

# 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

Complete your Safeguarding Learnative modules

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

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

Stock up your freezer with child-friendly foods

Prepare the child's bedroom

Read the young person's referral

Complete your family book

Get to know the CHARMS system

Register with FosterTalk

## Items you'll need:

Fresh towels

Pyjamas

Neutral-coloured bedding

A new toothbrush

Personal toiletries: shampoo, body wash and conditioner

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

Car seat, dependent upon age of the child

Food and snacks for when the child arrives



## Recommended items:

Incontinence products

Bedroom night-light

Hallway night-light

Comforting items like blankets, teddies and bath toys



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

Complete your daily logs on CHARMS

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

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

Support family time arrangements, if required

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