

**SUPER**

# My Guide to Fostering



# Hello there...



This is your guide to help you understand fostering and answer some questions you might have. Your foster carer will help you to read and understand this guide.

Lots of children live with foster carers when they're not able to live with their own family. This can be for lots of different reasons, and we know your family will be very important to you.

If you have any questions your foster carer is here to help you.

There are some spaces for you to write things down or draw pictures to help you remember things.

You can keep this guide, and you can read it by yourself or with your foster carer.

You are very important and we really want to listen and help you settle in!



# What is a Foster Carer?

Foster carers look after children who can not live with their own families.

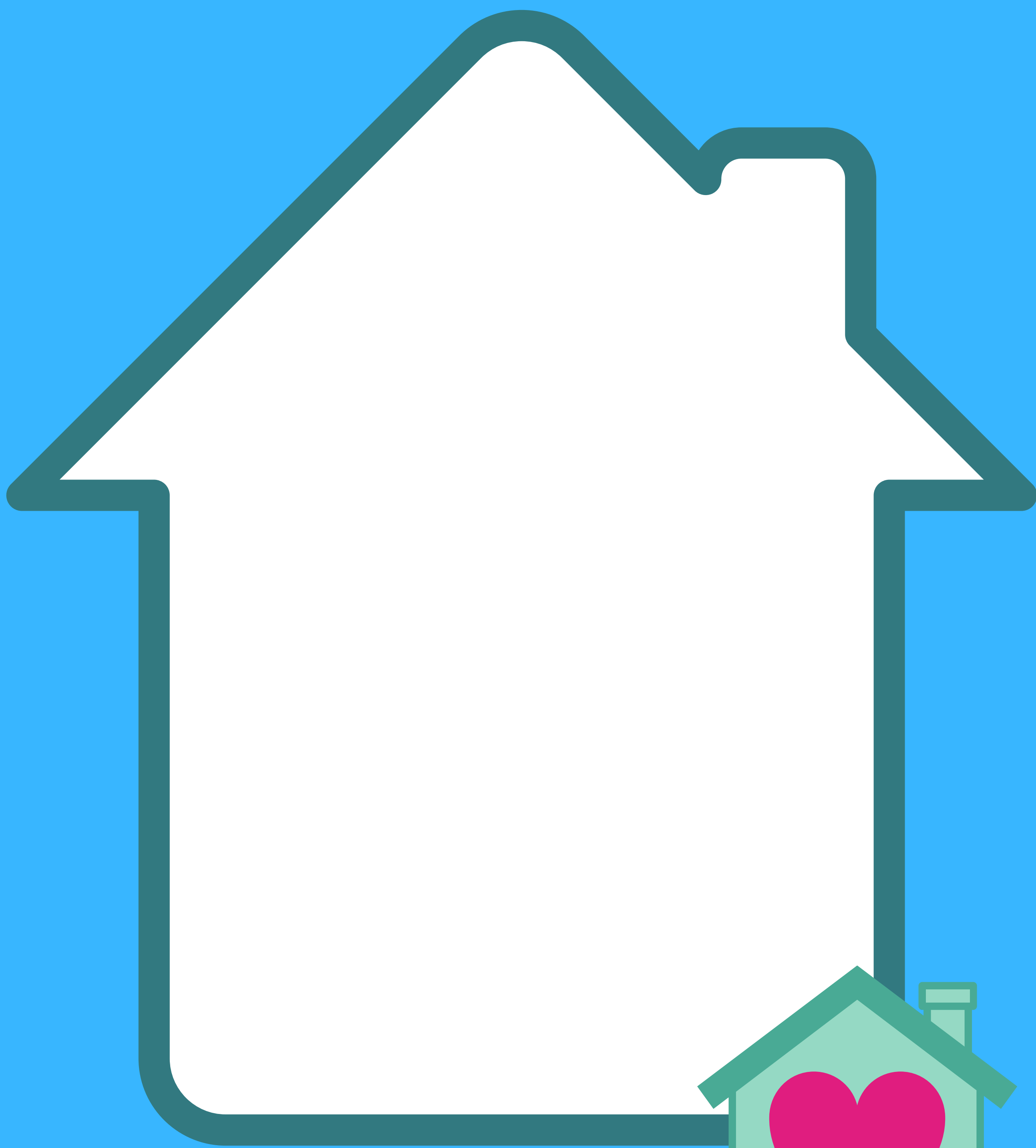
There are lots of different types of foster carers, just like there are lots of different children! We try to make a good match so that you have things in common and are happy where you are living.

- You might have one foster carer or two.
- They might have their own children who live at home or are grown up.
- They might be looking after other children who are also fostered.
- They might have pets.

**All foster carers want to make sure children are happy, healthy and well looked after! They are here to help and listen to you.**



**The people who live in this house are...**



**You can draw or write people's names here!**

# My Social Worker...

Whilst you are living with your foster carer, your social worker will come to visit. Your social workers job is to make sure that you are safe and being looked after.

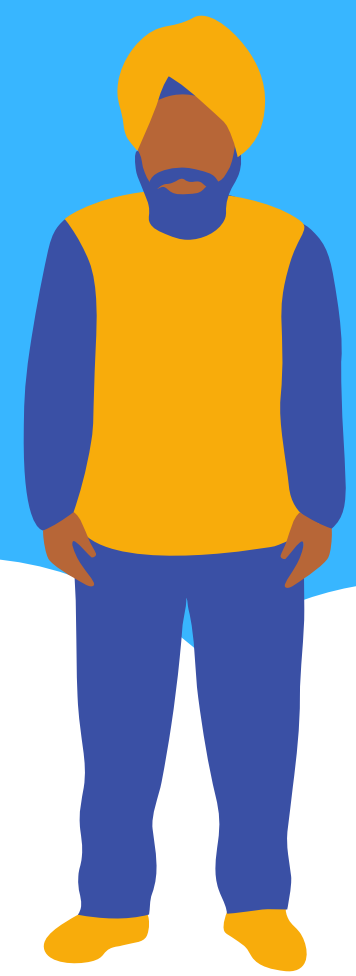
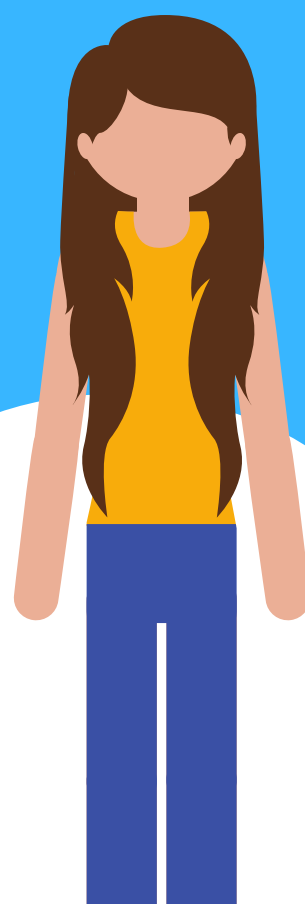
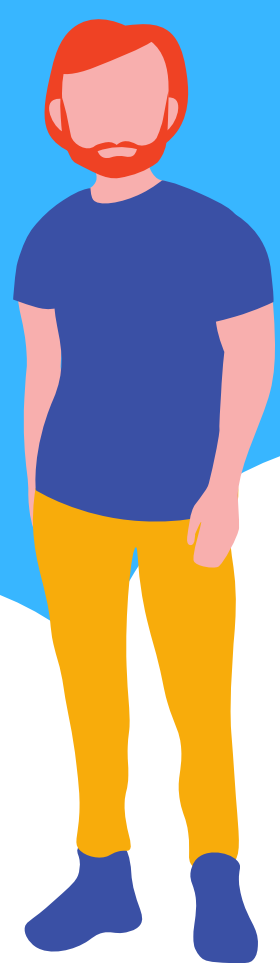
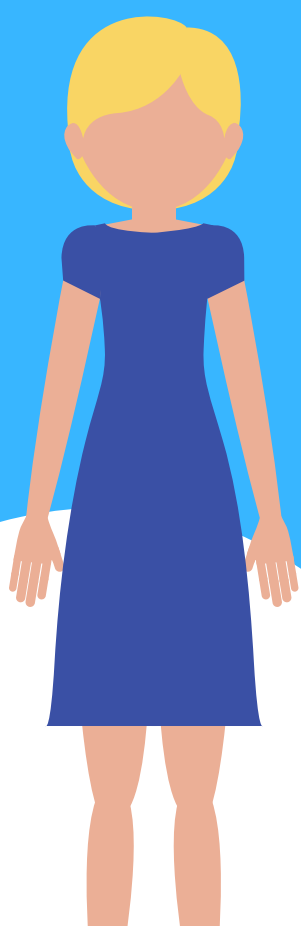
You can talk to your social worker about how you feel. They are here to help you!



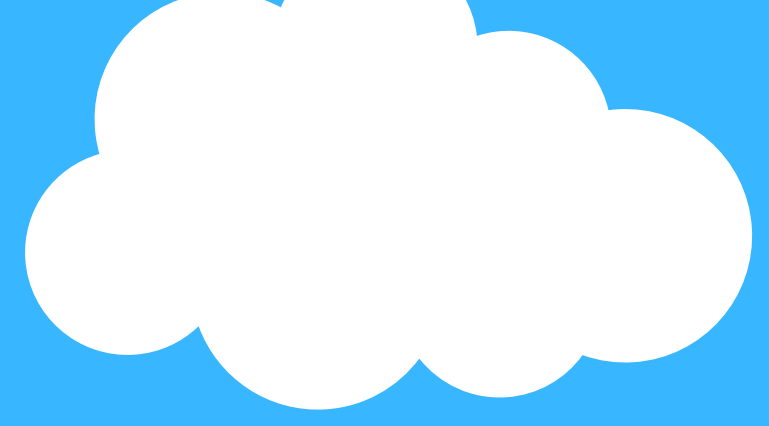
My Social Worker is:  
Telephone number:

Your foster carer has a social worker too who will come to visit. They might see how you are finding things and find out if there's anything they can do to help. They will work with your social worker to make sure you are happy.

My Foster Carers Social Worker is:  
Telephone number:



# My Care Plan...



All children who come to live with foster carers have a Care Plan.

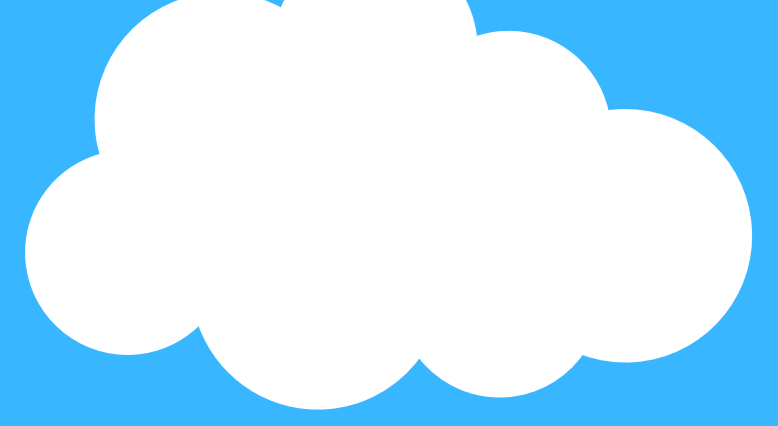
This is a very important plan which says how to look after you and keep you safe. Everyone who helps with this - your family, foster carers, social worker - will understand the plan so that they know what is going on and what they need to do.

The care plan says things like:

- Where you will live
- Where you will go school
- What you would like to happen
- Who will be helping your family
- How to keep in touch and see your family
- What kind of help you might need at school
- How to keep healthy.



# My Care Plan...



There's lots of important things to think about when making a Care Plan.

Can you find some important words in the word search?

Family

Feelings

Thoughts

House

C	A	R	E	R	S	F	F	S	H
J	L	K	L	A	X	E	A	G	E
S	M	T	I	V	N	E	M	H	A
C	F	Q	H	N	K	L	I	E	L
H	L	R	R	O	D	I	L	L	T
O	O	H	I	T	U	N	Y	P	H
O	F	U	A	E	M	G	E	K	Y
L	O	X	S	P	N	S	H	S	T
P	O	X	J	E	P	D	R	T	S
H	D	A	V	B	S	Y	S	I	S

Happy

School

Carers

Healthy

Help

Food

Kindness

Friends



# My Care Plan...



There will be meetings about the plan to see how things are going and if anything needs to be changed. Your social worker, foster carer and your family might be at these meetings. There will also be someone who is called the Independent Reviewing Officer (IRO). Their job is to make sure that your care plan is what is right for you. They are the person who will be in charge of the meetings where your you plan is reviewed and they also make sure everyone does what everyone agreed they were going to do.

Your IRO will want to know what you think about your care plan and it is very important that you make sure that the they know how you feel and what you would want to happen. Your IRO might come and see you at your house to ask you about this.

You are very important and we really want to listen and help you!



# My Care Plan...



Don't worry about what you would like to say, everyone is here to help you and will not mind what you say. You can also tell your foster carer or social worker what you think, or you can write it down or draw a picture showing how you are feeling. Sometimes you will get a book to fill in, which can help you think about how you feel.

If you ask for something that can't happen, we will make sure we will tell you why and see what we can do to make it happen.

My IRO's name is :

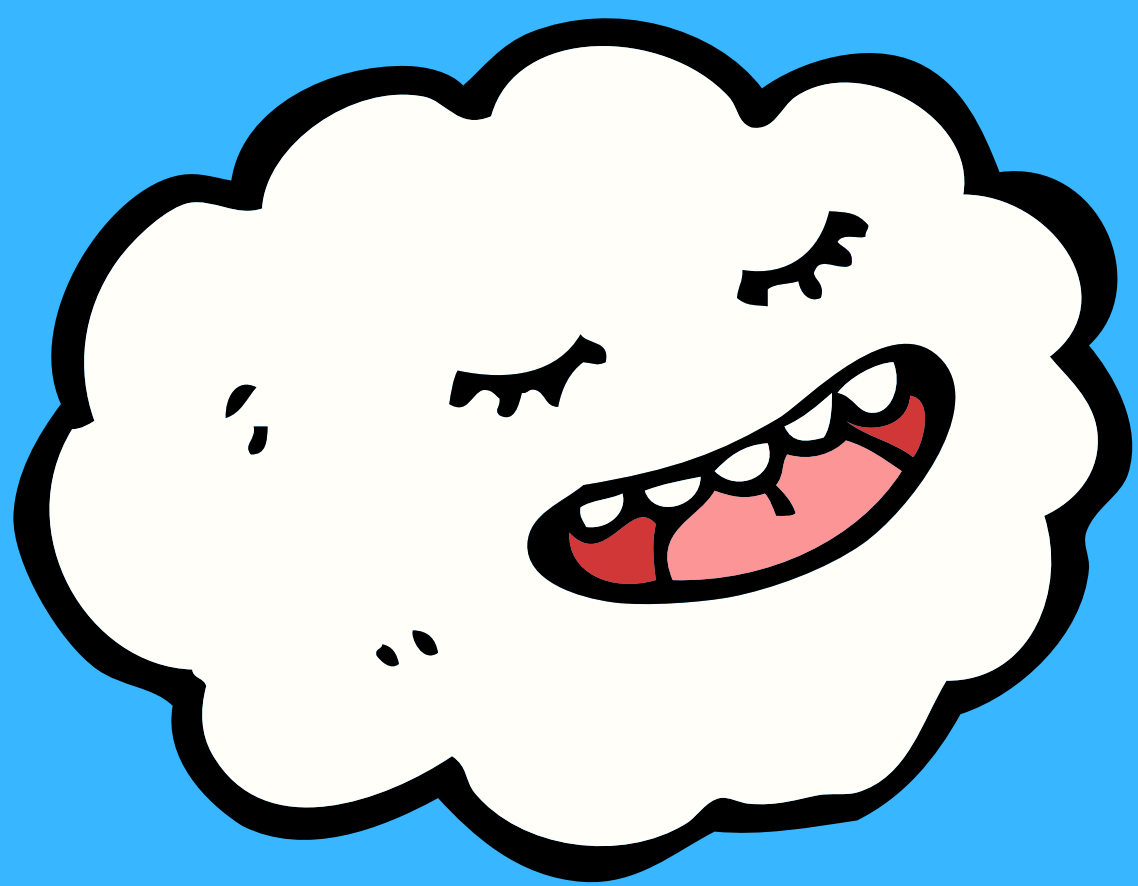
Their telephone number is:

# Keeping in touch...

Your care plan might say that you can keep in touch with family and friends. Sometimes your care plan might say you cannot speak to or see some people.



Your social worker will explain why this is and help you to understand. Your foster carer will also know if there are any people that you cannot be in touch with.



You can sometimes see, phone, email or write letter to the people you want to keep in touch with. Your foster carer can help you to write or send them.

If you have a mobile phone, you will agree with your social worker and foster carer any rules about using it.



# My Bedroom and Bedtime...



You will have your own bedroom. This is your space and you can keep your toys, posters and special things here.

Your foster carer will always knock on your bedroom door before they come in, unless they are worried that you may be doing something dangerous or that might hurt yourself or others.



Your foster carer will help you settle at night. You might like to have a story, or have a chat or read by yourself for a short time. Let your foster carer know if you like the light on when you go to sleep.

## Bedtime...

School night:

Weekend:



# My Clothes...

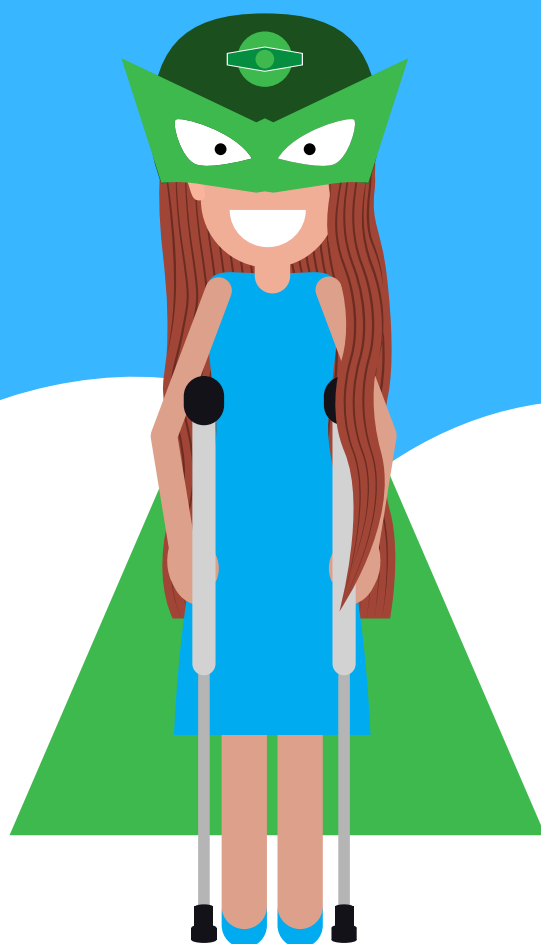
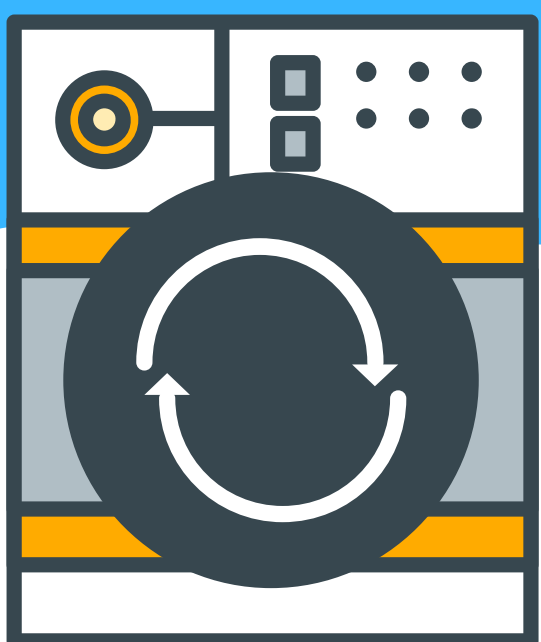
You might have some clothes that you have brought with you. Your foster carer will make sure you have everything you need.

You will have all the clothes you need for school including a PE Kit.

Your foster carer will wash and iron your clothes.

When you need new clothes your foster carer will take you shopping and you can help choose ones you like.

You can help to look after your clothes by putting your dirty clothes in the wash basket and your clean clothes away in your bedroom!



**Can you design a cool  
T shirt to show off your style?**



# Meals and Food...



The food you eat is very important to give you energy and help you grow.

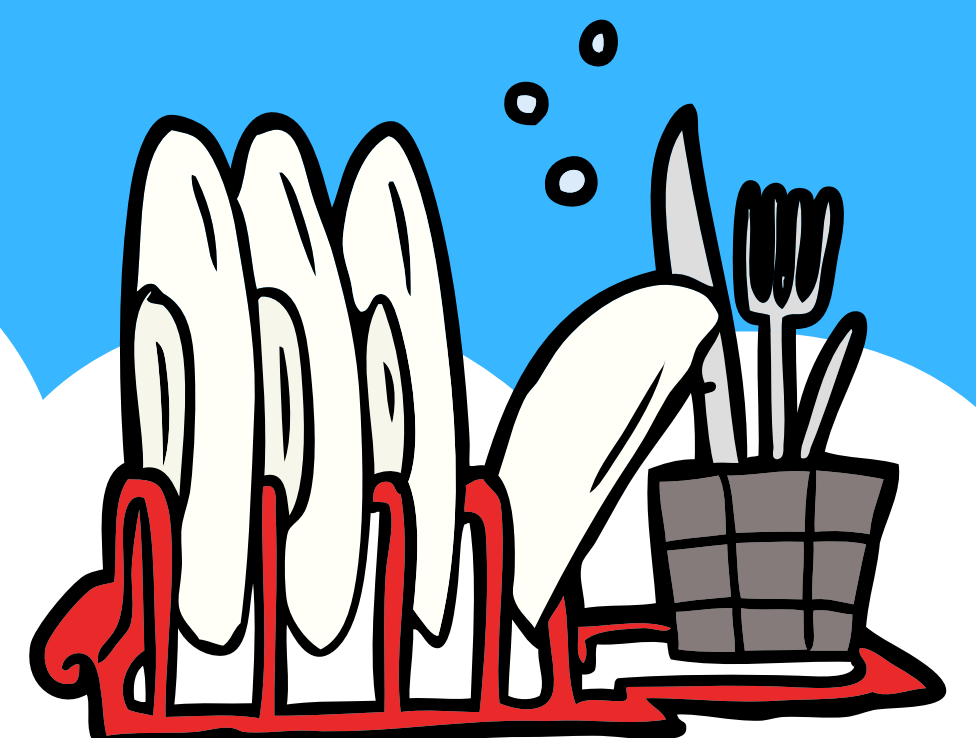
You will have some favourite foods. Let your foster carers know what these are. Your foster carer will help you understand what foods are good to eat to keep you healthy.

If you know some foods make you feel poorly make sure you tell your foster carer.

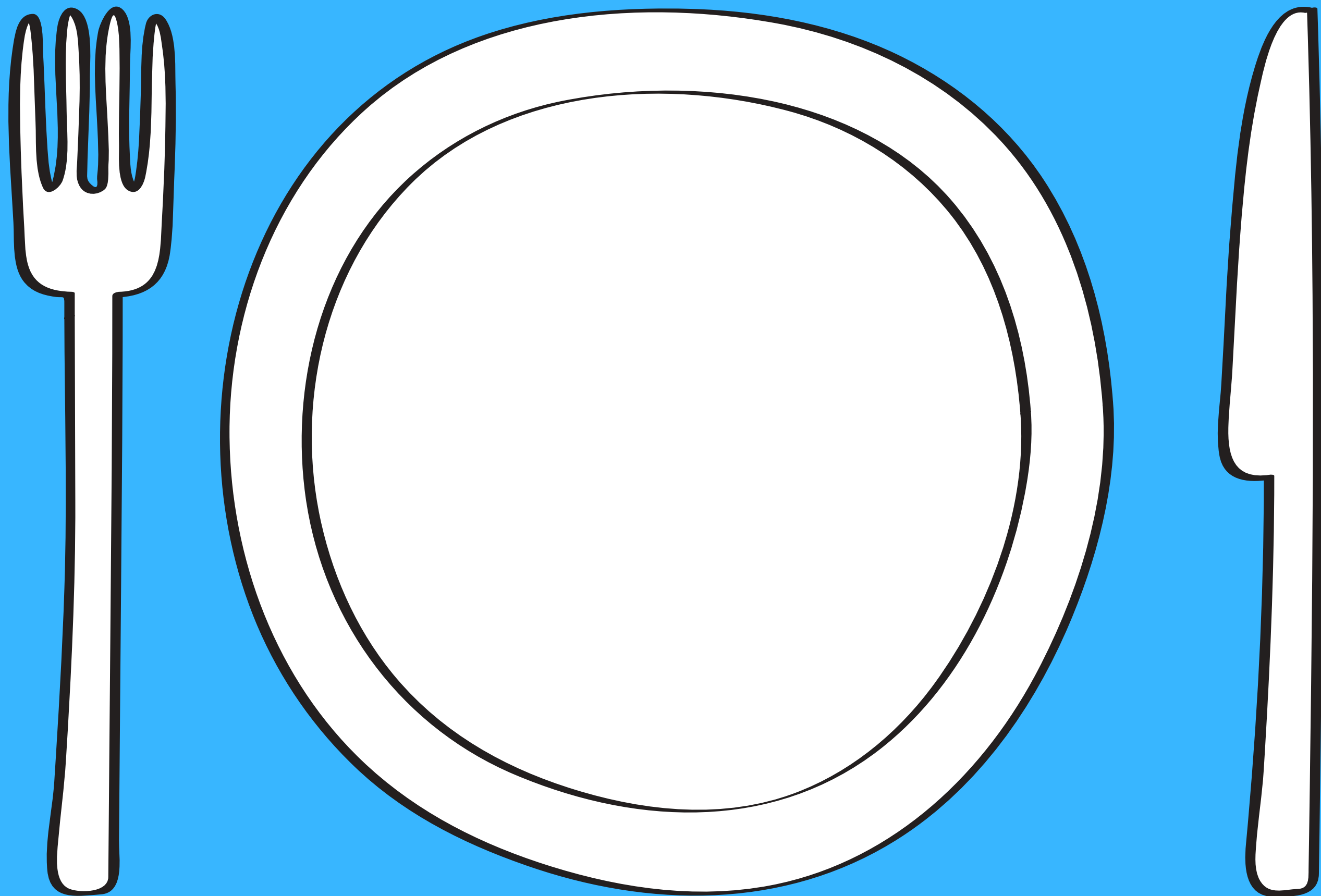


Your foster carer will make your meals, you might like to help with cooking or baking.

Meal times are a good time to spend together. Your foster carer will tell you about meal times in their house. You might need to help set the table or doing the washing up after!



# Meals and Food...



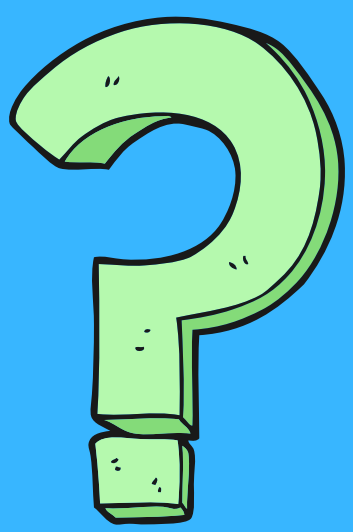
You can draw or write your favourite foods on this plate!



If there are any foods you don't like, write it here:

# My School...

When you live with a foster carer you will still go to school. Hopefully, you will be able to stay at the school you already go to. Sometimes, you might need to move schools if you are moving to a new town or place.



If you need to move schools, your foster carer will make sure you can visit first and will help any questions or worries you have. Everyone will help out to make sure you settle in nicely.

**My school:**

**How I get to school:**

**My teacher:**





# Making friends...

It's great to have friends! You might have friends from school, or make new friends that you can have round to play or sometimes for tea.

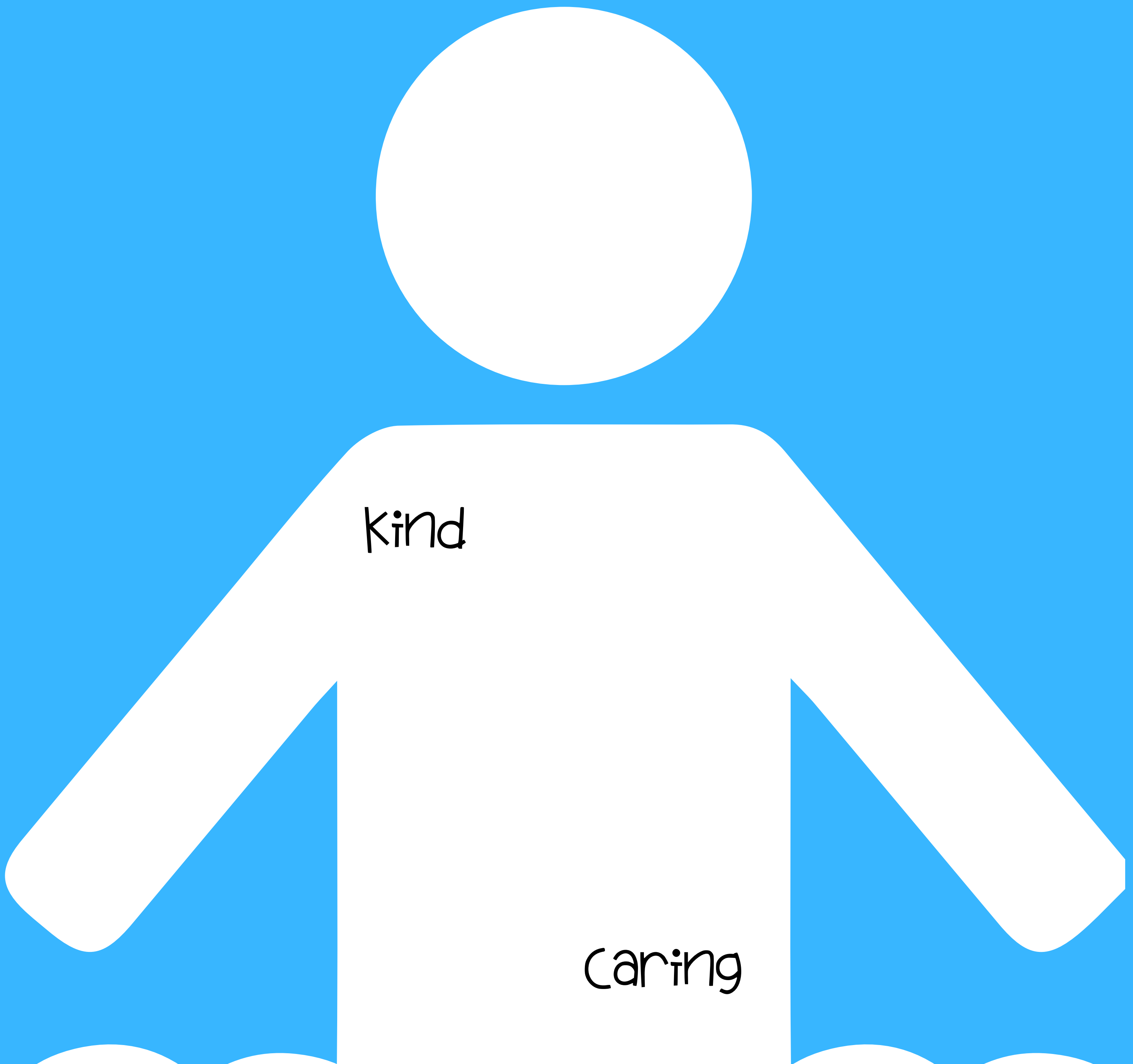
You might go out to play, or to your friends house. You must always make sure you let your foster carer know where you are and who you are with. This is very important. Your foster carer needs to know this so that they can keep you safe and they will not be worried.

If you are having trouble making friends, speak to your foster carer about it. You might be able to join a club at school or outside of school and meet some great friends there!

friends



# Things that make a good friend...



As well as making friends, being a good friend is really important!  
Can you think of some things which make a good friend?

# My Religion...

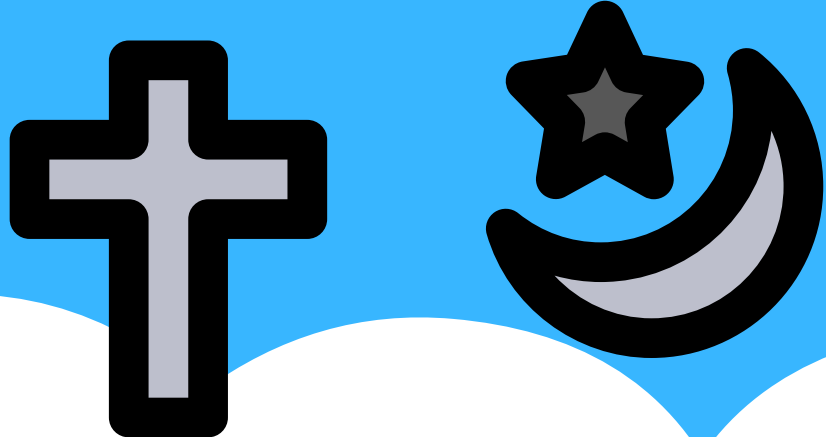
If you follow a religion, your foster carer will help you to carry on doing this.

**My religion:**

**Where I worship and what day and time:**

**How I can get there:**

If you have questions about religion, you can speak to your foster carer or social worker. Even if they don't know the answer they will try to help you to find it out!



It's very important to respect people and their religions and make sure we are always kind to each other.

# Pocket Money...



When you are at your foster carers, you will get pocket money every week.

**How much pocket money I get:**

You can decide how you spend your pocket money. You might spend it every week, or save it up and get a special treat with it!

If you want to save your pocket money up, you might like to save it at the bank or post office. You can ask your foster carer how to do this.

Your foster carer will also help you to save money up for your future.



# Having fun...

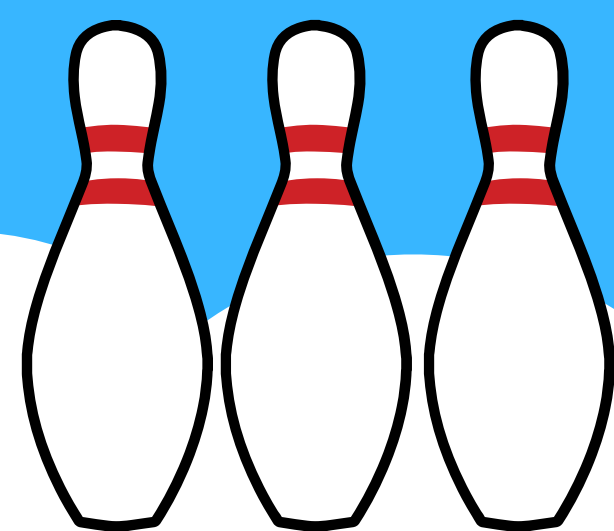
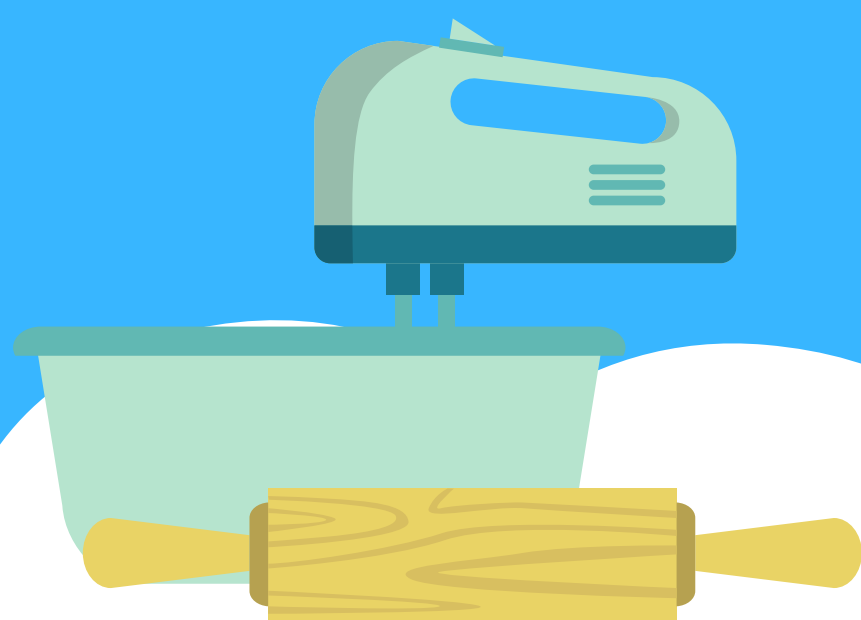
There's lots of ways to have fun, and you might have an activity you love to do or want to try!

Your foster carer will help you to try new things or carry on at any clubs or activities you go to.

**Here are some ideas:**

Cubs, brownies, sports clubs, baking, swimming, trampolining, climbing, dance, drama, music, bowling, going to the park.

**What I would like to do or try:**



# **Trips out and holidays...**

Your foster carer will take you on trips and holidays. These might be day trips, or a holiday when you're off school. There's lots of different places to visit and things to try! You might go with just your foster carer, or with a group of people.

If you have a special place you like to visit, or somewhere you'd like to go, let your foster carer know!

**Some places I'd like to visit:**



# Making good choices...



Everyone wants you to feel good about yourself and your choices! We know this might be a time when you are feeling upset or angry, and sometimes it can be hard to do the right thing when you feel like this...

**If you are not sure if you're making a good choice, try to have a think about what you're doing.**

Is it a kind thing to do?

Is it safe?

Might it make someone upset or worried?

Sometimes if you are feeling like this, it might be good to ask for little time by yourself to calm down and think things through. You might want to talk to someone about what's worrying you. Sometimes, it might be hard to say how you feel, and that's okay too. Your foster carer wants the best thing for you and is here to help you if you are worried, angry or upset.



# THINK...

Always try to THINK before you act.



**T** is it TRUE?

**H** is it HELPFUL?

**I** is it INSPIRING?

**N** is it NECESSARY?

**K** is it KIND?

keep  
CALM  
& be  
KIND



# Making bad choices...

Sometimes things might not be so good and you might behave in ways that are not good or not allowed. If this happens...

... You might need some time away from others to calm down.

... You might not be able to do something you like for a short time.

... You might have to do some extra jobs, like tidying up.

... If you have broken something on purpose, you might have to pay for part of it or all of it out of your pocket money.

... Your foster carer might talk with you about what has happened and why, and what you could do differently next time.

Your foster carer is never allowed to smack, hit or hurt you.



# Bullying...



Being bullied means being hurt by another person. This might be by hitting or smacking, or might be saying or writing nasty things. If this happens, it's really important to speak to a grown up so that they can help to make things better.

Sometimes people might feel like bullying someone if they are angry or worried about something. If you are feeling like this, then it's also important to be brave and speak to someone who can help. We know this might be a confusing and difficult time and we want to help however we can.

**There are lots of people you can talk to:**

Your foster carer

Your social worker or your foster carer's social worker

Your IRO

A Teacher

Another adult you can trust

# How to deal with bullying...

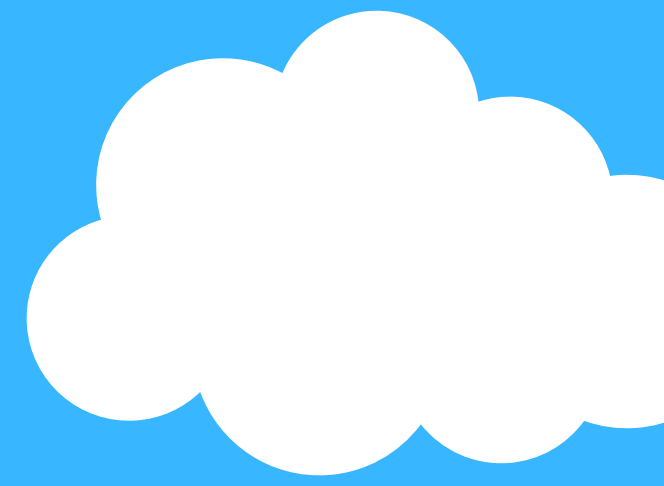
- Tell your foster carer or someone you trust.
- They will listen to you to find out how you feel.
- They will talk to other people and try to sort out the problem.
- They will help you work out how to cope with bullying and how to make sure people act in a more friendly way to you.
- Hopefully things will get better, and everyone will feel differently.
- If things do not change, your foster carer and other people who care about you will try and find ways of making things better.



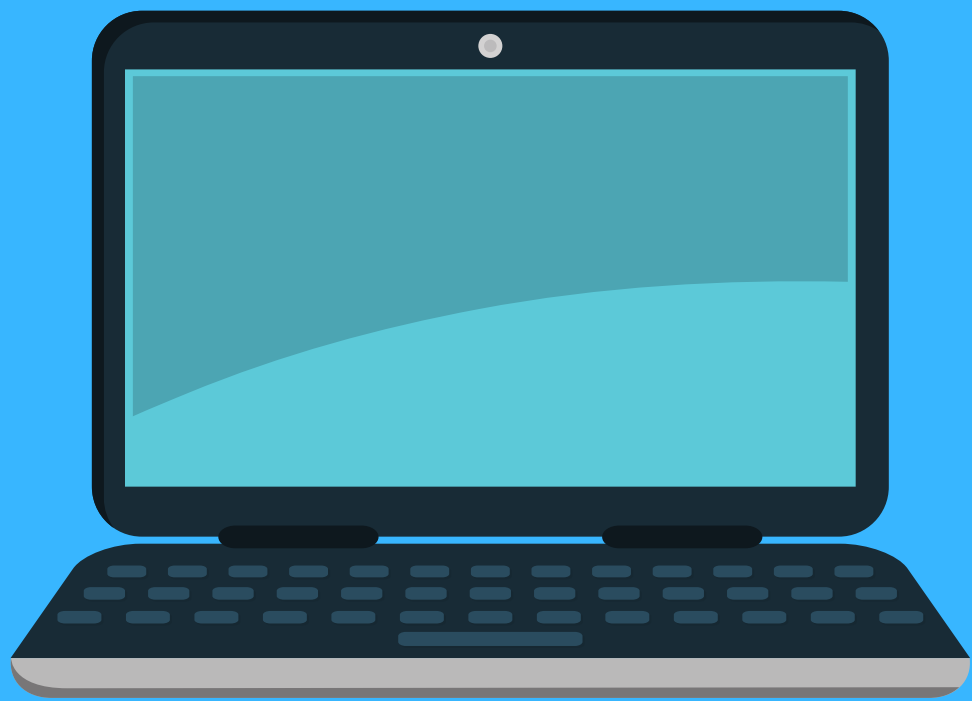
If you don't feel like you can talk to someone, you can ring childline, you can call them any time and it's free!

0800 1111

# Staying safe...

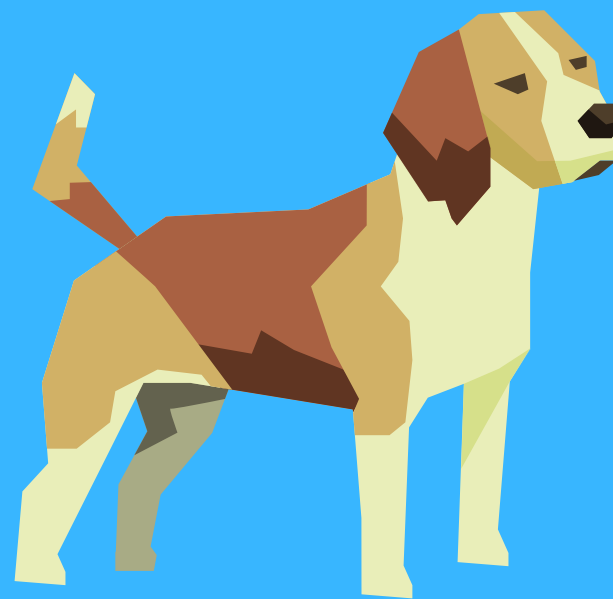


There's lots of ways that you can stay safe:



If you use a computer, do not speak to anyone you don't know. Never give anyone your name, address or phone number on the internet.

Never speak to strangers if you are playing out.



Be careful around animals. Make sure you listen carefully to their owners and only stroke pets if their owners say it's okay.

When the telephone rings, an adult should answer unless someone says it's okay for you to pick up.



Make sure an adult is with you if you answer the front door



**REMEMBER** - If you ever feel worried or unsafe, make sure you talk to a grown up!



# People you can talk to...

There are lots of people you can talk to and who want to make sure you are happy and safe whilst living at your foster carers.

## Remember you can talk to:

Your foster carer

Your social worker or your foster carer's social worker

Your IRO

A Teacher

Another adult you can trust

You can also speak to the people who work with your foster carers. They are also social workers and help to make sure everyone is doing a good job:

**Michelle Cuffe**

07545786540 or [michelle.cuffe@cuffeandlacey.com](mailto:michelle.cuffe@cuffeandlacey.com)

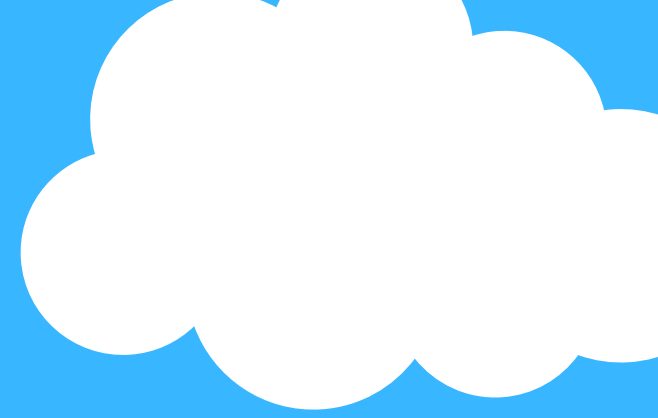
**Felicity Lacey**

07545786553 or [felicity.lacey@cuffeandlacey.com](mailto:felicity.lacey@cuffeandlacey.com)

**Chelsea Stanworth**

07803124901 or [chelsea.stanworth@cuffeandlacey.com](mailto:chelsea.stanworth@cuffeandlacey.com)

# Independent Person...



Anyone who lives with a foster family can have an Independent Person, sometimes called an advocate. This is someone who is different from your foster carer, teacher, or social worker. They can listen to you and help you with things that might be bothering you. They can help you to talk things through, or can go to meetings let people know how you feel.

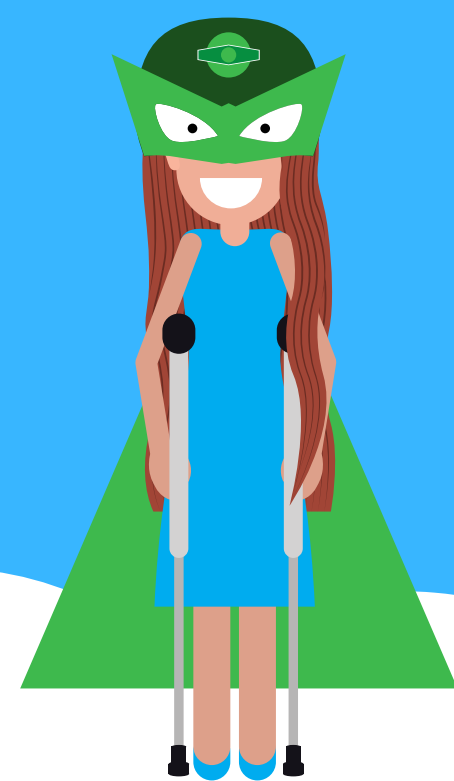
You can get an independent person by asking your social worker or foster carer. They will talk to the right person to help you find an independent person.

# Childrens Rights Commissioner...

You can also talk to the Children's Rights Commissioner. They are people who can give advice. You can ask someone to help you talk to them on:

0800 528 0731

[help.team@childrenscommissioner.gov.uk](mailto:help.team@childrenscommissioner.gov.uk)



# Ofsted

Ofsted check that children who live with foster carers are safe. They make sure that social workers and foster carers are doing a good job. They might come to visit you and ask you what you think.

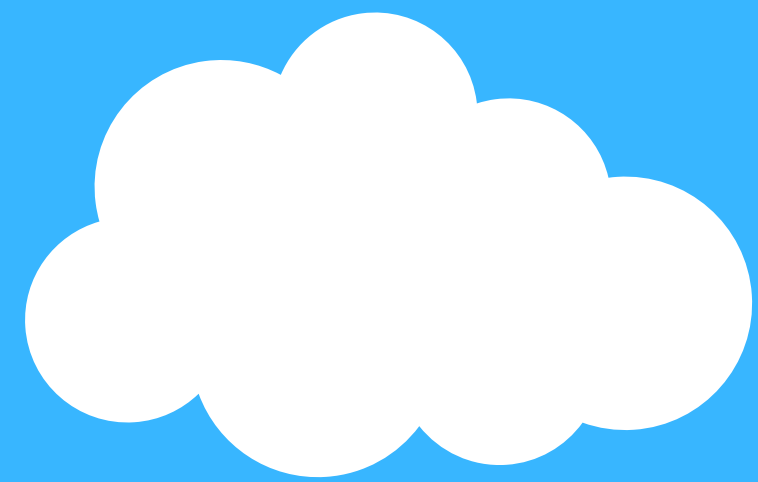
You might see people from Ofsted at your school because they are in charge of making sure that everyone who is in charging of looking after children is keeping them safe - this includes teachers!

If you would like to speak to Ofsted you can ask for help with this from any of the people in this book including your social worker, your teacher or your foster carer.



Their number is 0300 123 1231  
or email is [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

# Looking after your information



The law says we must tell you what information we keep about you, and we must also keep this information safe.

The only people who see it are people who need that information to help you.

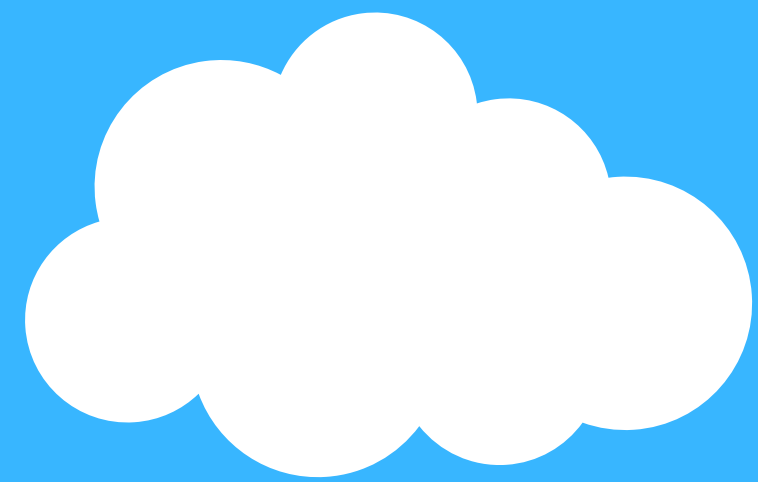
Information about you is kept on our computer system. Our workers must have a password from us before they can see the information and not all our workers will see your information. It will only be those people who are working with you or your foster carer.

The social worker who supports your foster carer will see the records your foster carer makes, and the boss of the social worker may also see the records. Your social worker will see the records too, and sometimes other people who are helping you.





# Looking after your information

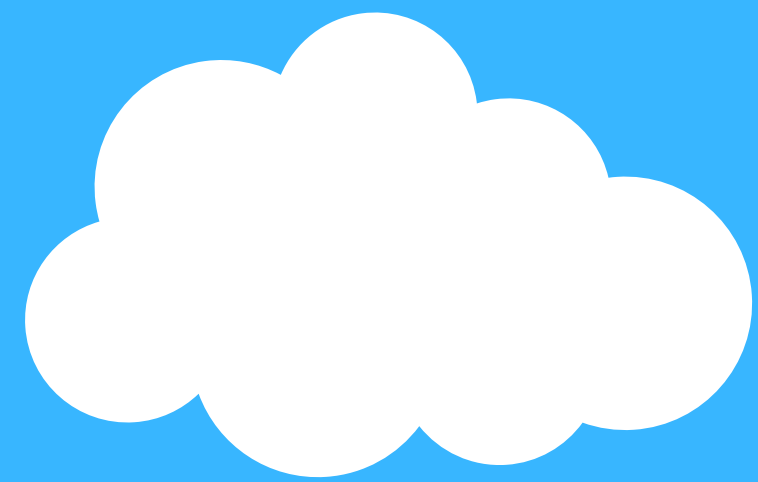


When you live with our foster carer, they are asked to keep records about how you are getting on, what is going well and what is not going so well. Your foster carer is helped to do that by one of our social workers. This person may also write down things when they visit you and the foster carer. The law says we must keep information about you and share this information with your social worker.

Your foster carer will keep records on our computer system so that these are kept safe. If your foster carer has things like letters from your school, these will go in a file that will be in a locked cupboard so no one else in the foster home can see them. Your records are your personal information and we must keep them safe.



# Looking after your information

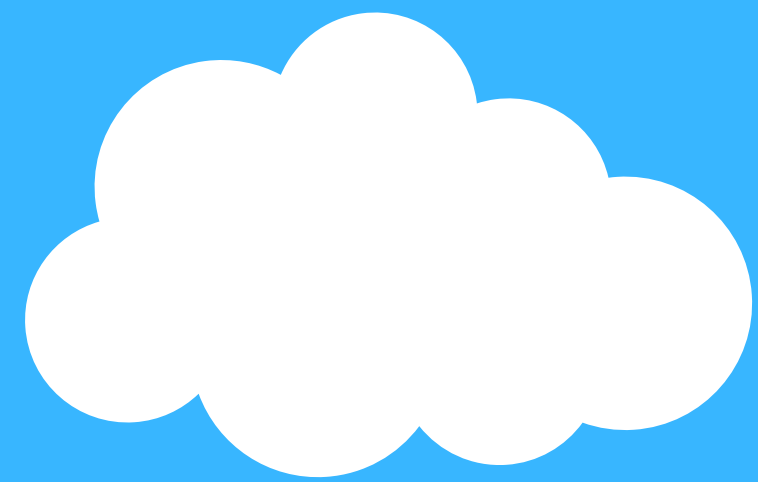


You are allowed to see any information written about you but not information about other people. You can ask your foster carer or their social worker and they will sort out with you the best way to do this.

If you are unhappy about anything to do with your information, we have an important person in our fostering service called the Data Protection Officer who you can ask to help you sort this out. They are Michelle Cuffe and can be contacted at [michelle.cuffe@cuffeandlacey.com](mailto:michelle.cuffe@cuffeandlacey.com).



# Looking after your information



If you have asked them, and you are still not happy, you can make a complaint to the Information Commissioner, who is not part of our fostering service.

Their contact details are:

Information Commissioners Office

Wycliffe House, Water Lane

Wilmslow, Cheshire, SK9 5AF

[www.ico.org.uk](http://www.ico.org.uk)

Telephone: 0303 123 113 (local rate) or 01625 545 745  
(national rate)

We can help you do this or you might want to get help from another organisation that helps children, like the Children's Commissioner for England ([www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk); 020 7783 8330), or Coram Voice ([www.coramvoice.org.uk](http://www.coramvoice.org.uk); 0808 800 5792).

**YOU  
ARE  
AMAZING**

YOU  
ARE  
LOVED

Be  
KIND

believe  
IN  
**YOU**

You're  
**BRILLIANT**

**YOU  
ARE  
GREAT!**

YOU ARE  
**golden**

**Great**  
THINGS  
**AWAIT**