

# Supporting young parents who have a care experience

On 18th November 2020, G-Force hosted a panel featuring young parents with a care experience. Here are a few key quotes and reflections shared by the CREATE Young Consultants at the panel.

"As a young parent with a care experience, you feel more harshly judged.. It's important that workers are aware of this and are mindful not to apply preconceived expectations and judgements when providing or offering supports. Young parents shouldn't be treated differently just because they have a care experience."

Female, 23

"I was scared that my daughter would end up in the system."

Female, 20

"I think the CSO should have given me more support [when I was pregnant]. I felt like I was being interviewed about every little thing. I wish [my CSO] would have supported me a little bit better, and given me responsibility. With my second child, I was not sure if I should even pack a hospital bag because I didn't know if he would be coming home with me." Female, 25

"[My daughter] was removed when she was 5 weeks old. The Department just turned up at my house in October, and said they thought I was an unfit parent and they were picking her up. It put me into a very serious state of depression."

Female, 18

"Young mums are young mums... not just a pregnant, young person in care."

Female, 22

"[When I found out I was pregnant] I was fearful because I had been in Child Safety for so long... I didn't tell my CSO because I didn't want a notification to be made." Female, 20

"The Department should have given me more of a chance, I was judged on my childhood and having been in care myself... I would have liked a CSO to have helped and given me information on how to care for a child. I would have liked to have been taken to a mums' group when I was pregnant. The Department could have organised this for me." Female, 18



G-Force is a sector-wide working group, chaired by the CREATE Foundation. The group seeks to support those working with young people in out-of-home care by sharing practical information, practice wisdom and useful tools.