



**A Children's Guide
from Birth to 4 years**

Hey there

We know that you are about to begin a new adventure, and that can be a little scary, but we are here to help you.

We have created this guide to help you understand what is happening now, what is going to happen next and how you might feel when you move to a new home with your foster family.

On the next page are photos of everyone at Family Fostering who are here to help you.



We are here for you

What is a foster family?

Your foster family has been chosen for you. They are able to keep you safe, help you with your meals, bedtime and fun activities.

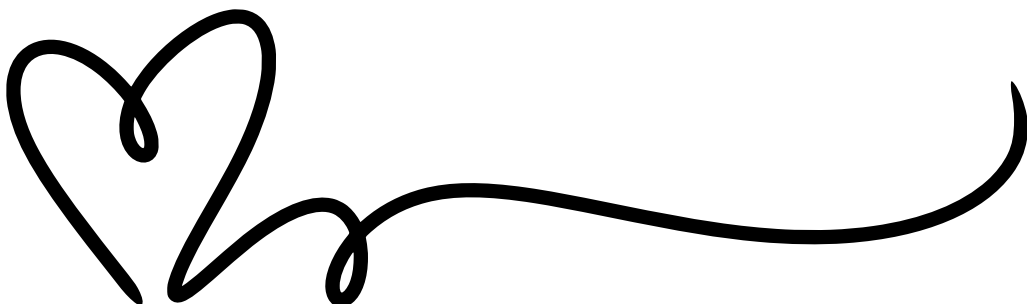
They are kind and caring and cannot wait to meet you.



Why am I going to live with a foster family?

Sometimes mummies, daddies and people in families need help for lots of different reasons and sometimes they need help looking after you. That is ok and that is where your foster family can help.

They can give you hugs if you feel sad or answer any questions you have.



Tell us about you

This is me



My name is

.....

I like to be called

.....

I am years old

This is Fred



**Fred will be given to you to take to
your new home with your foster
family**

Fred can keep you company

Fred can give you hugs

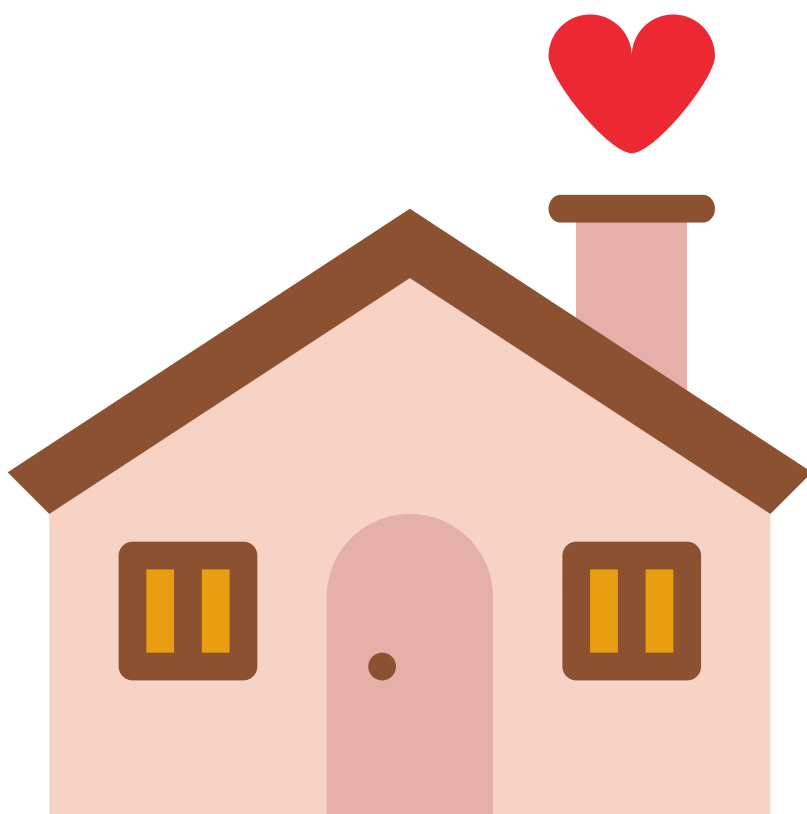
Fred can listen to you

**Fred can join you on your
journey to your
foster family home**



Your home with your foster family_

Your foster family will help you with things you care about and will help you settle in. You can call it your home too, if you would like to. You can speak to your foster family or family fostering about the changes happening as we know this can feel new and sometimes scary.



Your Bedroom

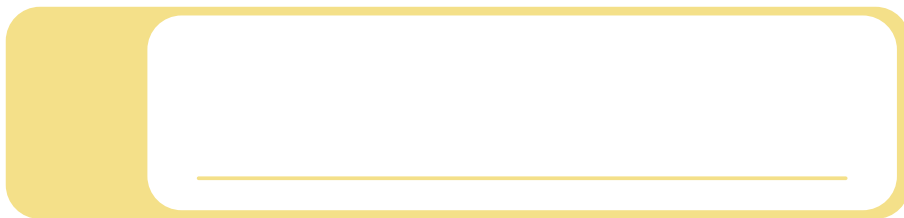
You can put your items
in your new room.
Ted would love to come with
you!



My Foster Parents are



Who else lives with you



People who are there for you

Your Social Workers: They will make sure you like your new home and can help you feel better.

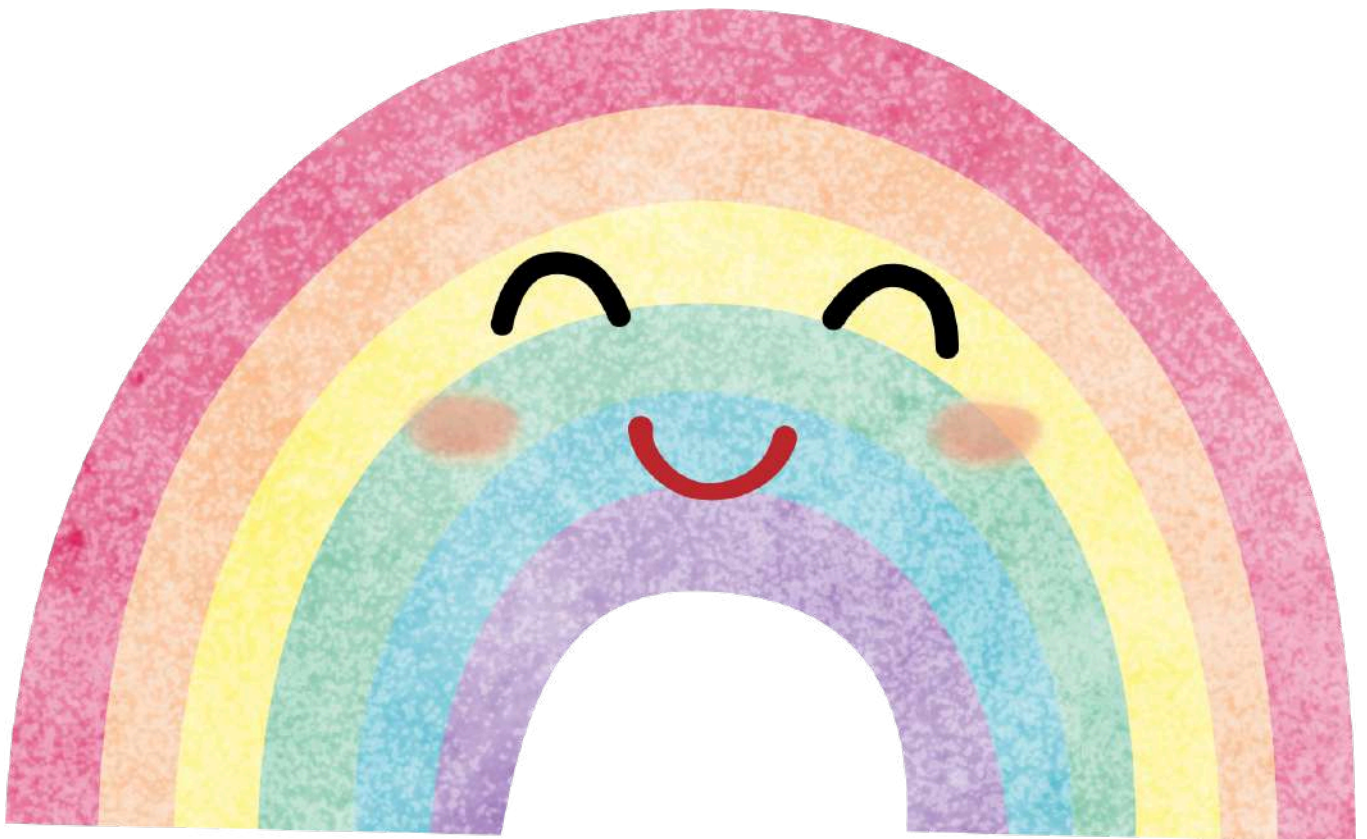


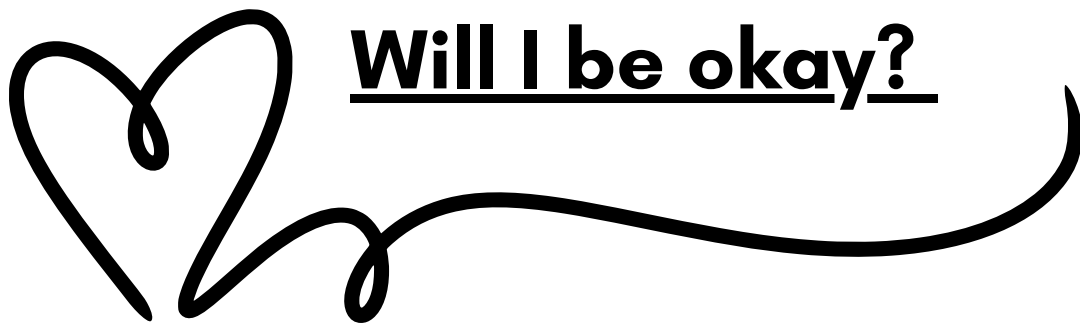
Your teachers or friends: If you go to day care or nursery your teachers will be able to help you learn and play with your new friends.



Things I like to do

**You will see lots of faces
and read lots of names but
please remember to speak
up and speak out.
We are all here to help you
have a happy life**





Will I be okay?

We know changes are happening and you might feel happy, sad, unsure or worried.

Your foster family are here to listen to you and want you to feel safe with them.

Talk about your feelings

Hugs are good

Ask about your new home

What will I do with my foster family?



Having fun with your foster family_

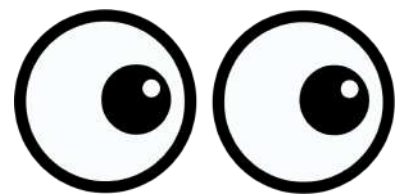


Ask your foster family their favourite colour

Ask your foster family what their favourite game is



Play eye spy with your foster family



Sing your favourite song to your foster family



What if I feel sad?

If you need a hug or want to see or talk about your mummy or daddy your foster family can help you and they can speak to your social worker.



**Draw something that
makes you happy**



Today I Feel:



HAPPY



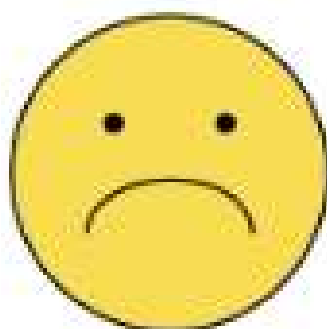
CALM



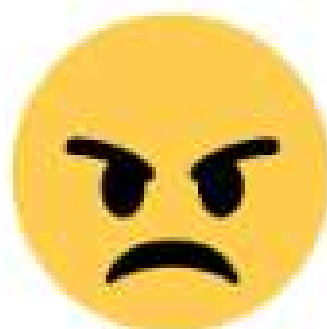
EXCITED



WORRIED



SAD



ANGRY

Remember



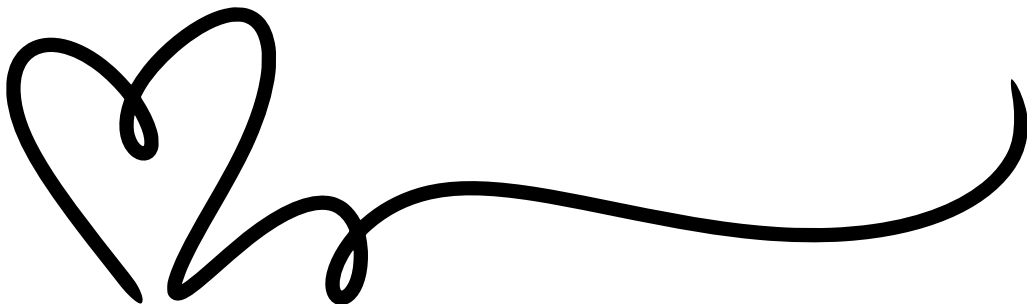
You are loved



You are wanted



You are important



Complaints

Even though we care, we recognise that we may not always get it right.

If you feel like things may not be fair or you do not like how you have been treated you can speak to the trusted adults in your supporting network such as:

- Family Fostering
- Your Local Authority Social Worker
- Your IRO
- Your Teachers
- A trusted adult

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 please let us know. We will always listen and try to help you.

Nikki Goldfinch – Registered Manager

Tel : **07432 401106**

Email: **nikki.goldfinch@familyfostering.org**

Contact us at:

The Forge

Spratling Court Office Suites

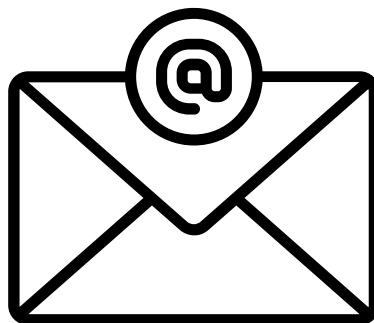
Spratling Court Farm

Ramsgate

Kent

CT12 5AN

01843 598647



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

www.ofsted.gov.uk

You can also contact -

Childline

0800 111

NSPCC

0808 800 5000

help@NSPCC.org.uk

You can speak to Help at Hand as they offer advice and representation for children in care.

If you need assistance from Help at Hand visit
<https://www.childrenscommissioner.gov.uk/help-at-hand/>

email:

help.team@childrenscommissioner.gov.uk

or freephone **0800 528 0731**



The Forge
Spratling Court Office Suites
Spratling Court Farm
Ramsgate
Kent
CT12 5AN
01843 598647



Privacy Notice

Your privacy is very important to us! We want to let you know that any personal information you share with us will be kept safe and secure. We will only use your information to help us create the best experience for you. We will not share your information with anyone else, and we promise to protect it carefully. If you have any questions about how we keep your information safe, just ask!