

**Foster Carer TIPS FOR FILLING IN THE TSD WORKBOOK**

The Training, Support and Development (TSD) Standards Workbook must be completed by all new carers within the first year of their care experience.

It can often be very daunting at first glance, but below are some of our tips to get through it as smoothly as possible.

1. **Take a deep breath.** It looks long, but we promise that it is worth completing. It will also help you to see the amazing things you’ve already done to help children and young people, by considering your own experiences and the way you have enacted the values that are essential to fostering.
2. **Make sure you have all the provided guidance.** There are lots of guides on the government website. Make sure you get copies of each of these, and read them before you get started. This should answer most of your questions!
3. **There is no single right answer.** The workbook is meant to be a personal reflection of you and your journey. If your answer is short or long, that’s okay. Just answer it however you think is best for you. Remember though, some questions have to be answered accurately if they involved the standards for fostering eg Children Act, Safeguarding, Household hazards etc
4. **The questions are not there to trick you**. As someone who has been a carer, it is likely you have easy answers to many of the questions! It just might take some time to put them into words.
5. **Take one question at a time.** Don’t let the document overwhelm you, look at it with the view of just one question at a time.
6. **Don’t be afraid to ask for help.** Your agency will be able to help you.
7. **Give yourself plenty of time to fill in the workbook.** It can be hard to fill it out in one go, so why not make time to sit down several times in one week to complete it. If you can’t think of an answer right away, skip that question and come back to it another time.
8. **And lastly, don’t panic!**

**By using the TSD standards template, it will have most of the answers ready for you. You will need to add a little of your own evidence to make it personal to you.**

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