Could you give a child a chance?

Becoming a Foster Parent

Support Systems

We value the work foster carers do and the contributions they make to young people’s lives. We provide financial assistance and a support system to enable you to provide a good standard of care for the children you look after.

“it’s great to see a child being a child”
Gerard foster parent

I am interested! What happens now?

The first step in becoming a foster carer is contacting your HSE Local Health Office and speaking to the Fostering Team. A list of contact numbers is provided on the back of this leaflet, and you can also get contact details from the HSE Infoline on CallSave 1850 24 1850. The infoline is open from 8am to 8pm, Monday to Saturday. You can also find your Local Health Office on the HSE website, www.hse.ie.

You can read more about fostering at www.hse.ie/en/fostering or on www.ifca.ie

Why not see if you could take this challenge – and give a child a chance of a better life?

Carlow / Kilkenny ........................................ 056 7784532
Cavan ......................................................... 049 4377305 / 306
Clare ............................................................ 061 718400
Cork ............................................................. 021 4923025
Donegal .......................................................... 074 9123675
Dublin North West ......................................... 01 8692700
Dublin North .................................................. 01 8708000
Dublin North Central ....................................... 01 8556871
Dublin South City ............................................ 01 6486650
Dublin South East ............................................. 01 2680361
Dublin South West ........................................... 01 4600615
Dublin West .................................................... 01 6206387
Dun Laoghaire .................................................. 01 6637300
Galway .......................................................... 091 546354/366
Kerry .............................................................. 066 7195623
Kildare / West Wickow ...................................... 045 896120
Laois / Offaly .................................................. 057 9370700
Limerick ........................................................ 061 328336
Longford ........................................................ 043 50783
Louth .............................................................. 042 9392220
Mayo ............................................................. 096 215111
Meath ............................................................ 046 9097800
Monaghan ....................................................... 047 30426
Roscommon .................................................... 071-9662087
Sligo .............................................................. 071 9141011
South Tipperary .............................................. 052 77303 / 77302
North Tipperary ............................................. 067 46661
Waterford ....................................................... 051 842880
Westmeath .................................................... 0906 491324
Wexford .......................................................... 053 9123522
Wicklow .......................................................... 01 2871482
Shared Rearing Traveller
Fostering Service ........................................... 01 6206387

Feithfearracht na Sruthlaí Sláinte
Health Service Executive
Fostering – is it for you?

What is Fostering?

“it’s about providing stepping stones to a better future”

Mary foster parent

Foster care is caring for and sharing your home and family life with children who are unable to live with their own families for a variety of reasons. These might include parents with physical or mental health problems, alcohol or substance abuse, and may be added to by poverty, poor housing and other difficulties. Children may need foster care for short or long periods.

Who can foster?

Many different types of people can provide foster care.

- Couples – married, co-habiting, same gender
- People who are single, widowed, separated or divorced
- People with disabilities, provided your disability or medical condition does not prevent you from caring for a child
- People who already have children and people who do not have children
- People who own their own homes, are in private rented accommodation or local authority housing
- Employed and unemployed people
- People from different cultures, ethnic or religious backgrounds – having carers from different cultures allows us to match children and young people with suitable families

However, in all cases it is vital that:

- You can provide a stable, nurturing and loving environment for children
- You relate well to and have respect for children
- You do not have a police record for violence, offences against children or other serious offences
- You can demonstrate flexibility, openness and patience
- You are aware of and open to understanding children’s behaviour when they have been physically or emotionally hurt
- You are willing to attend training courses and support groups
- You have room in your home for a child or young person

“helping children to blossom”

Sinead foster parent

“giving children good memories and the tools to survive and improve their lives”

Frank foster parent