



Episode 15 Turning *Little Stones* show notes
Family Matters (2)
Continuing Rachel's story about how she
has opened her heart and home.

Family Matters (2):
***Open Hearts, Open
Homes – Home for
GOOD!***
with Rachel Divall

We recommend you listen to Episode 14 before this, part 2 of 'Open Hearts, Open Homes'

How did Rachel's life evolve as a parent who opened her heart and home to others?

Rachel had planned to have more birth children when she unexpectedly found herself a single parent. And so... she boxed up the hopes and dreams of having more children (her own as well as adopting and fostering).

A few significant things happened a few years later which reignited the well buried 'hopes'. She began to share her thoughts with her now 13-year-old birth son. His response was instrumental in moving it forward.

She asked him what his preferences were, "What would you like to do first, foster or adopt? He chose adoption... permanence was important for him.

She explains that we shouldn't be afraid of opening discussions with our children... not the inappropriate stuff, but age-appropriate things that will impact their world.

Keeping open dialogue and model 'sorry'. "It's ok to get things wrong...it's how we repair them that matters".

Some first steps to cultivating an Open Heart and Open Home

Rachel explains that we all have a part to play in Open Hearts and Open Homes. Simply an offer to babysit is being open-hearted and can be a huge support for hard pressed carers.

Rachel touched on the significant need for foster families in the UK. As a nation, we saw the public response to the high profile need for opening our homes to Ukrainian refugees. Her heart's desire is to find a home for every child who needs one, the vision of the 'Home for Good' charity.

She explains how important it is to open conversations with wider family members too. Her father explained after attending pre-adoption training, "I didn't know anything about early trauma, we just hoped we were doing the right thing by loving you".

Enlarging our capacity to love is at the heart of Rachel's story.

Taking care of self

Rachel understands the need to carve out space for herself... whatever we do to refuel our capacity to care, it should feed and energise us, it's about "finding your bit that makes your heart sing!!"

Rachel is about to change her role to develop and support families. We'll keep in touch so that we can signpost listeners to this.



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Final takaways...

For Jo, who is at the start of her adopting journey and has been scribbling 'nuggets of wisdom' as she listened in... one takeaway is ... "don't dwell on what you've done wrong at the end of the say, but what you've done right!".

Further information about *Home for Good* can be found at www.homeforgood.org.uk



Further practical guidance and advice are available through

Turning Little Stones

Delving a little Deeper

See website for details