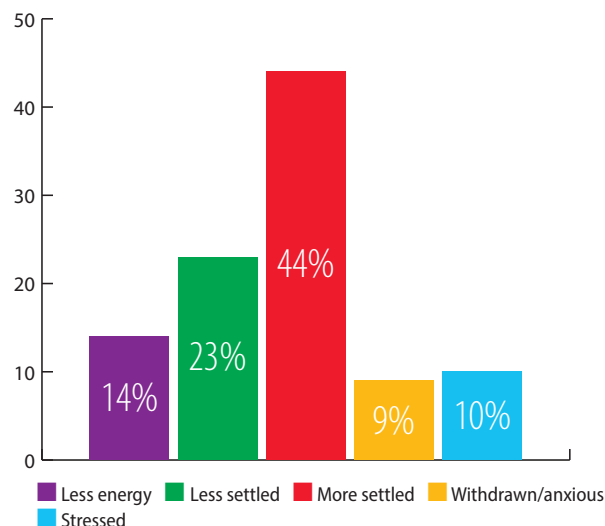
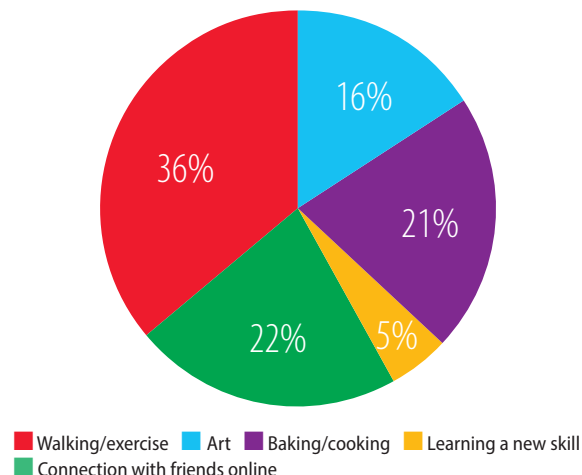


We asked our members how they are **managing their mental health and well-being** and **that of their foster children during this pandemic** and this is what they told us...

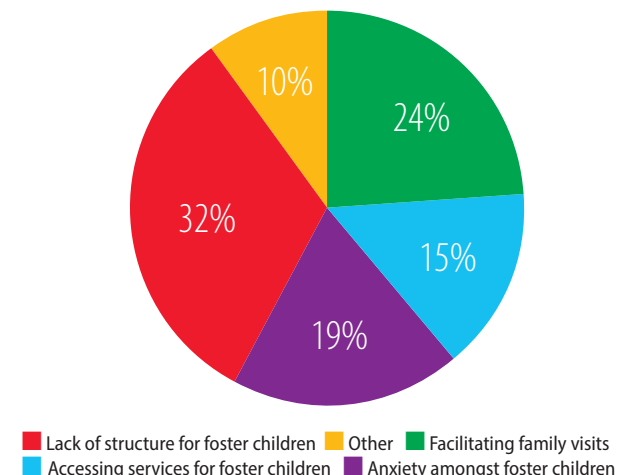
What changes have you seen in your foster child since the pandemic began?



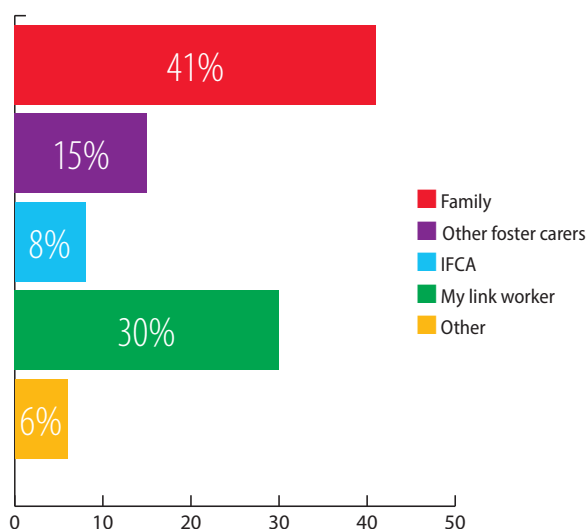
How have you supported your foster child's mental health and well being during this pandemic?



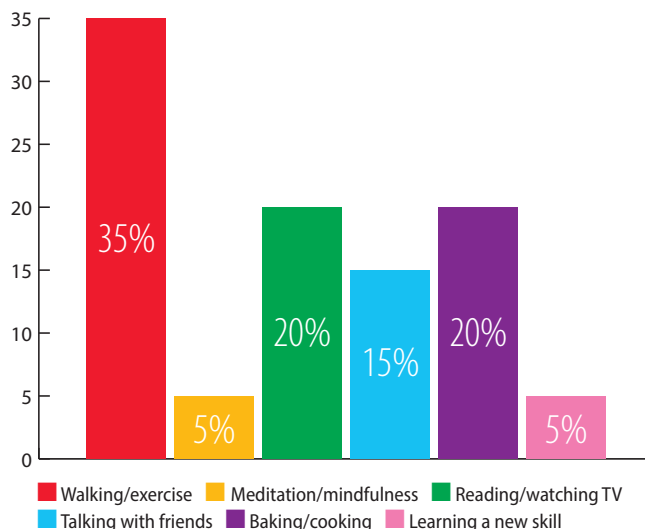
What are the unique challenges facing you as a foster carer during this pandemic?



Where have you looked for support during this pandemic in your role as a foster carer?



How have you minded your mental and physical well-being during this pandemic?



**Irish
Foster Care
Association**