

I'm Wondering...



What is restoration?

You might be wondering what “short-term care” means and why adults are using those words about your life.

Restoration means adults are working towards a child living safely with their family again.

It is a goal adults may work on and includes a plan of how this will be done.

It is not a guarantee and it does not happen at the same speed for every family.

When restoration is being worked on, adults might:

- Support parents or carers to make changes
- Organise family time or visits
- Watch how things are going over time
- Talk and meet about progress
- Check what support is still needed

These steps take time.

Here's one way to think about it:

Restoration is about seeing if enough things can change so a child can be safe at home.

Adults look at:

- Safety
- Care
- Support
- What has changed over time

Restoration is about safety first — not rushing.

One thing to remember:

Restoration is about safety and change, not about love or worth.

If restoration doesn't happen, it is not because of you.

How some children might feel?

- Hopeful
- Confusing
- Worrying
- Frustrating
- Exciting
- Disappointing
- Different at different times

All of these feelings are allowed.

For adults supporting this child

- Avoid promising restoration.
- Name hope and uncertainty together.
- Prepare children for waiting without asking them to manage adult emotions.

This is about honesty, safety, and emotional protection — not outcomes.

If you want to...

- If you want to know whether restoration is being talked about for you, you can ask.
- If you want to know what adults are looking for, you can ask for that to be explained.
- If you feel scared to hope or sad about waiting, that makes sense.
- If you don't want to talk about it right now, that's okay.
- You don't have to choose how to feel.