



We care about
Culture

Welcome everyone!

First of all we would like to start by introducing ourselves. Orchard fostering asked us if we would like to be part of the Children's Ambassador Board and we jumped at the opportunity as we all wanted to be able to help other young people and share our experiences of being in care. This group was set up to give young people a voice and to share our ideas and experiences.

Last year we completed a booklet called "A small book of big words" and we were delighted with the response we received from.



This gave us the confidence to complete another booklet on a topic that we feel very strongly about which is cultural awareness.

We feel that a young person's culture is very important and that they should be supported to embrace their culture and roots.



The aim of this booklet is to increase professionals and carer's awareness around culture and we offer tips from young people's perspectives about how carer's can support and embrace culture.

We hope you enjoy this booklet that we really enjoyed creating.



Namaste مرحبا Willkommen Bem Vindo Selamat Datang
Bienvenidos Benvenuti Welkom Bienvenue Welcome Bienvenidos أهلا وسهلا
Croeso Bienvenue Welcome Welkom Croeso Namaste أهلا وسهلا
Selamat Datang Welcome Bienvenue Bem Vindo
Willkommen Benvenuti Willkommen Selamat Datang Croeso Benvenuti
добре дошъл Καλώς ήλθατε

What is Culture?

Culture can be defined as **all the ways of life including arts, beliefs and institutions of a population that are passed down from generation to generation.**

Culture has been called "the way of life for an entire society."

As such, it includes codes of manners, dress, language, religion, rituals, art.

What is Culture?





Orchard fostering



**Orchard fostering
supports 151 children**

29%

are either African or of African decent.

29%

are from the travelling community

30%

are white Irish

12%

are from other cultures these include Eastern Europe

In terms of religion, most of the children in Orchard fostering are Christians, with many described as Roman Catholics



A small proportion of children in Orchard fostering are Muslim

We are aware that there is many different religions throughout the world however we decided to focus on these two religions in this booklet as the majority of young people in Orchard fostering are either Christian or Muslim.



Christianity



Christianity is the most widely practiced religion in the world, with more than 2 billion followers. The Christian faith centers on beliefs regarding the birth, life, death and resurrection of Jesus Christ.

Islam



There are 1.8 billion Muslim people worldwide. Islam is currently the second largest religion in the world next to Christianity. Despite the fact that there are so many Muslims in the world, in many places there is a lack of understanding about Muslim people and Islam.

Cultural Awareness



Cultural awareness is your ability to examine and understand the role that race, ethnicity, and culture plays in shaping your attitudes, beliefs and practices.

This includes an understanding of your attitudes, beliefs and interactions with members of culturally diverse communities.



Cultural Best Practice

Cultural ways of communicating

The importance of church or religion

Hygiene habits that are different from your own, like caring for ethnic hair

Foods that should or shouldn't be eaten at certain times of the year.

There are a number of cultural traditions and celebrations that you can take advantage of, especially around the New Year. During this time when Christians celebrate Christmas, African Americans celebrate Kwanza, Buddhists celebrate Bodhi Day, Hindus celebrate Diwali, Jews celebrate Hanukkah, Native Hawaiians celebrate the Makahiki, and Muslims celebrate Ramadan (during the winter in certain years). If your child relates to one of these traditions, try to incorporate an aspect of it in your home





Tips



From "A Young Orchard's Voice" on how Foster Carers can support different cultures with children in their care

Talk with the child about their cultural and ethnic heritage. Consider including some of these foods, customs, or celebrations in the life of your family

Ask children how they celebrate holidays, what they like to eat, and where they go to church. Even if you can't continue all these traditions, your interest shows respect for children's experiences and identity

Promote cultural pride by researching and reading about children's history and heritage

Talk with children to explore how their culture and yours are similar and different

Participate in community activities with children to help them understand, accept, and feel proud of their heritage. Visit museums, attend cultural events, dances and festivals. Then discuss them with the child

Talking about culture and emphasizing the value of children's customs can help them adjust to new situations. They can blend their history into a new setting and stay connected to their families and history. different or the same



Tips



How to incorporate a child's culture into every day life

Celebrate all cultures and respect diversity

Celebrate major cultural events and traditions as a family

Ask about special cultural or religious needs of the child, eg food, clothing and religion

Gather information about the child's community and share with them in an age appropriate way

Learn the child's original language with them

Encourage children to talk about their family and community

Encourage children to get involved in their community and take them to cultural activities and events

Network with carers of the same cultural background as the child, our multicultural workers and multicultural services

Identify significant people in the child's life who can help them maintain links to their community

Provide opportunities for children to make friends with children and adults from their own culture

Support children's interests in their culture by providing books, toys, music and videos in their language



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