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# **What’s it really like…for parents/care of care-experienced children?**

*In 2022, Biblical Counselling UK hosted the Family Care Project to establish what meaningful support is already on offer for Christian parents/carers of care-experienced children and to make recommendations of how support could be improved. As part of the project, 10 parents/carers volunteered to a semi-structured interview. We asked them to describe what a good day looked like for their family, and what a harder day might be like.*

We have produced this video to help supporters understand what it’s really like for parents/carers who look after care-experienced children.

**What does the video include?**

This video includes quotations from those who foster or adopt children and give a glimpse into what life is like for them.

**Why show this video?**

Parents/carers you know may not feel free to share personally, so watching this video may help you/your church to capture some of the challenges without needing to know all the details. Some parents/carers may struggle to articulate what it’s like for them behind closed doors. Or, they might be conscious of privacy and confidentiality issues.

With understanding, you are likely to offer more meaningful support to parents/carers.

**Who is the video for?**

This video is meant to reach anyone who knows a family who foster or adopt. By virtue of knowing that family, they are already part of the support network and so it is good to help them think through what that may mean.

**Where can we show the video?**

* Its primary intention is for use on social media – perhaps churches and individuals can share it on their social media platforms.
* It can also be used in training sessions or small groups as part of a wider conversation on how to develop meaningful support.
* It should only be used in a church service in consultation with adoptive parents and foster carers in that congregation.

**What might the video achieve?**

Our hope and prayer is that the video is will help people drop assumptions; move towards families they know with an open mind andcommit to pray through the highs and lows.

**If used in a small group setting, how might we follow up the video?**

If the video is shown in a small group setting, either a support group or a church small group, you could use these questions to encourage discussion:

* Did any of the quotes surprise you? Why?
* Did any of the quotes resonate with your experience of family life now (or growing up)? How? (Even families with birth children can experience some of the challenges)
* How will this video help you pray differently for parents/carers?
* What would you like to learn more about as a result of seeing the video? How will you go about doing this?

*If you would like to read the full set of results,* [*the report*](https://www.biblicalcounselling.org.uk/wp-content/uploads/2023/01/FCR-Report-January-2023.pdf) *can be found online. It contained insights for professionals, churches, and friends/family who are seeking to develop meaningful support for parents/carers.*