



My names Aisha I'm 25, married with a beautiful baby, who I love spending time with and hate being apart from. When the time permits I transform into my shopaholic alter ego as I love shopping but ultimately spending time with all my family is paramount.

Looking back over my time in care, I think the most challenging part was not knowing who would be taking care of me and where I would be staying. I would worry whether I would get along with them or with the other children living there and whether my carers understand me and accept me.

I was always apprehensive when the time came for me to move from one placement to another. I had a number of moves which made me wary of making friends and leaving existing friends behind.

Entering a new environment always churned up strong emotions and it is difficult to try to explain the feelings of moving into a new setting and wondering how long I would be there.

Despite my previous moves, my final placement experience was a positive one. I think once I settled in and had learnt to trust my carers, I was comforted by knowing that my foster carers were down to earth loving and understanding. I was able to relax and had as much support as I needed.

They were always there when ever I needed advice, information or guidance on all different aspects of life. I am comforted by knowing that even now at 25 I can still get a sense of family life from them, they were not just foster carers but have been and still are there as my parents.

## Do you care enough?

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I see in them what I hope all foster carers can offer such as honesty, respect, love, compassion, caring, understanding, knowing that no matter what problems you may face having them there to guide you and give support can and will help you to become strong in yourself giving you self-respect and belief in your own ability.

Good foster cares are those that can be there for a child no matter what challenges they face, giving love to children with or without disabilities, from different walks of life, ethnicity or religion, helping that child to achieve to the best of their ability whether physically, emotionally or emotionally.

My final carers gave me the knowledge and confidence to provide for my own child that was born prematurely and I know that I want to retain my relationship and have more children that they too can watch grow in a loving environment.

To all prospective carers please have a big heart and make any child that comes into your care feel loved, safe, protected and given to chance to grow and explore themselves.

**Aisha**

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