**Metos Aman, foster carer**

**TRANSCRIPT**

My name is Metos Aman. I am the oldest of eleven children and at the start of seven years old, I know how to clean and looking after kids and do washing in the river, do all the nappies and then when I become a mother, it's just the same thing, it's just now I get my own life and bringing up children.

When I start fostering, I feel nervous, but I got training and they told me in my training that just be yourself. You got to earn their trust first and you got to make sure that they feel safe and then play a little bit and just to get to know each other.

I'm Filipino and we love singing like the Filipino and we love karaoke. And they love that to sing as well.

As a carer, you feel happy, just give it a go. It's the most rewarding job you could ever have. You learn a lot about life, about other children and about yourself, how persistent you are and how you can improve. Like it going to be so, a lot of stressful and frustration, but it doesn't really stop you if you have passion with children.

It's quite good if other people can share their places, their love, and show that there's a lot of things that you can help the society, especially children. There's lots of choices, really, if you only want to take care of only boys or girls, so you can do that as well.

You are not alone to become a foster. There's always a lot of people. They will help you just like that. They got like 100% support from the department, 100. If they need to go to psychology, counselling, need glasses, need a hearing aid, they will help you to pay that. They will reimburse all those things just to get all the needs that the children have.

You help them to grow and show that everything going to be fine that everything there is hope.