



BLACK FOSTER CARERS
ALLIANCE

READY AS YOU ARE.

YOUR FOSTER CARER STARTER KIT

Nobody has
adulting figured
out. Kids just
need someone
who shows up.





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**READY AS
YOU ARE —**

**YOUR FOSTER CARER
STARTER KIT**

ARE YOU READY ENOUGH?

THERE'S NO PERFECT SCORE. JUST HONEST ANSWERS.

- ☐ Do you have a spare room?
- ☐ Can you listen without judging?
- ☐ Do you have people you can call?
- ☐ Can you laugh at chaos?
- ☐ Can you make time for training?
- ☐ Can you stay calm when plans change?
- ☐ Are you open to a child's story?
- ☐ Can you make space for big feelings?
- ☐ Can you ask for help when you need it?
- ☐ Can you show up consistently?

SCORE KEY

7-10

More ready than you think

4-6

Let's talk it through

0-3

Stay curious

**2
OF 10**



MYTH VS ME

X You need to own a house



✓ Renters can foster.

X You'd have to quit your job



✓ Many carers work too.

X You're too young



✓ You can apply from 21.

X You need to be married



✓ Single people foster.

X You need your own kids



✓ No experience needed.



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THE ROUTE TO APPROVAL

One step at a time. No mystery steps.

- 1** → **Chat**
- 2** → **Visit**
- 3** → **Training**
- 4** → **Assessment**
- 5** → **Panel**
- 6** → **Welcome**



Usually 6-8 months.

4/10

**READY AS YOU ARE –
YOUR FOSTER CARER STARTER KIT**

MONEY EXPLAINED



**Fostering
allowances cover
the child's costs.**

**Many services
also pay a fee
for your skills.**

**Amounts vary
by service.**

**Ask us. The details
are worth talking through.**



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5/10



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**READY AS YOU ARE —
YOUR FOSTER CARER STARTER KIT**

MEET JADA & NATHAN



**They didn't wait
until life felt
perfectly figured out.**

**Jada and Nathan
started with a spare
room, an open mind
and the willingness
to learn.**



“

**We didn't need to
have it all figured
out. We just
needed to be
ready to learn.**

”



**Scan to
register
your interest**

6/10

YOUR SUPPORT SQUAD



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You're never doing this alone.

01

**Cultural Mentors –
matched with someone
who gets your culture.**

02

**Lifeline – real people to call,
0800 001 6230.**

03

**BFCA Connect –
training, events and
community in one app.**

04

**The Village – a carer
community that feels
like family.**

**Asking for help is part of the
job, not a sign you're failing.**

READY AS YOU ARE — YOUR FOSTER CARER STARTER KIT

FIRST-WEEK ESSENTIALS



Small things that say 'you belong here'.

COMFORT & WELCOME

- ☐ a night light
- ☐ a soft blanket
- ☐ snacks they actually like
- ☐ their own toothbrush and toiletries
- ☐ a handwritten welcome note
- ☐ space that's theirs to decorate



HAIR & SKIN CARE

- ☐ wide-tooth comb
- ☐ satin bonnet or pillowcase
- ☐ leave-in conditioner
- ☐ shea or cocoa butter
- ☐ gentle fragrance-free moisturiser
- ☐ a trusted local barber or stylist



Ask what they use. Don't guess.





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TALK TO YOUR PEOPLE

Not sure how to
bring it up? Start here.

**REAL TALK
BUILDS
STRONGER
FAMILIES.**

To your parents:

"I've been thinking about fostering. Can I tell you why it matters to me?"

To your partner:

"What would this look like for us? Let's do the readiness quiz together."

To your friends:

"I might need you to be part of my village. Can I count on you?"



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**READY AS
YOU ARE –
YOUR FOSTER CARER
STARTER KIT**

YOUR NEXT STEP

**Book a no-pressure chat.
No forms to sign, no commitment.**



0800 001 6230



hello@blackfostercarersalliance.co.uk



blackfostercarersalliance.co.uk

Scan to register



**Know someone who'd be amazing?
Send them this kit.**

10/10