



Dear Mum and Dad

(A memo to Foster Carers)

- Explain your routines to me; your household is very different from the one I came from. I cannot remember everything
- I didn't ask to be placed with you. I would rather be with my own family if I could.
- Don't correct me in front of people if you can help it. I'll take much more notice if you talk quietly in private.
- Don't try to preach to me. I'll learn more by what you demonstrate to me
- Don't expect me to know right from wrong. I grew up in a different household with different moral values
- Don't nag; if you do I will protect myself by appearing deaf
- Don't forget that I cannot explain myself as well as I would like. This is why I am not always accurate
- Don't make promises, remember I feel badly let down when promises are broken. It makes it impossible for me to trust you
- It's okay that you are not perfect or infallible. It's not a great shock when I discover you are neither.
- It's okay for you to apologise to me. An honest apology makes me feel surprisingly warm towards you
- Don't tax my honesty too much, I may have to protect myself from possible punishment. Sometimes my reality is so painful that I have to build a fantasy life to endure life
- Be consistent and predictable, then I will feel comfortable and secure and can believe in you
- Don't tell me my fears are silly, they are real to me
- Please let me ask questions. Don't put me off when I need to talk to you, if you do you will find that I stop asking and seek information elsewhere.
- I may have a lot of problems and emotions and may forget how you are feeling.
- I didn't ask you to take me into your home remember, you volunteered, so I may not always say thank you.