

## Understanding the past for a child or young person

### Personal Reflections – Module 2

The Personal Reflections provided at the end of each module of training will provide you with an opportunity to:

- ⇒ *Reflect on the information you learn in training*
- ⇒ *Reflect on your life experiences and how it will impact you as a foster carer; and*
- ⇒ *Record information that you will need to provide to the worker undertaking the foster carer assessment, to inform their assessment.*

You may have already answered similar questions in earlier stages of the assessment process. Where this is the case, reflect on how your answers and views on fostering children have changed, as you learn more about fostering.

**Participant's name:**

**Date of training:**

The Personal Reflections for module 2 focus on:

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### *Your current relationships*

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**Your current relationships with family members, partners, children and friends can significantly influence your suitability to provide care to children and young people.**

1. Describe the members of your immediate family and the nature of your relationship with these people.

Some things to consider when answering these questions include:

- Do you have any children?
- Are you married, separated or divorce?
- Include any significant events such as births and deaths and the years in which these have occurred.
- Mention any members of your extended family with whom you have a significant relationship.

2. *Has your family dealt with any grief and loss? (provide examples)*

**The following questions are for applicants who have a partner**

(for applicants who do not have a partner, discuss a previous significant relationship, or you may proceed to question 14)

*3. Describe the history of your relationship.*

*Some things to consider when answering this question include:*

- *When, where and how did you meet your current partner?*
- *How would you describe the way in which your relationship developed?*

4. *Have you or your partner ever been married or partnered previously? If so, how does this impact on your current relationship?*

5. *Describe your current partner*

*Some things to consider when answering this question include:*

- *What are his/her strengths?*
- *What are his/her weaknesses?*
- *What do you enjoy most about the time you spend with your partner?*

6. *How have your views and expectations of your relationship changed over time?*

7. *Describe the ways in which you and your partner express emotion?*

8. *In what ways do you and your partner provide support to each other?*

9. *How do you and your partner make important decisions?*

10. Describe the ways in which you and your partner resolve conflict or have dealt with major difficulties or stresses? Provide an example of an issue you and your partner have resolved?

11. Are your methods for resolving conflict different to when you first met?



12. How do you think caring for a child or young person will impact on your relationship with your partner?

13. What strategies would you put in place to reduce the impact of additional stress on your relationship?

**For applicants with children.**

(for applicants without children, please proceed to question 32)

*14. Are all of your children still living with you? Do you still have contact with your children?*

*15. Do you or your partner have any children from a previous relationship? If so:*

- *What is the age and gender of the child/ren?*
- *What is the nature of the contact arrangements with the child/ren?*
- *How would you describe your family's relationship with the child/ren?*

16. How would you describe the role of a parent?

17. What have you enjoyed the most about raising your children?

*18. What have you enjoyed the least about raising your children?*

*19. What aspects have you found to be the most challenging?*

20. *What discipline and behaviour management strategies do you use?*

21. *How has your relationship with your children changed over time?*

22. *Have there been any challenges or conflicts that you have had to manage as a parent in caring for your children (e.g. disability, medical condition, sibling rivalry, difficult behaviours)?*

23. *What strategies did you use to manage these?*

24. *Have your methods of conflict resolution changed over time?*

25. *How do you and your children communicate your thoughts and feelings to each other?*

26. What do you consider to be the major strengths of your relationships with your children?

27. How do you think your children would describe you and your relationship with them?



28. *Have you spoken with your children about your interest in becoming a carer? If so, how did your children respond to this?*

29. *Do you foresee any potential difficulties your children might experience when you become a carer?*

30. *What impact do you think caring for a child or young person will have on your children and your relationships with your own children?*

31. *What strategies would you adopt in order to preserve your relationships with your children in these potentially stressful times?*

*32. Describe the experience you have had with children other than your own?*

***Please proceed to question 39.***

**For applicants without children.**

*33. Describe any relationships you have with children and young people*

34. How do you believe these relationships will assist you in your role as a foster carer?

35. What discipline and behaviour management strategies do you use?

*36. How do you communicate with children and young people?*

*37. What do you consider to be the major strengths of any relationships you have with children and young people?*

*38. How do you think any children and young people would describe you and your relationship with them?*

**Other relationships and support systems**

*39. Describe the major sources of emotional and personal support you access outside of your family base. How and why is this support important to you?*

40. *What impact do you think caring for a child or young person will have on your support networks?*

41. *How would you ensure that you maintain regular contact with members of your support network?*

Thank you for your time and honesty