

# Fact or Fiction

## Test your foster care knowledge!

- 1. Young people in foster care did something wrong to end up there.**

### FICTION

Children enter foster care at no fault of their own, often due to a concern for their safety. Because of their past experiences, children may exhibit challenging behaviors and a reluctance to trust. Consistency and calm parenting is often key to helping them through this difficult time.

- 2. Foster families can travel with their foster children.**

### FACT

Foster children must first have permission from their custodian, and often the child's parents, prior to leaving the state. If permissions are in place, foster children are able to travel and vacation with their foster families.

- 3. Families must own a home to foster.**

### FICTION

Foster families do not have to own your own home! Whether they rent, own, or live in a single family home, townhouse, apartment, etc., the home must pass a safety and standards inspection. The home must have a bedroom for a child. In some situations, foster children may also share a bedroom with other children such as the foster family's own biological children.

- 4. Foster families figure out challenges on their own.**

### FICTION

Fostering can certainly bring challenges. As families continue to gain experience providing care, they build confidence and knowledge to successfully work through situations as they arise. Through foster care with Nexus agencies such as Nexus-PATH or Nexus-Kindred, foster families have ongoing support from their case manager to help them through difficult situations. Foster families also have access to 24/7 on-call support.

- 5. It is important to support a child's relationship with their family.**

### FACT

The primary goal of foster care is for the child to return home with their family. Regardless of what has happened to a child, most yearn to return home to their parents. While the child is in care, their team works hard to help implement supports to the family system. Children also have regular visits with their family to maintain their relationship. The most successful cases are often the ones where the child's family and foster family establish a positive relationship together.

- 6. Foster parents add foster children to their health insurance.**

### FICTION

Foster children have medical assistance and are not added to the health insurance plan of their foster family.

- 7. Experience in parenting is a requirement to become a foster family.**

### FICTION

Parenting experience is not required! Foster families are provided ongoing training and education to help them navigate parenting within the foster care system. Some families note that their parenting experience is helpful; others jump right in and learn along the way. There is no "wrong" way!

- 8. Single people and same sex couples can foster.**

### FACT

Nexus agencies are inclusive and welcoming of all family compositions. Anyone ages 21+ may apply to be a foster parent, regardless of relationship status and/or experience.