

# IS Caring for a child or Young Person Right For you?

## A Checklist

- Are you loving, caring, kind and respectful to children and young people?
- Are you able to respond and empathise with the grief and loss that a child or young person has experienced?
- Are you able to set boundaries and house rules so that children and young people know what is expected of them?
- Are you able to help a child or young person talk about and maintain connections with their family, and other significant people in their life?
- Are you open to learning about ways to best meet the needs of the child or young person in your care?
- Are you able to listen and provide hope, support and encouragement to a child or young person?
- Are you able to work as part of a team to achieve best outcomes for children and young people?
- Are you tolerant, flexible, and adaptable? Are you able to learn new things, experience new situations and be prepared to have days that don't always work out as you had planned? Are you able to take things one day at a time and work towards long-term goals?
- Are you understanding, patient and able to persevere? Are you able to put yourself in someone else's shoes and appreciate how a child or young person is feeling or understand the reasons for their behaviour? Are you able to hang in there and appreciate that things often do take a while to change?
- Is now the right time for you? Are you able to provide a child or young person who is unable to live with their family with the time and energy they need, without neglecting your own family?
- Are you able to provide a stable home right now? Are you in a stable relationship? Do you have the time to devote to a child or young person?
- Some carers work full-time, some part-time. Are you able to be there after school or during the day for little ones?
- Do you have space in your home? Are you able to provide a bedroom for a child or young person?

**You may already have what it takes to care for a child or young person. If you've given it plenty of thought, talked it through, and you have the time and the space (a spare bedroom), we can provide the training and support you need to make a very real difference.**