



# CARING FOR BLACK AND MINORITY ETHNIC CHILDREN

A Handbook for Foster Carers

Equality and Diversity UK

## **Practical advice on caring for a black child.**

This document is not intended to stereotype Black and Minority Ethnic children and young people; many may be unaware of any culture other than the British culture.

Similarly, others may have different cultures but feel they relate more to the British culture due to the lack of knowledge, understanding and participation within their community groups and separation from their own ethnic group.

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## Caring for Children

It is not sufficient that we think about the needs of Black and Minority Ethnic children and young people as merely providing the right foods, skin care and hair products but also to address their emotional and social needs.

In looking after Black and Minority Ethnic children and young people we need to respect their variation, and seek balance between familiarity, new experiences and culturally based traditions which is comfortable for the child or young person concerned. Therefore, the care provided to Black Minority Ethnic children and young people should be delivered in a manner that encompasses the following needs:

- Physical needs, which may include clothing, hair, skin care, health, food.
- Emotional needs may include personal feeling, spiritual, feeling isolated, self-awareness, self-esteem, and racial Identity. Cultural needs may include religion, history, identity, and language.
- Social needs may include participating in community groups, involvement with cultural festivals and recreational activities.

In implementing good practice, carers need to acknowledge their own personal commitment by:

- Maintaining their own awareness through training.
- Respecting Black and Minority Ethnic children and young people's life experiences.
- Considering the particular needs of children and young people in relation to their race, culture, religion, and language; valuing each child or young person as an individual with individual needs.
- Where possible encourage Black children and young people to maintain links with other Black people, e.g. African Caribbean and Asian people.
- Encourage Black and Minority Ethnic children and young people to find out positive aspects about his or her culture.