



## A Children's Guide To Foster Care

I'm Scooby and I'm here to tell you all about foster care.

This Booklet is yours to keep and use whenever you want to find something out.



This booklet belongs to.....

## Welcome to Family Fostering.

This booklet is yours to keep and we hope you find it helpful. It has lots of information that you might need while you are in foster care. If you need any help reading or understanding it please let us know.

### Meet the Team!



Hi, I'm Krista

Office  
Manager



Hello, I'm Tracy

Supervising Social  
Worker



Hi, I'm Debi

Registered  
Manager



Hello, I'm Teresa

Head of Service

## **What is foster care?**

Over 64,000 children live with foster carers in the UK. There are lots of reasons why children may not be able to live with their own family. When this happens children move to foster care to make sure they are looked after and kept safe. Whatever the reason for you being in foster care, it is not your fault and not because of anything you have done.

## **What about what I want?**

Your wishes and feeling are very important. Make sure you tell your social worker or foster carer what you would like to happen and how you are feeling.

## **What is a foster family?**

Foster Families have been carefully chosen to look after children. They do all the things that birth parents should do, such as keeping you safe, making sure you eat healthily, setting rules and helping you with things like going to school and attending health checks.

## How will I be looked after in my foster home?

There are certain ways you should be treated no matter what; these are called your 'rights':

- You have the right to be safe, secure and protected
- You have the right for adults to listen to you and treat you fairly and equally
- You have the right to information, advice, healthcare and an education
- You have the right to enjoy your religion and culture
- You have the right to any help you need with a disability



## What will my Foster Family expect from me?

Every family has rules. These are about how to treat each other, about listening to each other and keeping everyone in the home

safe and well cared for.

## Write down your Foster Carer's Rules

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Please speak to your foster carer or social worker if you are unhappy about anything in your foster family.



## Who decides what will happen?

When you first move into foster care all the grown-ups in your life will get together and make a care plan for you. It is really important that you say what you want to happen and how you are feeling at this meeting. You may be asked to write this down or to tell your social worker and you may also take part in the meeting.

These meetings are called 'reviews'. They are held regularly to make sure you are being well cared and have the help and support you need while you are in foster care. At every review, you should be asked what you think and what your views are.

If you have any worries in between these meetings, you can talk to your social worker or the person who is in charge of the review. This is the Independent Reviewing Officer (IRO). Ask your social worker or foster carer for your IRO's telephone number.



### **What does my social worker do?**

Social workers are people who enjoy working with children and are specially trained. It is your social worker's job to make sure you are looked after properly. They should visit you regularly and talk to you about what is happening in your life. They care about you and it is really important that you tell them if there is anything that you are worried about or need help with.

## **What does the supervising social worker do?**

Every foster family has their own social worker and they are called supervising social workers. It is their job to make sure your foster family are looking after you properly and have all the support you both need. They will visit your foster family at least once every month and will talk to you from time to time to make sure you are happy and well cared for.

## **What about school?**

School is very important because it's where you make friends, learn about things, start to grow up and take part in activities and hobbies that interest you.

Your teacher will know that you have gone to live with a foster family, but it is your choice if you want to tell other people. If you have any problems, difficulties or are being bullied, you must tell your teacher, social worker or foster carer.

If you are already at school, your social worker will try to work out if it is best for you to move to a new school or stay at your old one. They will ask you how you feel about this so it is really important that you share your thoughts.

## Will I see my family?

We understand how important your family is to you. Your social worker will speak with you about when you can see your family and how often. Tell them who you want to see so they can try and make sure this happens.



## What if I have a problem or I am unhappy?

We know that it's not easy moving in with a new family and we will do all we can to help make sure you feel safe, happy and well cared for.

If you are worried about anything you can contact Teresa who will always listen and try to help you 😊

**Teresa Morgan – Children's Officer**

Tel: 01843 598647 Mobile: 07815532569

Email: [Teresa.morgan@familyfostering.org](mailto:Teresa.morgan@familyfostering.org)



Visit or write to us at:

**Family Fostering**  
**Marlowe Innovation Centre**  
**Marlowe Way**  
**Ramsgate**  
**Kent**  
**CT12 6FA**

You can also talk to Ofsted who are in charge of all Fostering Services and follow up all complaints



**Ofsted**

**Office for Standards in Education, Children's Services & Skills**

**Piccadilly Gate, Store Street, Manchester M1 2WD**

**0300 123 1231 / [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)**

**[www.ofsted.gov.uk](http://www.ofsted.gov.uk)**



Here are some  
help children and

organisations that  
young people.

[ChildLine 24 hour helpline for children in distress.](#)

0800 1111 (free phone) [www.childline.org.uk](http://www.childline.org.uk)

[The Who Cares Trust? The national charity for children in care.](#)

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

020 7251 3117 / [www.thewhocarestrust.org.uk](http://www.thewhocarestrust.org.uk)

[Coram Voice . Lots of advice and support for children in care.](#)

320 City Road, London EC1V 2NZ

0808 800 5792 (free phone) / [coramvoice.org.uk](http://coramvoice.org.uk)

[The Children's Commissioner for England](#)

33 Greycoat Street, London SW1P 2QF

020 7783 8330 / [www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)

## Who is there to help and support me?

Write down their full names, telephone numbers and email addresses.

### My Foster Carer

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### My Social Worker

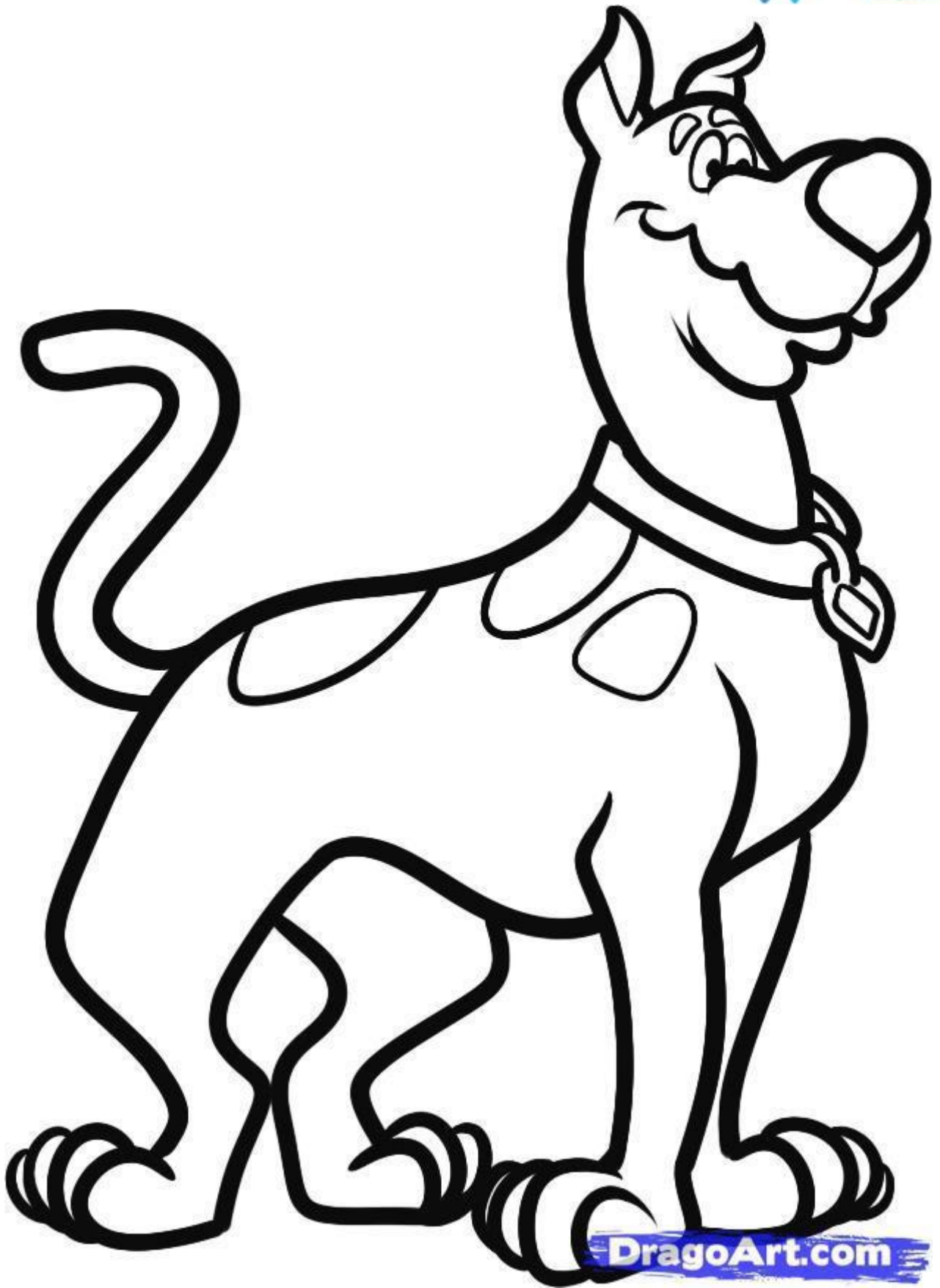
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### My Independent Reviewing Officer

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### My Foster Carer's Supervising Social Worker

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