INFORMATION PACKET
Siblings in Foster Care

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SUMMARY
Taken from Is our Family Focus Wide Enough to Include Siblings?
By Kathy Barbell

“In the United States today, there are more adults searching for their siblings than searching for
their biological parents. Former children of the welfare system are suing agencies to release
information that will aid their search, and they are winning. Perhaps, in the not-too-distant future
these legal actions and the courts’ response will force agencies to adopt policies that keep siblings
together…”

In recent years, well-deserved attention has been focused on the importance of the parent-child
relationship and the loss children experience when they are placed in out-of-home care. At the
same time, very little attention has been paid to sibling relationships, even though we know that
bonds among brothers and sisters are unique- the longest lasting relationships most people have.
The sibling relationship lasts longer than the relationship of parent and child and often longer
than that of husband and wife…”

When stress – economic, social, environmental, or psychological – makes parents unable to meet
their children’s needs, the usually strong ties between siblings may become stronger, perhaps
even stronger than those between parents and children. Children in these families learn to depend
on each other to cope with their common life experiences. If intervention intended to help the
children results in their separation from each other, they suffer additional loss and grief…”

The majority of children in out-of-home care have siblings – between 87% and 90% percent,
according to some studies. Yet it may be that agencies succeed in keeping siblings together as
little as 25% of the time, as Timberlake and Hamlin reported in 1982. …

If we are to realize a new vision of family-focused care, we must nurture, support, and preserve
the vitally important sibling relationships in families along with the parent-child relationships.”

In this Information Packet on Siblings in Foster Care you will find:

- Fact Sheets
- Practice Tips
- Model Programs
- Review of Policies and Legislation
- References and Suggested Readings
- Web Resources
Reasons often given for separating siblings:

- one or more of the children have special needs
- sibling conflict/rivalry
- shared acts of disobedience
- siblings reinforce behavioral problems used as coping mechanisms in an abusive home
- can’t find homes willing to take groups
- more expensive (e.g., subsidies)
- workers don’t know children have siblings, or cannot locate them
- hard to coordinate when children have different workers
- assumption that it’s easier to place individual children for adoption
- parentified child loses his/her own childhood
- when one child assumes parental responsibility, development of all the children suffers
- searching for a home to take the whole group delays permanency for each child

Reasons cited for keeping siblings together:

- attachment to and connectedness with family members
- placement together minimizes the trauma of parental separation
- preference of children
- siblings provide emotional support to each other, boost self-esteem
- being with a caring sibling protects against further loss during trauma
- children from dysfunctional homes may have stronger ties to their siblings than to their parents
- visits with birth parents are easier to arrange when the case plan is reunification
- child with special needs may benefit from being part of a family, rather than the sole focus of the caregiver’s attention
- removing an abusive sibling does not stop the behavior, it only changes the identity of the victim; all siblings may benefit from therapy and staying together

Negative effects of separation:
• greater risk of emotional disturbance and school problems
• separation teaches children to walk away from problems rather than resolve them
• separation teaches children that family relationships are not important
• loss of caregiving by older sibling negatively affects both children
• removing a sibling from a placement for behavioral problems reduces trust and leads others to believe they may be removed, too

When siblings might/should be placed separately:
• safety
  o unresolved incest
  o sibling violence
  o sibling emotional abuse
• serious medical problems of one sibling
• it would entail removing one or more children from a placement in which they have formed attachments with adults
• already disrupted joint placement
• children request it
• large age difference
• children don’t recognize the sibling link

Some of the literature implies that the issue of siblings is not important when placing infants, on the assumption that the infant has no relationship with or memory of the older sibling. However, the child’s knowledge that a sibling exists who was never known can lead to a search for that sibling, similar to the search for birth parents who were never known. The individual still feels a need to be connected with the sibling.

Suggested casework practices:
• introduce children into a family in staggered placements
• use life books
• assess resource parents for large groups looking for: administrative skills, coping skills, access to community services, existence of support systems, experience with living in large family, willingness to value sibling ties
• present sibling groups together in photolistings, recruitment campaigns
• sibling communication and visitation when in separate placements
• place children in homes in the same neighborhoods and schools
• when placement is separate, have older children participate in planning for younger ones
• assign one worker to all siblings
• joint therapy sessions
• shared vacations, respite care

Much of the legal literature deals with cases in which siblings have been separated and are seeking to be either reunited in placement or granted visitation rights. The siblings’ rights of association are weighed against the competing rights of biological, foster, or adoptive families, and their attachment to one another is only one of several issues considered in determining the “best interest” of the child.

**Decision-making in sibling placement:**

• consider every case on its own merits
• assess the strength of the siblings’ ties
• consider the lifelong nature of the sibling bond
• give the child a say
• seek opinions from caregivers, therapists, teachers, medical professionals

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*Source: The Sibling Bond: Its Importance in Foster care and Adoptive Placement*
*NATIONAL ADOPTION INFORMATION CLEARINGHOUSE*

**The Powerful Sibling Bond**

Today, mental health experts are beginning to recognize the significance and power of the sibling relationship. It is, they say, longer lasting and more influential than any other, including those with parents, spouse, or children. When it is severed, the fallout can last a lifetime.

Dr. Jerry F. Westermeyer of the Department of Psychiatry at Michael Reese Hospital in Chicago says, "The sibling relationship has been a neglected topic in social science, especially in adulthood," noting that virtually no research had been done on the topic until the 1980's. "But people are starting to look hard at it now," he says. "It's an important topic and it strikes a chord."

Sixty-five to 85 percent of children entering the foster care system have at least one sibling; about 30 percent have four or more. It is often difficult to find families willing to take all of them, and current estimates indicate that 75 percent of sibling groups end up living apart after they enter foster care. For most of them, it means losing the only significant relationship they have known.

**How Strong is the Bond?**
The bond between brothers and sisters is unique—it is the longest lasting relationship most people have, longer than the parent/child or husband/wife relationship. While the bonds may wax and wane, a person's lifetime quest for personal identity is undeniably interwoven with his or her siblings.

This bond exists in children raised in well-adjusted families, but it is even stronger for brothers and sisters from dysfunctional families. They learn very early to depend on and cooperate with each other to cope with their common problems.

Separating siblings in foster care or through adoption adds to their emotional burden. They have already had to cope with the separation and loss of their parents. If they are then separated from their siblings, they must experience the grieving process all over again. For many children, this separation will be even more traumatic because, if they have experienced abuse and/or neglect at the hand of their parents, they will often have stronger ties to each other than to their mother or father.

Sometimes, it is only through their siblings that children have been able to gain any positive self-esteem. When they see good qualities in a brother or sister, they are less likely to see themselves as "a bad kid from a bad family." Siblings are often able to reveal to each other parts of themselves that they are reluctant to share with anyone else, thus strengthening the bond between them.

**Why Are Siblings Separated?**

Although it is generally accepted that separating siblings should be the exception, many brothers and sisters are living apart. Unfortunately, there are no laws or set rules—the decision to split the family is usually left to the discretion of the child's social worker.

Today with more children entering the child welfare system, it is becoming increasingly difficult to find families willing to accept a sibling group. Hemmed in by budget and time constraints, overburdened caseworkers often feel that they have no other option than to separate the children. They believe that separately the children will stand a better chance of finding a permanent family since there are more families looking to adopt just one child at a time.

Often these sibling groups have come from troubled backgrounds, having suffered abuse and neglect by their biological parents. Their combined problems may seem too severe and numerous for one set of parents. It is thought that placed separately, the children will each receive the undivided attention of their new parents, and this will help each develop to his or her highest potential.

**Research Findings**

Although these reasons for separating siblings may have merit, numerous studies invalidate them. They indicate that separating siblings often delivers inappropriate messages and results in greater problems for children in the long run. Research on siblings reveals the following five points:
1. When children are separated because of sibling rivalry, it teaches them that the way to deal with conflict is to walk away from it, not to work it out. Siblings who remain together learn how to resolve their differences and develop stronger relationships.

2. The responsibility felt by an older child for a younger sibling is not necessarily a negative. It can be used constructively by adoptive parents to help both children develop appropriate roles with each other. The caregiving child can be helped to become a child again and the younger child can learn that adults can be trusted.

3. Even a needy child does not necessarily benefit from being the only child in a family. According to Margaret Ward's study, "Sibling Ties in Foster Care and Adoption Planning," an only child may receive a lot of attention, but the child may also then become for the parents the embodiment of all their hopes and aspirations. The child may be expected to change troublesome behavior sooner than he or she is able.

4. When a sibling is removed from a home because of behavior problems, remaining children get the message that the same thing can happen to them. It reduces their sense of trust in adults.

5. Removing a sibling from a foster or adoptive home because he has abused his brother or sister does not guarantee that the abuse will not continue in another environment. Therapy may be a more appropriate intervention.

**Struggling With the Issues of Sibling Relationships**

Despite the growing recognition that it is healthier for brothers and sisters to remain together, social workers charged with the responsibility of placing sibling groups still struggle with the difficult reality of finding families willing to accept several children at one time. It is easier to find a family for one child than for a sibling group of six. It is also less costly to search for a family in the immediate area than to stretch across State lines or travel cross-country, which is often required when looking for a family willing to adopt a sibling group. It is also more comfortable for some social workers to place a child with a traditional two-parent family, although single parents and those with alternative lifestyles may be more receptive to adopting a sibling group.

Social workers who are dedicated to keeping siblings together and who are willing to be flexible about prospective adopters can be successful in finding families for them. For example, large families are often willing to adopt a sibling group of three or four, but these families make some workers uneasy. They worry that the parents may be overburdened and will not be able to give each child enough attention. They wonder whether the household will be too chaotic and at what point the family will be strained beyond its capacity to give quality care.
Siblings in Foster Care

Practice Tips

Taken from: The Alaska Adoption Exchange

MAKING PLACEMENT DECISIONS FOR SIBLINGS

The sibling relationship is usually the longest lasting relationship any of us will have. Long after our parents are gone, our siblings remain part of our lives. Children who have been separated from their brothers and sisters while in foster care – no matter what the reason or how wise a decision it seemed at the time – do not thank us when they become adults. They may eventually come to grips with the loss of their parents, understanding that they could not remain where they were not safe. But they cannot understand or forgive being deprived of their siblings, too.

Placement agencies, therefore, need to specifically identify the sibling relationship of children in care as having intrinsic value. Kay Donley Zeigler addresses this in her article, Sibling Attachment and Adoption. “Given that the usual policy is to honor relationships in making placements, any decision to separate siblings before, during, or after placement must be handled as an exception to policy.”

Additionally, child welfare personnel should press for innovative programs to encourage the development of sufficient resources for sibling groups from intake onward to assure that family groups can be together throughout their stay in care.

Here are some suggestions for the placement of siblings:

- Before any placement decision is made, you should complete an assessment of the sibling relationship (the time they have spent together and the interdependence, degree and intensity of their relationship, etc.). This should be done when the children enter care or as soon afterward as possible. It most certainly needs to be done when you know you are making a permanent placement, (and, remember, those early placements often turn out to be permanent placements.)
If at all possible, schedule a staffing and include past and present caretakers and workers, any involved extended family, school people, therapists, etc. Include someone who has expertise in permanency planning and knows foster/adopt and adoptive family resources.

When you convene, clearly define the purpose of the staffing and identify who has ultimate responsibility for making placement decision.

In the staffing, make a list of the pros and cons for placing the children together or separately – or for separating siblings currently placed together. Always weigh the consequences this decision will have for the children in the future. Think ahead two years, five years, 10 years, and into adulthood. For each argument to separate or place separately, issue a challenge and do some testing of the hypothesis.

Example: A common reason for placing siblings separately is that they sexually act out with each other or have the potential for doing so. Yet, many such sibling groups have been successfully placed together. There are families out there who can manage such behavior while protecting both the siblings and the other children in the family. We ask foster families to do this all the time.

If there is information you don’t know, yet need to know to make a decision, decide who will obtain the information and set a date for a follow-up staffing.

Example: A majority of the folks at the staffing believe that “no one” will take all of the children together, yet no attempt has been made to check this out. And if the children have not been registered with a state or regional exchange, more work needs to be done before such an assumption can be made.

Example: You may not know the circumstances of a sibling with whom the agency has lost contact. Yet that sibling might be in a placement that could be a permanent resource for the other siblings. Again, more work needs to be done.

Example: It may be time to do an updated relative search. If one was done some time ago, the circumstances of one or more of the relatives may have changed so that they may now be a possible permanent resource for the children. In actuality, a relative search should be updated each time a child is moved.

At the staffing, or in the follow-up staffing (once you have all the necessary information) make the placement decision and document your reasons.

If the decision is to place separately or separate siblings currently together, develop a concrete plan for ongoing contact. Try to do this with the caretakers as a part of the process. Impress upon all the importance of adhering to this plan for the children’s sakes (some workers have caretakers sign an agreement). The assigned worker(s) is responsible for seeing that the contact plan is initiated as soon as possible.

As part of the contact plan, help caretakers identify issues that might arise over sibling visits and help them design a plan for resolving them. An example might be concerns over the upset, which the visits could cause children and their respective families. Help families understand that visits frequently do cause some distress and can trigger feelings of loss. Visits may be followed by acting-out (foster families already know this.) Normalize this and stress that it should not be a reason for abandoning visits. If possible,
give the families the names and numbers of a few resources that can help them if or when they find they cannot resolve a conflict between themselves.

- Spend some time at the end of the staffing talking about how the decision you’ve made will be explained to the children, who will do this work, and how.

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**Siblings in Foster Care**

*Model Programs*

*Source: Casey Family Programs/National Center for Resource Family Support*

- **Neighbor to Neighbor**: This specialized foster care program is designed to keep large sibling groups together within their community and to minimize further trauma and loss for these children. Foster caregivers are Hull House Association employees who receive extensive training to meet the needs of sibling groups. An array of social, emotional and educational support services are provided to the children, their foster parents and their biological parents. Neighbor to Neighbor also operates traditional and relative foster care programs, and has expanded the N2N model to two sites in Florida as well.
  
  **Contact:** Vanessa Lankford, Director  
  Neighbor to Neighbor  
  8753 S. Greenwood  
  Chicago, IL 60619-7018

- **Neighbor to Family** is a Florida program based on the neighbor to neighbor model. It allows siblings in the foster care system to live together, close to home, while reunification efforts are underway. The program’s foster caregivers are Neighbor to family employees who receive intensive training combined with 24 hour support, a salary and benefits. They also have specialized teams, consisting of foster caregivers, therapists, case managers and family advocates to act as mentors and work with biological parents. They provide case management, therapeutic and counseling services, permanency planning and other ancillary services. They are operating at three sites in Florida.

  **Contact:**  
  Gail Biro  
  955 Orange Ave, Suite M  
  Daytona Beach, FL 32114
Sib-Links is a pilot program designed to keep sibling groups together in foster care. It is a unique collaboration between the Massachusetts Department of Social Services, The Home for Little Wanderers and Casey Family Programs. The program – targeting the greater Boston area- creates foster homes for groups of three or more siblings who may otherwise be placed apart. Foster parents are vital members of the multidisciplinary treatment team, and receive a salary, 24 hour support, paid vacation, and medical, dental and life insurance.

**Contact:**
Alex Hurt, Director
Sib-Links
161 South Huntington Ave.
Boston, MA 02139
*Phone:* 617-264-5313
*Email:* ahurt@thehome.org

Camp to Belong is a national non-profit organization dedicated to reuniting brothers and sisters placed in different foster homes for events of fun, emotional empowerment and much needed sibling connection. Their flagship event is week-long summer camp.

**Contact:**
CAMP TO BELONG, Headquarters
7000 S. Yosemite St., Suite 295
Englewood, CO 80112
*Phone:* 303-791-0915
*Fax:* 303-791-0916
*Email:* ctbfoster@aol.com
State Legislation on Siblings in Out-of-Home Care

At least 26 states address the sibling relationship in legislation concerned with foster care, permanency planning, and/or adoption. This document summarizes the existing state legislation that addresses siblings in out-of-home care.

The issues covered by various state laws fall into several general categories, which can roughly be identified as the following:

- Right to or provision for maintaining contact
- Sibling relationship considered in determining “best interest”
- Requires the child welfare agency to prepare a description of efforts made to keep siblings together and/or provide reasons siblings are not placed together
- Provisions for post-permanency visits with siblings
- Requires the child welfare agency and/or court to consider siblings in placement and/or permanency planning
- Provides for an exemption from limits on the size of a foster home if placement of a sibling group
- Placement and/or visits to be considered at periodic reviews
- Statement of legislative intent to support sibling relationships
Siblings in Foster Care

References and Suggested Readings


**Siblings in Foster Care**

**Web Resources**

**National Organizations**

**Casey Family Programs**
Casey Family Programs provides an array of services for children and youth, with foster care as its core. Casey services include adoption, guardianship, kinship care (being cared for by extended family), and family reunification (reuniting children with birth families). Casey is also committed to helping youth in foster care make a successful transition to adulthood. As a direct service operating foundation, Casey Family Programs does not make grants.

See: Casey’s National Center for Resource Family Support
/resources on siblings in out-of-home care

[CONTACT]

**Camp to Belong**
Camp to Belong a year-round national non-profit all volunteer organization dedicated to reuniting brothers and sisters placed in separate foster homes for events of fun, emotional empowerment and sibling connection. We serve as emissary, intermediary and champion for the rights of siblings in foster care. Camp to Belong strives to educate the nation about the plight of these resilient children and the importance of keeping siblings together in foster care, or adoption, whenever possible. If separated, we encourage on-going communication to insure a sense of belonging. We inspire them to higher education and a successful adult life through our events, care and support.

[CONTACT]

**Families Adopting in Response**
FAIR exists for adoptive families. Through its all-volunteer organization FAIR offers information, education, support and fellowship to adoptive and preadoptive families. Our membership includes families who have adopted children through public and private agencies, from the US as well as from many other countries. FAIR focuses on the children who need a permanent, loving family and the parents who have opened their hearts and homes to those children, infants through teens.

See: News from FAIR/Sibling Adoption

[CONTACT]
Hull House
Hull House Association of Chicago is the direct descendent of the settlement house founded by Jane Addams in 1889. History books have documented the lifetime achievements of this remarkable woman whose name represents not only a famous place in American history, but a philosophy of community service and social reform.

Hull House’s Neighbor to Neighbor Program is a specialized foster care program designed to keep large sibling groups together within their community and to minimize further trauma and loss for these children. Foster care givers are Hull House Association employees who receive extensive training to meet the needs of sibling groups. An array of social, emotional and educational support services are provided to the children, their foster parents and their biological parents. Neighbor to Neighbor also operates traditional and relative foster care programs, and has expanded the N2N model to two sites in Florida as well.

[CONTACT]
Evan B. Donaldson Adoption Institute
The Adoption Institute improves the lives of people touched by adoption through many avenues: Offering lawmakers reliable information and practical perspectives to improve adoption laws; providing the media with a trusted source of information; encouraging employer support for adoption; reducing barriers that impede adoption of children who need permanent families; researching policies and practices that affect adoption; educating policy makers and the public about the importance of giving adopted people access to information about their origins; developing a legal framework to ensure access to genetic information and a clear delineation of parental responsibility for children born through reproductive technology; and promoting ethical standards for adoption professionals. See: Policy and Practice – Sibling Placement

[CONTACT]
Connect for Kids/Benton Foundation
Connect for Kids, an award-winning multimedia project of the Benton Foundation, helps adults make their communities better places for families and children. The Web site offers a place on the Internet for adults—parents, grandparents, educators, policymakers and others—who want to become more active citizens, from volunteering to voting with kids in mind. See: Foster Care Resources

CONTACT: benton@benton.org

CASA
Concerned over making decisions about abused and neglected children's lives without sufficient information, a Seattle judge conceived the idea of using trained community volunteers to speak for the best interests of these children in court. So successful was this Seattle program that soon judges across the country began utilizing citizen advocates. In 1990, the U.S. Congress encouraged the expansion of CASA with passage of the Victims of Child Abuse Act. Today more than 950 CASA programs are in operation, with 52,000 women and men serving as CASA volunteers. CASA is an acronym for Court Appointed Special Advocate. Volunteer Court Appointed Special Advocates (CASA) are everyday people who are appointed by judges to advocate for the best interests of abused and neglected children. A CASA volunteer stays with each child until he or she is placed into a safe, permanent and nurturing home. See: Advocate’s Library

[CONTACT]
Other Organizations

Alaska Adoption Exchange
The Alaska Adoption Exchange (AAE) is a statewide exchange whose purpose is to facilitate adoptive placements for Alaskan children who are in the custody of the Division of Family and Youth Services (DFYS). The Exchange also serves Alaskan families who have completed adoptive home studies and are willing to accept children who have special needs and/or children for whom there are legal risks.
See: The AAE Pipeline (newsletter)
CONTACT: akae@nwresource.org

Boston Aging Concerns - Young and Old United, Inc.
Our mission is to: expand affordable housing opportunities, create intergeneration communities, and develop innovative models of housing, by building on the strengths of elders, kinship families, and people with disabilities. Boston Aging Concerns - Young and Old United, Inc. (BAC-YOU) believes that elders play an important part in our communities, especially by contributing their wisdom of experience with younger adults, and by helping to raise the youngest generation. We believe that by incorporating elders in our community through building supportive intergenerational housing, elders, youngsters and those belonging to the generation (s) in between benefit and thrive.

BAC-YOU’s The GrandFamilies® House
Serves grandparents who are raising their grandchildren without the parent present. The GrandFamilies® Program conducts community organizing to advocate for housing, services, and policies that support grandparents raising grandchildren and other kinship providers. The GrandFamilies® Task Force serves as a Dorchester-based advocacy group and educational forum for grandparent activists. The GrandFamilies® Leadership Initiative has been established to enhance the leadership skills of grandparents by providing training and opportunities for action.

Center for Advanced Studies in Child Welfare
The Center for Advanced Studies in Child Welfare (CASCW) is a part of the School of Social Work at the University of Minnesota. CASCW was established with grants from the Bush and McKnight Foundations and Title IV-E funds through the Minnesota Department of Human Services. CASCW brings the University of Minnesota together with county and state social services in a public-private partnership dedicated to improving the lives of high-risk families and children.
CONTACT: cascw@che.umn.edu

New York Citizens Coalition for Children
Incorporated in 1975, the Coalition is an organization of concerned citizens and 150 volunteer adoptive and foster parent groups in every region of New York State. Guided by a belief in the right of every child to a permanent, loving family, the Coalition's goals are to: Improve services available to children at risk of or in out of home care. Increase citizen involvement in local service planning and delivery, Require greater public accountability of the NYS Office of Children and Family Services, other systems providing out of home care for children, and local agencies, Represent the citizen's viewpoint in advocating for improved adoption and foster care services.
The Coalition is concerned primarily with system-change advocacy and individuals taking responsibility for influencing and changing the systems affecting their lives and the lives of their children.
See: New York State’s Separated Siblings
CONTACT: office@nysccc.org

**SOS Children’s Villages - USA**

SOS Children’s Villages is the largest non-governmental child welfare organization in the world. The organization has been providing orphaned children with stable, permanent homes and families for more than 50 years. Developed in Europe after World War II in 1949, SOS Children’s Villages provides assistance to children in more than 131 countries worldwide. SOS Children’s Villages-USA was established in 1969 to broaden awareness and generate support for SOS-Kinderdorf International in the United States. In 1960 the SOS Kinderdorf International Board decided to extend the SOS Children’s Villages concept to the United States and began work on the first Village on U.S. soil. SOS Children’s Villages-USA has since grown to assist SOS programs in the U.S. while still maintaining its commitment to international programs.
See: TheSOS Concept
[CONTACT]

**Justice for Children – Join-Hands**

Agenda: To mobilize resources to meet children's needs to be counted as valued members of society...enhance public awareness of the vulnerability of children and to speak on their behalf & To repeal existing immunity statutes provided to judicial officials and child "protection" agency personnel that allow for blatant disregard for Child Abuse Prevention Laws, Child's Best Interest Guidelines, Due Process, Rules of Evidence and Civil Rules of Court.
See: Siblings symbolize widespread foster issue
[CONTACT]

**Government Web Sites:**

- Administration for Children and Families- Children’s Bureau
- National Adoption Information Clearinghouse
- AFCARS – Adoption and Foster Care Analysis and Reporting System
- National Resource Center for Foster Care and Permanency Planning
- National Resource Center for Special Needs Adoptions