

# SIBLINGS IN OUT-OF-HOME CARE

FOR CARERS

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

Maintaining relationships with family, especially children and young people's brothers and sisters is really important to their wellbeing, now and in the future.

When families 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 stability in their 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 the child or young person's brothers and sisters and other 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 children and young people a strong foundation for their social development and growth, as it provides valuable support for when they leave care.

## 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 about how contact can occur and how it forms part of their care plan.



To find out more call 1800 655 105 or head to:



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