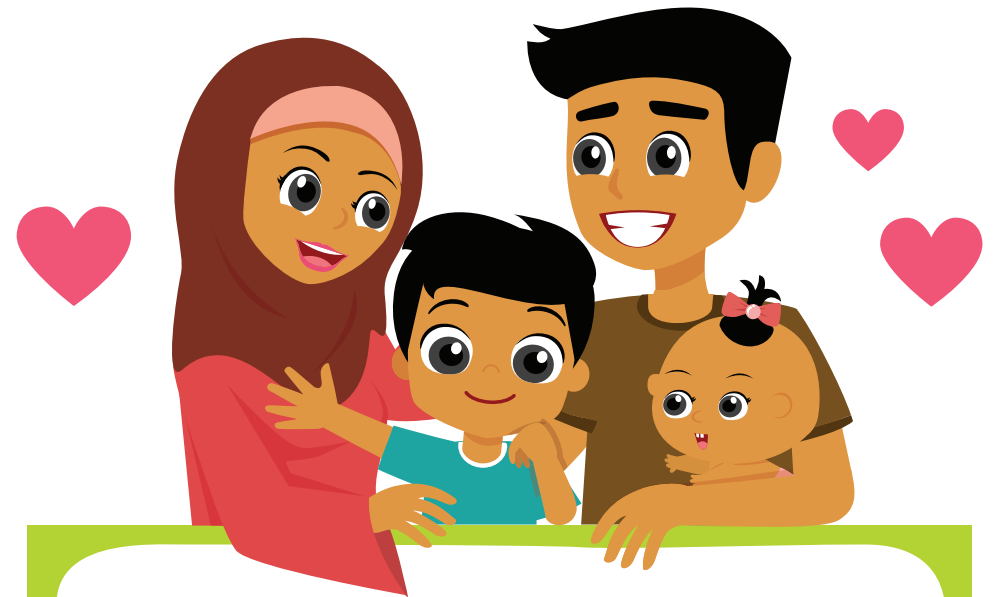
## ACTIVITY Important to Me!

Draw or paste pictures of people who are important to you.

Who are the top 3 people supporting you at this point in your life? How would you show that you appreciate them?



## ACTIVITY Important to Me!



### Having good social support:

- Provides emotional support (helps you feel loved)
- Improves your lifestyle habits (boosts your health)
- Builds self-confidence (helps you feel good about yourself)

## Managing Relationships as A Family

Sometimes, we don't get along with the people we love, or we disagree with something they say or do.

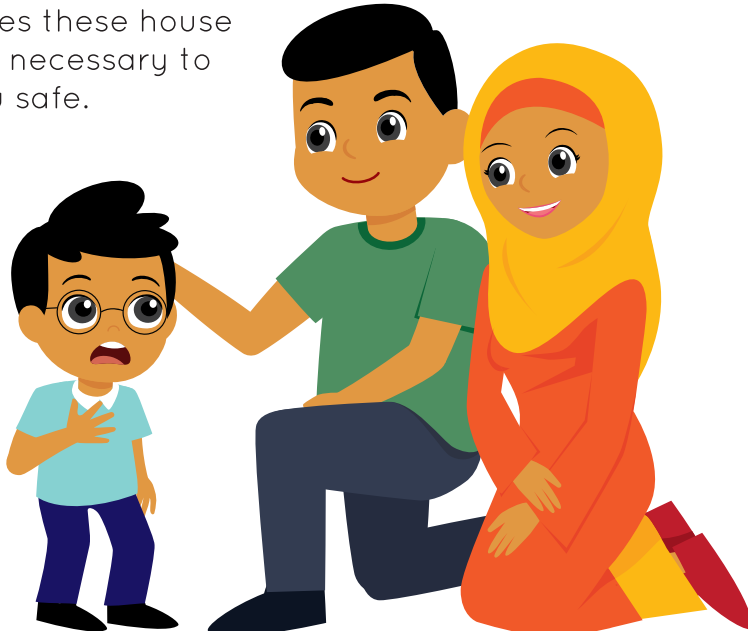
## Foster Family

Every family has their own lifestyle that you may find hard getting used to.

## Look at the things you have in common with your foster family

There may be certain house rules and family practices that you may be unfamiliar with or do not agree with.

Talk to your foster parents about it and find out how you can all agree on the house rules. It is also important to understand that sometimes these house rules are necessary to keep you safe.



## How To Connect with Foster Parents

It can be difficult to open up to your foster parents but talking to adults can be very helpful.

How do you think you can improve your connection and relationship with your foster parents?

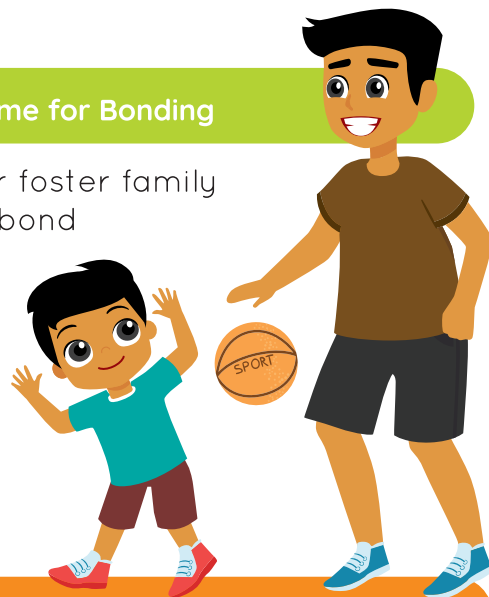
A cartoon illustration of a young boy with dark skin, black hair, and round glasses. He is wearing a light blue t-shirt and dark blue pants. He is pointing his right index finger upwards. Above his head is a blue thought bubble containing three white dots. The background is white with horizontal orange lines.

## How To Connect with Foster Parents

Here are some ways to grow your relationship with your foster parents.

### Quality Time for Bonding

Doing activities with your foster family creates opportunities to bond and enjoy each other's company. This can be as simple as playing games or watching TV together. You can also go cycling or hiking if you enjoy nature or adventurous activities!



### Willingness to Share

There might be difficult moments where you feel upset and need help from others. Foster children have shared that they would like help from their foster parents in such times. However, many do not let their foster parents know when they are upset.

It is difficult for foster parents to help when they do not know you are having a tough time. Have more conversations about your feelings with your foster parents, or simply ask them for help when you need it. It may be easier than you think!

## How To Connect with Foster Parents

### Small Acts Matter

You may not realise, but our small acts of kindness and gratitude can have a huge impact on others. Sharing a joke, helping around the house, or even just showing your beautiful smile may just brighten your foster parents' day!



### This week . . .

- What was 1 kind thing that my foster family did for me?
- What was 1 kind thing that I did for my foster family?

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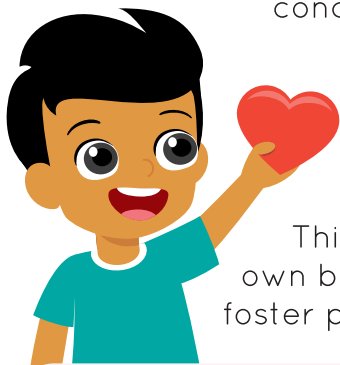
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## How To Connect with Foster Parents

### Show You Care

Just like how you would like your foster parents to show care for you, it's important to show your care and concern for them as well.



You can show care for your foster parents by being respectful and polite, and by being thoughtful about their needs. This can be as simple as making your own bed without being asked, so your foster parents can have some rest.

- What are some ways that I usually show care to others?

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## Loving Both My Natural and Foster Family

**I like living with my foster family, but I also miss living with my natural family . . .** It is natural to feel confused when you wish to be with your natural parents again but also enjoy the company of your foster family.

### Book Recommendation



#### The Invisible String

**Author:**  
Patrice Karst

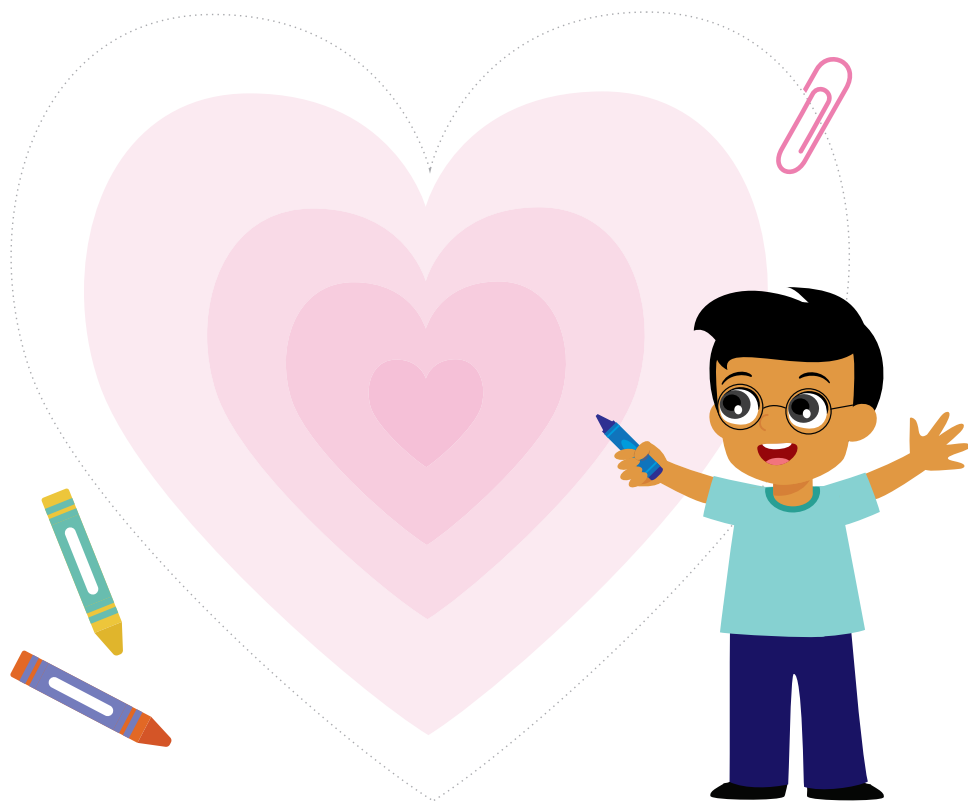
**Illustrated by:**  
Stevenson, Geoff



## ACTIVITY Heart Filled with Love

The people that you love will always have a space in your heart and there will be enough space for everyone that you love.

Let's fill up the heart below by decorating them with the names of the people you love or drawing the happy memories you have with them.



Having to be apart from your loved ones can be scary and sad, but you can always think about the happy memories that you had with them and write a card to let them know how you are doing!

## Here Are Some Tips on What You Can Do

**Understand that how you are feeling about this is natural**

It is important to first understand and recognise how you feel towards your natural and foster family.

Sometimes you may feel happy living with your foster family, but also miss living with your natural family. You may feel confused after seeing your natural family again as you want to spend more time with them. It is okay to have mixed feelings about living in foster care. It is completely natural to feel this way as many foster children also have the same feelings!

**Be open and share with someone about how you feel**

You can approach any safe adult like your foster parents, foster care officer, teacher, or counsellor to talk about how you are feeling. Remember that they are all here to guide you along the way.



## You Are Never Alone

Remember that you don't have to deal with this alone, and that you have every right to live in an environment that you are most comfortable with.

If you are struggling to get along with your foster family or miss your natural family, please speak to your safe adults such as, your Foster Care Officer, Child Protection Officer, and more.



## Hear from Others Like You!

### Henry's Story

“ My foster family will always support my decisions. Yes, they can be strict at times, but I know it is their way of showing that they care. I wouldn't trade them for anything in the world. They are my second family and are very important to me.

My natural mother and my foster family are the reason why I am the person I've become today. Thank you isn't enough to show how much I appreciate them. ”

**Henry\***, 17 years old. He reintegrated with his natural mother when he was 4 years old.

\* Note: All names of foster children have been changed to protect their privacy and maintain confidentiality

# MANAGING RELATIONSHIPS

## ACTIVITY All About My Friends

Friends are important to us. They are the people we spend a lot of time with, so we should choose our friends wisely. Friendships should help you, not hurt you.

**Paste pictures of friends who are important to you.**

- Describe your friends and share a memory that you treasure with them.
- What do I like most about my friends?
- How do my friends support me and show their care?



## ACTIVITY All About My Friends



As you grow older, your peers will start to make up a bigger part of your life as the people you spend a lot of time with.

Your friends may knowingly or unknowingly have a large influence on the way you act, in everything from your fashion sense to how you speak.

Sometimes, in order to fit in, most children are eager to do what their peers tell them to. This is known as peer pressure.

It is important to remember that what you choose to do can have a big impact on you, and that some choices may land you in unpleasant situations.

## ACTIVITY All About My Friends

What are things that I value most in friends?

What are some worries I have about managing friendships?

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## Some Questions You May Have

### Do I have to tell my friends in school?

It is entirely up to you to decide if you would like to share with your friends about living with a foster family. If you do not feel comfortable letting your friends know, you do not have to share it with them!

Do note that your teachers and school counsellor would be aware that you are currently living with your foster family. If you have any problems or you are being bullied in school, tell a trusted adult such as your teacher, foster care officer or foster parent so that they can help you!

### Can I still hang out with my friends?

When you wish to go out with your friends or visit them at their homes, ask for permission from your foster parents. Your foster parents are responsible for your safety and need to know where you are and what you are doing to keep you safe.

They may want to meet your friends and talk to their parents to make sure they have a good influence on you. While they might not let you do some things, it is purely out of concern for your wellbeing.



## Some Questions You May Have

### Can I call my friends or message them?

You should follow the rules set by your foster parents on the use of the phone or computer. Some foster parents might decide to set aside some hours for you to get calls or have screen time.

If you don't agree with any of the rules, try to discuss with your foster parents on why you should have more time to use the phone or computer, and come up with new rules together! You have the right to have private conversations on the phone.



## Hear from Others Like You!

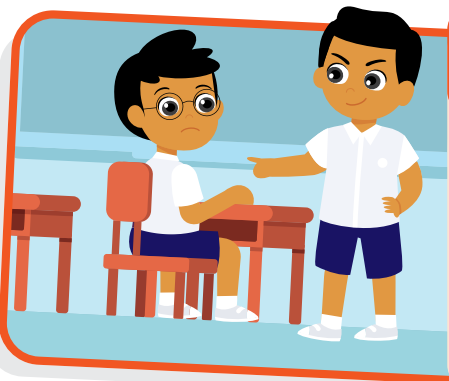
### Nicole's Story



**Nicole\***, 19 years old. She has aged out of care.

\* Note: All names of foster children have been changed to protect their privacy and maintain confidentiality

## ACTIVITY What Would I Do?



A classmate is pressuring you to tell about your natural or foster family.

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Feeling stressed/upset about not getting along with your foster siblings.

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I care for both my natural parents and foster parents. My foster parents bought a gift that I like for my birthday, but my natural parents also bought me the same gift.

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## COPING SKILLS

### Identifying Signs of Anger and Stress

#### Knowing your emotions and feelings

You will have happy days in foster care as well as some sad days too. It is okay to cry because you miss your family, or because you are angry that you cannot see them every day, but it is better to use your words. Tell us how you feel so your safe adults can help you.



## Identifying Signs of Anger and Stress

### What to do when you know you are feeling angry?

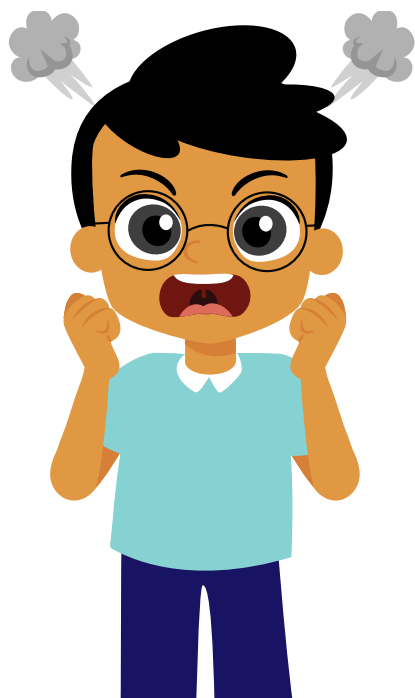
When you start feeling angry, you may show all or some of these tell-tale signs:

#### This is what happens to your body:

- You clench your jaws or fists
- Your heart starts to beat faster
- You feel hot or start to sweat
- Your body shakes or trembles
- You start to raise your voice

#### This is how you may feel:

- Irritated
- Grumpy
- Anxious
- Wanting to leave and get away from the situation
- Wanting to shout and/or hit



## Identifying Signs of Anger and Stress

List 3 things that make me feel angry.

How will the people around me know when I am feeling angry?

A worksheet designed to look like a spiral-bound notebook with three distinct sections. The top section has a blue border and contains a large circle with the number '1' followed by three horizontal lines for writing. An orange paperclip is attached to the top right corner. The middle section has a pink border and contains a large circle with the number '2' followed by three horizontal lines. The bottom section has a green border and contains a large circle with the number '3' followed by three horizontal lines. A red crayon and a yellow crayon are positioned at the bottom left of the green section. To the right of the notebook, there are two books: a blue one and a yellow one with a red bookmark sticking out. The entire worksheet is set against a light blue background with a green scalloped border at the top.

## Identifying Signs of Anger and Stress

What do I need others to do for me when I am feeling like this?

What will I need to do on my own?



## Identifying Signs of Anger and Stress

How do you know when you are feeling stressed?

### What is stress?

Stress is a feeling that you get when you feel overwhelmed or anxious about something happening in your life.

It is natural for everyone to feel stressed sometimes. You may feel stressed because you are worried about being in foster care and unsure about how your friends may react.

Stress can be positive when it helps us to overcome our fears and try new things. If you are feeling stressed for a long time and the feeling does not go away, it may affect your health. It is important to tell your safe adults about how you feel and let them help you cope with your stress.



## Identifying Signs of Anger and Stress

### How do I know that I am stressed?

When you are feeling stressed, you may show some of these tell-tale signs:

#### This is what happens to your body:

- Diarrhoea or constipation (trouble going to the toilet)
- Chest pains, faster heartbeat
- Eating more or eating less
- Sleeping too much or too little

#### This is how you may feel:

- Moody
- Irritated
- Worried
- Find it hard to relax
- Lonely
- Staying away from your friends and foster family
- Not wanting to do your work



## Identifying Signs of Anger and Stress

What are 3 things that make me feel stressed?

How will the people around me know when I am feeling stressed?

Three large, rounded rectangular boxes with dashed borders, designed for writing answers. The first box is orange and has a large number '1' in a circle. The second box is pink and has a large number '2' in a circle. The third box is light blue and has a large number '3' in a circle. A small orange pencil is at the top right, with a dashed line leading from it to the first box. A blue paperclip is on the left side of the second box. A small brown teddy bear is at the bottom right of the third box.

## Identifying Signs of Anger and Stress

What do I need others to do for me when I am feeling like this?

What will I need to do on my own?

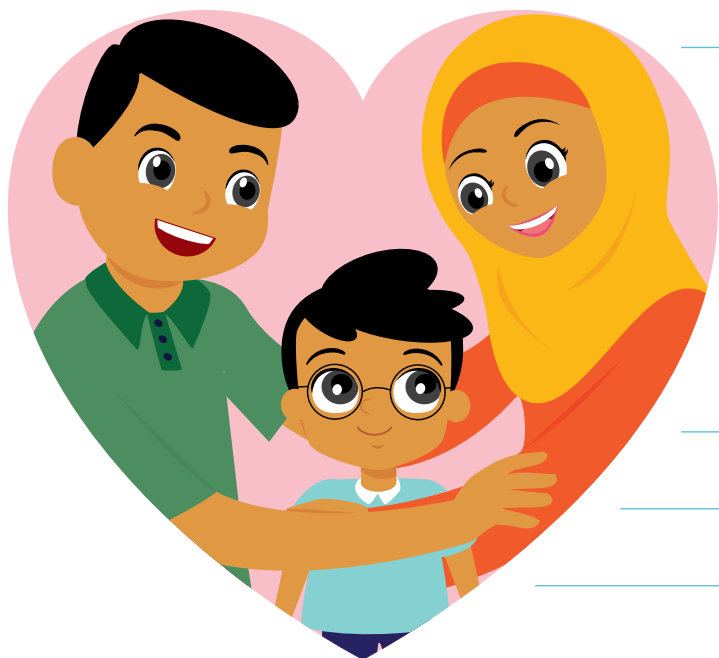
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## What Can You Do to Manage Your Anger and Stress?

We encourage you to understand your emotions or feelings and learn healthy ways to deal with them.

Here are some tips on how to deal with anger or stress:

- Stay calm and keep breathing  
*Practise deep breathing. You can do this by pretending to take a deep breath of your favourite dish. Then blow out, as if you are cooling the food down. Do this several times until you feel better.*
- Write down your feelings in a diary or journal
- Draw out your feelings as an artwork
- Doing something you like, e.g. listening to music, playing sports, going to the playground
- Going out on a walk (with friends or family)
- Trying out a new activity



When times get tough, I want to remember that

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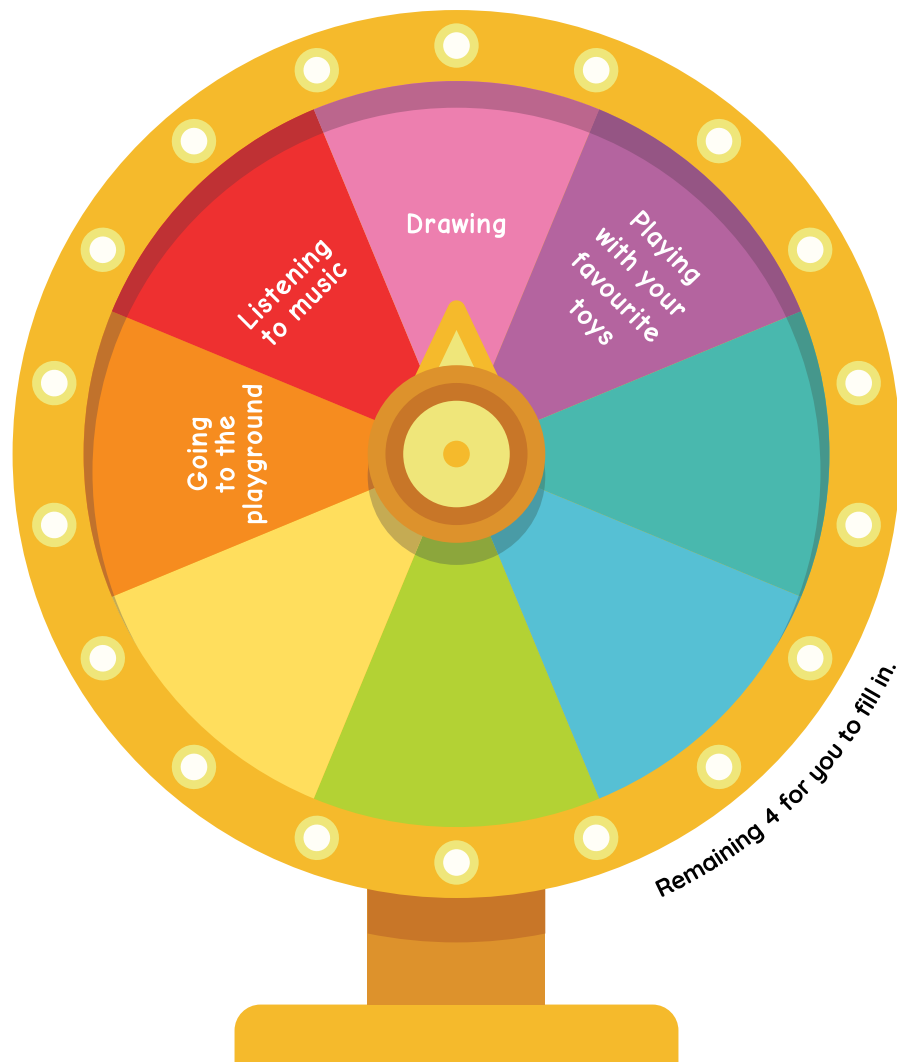
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## ACTIVITY Coping Strategies

This rainbow wheel contains some ideas to help you when you are stressed or angry.

You can spin the wheel to choose what to do when you are feeling stressed or upset.



## Inspiration



“ Oh yes, the past can hurt, but the way I see it you can either run from it or learn from it. ”

- Rafiki, from The Lion King

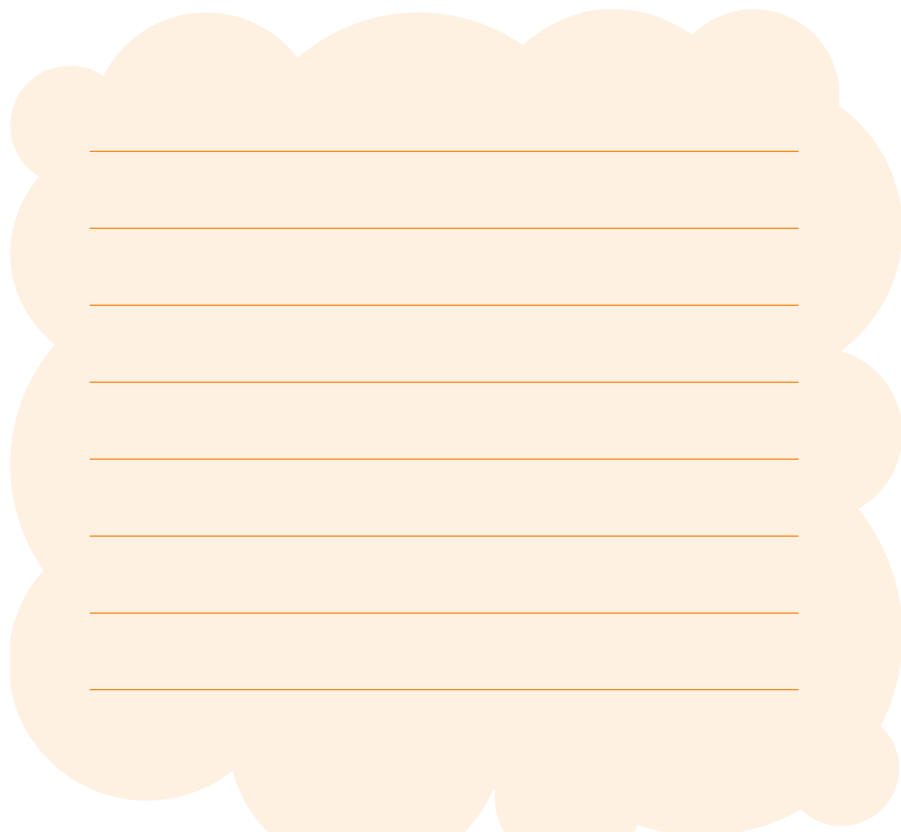


“ When life gets you down, do you know what you gotta do? Just keep swimming. ”

- Dory, from Finding Nemo

## ACTIVITY My Favourite Character

Who are some of my favourite characters and/or role models who inspire me? What have I learnt from them?



# LEAVING FOSTER CARE



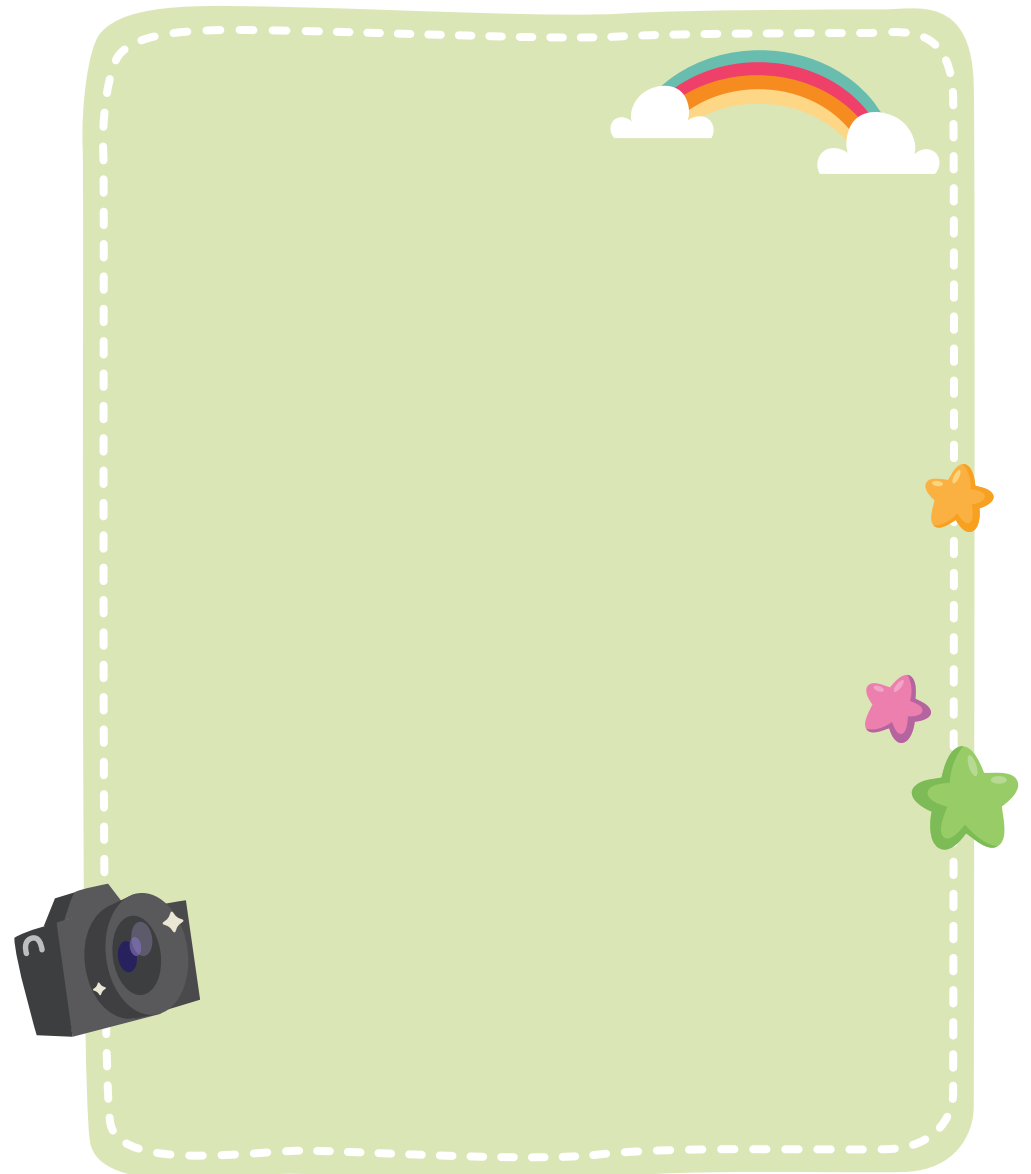
# Reflecting on My Fostering Journey

What were your favourite memories or moments in your fostering journey?



## Reflecting on My Fostering Journey

Paste some photos and mementos of your time in foster care here!



# SAYING GOODBYE

## What Can I Do When I Am Saying Goodbye?

Saying goodbye to your foster family might not be easy.

Before leaving, you might wish to do something to express your gratitude towards them, or maybe do one last activity together to remember the good times.

In case you are wondering what to do, here are some activity ideas for you to do together before leaving foster care!



## What Can I Do When I Am Saying Goodbye?

1

Write appreciation cards/thank you notes to your foster family

- Handmake a card for each member of your foster family. You can write why you are thankful for them and include your best memory with them inside.
- There are many different craft ideas online. You and your foster family can visit sources such as YouTube or Pinterest to get more ideas!



## What Can I Do When I Am Saying Goodbye?

2

Share your favourite memories with your foster family

- During family time, you could share your favourite memories with your foster family and ask each of them to share their favourite memory with you too.
- Record your favourite memories in the memory jar below.



## What Can I Do When I Am Saying Goodbye?

3

Pack items you want to bring along with you

- You might want to think about what you wish to leave behind, and what you would like to bring with you to your next home, such as a favourite soft toy you cannot sleep without. Here's a bag for you to draw what you want to pack!



## What Can I Do When I Am Saying Goodbye?

### 4 Show your foster family that you care

- If you enjoy receiving hugs, you can express affection to your foster family that way! Otherwise, you can show your concern for your foster parents by helping out more at home in the days before you leave foster care.



## What Can I Do When I Am Saying Goodbye?

### 5 For a farewell with your foster family, you can also do activities like:

- Having a meal together
- Creating a scrapbook or photo album of your time together



## ACTIVITY A Letter to My Foster Parents

Write a letter to your foster parents here.



## ACTIVITY My Feelings Chart

How do you feel?



Happy



Interested



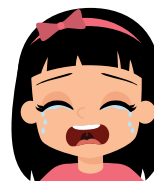
Proud



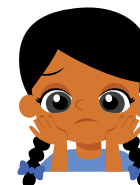
Hopeful



Cheerful



Sad



Lonely



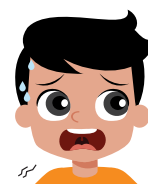
Excited



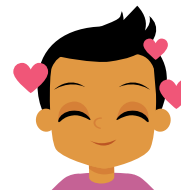
Bored



Relaxed



Scared



Loved



Worried



Shy



Unsure



Curious



Playful



Angry



Surprised



Annoyed

# DEAR FUTURE ME

## New Beginnings ...

This chapter of your life, your fostering journey, may be coming to an end, but your life is just beginning. You have a whole life ahead of you, so go on and write the rest of the chapters in the book to your life!



## Hear from Others Like You!

### Cass's Story: To My Future Self

Dear Future Cass,

I hope that you have achieved our dream of becoming a healthcare worker!

Our younger self always wanted to be able to help grandma when she was sick. Foster mom and dad have also taught me the value of helping others, especially our foster mom who is always nice and friendly to others.

Because they've taught me that kindness can be spread, I want to start a chain of kindness through my good deeds by being a healthcare professional.

To fulfil this dream, I plan to take a healthcare-related course at polytechnic, and then study at university to become a healthcare worker. I need to work hard and try my best to achieve this dream.

*Cass\*, 16 years old. She was recently adopted by her foster parents.*

\* Note: All names of foster children have been changed to protect their privacy and maintain confidentiality

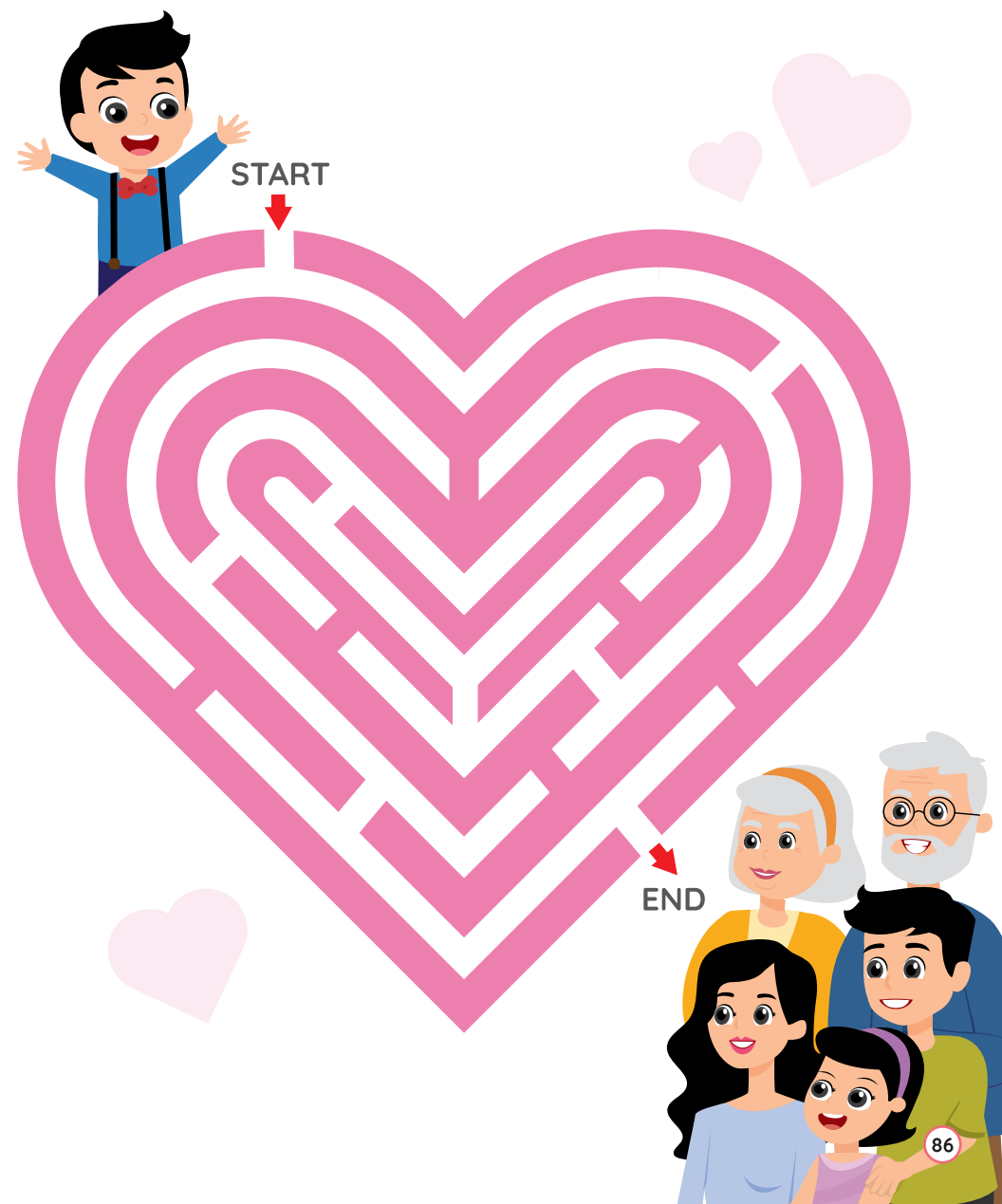
## ACTIVITY A Letter to My Future Self

Write a letter to your future self — you can include drawings or photographs and get creative! Think about what you would like in your future, such as your ambitions, what you would like to be, and what success would mean to you. You can also include topics like activities you would like to do in the future, and places you would like to visit.



## ACTIVITY Heart Maze

You may feel sad leaving your foster family but they are still connected to you, no matter where you are.



## ACTIVITY Certificate of Completion

Congratulations on completing your foster care journey! Celebrate your journey and growth by filling in this certificate with your name and decorate it how you like!

# CERTIFICATE OF COMPLETION

THIS CERTIFIES THAT

FOR SUCCESSFULLY COMPLETING THE  
**FOSTER CARE JOURNEY**

DATE



## LIST OF REFERENCES

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A special shoutout to \*Sarah, Charlotte, Alicia, Henry, Nicole, Cass for sharing stories about your fostering journey and being an inspiration to other foster children!

\* Names have been changed to protect the privacy and maintain confidentiality of our foster children

## NOTES











Call **63548799** or visit  
**[www.msf.gov.sg/fostering](http://www.msf.gov.sg/fostering)**