

Hi and welcome to this month's newsletter from Core Assets. This month we will be focussing on **Sibling Displacement**.

There are different kinds of displacement which can impact upon all children. In this month's newsletter, we are focussing solely on Sibling Displacement however, if you are interested in the wider topic, feel free to contact us and we can look to do a more general Displacement piece in a future newsletter!

## What is Sibling Displacement?

It is not always possible to place a child with their brothers and sisters. This may be due to a number of reasons some of which we have listed below:

1. Individual needs of the children/young people involved. All the siblings may have differing needs which mean that it is more appropriate for them to be placed separately
2. The available foster carers may be limited in terms of the number of children they are able to accommodate
3. Younger siblings are often more likely to be considered for adoption and so may be adopted whilst their older siblings remain in foster care.

There are many other reasons why this can occur too.

When a child comes into foster care,

they are separated from their parents, their wider family and often come into their new life with their siblings. This can provide some comfort and attachments amongst siblings can be very strong and secure. When we are unable to place children together, this can have a negative impact upon their emotional wellbeing as it can compound their feelings of grief and loss following such significant changes to their life and lived experience.

## What do you need to be aware of?

It is agreed that in an ideal world it would be amazing to place children with their siblings to make their transition into Foster Care as smooth and as challenge free as possible. As awesome as that would be, unfortunately, it is not always possible... although we all try to ensure siblings are placed together where this is a possibility!

For those children who are unable to be placed with their siblings there are a few things to be mindful of:

1. The role that each sibling played within the home, this can help us to understand behaviours and dynamics that may occur in the foster placement. For example, if you have an older sibling who had a responsibility to care for their younger siblings, they may be frustrated, confused and try to parent other children and young people within their placement to fill the void of no longer looking after their own siblings.
2. If some siblings are placed together and others are separate, this may lead to a strong bond between the siblings who are together, equally they may distance themselves from each other. Both approaches are coping strategies to managing their feelings of grief and loss



3. Children and young people placed in foster care will experience grief and loss. Even though they may be able to recognise why they are in foster care and may acknowledge that they are happier, feel safer etc. it is still natural that they will also feel some elements of grief and loss linked to their separation from their parents, siblings and wider family. There will be more on grief and loss in next months' newsletter!
4. Contact with siblings will be important but may also be avoided as it may bring forward painful feelings of being separated from family members. For siblings who are facing their younger siblings being adopted it is necessary to be mindful of the finality for the young person, essentially losing their sibling.
5. For those older children who have younger siblings who have been or will be adopted, this can bring feelings of rejection, not being worthy and impact upon confidence and self-esteem.

### What do you need to do?

Be patient with the young person, know their history and most importantly, talk to them! Let them know that their feelings are ok, all of them... the confusion, the anger, the hurt, the conflict, being happy for their sibling but sad for themselves or visa versa... it is all perfectly ok and normal! If they are struggling to come to terms with the changes though or if you are unsure or would like some further support, feel free to discuss these young people at consultations with Core Assets, Caring to Care.

Prepare the Foster Carers for challenges they may face, the behaviours they may see, talk to them, get their thoughts and feelings, discuss perhaps some of the

feelings that might come up, normalise these feelings and let the foster carer know it's going to be challenging but we are there to support them!

Think about what services you may be able to offer to the young person, can you increase visits? Is it worth looking at contact options with the siblings? Will the young person need additional support? What about the Foster Carers? Do they need some additional support in understanding sibling relationships and their impact?

### How can Core Assets, Caring to Care help you and your young person?

We are here to help in any way we can! Some of our support options include:

Consultations with you to discuss possible ways in which you can support the young person and services we can offer to support this.

If considered appropriate, you can refer the young person to panel and we can look to provide additional support which can include:

One to one support with a young person support worker, tailored to the needs of the young person

One to one support with a therapist, again tailored to the needs of the young person

Parenting support or Carer support on a one to one basis, to explore challenges faced due to attachment styles to enable carers to support the young person effectively, considering trauma informed practice.

We can also offer other solutions such as group work and are happy to accept any ideas you may have about what may work for the young people you work with.



## Summary

Sibling Displacement is a hard subject as it's the one thing we all try to avoid! In an ideal world all siblings would be placed together but the harsh reality is that it is not always possible! If you know a young person who is struggling with being separated from some or all of their siblings please get in touch! Caring to Care are here to support you and the young person/carers so please pop to us for a consultation!

## Exciting news

Last month, we announced that Antonia and Lindsey would be leaving us in the near future. We are sorry to announce that the day has come! The good news however is that we have recruited a full time therapist and a part time therapist, who will be joining our team in the very near future!!! Once we have a specific date we will pass this information along to you all. Both will have an induction period in which they will be introduced to you all!

Antonia and Lindsey have handed their current cases over and new workers will be in touch in the next few weeks to arrange meetings for introductions. If you haven't heard from Antonia or Lindsey about the progress or specific situation for a young person you are working with, please let Kim Rowland ([Kimberley.rowland-phillips@coreassets.com](mailto:Kimberley.rowland-phillips@coreassets.com)) or Myke Richardson-Hughes ([Myke.Richardson-Hughes@coreassets.com](mailto:Myke.Richardson-Hughes@coreassets.com)) know ASAP so that we can ensure a smooth transition for the families we work with. You should see very little interruption to the service you receive from Core Assets however, as it is very much business as usual for the rest of the team!

Having taken on board your feedback regarding consultations we will be implementing a new model this month. Staff will still come to each site once every three weeks however the pattern will now be as follows:


Roxanne Newton  
Monday Afternoons 12:30 - 15:30

Victoria Pennington  
Tuesday Morning 09:30 - 12:30

Gill Makin  
Wednesday Morning - 09:30 - 12:30

Kaety Moon  
Thursday Afternoon - 12:30 - 15:30

Please note that you can request consultations outside of these times.



Please get in touch if you need a consultation outside of when staff are going to be on site at your location!

## A Reminder

The therapeutic services that we offer are:

- Confidence building
- Self Esteem work
- Emotional health and wellbeing support
- Dramatherapy
- Play Therapy
- Person Centred Therapy
- Psychodynamic Approaches
- Art Therapy
- Cognitive Behavioural Therapy
- Foster Carer Support
- Parenting skills and workshops

- Child Psychotherapy

- Theraplay

- Integrative Therapy

Other therapeutic skills and services offered on an adhoc basis. Please contact us for further information either at a consultation or via email:

[c2creferrals@coreassets.com](mailto:c2creferrals@coreassets.com)

The Digital Offer has now been live for two months! I know we confirmed last month it had been launched. How are you finding it? Do you have any feedback that you would like to share with us? If so, please speak to us at your next consultation or drop an email to

[c2creferrals@coreassets.com](mailto:c2creferrals@coreassets.com)