

Kinship care in New Brunswick

1st Edition



Information and support
for people caring for, or
considering caring for, a
child or youth they have a
close relationship with.

WE WANT TO HEAR FROM YOU!

This guide is designed to support kinship care providers, and your feedback helps us make it better.

Please share your thoughts, suggestions, or questions anytime by visiting socialsupportsnb.ca/feedback or scanning the QR code below.



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Navigating relationships with parents and family

Understanding contact rules, visitations, and managing family dynamics.

Contact and visitations

Maintaining healthy relationships between the child or youth and their parents or family members is important. It's equally important to establish clear boundaries and follow the rules outlined in your arrangement.

If you're unsure about what's allowed or have questions about contact rules, you can discuss them with your social worker.

Contact rules

The type and frequency of contact with parents or family members will depend on the needs and best interests of the child or youth. Contact may include in-person visits, phone calls, or written communication.

Supervised vs. unsupervised visits

Visits with the child or youth's parents or family may be supervised or unsupervised, depending on the situation.

Supervised visits are arranged when there are safety concerns or other reasons to ensure the visit is monitored.

Setting boundaries

You will be expected to respect the rules around contact and visits as outlined by your social worker or the kinship arrangement.

It may also be necessary to set personal boundaries with family members or parents to ensure the environment remains safe and supportive for the child or youth.

Taking notes and sharing observations

You may be asked to write down how the child or youth is feeling or acting before and after visits, as well as anything else you observe or notice during the visit.

Taking notes can feel uncomfortable at times. However, these notes are important for your social worker. They can help identify patterns, adjust visits if needed, and ensure the child or youth's well-being is always the priority.



Managing conflict

Conflicts with biological parents or family members can arise and may be emotionally challenging to navigate.

Here are some tips to help manage conflicts while maintaining the best interests of the child or youth:

- **Stay child/youth-focused:** Keep the child or youth's safety and well-being at the center of all interactions and decisions.
- **Communicate calmly and clearly:** When speaking with parents or family members, remain calm and respectful, even in difficult conversations.
- **Stick to the plan:** Follow the agreed-upon contact rules or visitation agreement. If the other party doesn't adhere to these rules, document the situation and discuss it with your social worker.
- **Get support from your social worker:** If conflicts escalate or feel unmanageable, reach out to your social worker. They can help mediate or provide additional resources to resolve the situation.

Remember, managing family relationships is not something you have to handle alone. Your social worker and support team are there to guide you and help navigate challenging dynamics.

