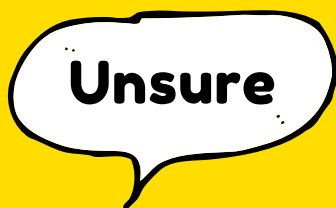


Do you have a child in care joining your family?

Check out these messages from kids with a care experience:

There are around **48,000** Kids in Care across Australia. **1 out of 3** kids will be separated from their siblings when they enter care.

We could be feeling lots of emotions about moving into a new home. Often we don't know where we are going, what the people are like or what to expect until we arrive at your home. We might feel:



But sometimes we can also feel excited and safe.

Moving to a new home can sometimes be difficult. We might react by:



- Keeping to ourselves and staying in our rooms
- Running away
- Being angry, shy or scared

Just because we act this way, it isn't because of you.

You can help us settle in by:



Sometimes all of our stuff doesn't come with us from our last home/s and we miss it. So we might not have much.

It can be hard getting to know someone new. Some ways we can get to know each other are:

- Include us in family occasions
- Chat with us about things we might have in common such as sports, TV shows or food we like

Make sure you talk about how you're feeling. You can reach out to your parents, guardians, or a Department/Agency worker who may visit your home.