



Children's Guide to Fostering

This Book Belongs To:

How much can you learn?

Living At Home

Sometimes a child's mummy and daddy cannot look after them. Mummy and daddy might not be well or they might need some help.



The children have to be looked after by other people called foster carers so that they are safe and healthy.

This booklet will tell you about some of the people who would like to help and what to do if you are unhappy.

Foster Parents

When a child lives away from their mummy and daddy, they can go to stay with a foster family. Your foster parents will look after you and take good care of you.

Your foster parents' names are:

All foster families are different. Some have one grown-up and some have two. Some foster families will have their own children and some may be looking after other children.

Who else lives in your foster family?

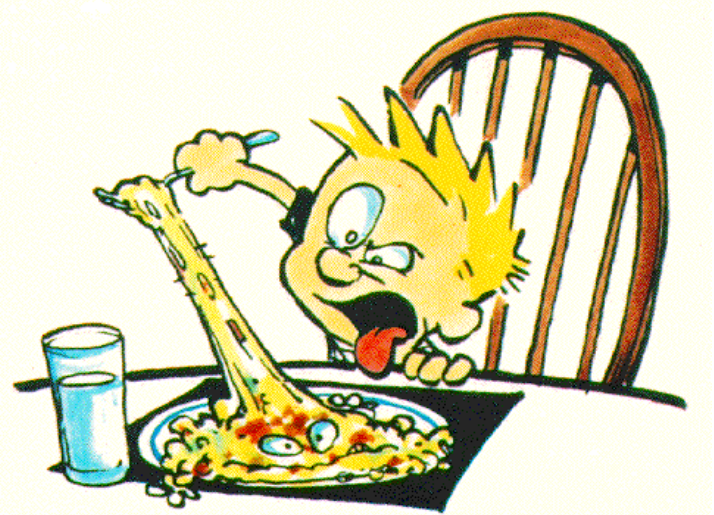
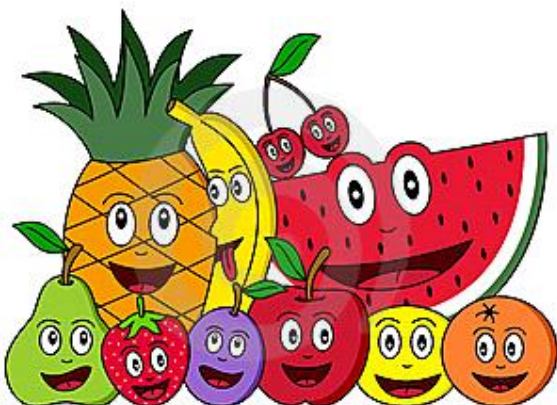


Your Foster Family Home

You will have a cosy bedroom of your own and somewhere to keep your things. Your foster parents will give you clean clothes and the things you need to keep you clean like toothpaste and soap.



Your foster parents will make good healthy food for you to eat. What kind of food do you like?

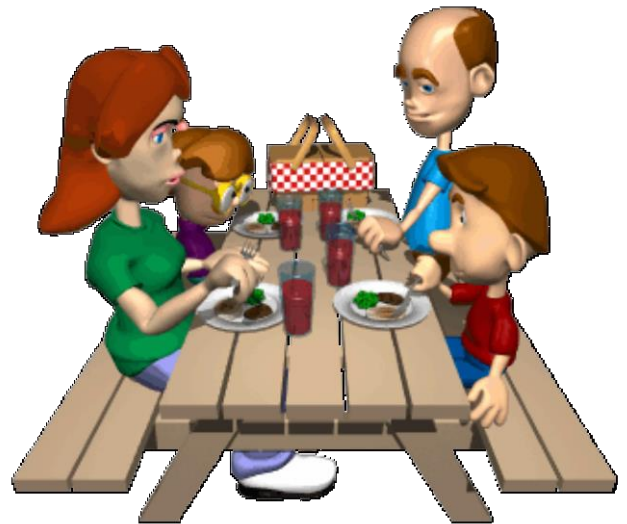


Caring for You

Your Foster parents will always help you choose what's best for you. There might be some things you have to do to help like following some rules.

Will you need to do any of these things?

- Join in with family meals
- Go to School or nursery
- Be kind to everyone
- Listen to adults
- Tidy your things away



What other things can you do?



Social Workers

A grown up called a social worker will visit you at home.



They will listen to you, and anyone else who helps look after you. The social worker will always try to do what is best for you. You can tell them how you are feeling.

Sometimes more grown-ups will visit your foster parents and you will also meet them as well. They will ask with you about how you want to be looked after.

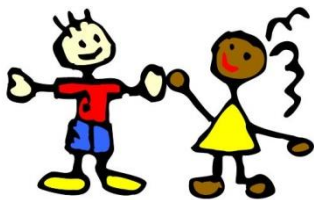


If you are Sad

You might feel sad sometimes. Its OK to be sad.
If you want to you can talk to your foster family
about how you feel.



You can talk to your social
workers about how you feel



You can talk to us about how you feel

Synergy Fostering

Telephone 0203 713 7293

You can talk to Childline about how you feel

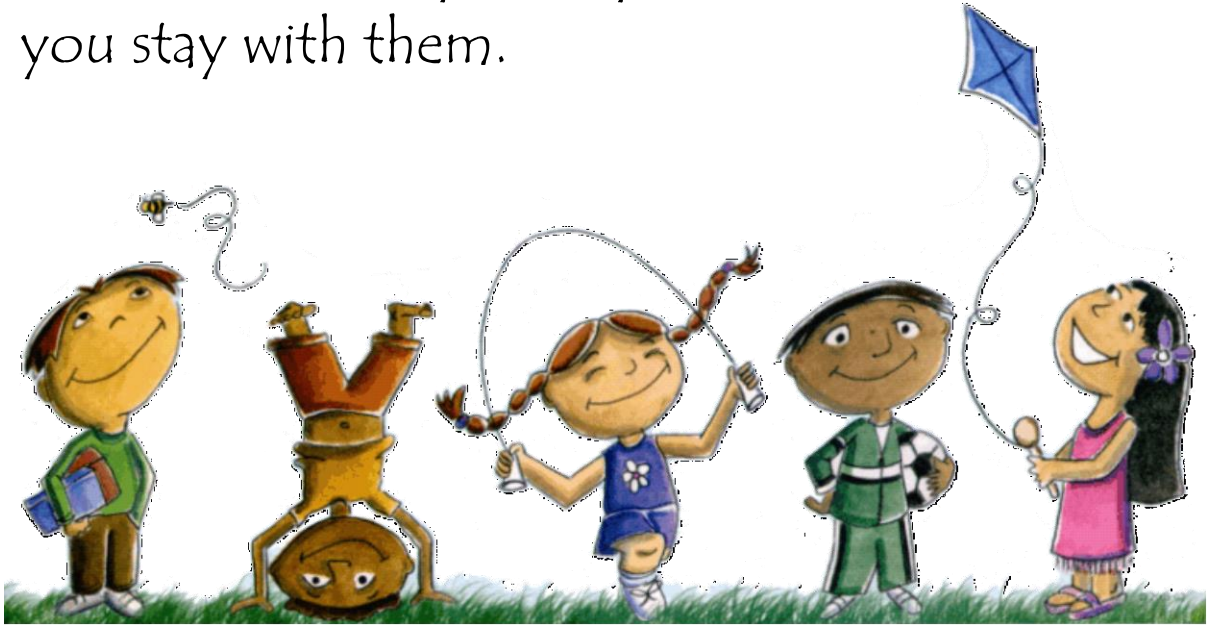


You can talk to Ofsted about how you feel

Telephone 0300 123 1231

Having Fun

Your foster family want you to have fun while you stay with them.



You might play with your toys or go out to the park. What things do you like for fun?

