

Every foster child has the right to:

- live in a clean, safe environment;
- receive proper food, clothing and shelter;
- receive loving care and respect as a unique human being;
- be nurtured by foster parents who have the skills to meet his/her individual needs to assist him/her in reaching his/her full potential as a person;
- receive proper health and medical care;
- receive an education and opportunities for play and recreation;
- be free from emotional, sexual and physical abuse including corporal punishment;
- reasonable privacy;
- freedom of thought and conscience;
- express his/her opinions and to be actively involved as much as possible in any decision affecting his/her life;
- an identity as an active member of a family unit;
- maintain his/her relationship with family, extended family and other important caregivers if in his/her best interests;
- maintain his/her cultural, linguistic, racial and religious heritage;
- know who his/her caseworker is, how to contact the caseworker, and to speak to his/her caseworker on a regular basis;
- speak with the Office of the Children's Advocate in private;
- have information about them kept confidential; and
- be free from financial exploitation.



Take a few moments to reflect on the following poem (author unknown):

Children Learn What They Live

If a child lives with criticism, he learns to condemn

If a child lives with hostility, he learns to fight

If a child lives with fear, he learns to be apprehensive

If a child lives with pity, he learns to feel sorry for himself

If a child lives with ridicule, he learns to be shy

If a child lives with jealousy, he learns what envy is

If a child lives with shame, he learns to feel guilty

If a child lives with encouragement, he learns to be confident

If a child lives with praise, he learns to be appreciative

If a child lives with acceptance, he learns to love

If a child lives with approval, he learns to like himself

If a child lives with recognition, he learns that it is good to have a goal

If a child lives with sharing, he learns about generosity

If a child lives with honesty and fairness, he learns what trust and justice are

If a child lives with security, he learns to have faith in himself and in those about him

If a child lives with friendliness, he learns that the world is a nice place in which to live

With what is your child living?