

SUPPORT FOR LISA



INTRODUCTION

FIN FAMILY,
Uncle Fin, Auntie Fin,
and Foster Sister Finny

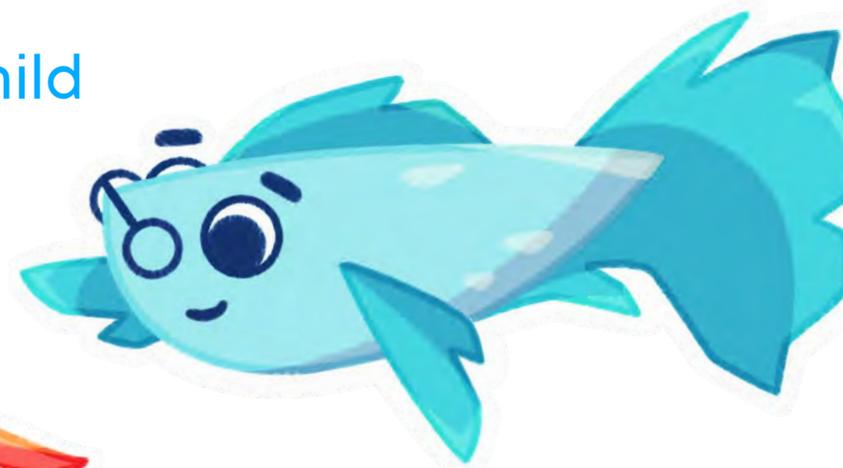
MS GOLDIE,
Foster Care
Officer (FCO)



STARFISH,
Soft Toy



LISA,
Foster Child



MS CORAL,
Child Protection
Officer (CPO)



MR ALI,
School Teacher
and classmates

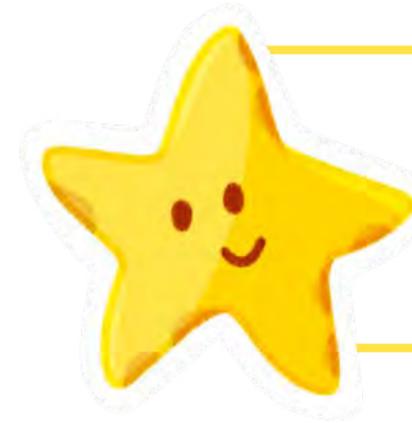


Hi everyone, my name is Lisa. I am 7 years old. I will be staying with another family for a while because it is unsafe for me to remain at home. My Child Protection Officer, Ms Coral and Foster Care Officer, Ms Goldie said they would look for a foster family who would take good care of me while Ms Coral works with Mama and Papa to make it safe for me to return home!

**'Where are we going?
Who will I be staying
with? How will this
foster family and their
new home look like?'**



Ms Goldie introduced me to my foster family, Aunty and Uncle Fin and their daughter, Finny. Ms Goldie told me that I would be staying in this house and this family would take care of me.



What were some of the questions you had about your foster family?

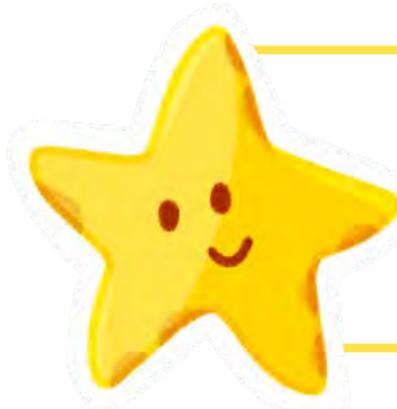


'These are new faces and it is making me feel worried. Will I fit in?'



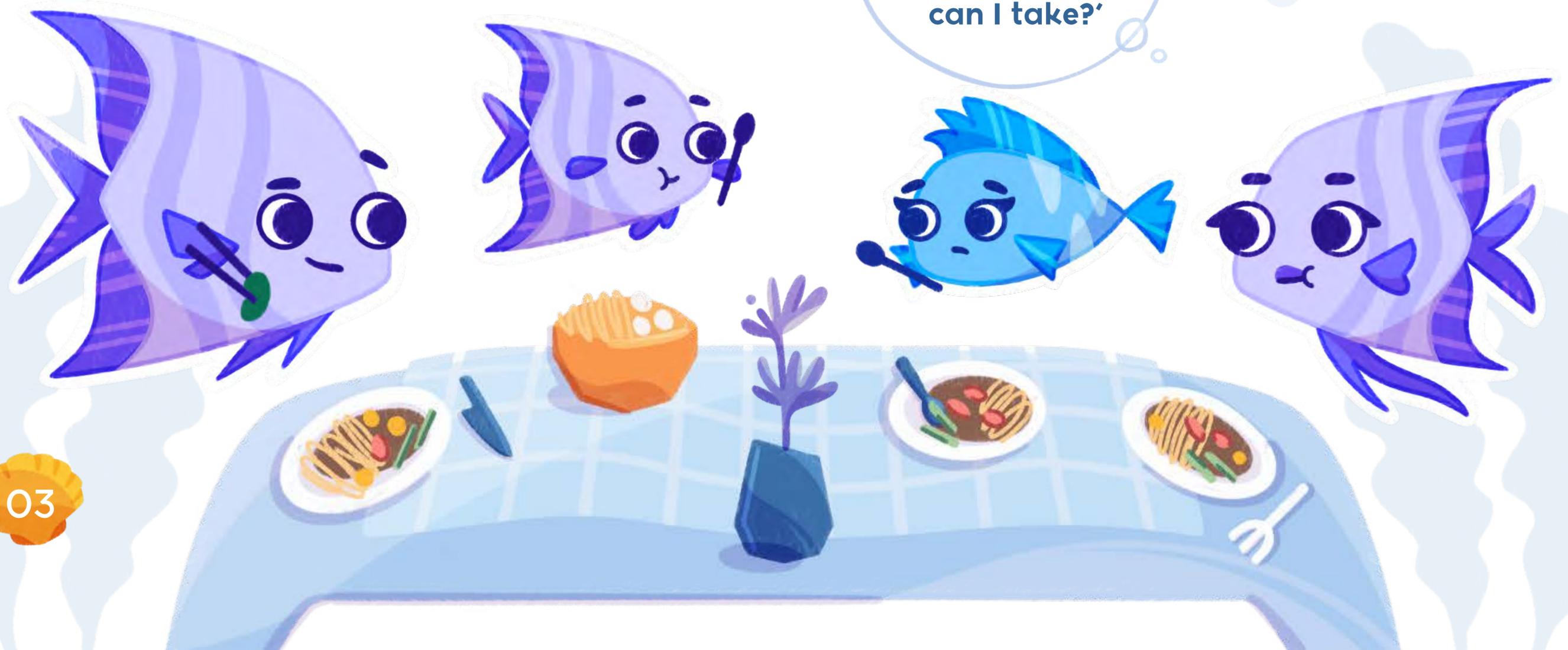
After Ms Goldie and Ms Coral left, my foster family brought me around the house. Aunty Fin said I would be sharing a room with my foster sister, Finny. Finny waved to me.

My foster family started to set the dining table and brought out lunch from the kitchen. Aunty Fin said "Let's all eat together!"



What did your foster family do when you first arrived?

'Oh, there is so much food! How much can I take?'

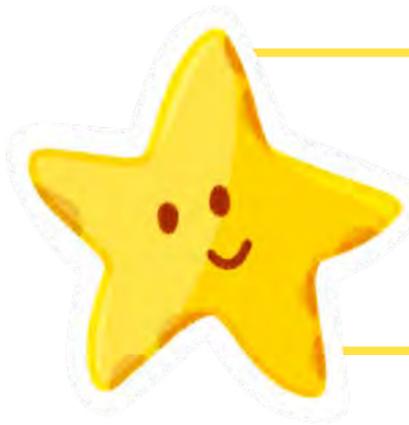


The first night was difficult for me as I had a bad dream. My foster parents woke up and came to my side when they heard my cries. I felt comforted when Aunty Fin said "Don't worry, Lisa. I will stay here with you until you fall back to sleep."

'I am glad I have my soft toy that I can hug when I feel scared. It makes me feel safe. I am sorry that I woke my foster parents and foster sister up with my cries but I am happy to know that they care for me.'



When you feel scared, what would make you feel better?

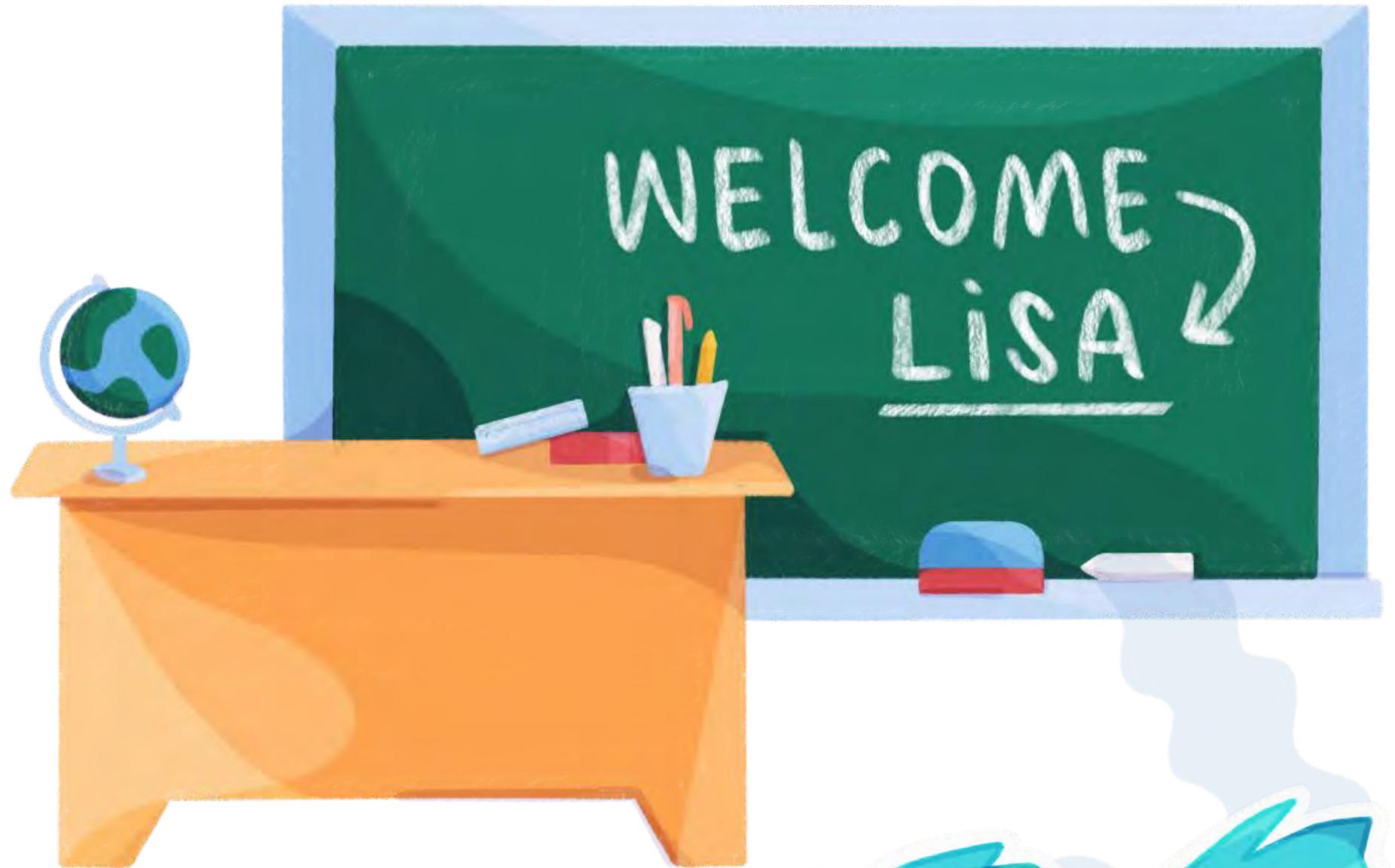


How did you feel when you had to join a new school?

It is my first day at Sand Primary School today! Aunty Fin prepared breakfast for me and helped me get ready for school. She also gave me money to buy food from the school canteen during recess.

At school, my form teacher, Mr Ali, introduced me to my classmates.

'I miss my friends. Will I be able to make friends at this new school?'



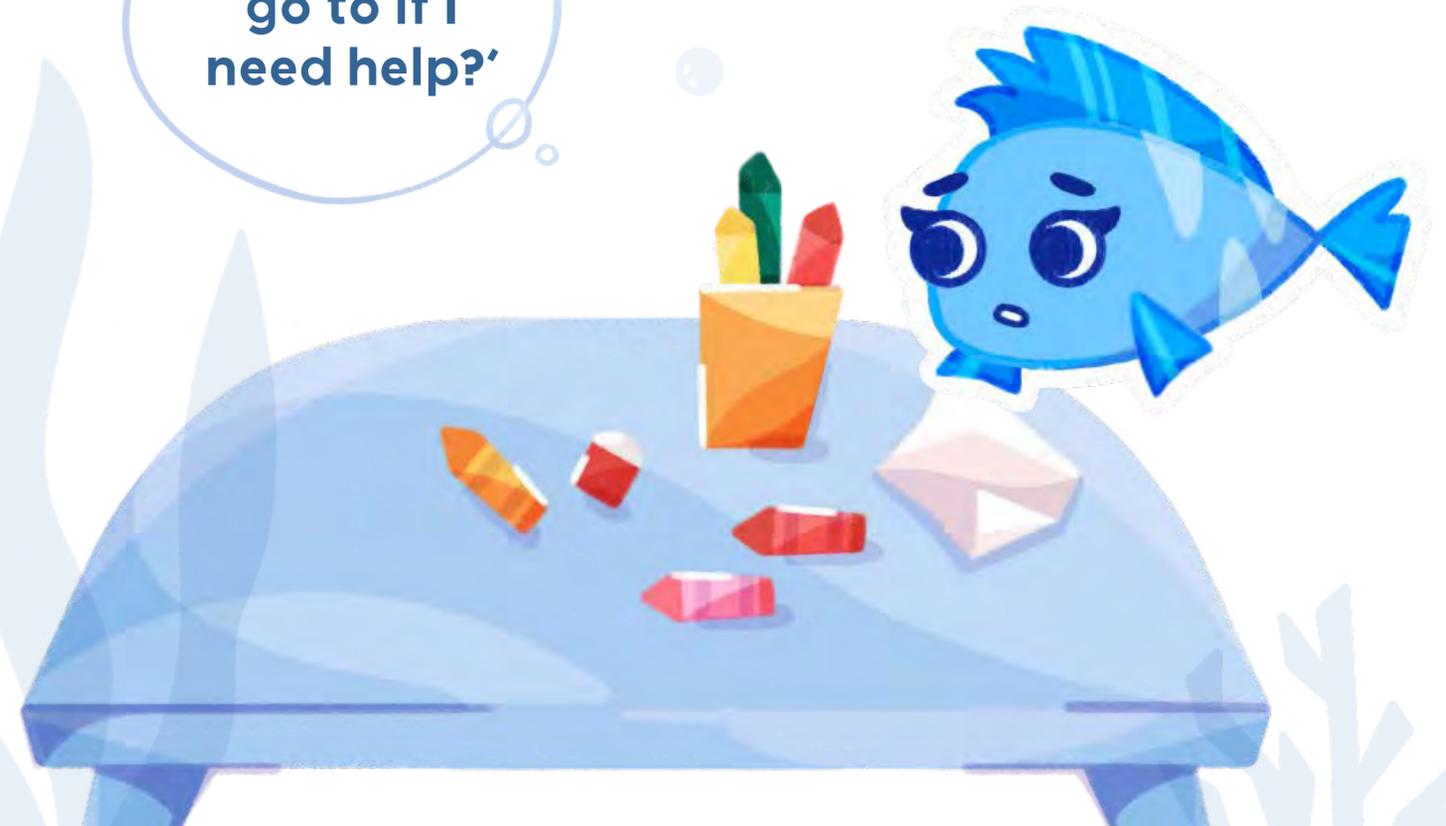
Mr Ali is teaching the class some new words. I am worried I would not be able to catch up. I am not sure who I can ask for help as I do not have any friends yet.



Have you asked for help in school before? How did you do it?



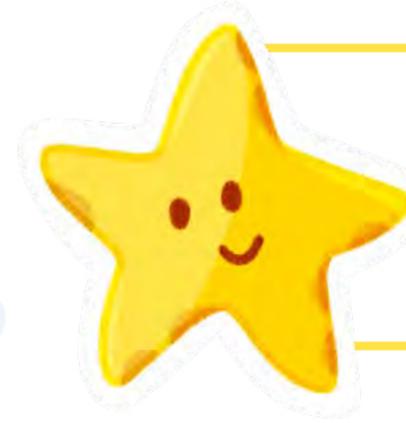
'Who should I go to if I need help?'



I learnt the names of some of my new classmates - Meili, Bala and Jamie.

Meili came over to my desk and asked if I needed help and I nodded. Meili showed me the new words that were taught in class and helped me to learn the meanings of those words.

Mr Ali also came over to give me some story books to read and encouraged me to raise my hand if I had any questions. I felt relieved to know that I have people I can turn to when I need help.



How did your teacher or classmates help you when you faced difficulties in school?



Back at the foster home after school, Finny and I sat down together to do our homework. Finny shared with me about her co-curricular activity in school. She is part of the Brownies CCA. Her story made me feel excited about joining a CCA when I get promoted to Primary 3.

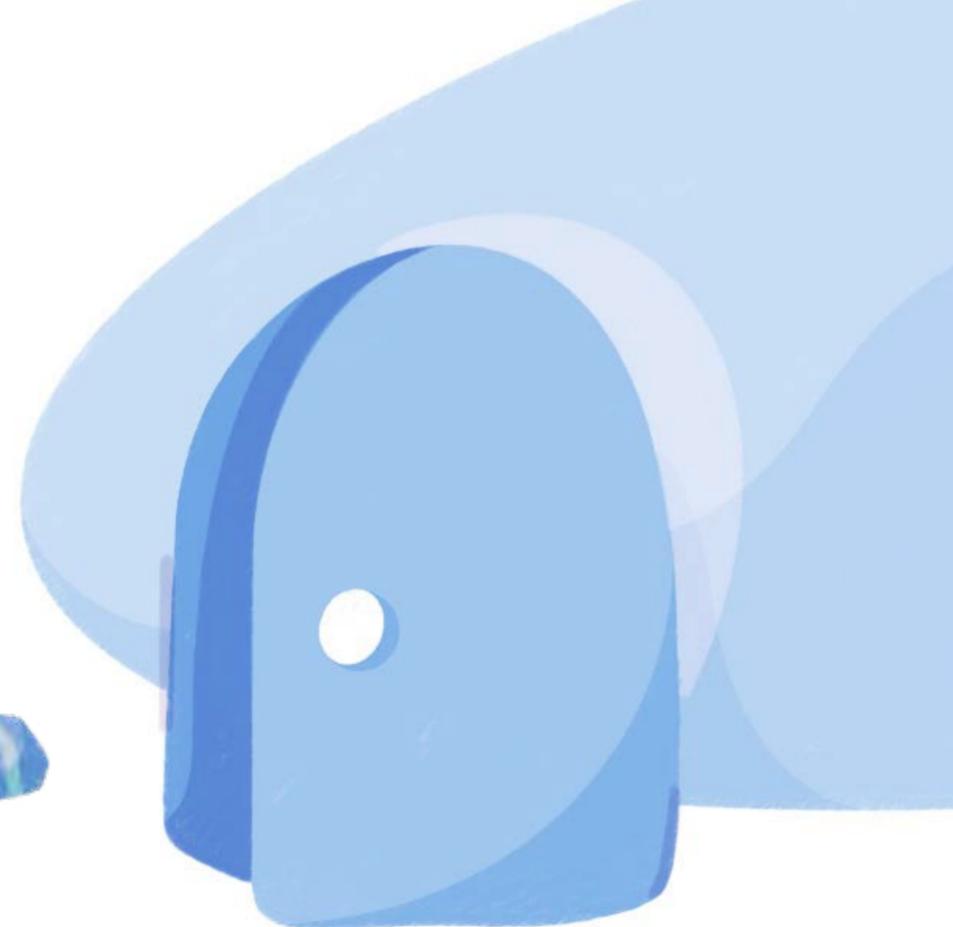
Uncle Fin guided me with my Math homework and helped me prepare for my spelling test. We also came up with a revision timetable for me to manage my time and studies better. There is a break in my revision timetable for me to relax before going to bed at 8:30pm.

'I find this revision timetable helpful and it is simple to follow but this is hard work. I have not had to revise this much before. I will try my best because I want to do well and make Papa and Mama proud.'



One day, Ms Goldie came to see me at the foster home. We went into the bedroom to have a conversation. I was happy to see her and I told her about all the friends I made at school!

She asked me to share my happy moments as well as my worries about staying with Aunty and Uncle Fin. I shared with Ms Goldie that I felt glad that my foster family is kind, loving and caring. But, I was also worried about whether I would see my Mama and Papa. Ms Goldie assured me that she would arrange for me to meet them soon.



Ms Goldie gave me her phone number. She reminded me that I could call her if I wished to ask her any questions or to share my thoughts and feelings.

Do you have your Foster Care Officer's phone number and do you know who else you can contact when you feel scared or worried?

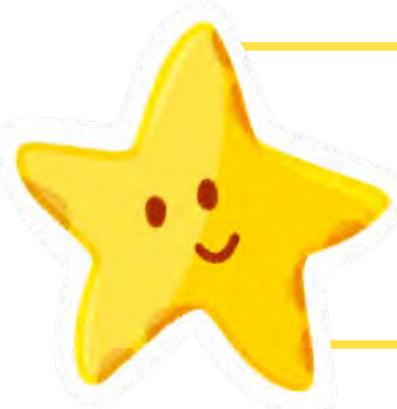


After the conversation with Ms Goldie, we went into the living room as she said that we were going to play a board game with my foster family. The game gave us the chance to get to know one another better!

After a while, Ms Goldie left. I waved happily to Ms Goldie. I was excited to continue playing the game with my foster family.



'I remember playing games with Mama and Papa, too.'



Would you like to have a go at playing board games?

That night, I kept thinking about my Mama and Papa. I shared with Aunty Fin that I missed my Mama and Papa but I was also worried that they were still angry with me. I told Aunty Fin that I felt very scared when Papa shouted at me. I also felt sad when Mama did not give me food.

Aunty Fin hugged me and told me that Ms Goldie was arranging for a video call for me to see and speak to Mama and Papa. She explained that Mama and Papa needed to work on some things before I could go home with them.



'I miss Mama and Papa, but do they miss me? I am not sure if they will be happy to see me. They were angry with me the last time I saw them.'

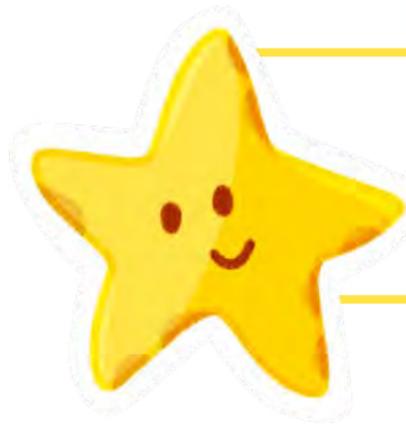
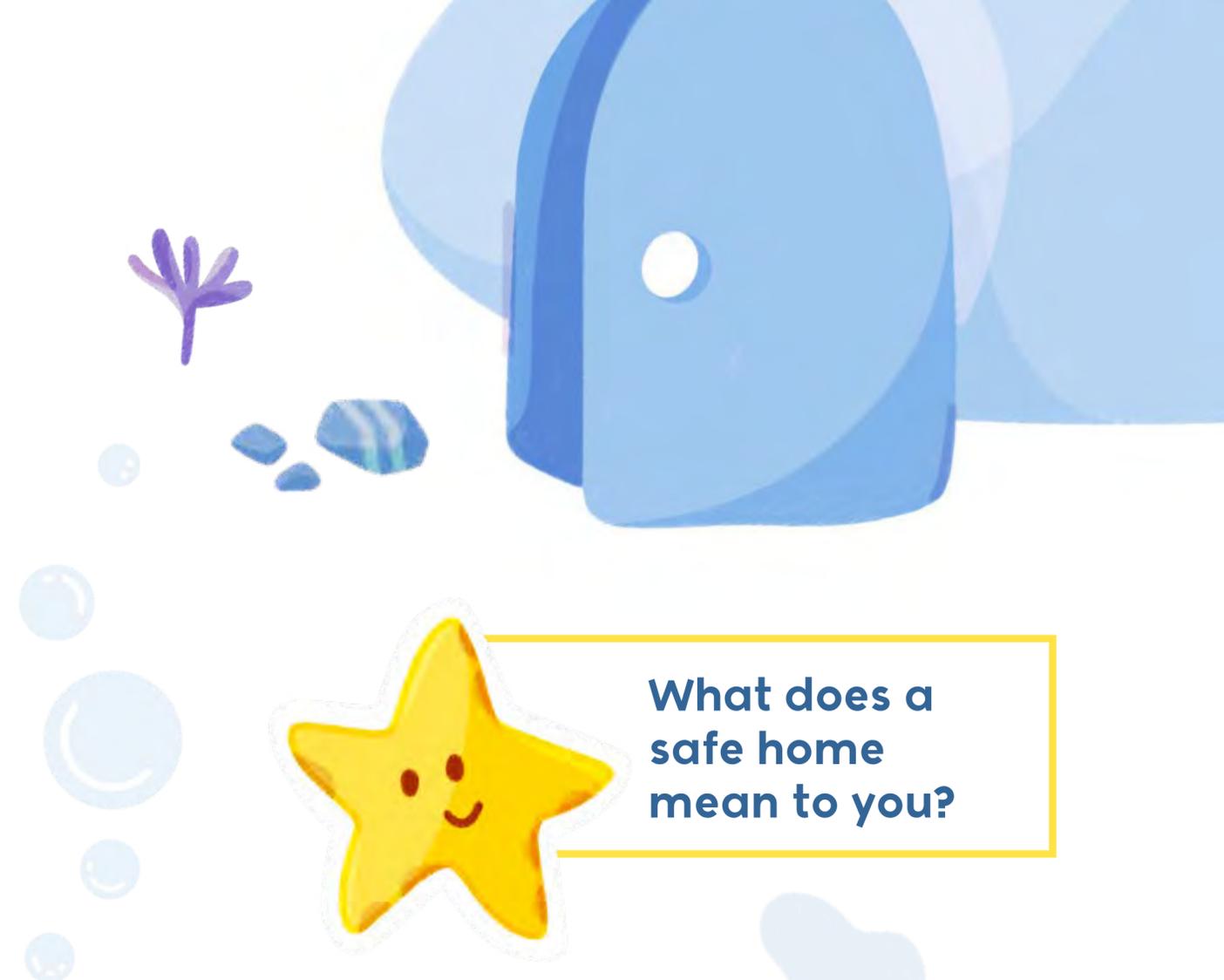


What do you do when you miss your mama or papa?

The next day, Ms Coral came to the foster home. She said that I could meet me Mama and Papa that day through a video call. I was happy and worried at the same time.

When I saw my Mama and Papa on the screen, I cried and told them I missed them. I also asked them when I could go home. Ms Coral said that I was not able to go home yet as she was working with Mama and Papa to make sure things were safe at home.

Mama and Papa said that they loved me very much and asked me to be patient as they worked with Ms Coral to make the home safer for me.

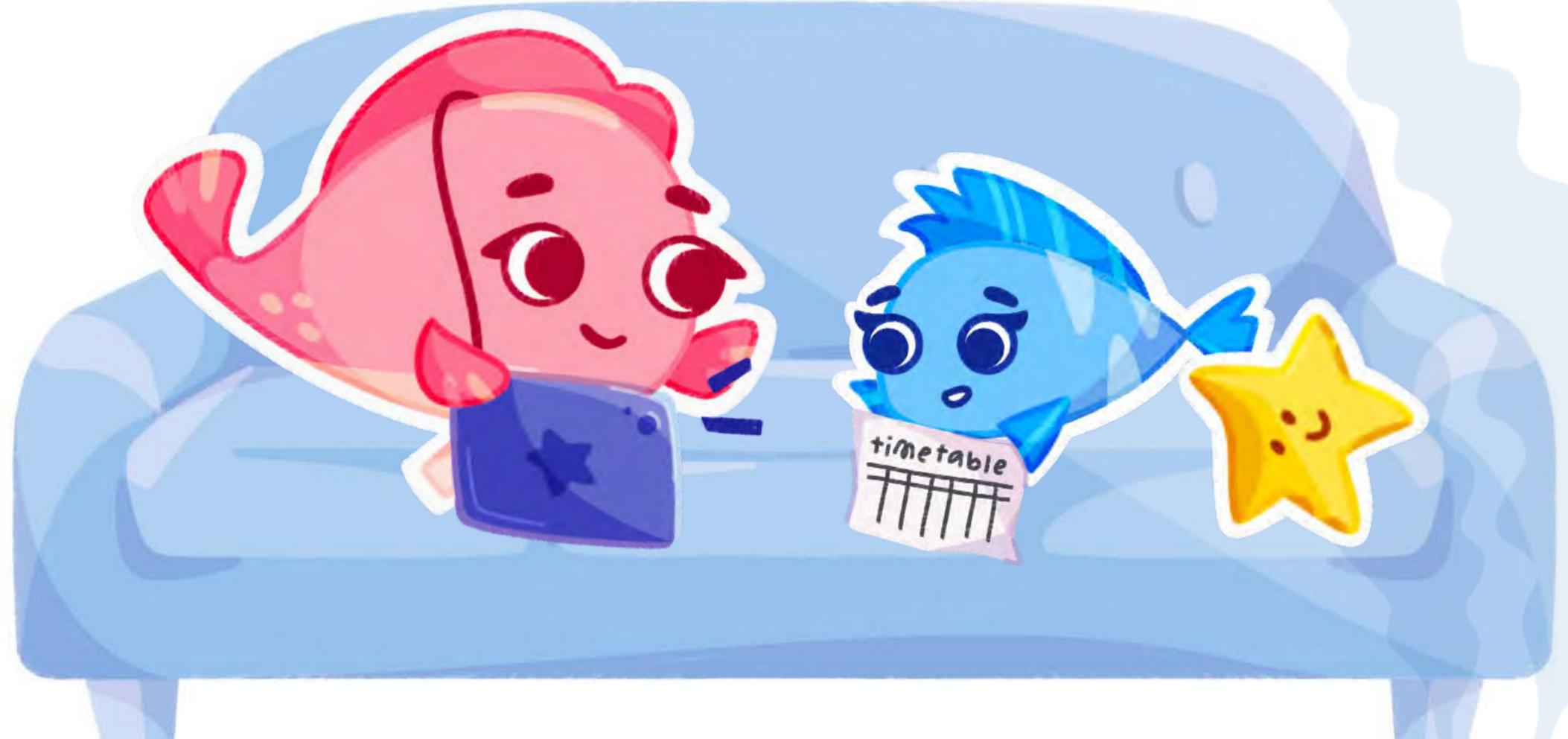


What does a safe home mean to you?



Ms Coral asked me to share with Mama and Papa about my stay in the foster home and about school.

I shared that my foster parents helped me with my homework and that we played games during our free time. At the end of the video call, Mama and Papa reminded me to be good and study well. Ms Coral said that there would be another video call the following week.



When the video call ended, I felt sad. My foster parents hugged me and told me it is normal to feel sad. They said I could turn to them whenever I wished to talk about my feelings. They also said I could turn to Ms Goldie, Ms Coral or my teacher in school.



That night, I felt less worried because I knew that I was not alone. I had a foster family who cared for me. I knew I could also seek help from my teachers in school.



'When I first got here, I thought that I'd be all alone with you, Starfish!'

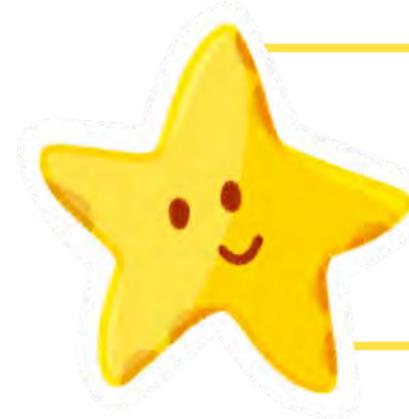


What are some of the good things that you have in your life now?

Now, I have become more comfortable staying with my foster family. They make me feel like I am part of their family by including me in their activities such as going to the supermarket in the neighbourhood.

I am also happy to see Ms Goldie who checks in with me on how things are going at the foster home. Ms Coral continues to arrange for my meetings with Mama and Papa.

I still think about my Mama and Papa especially before I go to sleep. I eagerly wait for the day when I can return home.

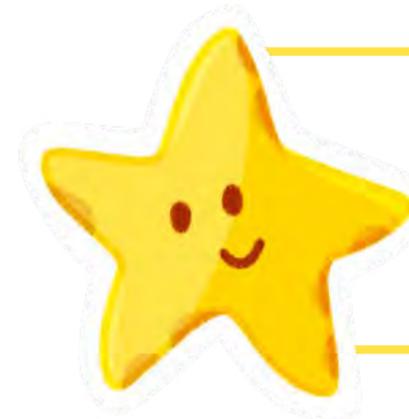


What are some of the things that you do together with your foster family?



I know that there are many people who love me and care for me! I am not alone, and I can always talk to them when I feel worried!

Ms Goldie and Ms Coral are always there to support me. They are like a protective circle around me to help keep me safe, happy and healthy!



Can you name the people who make you feel safe, and who are able to help you?

ACTIVITY TIME!



Who are the people who help you to feel safe and happy?
Write their names in the bubbles below!

Six light blue circular bubbles arranged in two rows of three. Each bubble has a white circular cutout at the top, resembling a bubble with a hole. These are intended for children to write the names of people who help them feel safe and happy.

ACTIVITY TIME!

Can you find these words in the puzzle below?

friends happy teacher foster parents safe officers



| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| P | W | O | R | B | T | G | Q | V | Y | V | D | V | U | D |
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| X | E | V | H | C | P | U | V | G | A | U | B | N | D | V |
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| K | C | W | G | R | Z | C | V | V | Z | Z | O | H | H | D |



ABOUT THE FOSTERING SCHEME

The Fostering Scheme aims to provide an alternative care arrangement for children who are below 18 years of age and are in need of a safe, stable and nurturing home.

FOR MORE DETAILS:



Call
6354 8799



Email
fostering@msf.gov.sg



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9645 8231



Visit
www.msf.gov.sg/fostering

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**This storybook narrates
the journey of a foster
child learning about her
support network and
the individuals she can
trust to help ensure her
well-being.**

