



# Walking Tall

## What children want!

- Ask us regularly what we think makes an excellent fostering household and what makes us feel good about ourselves.
- We should have a say in who is allowed to become a foster carer and what foster carers we live with.
- We should be given the chance to tell the adults who look after us how they can do better.
- All of the adults that help care for us must be trained in how to talk to and include children, and how to be the best they can be.
- Our foster home should have a space for us to play, a space for us to have quiet time and a space that is just ours.
- We should be allowed to share a bedroom with our siblings.
- When we arrive at a new home, foster carers should tell us everything we need to know about living there.
- If we have to move to a new foster home, we need to be fully involved in this process.



# Walking Tall

## What children told us!

Foster carers should be fun, happy, kind, loving and caring, do things that you enjoy, speak to you when you feel sad or afraid

I've moved a lot. Sometimes I don't even know where I'm going to

It's good to have a name plaque on your bedroom door when you first arrive, along with notes on doors and cupboards around the house to help you to find your way around and know where things are

We need love and attention

Sometimes my carer tells me to calm down but I don't know how to. I get really hot

Keeping in touch with members of your birth family is really important

It's important to eat together at a big table for the whole family

