

# My First Month with a Foster Child

Print off our handy  
checklist at home to  
ensure that you have all  
the essentials covered  
for your first month  
looking after a new child.

## Things to do before your young person arrives:

Complete your First Aid  
Learnative modules

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Complete your Safeguarding  
Learnative modules

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Complete your Safer Sleeping  
Learnative modules (if you're  
caring for children aged 0-3)

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Check that your house meets  
all of the health and safety  
requirements outlined in your  
assessment

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Stock up your freezer with child-  
friendly foods

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Prepare the child's bedroom

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Read the young person's referral

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Complete your family book

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Get to know the CHARMS system

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Register with FosterTalk

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## Items you'll need:

Fresh towels

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Pyjamas

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Neutral-coloured bedding

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A new toothbrush

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Personal toiletries: shampoo,  
body wash and conditioner

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Sanitary products: tampons  
and pads, depending on a  
child's needs

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Car seat, dependent upon  
age of the child

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Food and snacks for when the  
child arrives

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## Recommended items:

Incontinence products

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Bedroom night-light

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Hallway night-light

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Comforting items like blankets, teddies and bath toys

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## Things to do during your first month of fostering a child:

Complete your daily logs on CHARMS

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Register the child with a local GP within the first 10 days

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Register the child with a local dentist within the first 10 days

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Support family time arrangements, if required

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Attend Looked After Child Review (within the first 28 days)

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