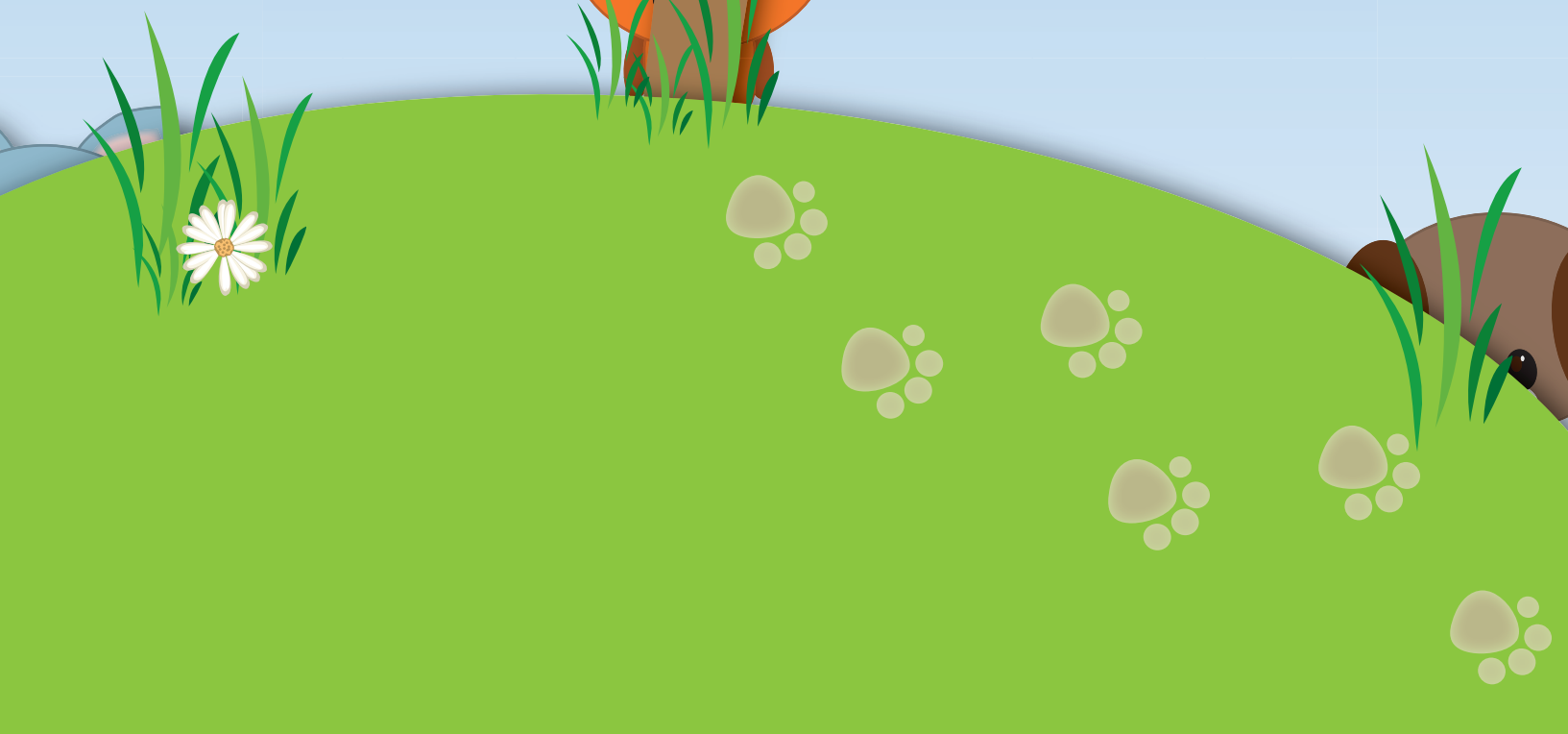




family foster care



a younger child's
guide to
foster care



Hi! We're The Huggies!

We're here to tell you what foster care is



This little book is yours to keep and use whenever you want to find something out... Shall we write your name and age on this page?

This little book belongs to:

My full name is:

.....

The name I liked to be called is:

.....

The name my mummy and daddy call me is:

.....

I am this many years and months old:



What is foster care?

Foster care is staying in a home with another person or family. You will be welcome in this home because you have been specially picked to stay here.

You will have your own bedroom and play space. There may be other children in the home. The children may be younger or older than you are. These children will make you feel welcome. They will play with you.

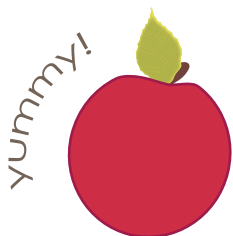


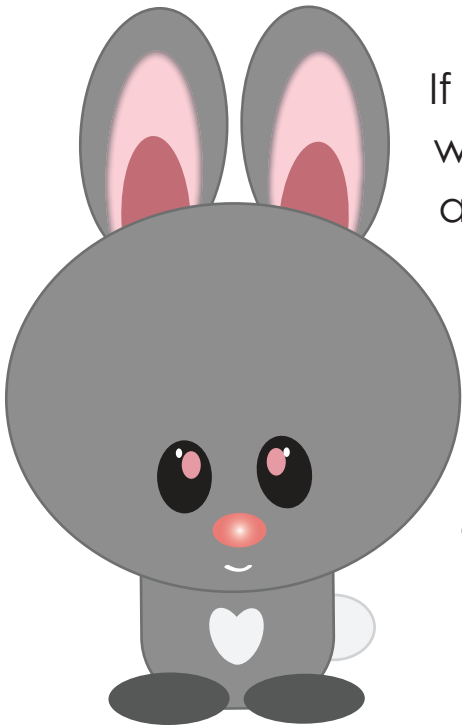
You can bring your own clothes and toys into foster care. You can still see your family and friends when you are in foster care and the foster carer will help you to do this.

What is a foster carer?

Foster carers are special people who have been carefully chosen to look after other parents' (mummies and daddies) children.

Foster carers do all the good things parents do, such as looking after you, telling you what you can and cannot do in and outside of the house, and helping you with things like cleaning your teeth and making sure you eat the right food.





If you are not feeling very well foster carers will take you to the doctors. If you have an accident foster carers will take you to the hospital.

Foster carers will take you to nursery or school. Foster carers will give you lots of smiles when you are being good at nursery or school.



can you draw a smiley face?

Shall we write a bit about your foster carers on this page?

Foster carers will play with you in and outside of the house and they will teach you to colour books and read and write.

Your foster carers work for people called **Family Fostercare**.

My foster carer's names are:

.....

I can call them by their name

They have children who live with them called:

.....

The children are **older / younger** than me



Why do I have to live with a foster carer?

Children live with foster carers for all sorts of reasons, but it's not because of anything you have done wrong.

When a child cannot live with their own family, they can live in a foster home for a while.

Moving into a new and different family is not easy, but your very own social worker and your foster carers want to make sure you are in a safe, caring and happy home.

Now it's your turn.

Follow the right paths to help The Huggies find their new homes!





Hi! I'm Mikey and I love drawing and colouring. Do you?

Can you draw a picture of your foster carer's house here?

Can you draw a picture of your foster family here?



When will I see my family?

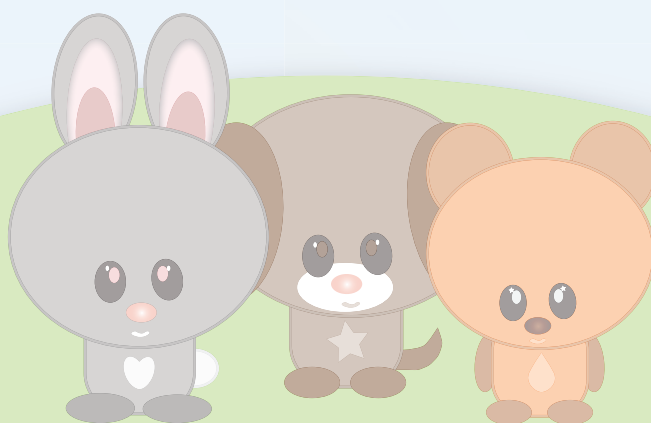
Your family is important to you. Just because you live in a foster home doesn't mean that you have to lose touch with your family.

We will make arrangements with your very own social worker about seeing your mummy and daddy, brothers and sisters and other members of your family. You may see them in your foster home or at another safe place.

Your very own social worker will speak with you about when you can see your family and how often you can see them.

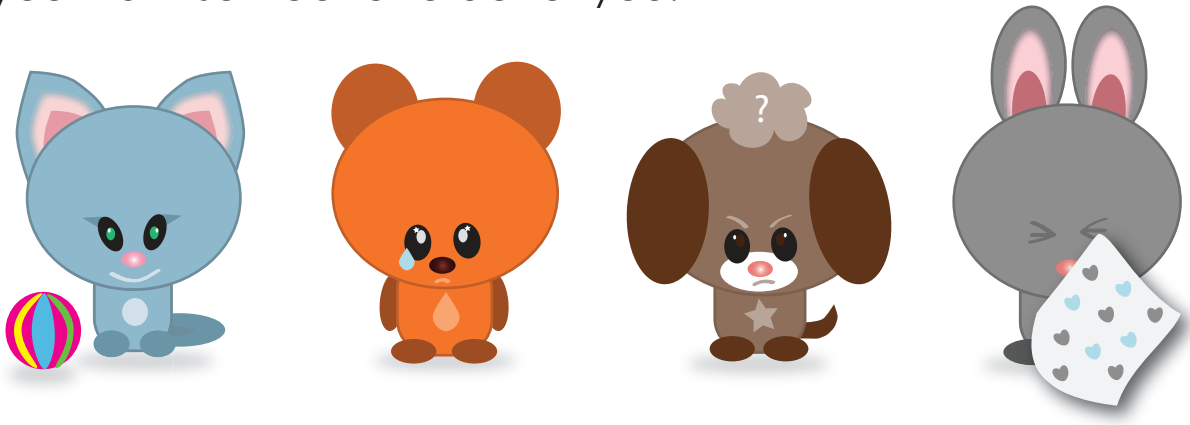
Tell them who you want to see so they can try and make sure this happens.

My wishes about seeing my family



What about what I want? What about my wishes and feelings?

Wishes are what you want to do, what you want to happen, or what you want someone to do for you.



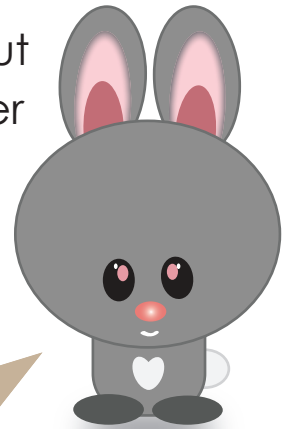
Feelings are about being happy, sad, OK, worried or frightened about something, even if you don't understand what is happening.

This is how I am feeling today:

These are my wishes today



Your very own social worker should find out about your wishes and feelings all the time you are in foster care.



This is your very own social worker's name:

.....

This is their telephone number:

.....

This is their office number:

.....

This is their email address:

.....

You can ring your very own social worker to talk about your wishes and feelings or you can ask your foster carer to ring your very own social worker about your wishes and feelings.

What does my very own social worker do?

Your very own social worker is someone who can help you and keep you safe and happy. It is their job to make sure you are OK, you should think of them as someone who is there to help you.

Your very own social worker will visit you regularly and see you by yourself. You can talk with your very own social worker about what is happening to you.

You can talk to your very own social worker about anything you want.

You can talk about your family, your teachers or your friends

You can talk about being happy or sad

You can talk about living with your foster carers



You must always tell your social worker if you are unhappy

Family Foster care Social Workers

Your foster carers have their own fostering Supervising Social Worker.

These people work for a company called Family Foster care.

Their job is to make sure your foster carers are looking after you properly and have all the help they need.

These people will also talk to you to make sure you're happy and well cared for.

Write down the details of your foster carer's social worker here

name

mobile number..... office number.....



How will people look after me in my foster home?

You are very special and you have a very special 'other' name and this is called a 'looked after child'

A looked after child has lots of good things for them. There are certain ways looked after children are treated no matter what; this is called your 'rights':

You have the right to:



You must let your very own social worker or someone else know if you think someone is taking away any of your rights. At the back of this little book is a list of friendly adult people you can contact for help.



Happy Foster Families

Every family has rules and so does your foster family. Everyone has rules so that we can live together in a safe and happy way.

Some rules are about how to treat each other, about listening to each other and keeping safe. Some rules are about us being healthy and well.

What are your foster carers' rules? You can write them down to help you remember.

My foster carer's rules are:

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Brush your teeth
twice a day



No running away

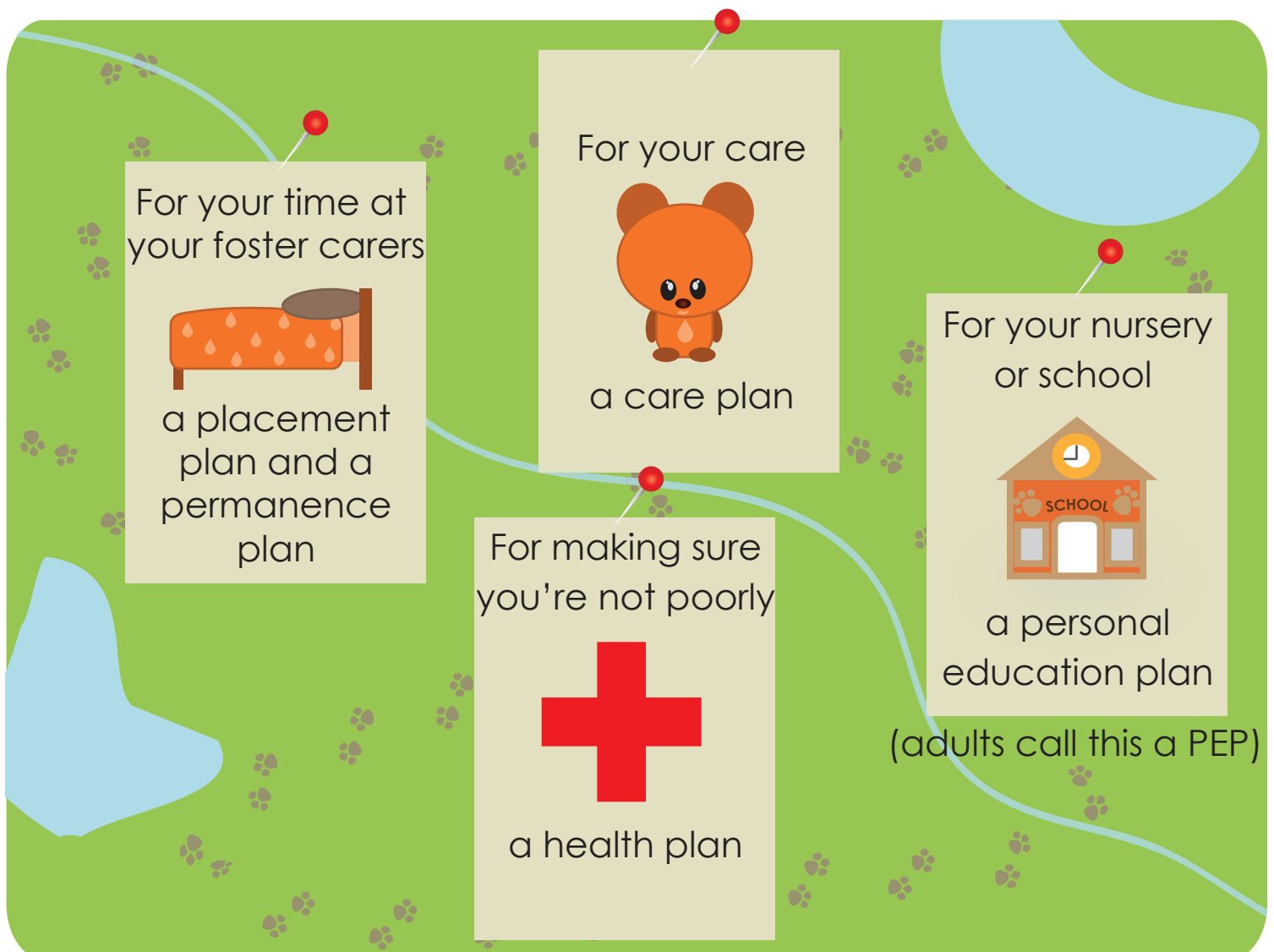


Who decides what will happen to me?

Your foster carers will make day-to-day decisions about you such as what you are going to have for dinner or tea and what time you must go to bed but while you live with your foster carers, there will be lots of meetings and things called 'plans' made for you.

A plan is like a map – it tells you where you are and where you should be.

Follow Humphrey's footprints with your finger!



Who does my plans?

Your very own social worker will make all of your plans for you. The biggest plan is called your 'care plan' or a 'child plan' and includes everything that's important to you such as: your school, your health, when you see your family and friends how long you will stay with your foster family, your wishes and feelings and your welfare.



The second biggest plan for you is called your permanence plan. This happens when you have been with your foster carers for about 4 months. It is to tell you where the very best place for you to live is, how long you can live there and the very best people to look after you if your mummy and daddy, grandparents or other relatives cannot care for you.



There are lots of plans and there are lots of meetings. You can come to some of these if you like.

One kind of meeting is called a Looked After Child Review. Here all the important grown-ups in your life will get together and make sure you are safe, happy and doing well.

Before the review you will be asked what you think and feel, and what you want.



Remember when we talked about your wishes and feelings? Well this is the same!

can you draw them
or write them
down here?



My Wishes

My Feelings



If you have any worries in between these meetings, you can talk to your very own social worker or the person who is in charge of the reviews, who is called the Independent Reviewing Officer.

You can also talk to your family, teacher, fostering social worker or foster carer.

Tell your social worker if there is anything in the plans that you don't like as they may be able to change this.

If you ever feel worried about your future, tell your very own social worker and they will do everything they can to help you.

This is your Independent Reviewing Officer's name and contact number:



**you can also to talk to someone on ChildLine
by ringing 0800 1111**



What about nursery or school?

If you are already at nursery or school, we will try to work out if it is best for you to move to a new nursery or school or stay at your old one.

Nursery and school is very important because it's where you already know things. You can also learn new things and make new friends. You can play with friends and take part in sports, activities and clubs after school.

Your teacher will know that you have gone to live with a foster carer, but it is your choice if you want to tell other people.

If you have any problems, difficulties or are being bullied at school, you must tell your teacher, family, your very own social worker or foster carer. You can contact ChildLine on 0800 1111 or Bullying UK www.bullying.co.uk for help.



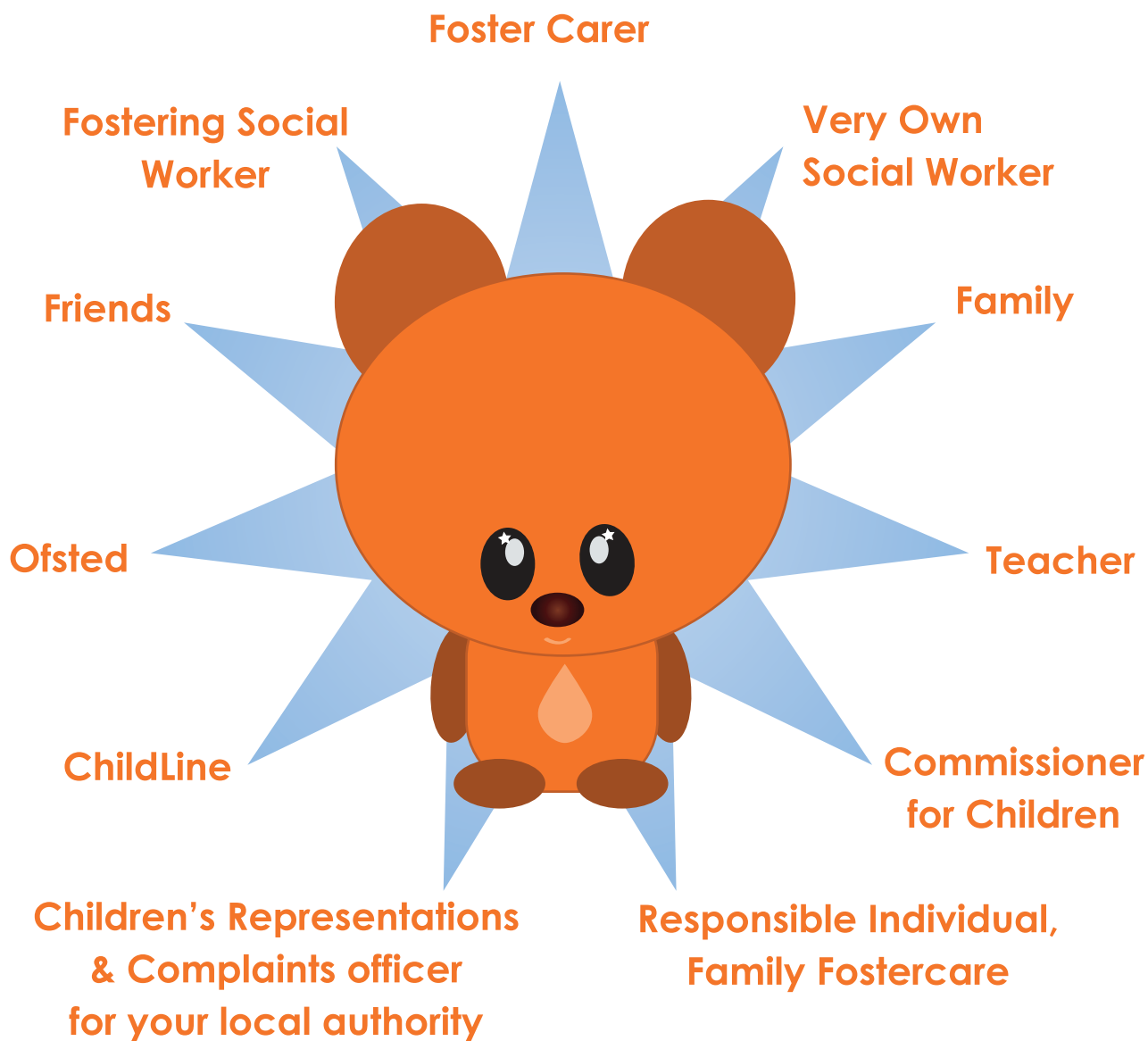
My teacher's name is:

.....



What if I have a problem or I am sad?

We want to know if you are worried, frightened or sad, and you must tell someone if you are so people can help. There are lots of people you can tell:



You can also tell us anytime you want if you have a complaint, wish or suggestion about the care you are receiving from your foster carer or from us. Page 19 in this little booklet tells you all about how to make a complaint.

Shall we put the names, telephone numbers and email addresses for these people?



My Foster Carer

Name.....
Telephone number.....
Email.....

My Very Own Social Worker

Name.....
Telephone number.....
Email.....

My Fostering Social Worker

Name.....
Telephone number.....
Email.....

My Teacher

Name.....
Telephone number.....
Email.....

My Family

Name.....
Telephone number.....
Email.....

My Best Friend

Name.....
Telephone number.....
Email.....

Making A Complaint

A complaint is when you want to tell us that you are unhappy about the care you are receiving from your foster carer or from us. For example, you might want to tell us that you:

- are unhappy about a decision made about your care
- think that no-one is listening to you
- feel that you are not being treated properly.

You can ask a grown-up friend to help you make a complaint, or you can ask our Director of Services, Donna Turner to find an adult to help you. This person is called an 'advocate' and it is their job to help you explain your complaint.

When we receive your complaint we follow 3 important steps to try and fix the problem.

STAGE 1

A manager or member of staff will try to sort out your complaint within 10 working days. If we need more time we will ask your permission.

STAGE 2

If you are not happy with what we have said you can ask for your complaint to be investigated. We will ask an independent person to do this, and the investigation should not take more than 25 working days.

STAGE 3

If you still think that your complaint has not been sorted out you can appeal to a review panel. This is a group of three independent people. They will listen to your complaint and tell us what they think.

If you are still not happy, your Local Authority can appoint an independent advocate for you from Action for Children. They will help you appeal to the Local Government Ombudsman or DfE or Ofsted.

All the contact details you these organisations can be found on the contacts page of this little booklet.





Important Contacts

Family FosterCare Director of Services Donna Turner

Tel: 07958 085309

Email: donnaturner@familyfostercare.co.uk

Ofsted

Picadilly Gate, Store Street, Manchester M1 2WD

Tel: 0300 123 1231 | Email: enquiries@ofsted.gov.uk

Website: www.ofsted.gov.uk

Department for Education (DfE)

Tel: 0370 000 2288 | Website: www.education.gov.uk

The Children's Commissioner for England

Sanctuary Buildings, 20 Great Smith Street, London SW1P 3BT

Tel: 0800 528 0731 (Help At Hand service)

Email: help.team@childrenscommissioner.gsi.gov.uk

Website: www.childrenscommissioner.gov.uk

Action For Children

Vera Beining, Children's Rights Services

Tel: 020 7254 9408 / 07764 253677

Email: vera.beining@actionforchildren.org.uk or

LondonIV@actionforchildren.org.uk

Local Government Ombudsman

PO Box 4771, Coventry, CV4 0EH

Tel: 0300 061 0614 | Website: www.lgo.org.uk

If you think you are being bullied:

Bullying UK

www.bullying.co.uk

Kidscape

www.kidscape.org.uk

The Who Cares? Trust

(the national charity for children in care)

Kemp House, 152-160 City Road, London EC1V 2NP

Tel: 020 7251 3117 | Email: mailbox@thewhocaretrust.org.uk

Website: www.thewhocaretrust.org.uk



Emergencies

An emergency can be:

When you or someone else is hurt or in danger

When you think something really bad is happening

If you think there is an emergency call for help on **999** straight away - you will speak to a person called an operator who will listen to you and tell you what to do.

If you have a problem in your foster home at night, on weekends, or in the holidays and can't get in touch with your very own social worker you can call the Emergency Duty Team on and they will try and help you.

Bye for now!



Bye!

Remember to keep this little book somewhere safe so you can come back and see us Huggies any time you need to!





a younger child's guide to fostercare (version 2.3)

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