**03 - SARAH COX - LONGFORM**

**TRANSCRIPT**

- I think I was about nine, the first time I decided that foster care was my future. And my mum worked in child care and we had some friends of ours that were foster parents and so I remember saying to my mum, yeah, I'm going to do that. And my mum dismissed me, as parents do, it was all, you know, that's nice dear, like yep that'll happen.

But it was something that never really went away and as I got older it was certainly something I considered but you know, it was just high school and then uni and all those things took precedence until finally I was ready and I was able to be a foster parent and I went yep, it's finally time, let's make this a reality.

I had a choice between general care, which is where most kids in care are in, and intensive care and I quite happily signed up to intensive. I figured, I'm a teacher, if anyone can tackle that, it should be me. But, every kid has behaviour for a reason and every kids behaviour has a purpose.

Most kids in care, act the way they do because it's either a learnt behaviour or it's a coping strategy. So once you understand why kids are acting the way they are, then you can understand where the behaviours are coming from it's not because they're out to hurt me, or hurt someone else, it's their way of expressing what they're feeling and what they need at that time.

This has been, the most exhausting and rewarding thing I have ever done in my life but I think that any parent would say that. I think any person who's parented a child in whatever way, shape, or form, whether it be your own, a foster child, a step-child, that it is exhausting.

But when you see that child accomplish something that they haven't done before what else do you need? Like it's those little things that, just make you feel good and just make you happy, to be a part of their life and to know that hey this kid is, achieving things that they might not have if they hadn't come to live with you.

A lot of people come up to me and say they don't know how I could do this and I just look at them and go why not. Like, why, why wouldn't I do it? I mean, I have the space in my house, I have the space in my heart, if I'm not going to do it, who is going to do it. Someone has to. And you know, why not me?