

A children's human rights approach

Fostered and adopted children

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