

## HOLIDAYS

In theory everyone should look forward to going on holiday. In practice some foster children can find it a distressing and stressful time.

Some children may have been told that they were going “on holiday” when they were accommodated.

Other children may have had distressing experiences of holidays with their own family.

Children who have had limited life experiences, who have never been far from Leicestershire, may realise that they are going to be put into a position that may leave them very uncertain and unable to cope. Their normal streetwise demeanour may not allow them to admit this.

Other children may feel defensive knowing that their own parents could never afford to take them on a similar holiday.

It is therefore important that you discuss your holiday plans with your foster children, to find out if they have done anything similar before. Try and prepare them for the experience and show them how they will be able to keep contact with their parents.

But don't be put off, you are also giving your foster child the chance to try a new experience and to benefit from a new challenge. Enjoy yourselves and don't forget the holiday snaps for the life storybook.

### **Remember to ask for your holiday grant.**

If you are planning a particularly expensive holiday please ask about departmental support before you make any bookings.

If your foster child cannot go on holiday with you for any reason, remember their feelings in amongst all the excitement. Prepare them for the separation and the return.

### **Remember not to book holidays in term time.**