



**A Children's Guide
from 5 to 10 years**

Hello!

You're going to start a new adventure and we want to help you. We know that moving to a new home can feel like a big change and this booklet will help you understand what's going on and what is going to happen when you move to live with your foster family.

We want you to know that it is okay to feel lot's of different emotions – happy, sad, nervous or excited but you will be okay. There are lots of people looking out for you and will make sure you are happy.



We are here for you

Tell us about you

This is me



My name is

.....

I like to be called

.....

I am years old

What is a foster family?

A foster family is a family that helps take care of children like you when they need to feel safe. Your new foster family will make sure you have food, a warm bed and everything you need to feel loved and happy. They are here to help you and will be able to speak to you about what is happening and what might happen in the future.

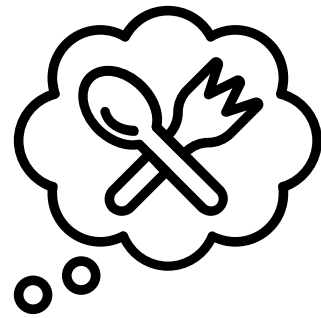
Your foster family will talk to you about your likes and dislikes and you can learn all about them and the fun things they like to do.

Your foster family has been picked just for you and they cannot wait to learn all about you.



My Favourite Colour Is

My Favourite Food Is



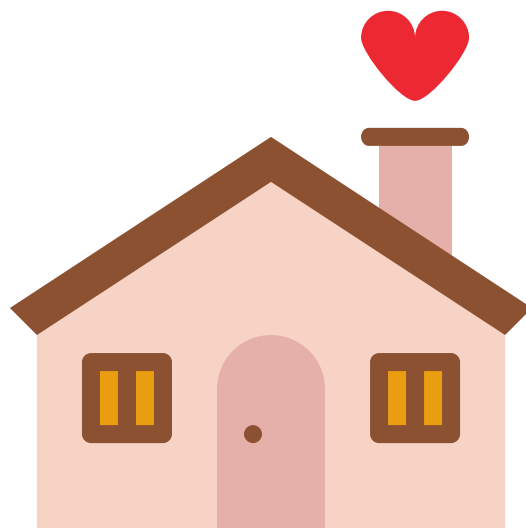
Why am I going to live with a foster family?

Sometimes, families need a little help, and that is ok. Your new foster family has been picked for you and will be able to help you feel safe and help your family too by giving you a home while they are being helped with things they need. Living with a foster family doesn't mean you are bad or you have done anything wrong, it simply means you have extra people in your life to love and look after you.



What will my foster family and foster home be like?

Your new home with your foster family may feel different to your home before. We know you will have lots of questions and may feel confused. There may be things you were able to do or say before that you are not able to do or say in your home with your foster family now. Your foster parents are there to keep you safe and this might mean changing some of the things you are used to.



Will I be safe and Happy?



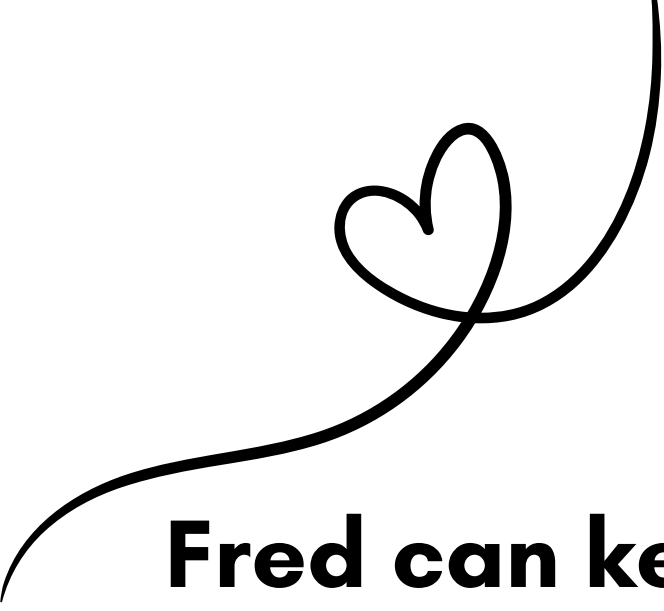
We will make sure you feel safe and happy whilst living with your foster family. We know them all very well and cannot wait to get to know you too!

You can speak to your foster family about what you would like to call them and the home they are happy to share with you. Some children like to call their foster parents by their names and some like to call them mum and dad or mummy and daddy. This is your choice and it can take time to know how you feel and what you would like, and that is okay.

This is FRED



Fred will be given to you to
help you settle into your
new home



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**



My Foster Home

You will be able to do lots of fun things with your foster family. They will be able to talk to you about your meal times, bed times and play times!

Your foster family's role is to make you feel safe, sometimes they may have to say no to things you were allowed to do or say in your last home, they can explain to you why this might be to help you understand.

Some things might be different to your home before and it can take time to get used to, so please speak to anyone if you are struggling with any of the changes that are happening.

Home Agreements

Every family has different ways of doing things, and your foster family will explain to you the agreements they ask everyone in the home to follow to help keep everyone including you, safe. Your foster family will talk to you about bedtimes, meal times and routines in the home.

Your bedroom is your safe space and you can speak to your foster parents, family fostering or your social worker about what you would like in your bedroom and if there are any agreements you would like to make.

Your Bedroom

You can put your items
in your new room.
I'd love to come with you!

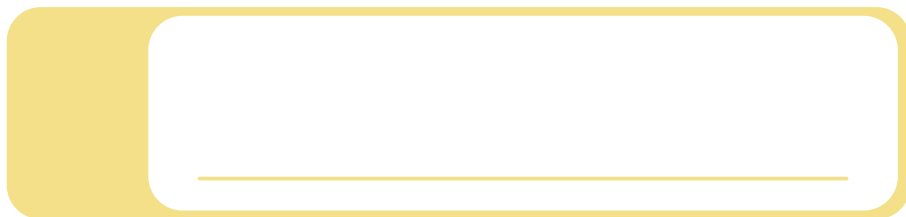


You may need to share
your bedroom with
a brother or sister if
you have one.
But it will be your
space to make your
own and you can talk to your foster
family or family fostering if you
want to change anything about
your room

My Foster Parents are



Who else lives with you



What happens in my home with my foster family?



Playtime: You can play with toys, read books or maybe even make up new games with your foster family.

School: If you're going to school, your foster family will take care of you and help you get there safely and on time with all the things you need.

Meals and snacks: Your foster family will make sure you eat healthy meals and snacks, you can even learn to cook something yummy together!

You have lots of adults **who look out for you**

Your social worker will visit you in
your
foster family home and listen to you.

Your social worker is there to help
you and can support you with any
questions you have.

If you are feeling worried or unsure
about anything, your social worker
can help you. We all work together
to make sure you feel safe.

Foster families have social
workers too!

Your foster parents social
worker is from Family Fostering
where I am from.

You can speak to them too
and they are really kind.



My Family Fostering Social Worker



Independent Reviewing Officer (IRO)

My IRO IS

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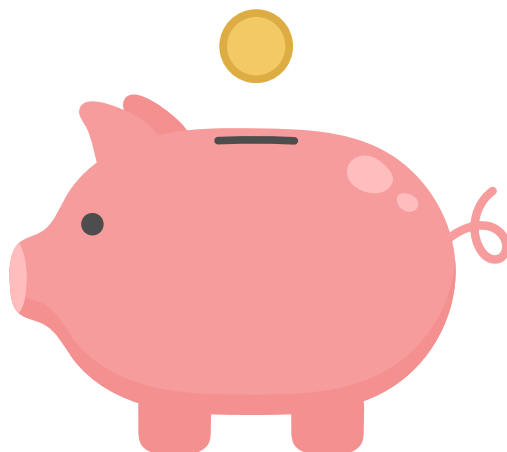
Your IRO will help you make your
care plans all about you.

They will go to your meetings
and help you speak about you
and your life.

Savings and pocket money

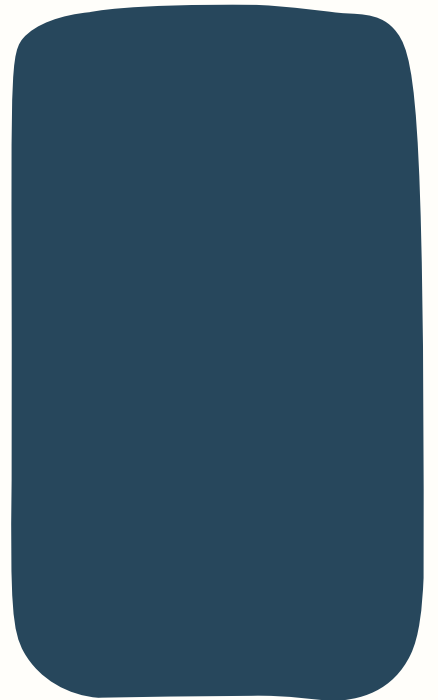
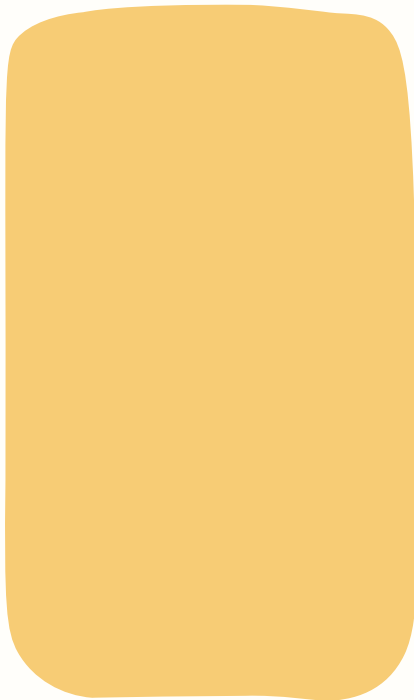
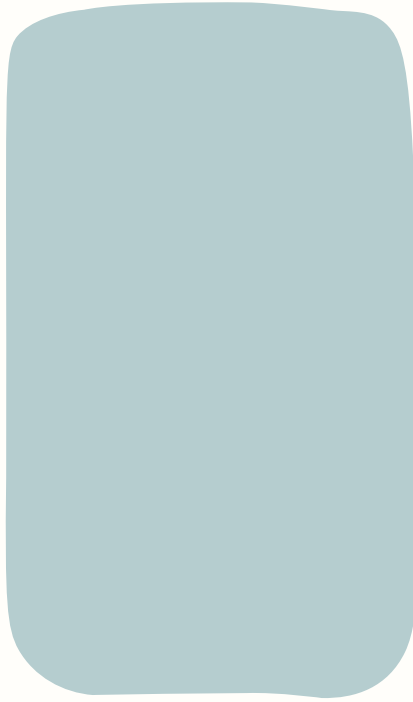
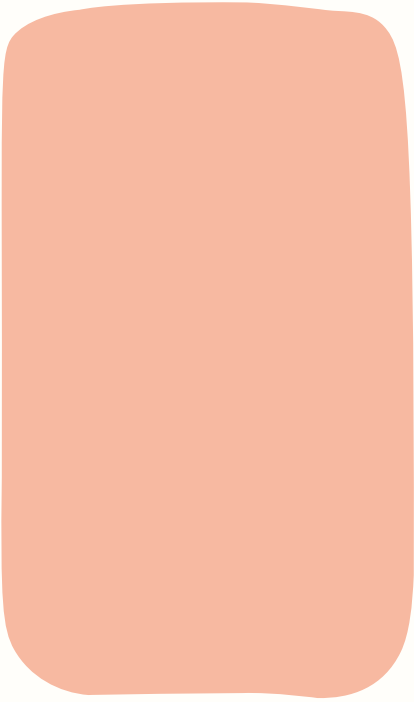
Age of Child	Clothing Allowance (Weekly)	Pocket Money (Weekly)	Mobile top up Allowance Weekly	Birthday Allowance (Annually)	Festival Allowance (Annually)	Long term Savings (weekly)
0-4	£15.00	0	0	£120	£120	£5.00
5-10	£15.00	£5	0	£140	£140	£5.00
11-15	£20.00	£10.00	£2.50	£200	£200	£5.00
16 +	£20.00	£15.00	£2.50	£200	£200	£5.00

Together with your social worker and foster parent/s you can talk about your pocket money, savings and personal allowances for things like activities and clothes.



Things I like to do

Who is important
to me



You can talk to us all about....

Your Family

Your care plan

Seeing the people who are
important to you

Anything that you feel is troubling you
or could make things feel easier.

We want you to know that we will
listen to you and want to help, so
please share any worries with us or
even just ask if you need a cuddle.



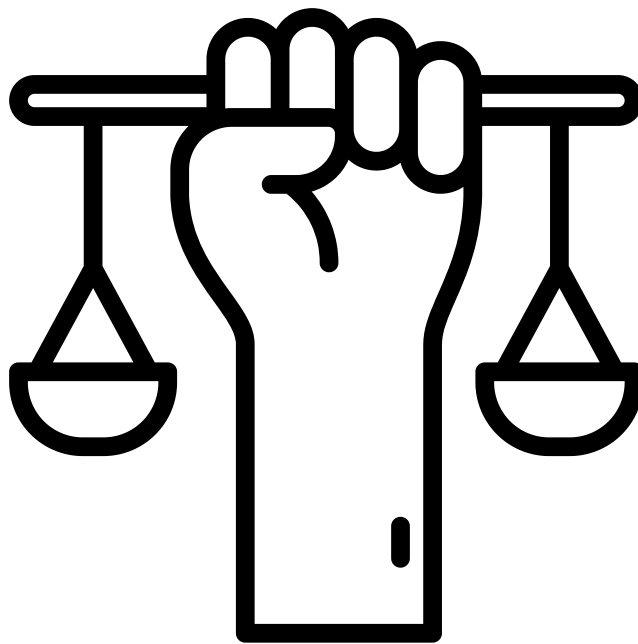
Your Voice

You will see lots of faces and hear lots of names but please remember to speak up and speak out. We are all here to help you have a happy life. Just because there are lots of people looking out for you, it does not mean you will always know or remember them all, if it feels too much sometimes just let one of your trusted adults know so we can make it feel easier.

It will take sometime to get used to the changes happening and it is really important you talk to the trusted adults around you about how you are feeling because you are important.

Your Rights Are

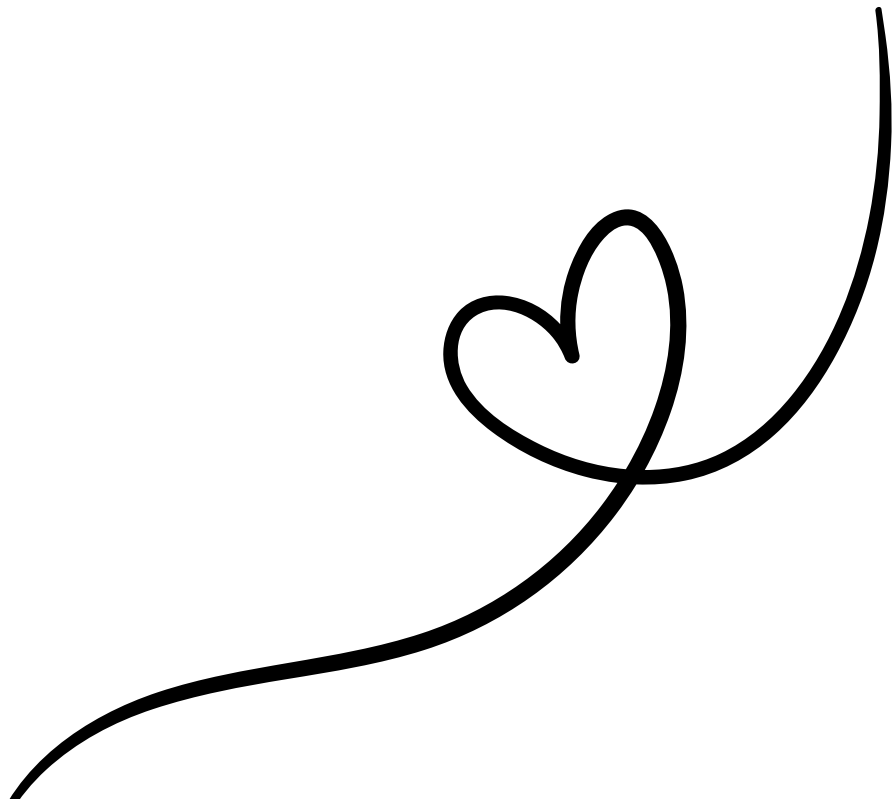
- To know why you are looked after
- To be kept safe
- To be in education
- To receive pocket money and savings
- To read your files at 18
- To have a healthy lifestyle
- To take part in things you enjoy



Draw something that
makes you happy.

**Fred says, share your worries to let
us help. You can talk to...**

Family Fostering
Your Foster Parents
Your Social Worker
Your IRO
Your Teachers
Your friends



Can I visit my birth family?

We understand you may have lots of questions around your birth family and you might still be confused as to why you cannot see them as much as you used to. Your social worker will speak to you about how you can see your birth family still, if you would like to. You may be able to speak over the phone or see them in person, your voice is important so let your trusted adults know what you would like to do and what makes you feel safe.

What do I do if I miss things from before?

It is okay to miss your birth family, you might think about them and have questions about how they are. This is normal and your foster family understand you might feel sad or even angry. Your trusted adults can help you stay in touch with your family if this is something you want and are able to do.

Talk to your foster family about ways to help you cope with missing your family. You could ask for pictures, personalised cushions to cuddle or even just a cuddle and chat with your foster parents.

What should I do if I feel sad or angry?

We want you to know that all your feelings are normal and when you share how you are feeling the trusted people around you can try to help make you feel better.

Here are some things that might help:

Talk: talk to your foster family or your trusted adults, we all want to help.

Draw/colour or write: Sometimes writing things down or drawing pictures can help.

Take a deep breath: if you feel upset close your eyes, take a deep breath in through your nose and slowly breathing out your mouth.

Ask for a hug if you need to feel extra love or comfort – your foster parents love a hug!

Settling in

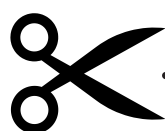
After a little while you will start to feel more at home with your foster family and you will grow together. You will learn more and more about each other and what you all enjoy to have fun. You will start to recognise the people who are supporting you and can even visit our family fostering offices where you can come in for a biscuit and a chat.

It's okay not to feel okay.

The changes you are going through come with big feelings and emotions. Your foster family are happy to talk to you, give you hugs and are happy to now be sharing their home with you.



How am I Feeling?



Ask an adult to help you cut out this chart so you can help them understand how you are feeling.

Moving to a new place and meeting new people can feel scary sometimes

Ask your foster family these questions to help get to know them....



Can you tell me your best joke?

What is your favourite colour?

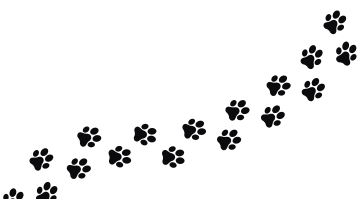


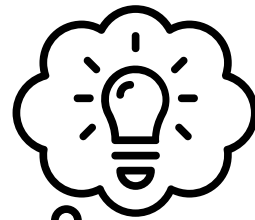
How long have you helped children?



show me your best dance move

Whats your favourite animal?





More ideas!

Create a special box: Talk to your foster family about things that make you happy, this can be memories, pictures, special objects and decorate a box to keep them safe in.

Create a 'Welcome Home' card: You can draw a picture or write a message to your new foster family.

Explore! Look around your new home, find the near by parks, look round your garden and you can even make a picnic to take on the way.

Movie night: Arrange a movie night with your foster family (Don't forget the snacks!)

Remember..

You are important



We are excited to get to know you



**We would love for you to share your
feelings and ideas**



It is going to be okay



You are loved



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 401 106**

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

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
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Spratling Court Farm
Ramsgate
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CT12 5AN
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