

FOR
CARERS

SIBLINGS IN OUT-OF-HOME CARE

Children and young people are in the child protection system through no fault of their own.

Maintaining relationships with family, especially their brothers and sisters, is important to their wellbeing, now and in the future.

When siblings are separated, their brothers and sisters are the family members that children and young people contact the most.

STAYING TOGETHER IS IMPORTANT

Research tells us that when siblings stay together, children and young people:

- are happier
- have more self-esteem
- achieve better at school
- have better relationships with their siblings
- form stronger bonds with their foster family and experience more stable placements
- are more likely to be reunited with their birth family

HOW CAN CARERS HELP?

When considering offering a placement, think about the maximum number of siblings you could support. Discuss this with your caseworker



WHAT IF STAYING TOGETHER IS NOT POSSIBLE?

Staying in regular contact is the next best thing.

- Carers and Caseworkers have a key role in influencing the frequency, quality and safety of contact with family members
- Regular scheduled visits in case planning will help children and young people to maintain their sense of connectedness and identity with their family. It helps give them a strong foundation for their social development and growth and can provide a valuable support when they leave the care system

NEXT STEPS...

- Talk to the children and young people in your care about their siblings
- Talk to your caseworker to find out whether contact between siblings is okay*
- Talk to your caseworker about how you and they can help facilitate contact between siblings
- Talk with the children and young people in your care and their caseworker to include how contact should occur, in their case planning

**Sometimes it is not appropriate for siblings to have contact with each other because of past behaviours or other concerns for the wellbeing of one or the other.*



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