**Fostered and adopted children**

**A children’s human rights approach.**

The following resource was co-produced with fostered and adopted children, using their direct lived experiences, to bridge the gap between theory and practice.

* Need consistency of social work contacts.
* Social workers should apologise if they get things wrong.
* If social worker is sick, organise a replacement.
* Write positively about children – value how hard they work to deal with trauma.
* Do not assume to know everything about children’s rights.
* Tune in and actively listen to children and act on your promises.
* Reflect on your practice, it is hard to regain trust once it’s broken.
* Settled fostered children only require minimal intervention.
* Include children’s opinions in decision making.
* Fostered and adopted children often have little say in whether they can see their siblings.
* It takes too long to get permanency for fostered children.
* Need consistency in training and practice for social workers.
* Third sector workers need training on trauma.
* Need networks of support, for both foster carers and fostered children.
* Fostered children are often seen as safe and not a priority for support services.
* Wellbeing concerns can turn into child protection issues.
* Need for better communication between social workers and foster parents/carers.
* Child protection and welfare issues are prioritised, yet severe and complex trauma get sidelined.

**“I was given a placement where I was unable to reach my potential. Nobody tried to find out what I liked to do or what I was good at. People made assumptions about me, which affected my confidence.”** Children and Families Panel member

**“When adults don’t listen to me, I feel worthless – like I don’t matter.”** Children and Families Panel member