



A Guide for Children



Welcome to **fosteringpeople**
let's change lives together



Welcome to Fostering People

Fostering People was set up especially for children like you.

Fostering People isn't part of Children's Social Services, we are independent. Unlike a local authority that work with foster carers and adopters, at Fostering People, fostering is all we do.

Sometimes you may feel confused about what is happening to you and there seems to be lots of people involved. It is important for us at Fostering People to find a family who can look after you and make you feel safe and happy.

We have put together some information, which we feel would be useful for you to know. Look at the questions with your foster parent. You can draw pictures, write notes or put stickers in to help you remember the answers.



Name:

Foster parent's name:

Address:
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Telephone:

Your Social Worker's name:
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Your Social Worker's telephone number:
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Meet Smilo

This is the Fostering People mascot, Smilo is 7 years old and going to live with a foster family for the very first time.

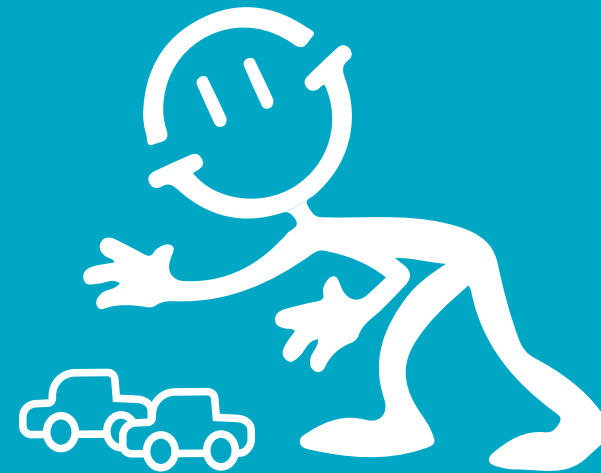
Smilo's foster parent wants to know all about Smilo, Smilo uses this booklet to help share information with them and they go through the booklet together.

Your foster parent will want to know all about you too, so that they know all the things you like and don't like and what's important to you.

Go through this booklet with Smilo and your foster parent.



What was it like where you used to live?



What did you like best about where you used to live?



Is there anything you didn't like?



About me

My age is:

My eye colour is:

My hair colour is:

My hair style is:

I am cms tall



Draw a picture of yourself
here or stick in a photo.



Saying goodbye is difficult

Tick a face to show how you felt when you said goodbye to someone special?



How do you feel today?



When I am happy I like to....

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When I am sad I ...

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What does 'looked after' mean?

Being 'looked after' means being cared for by another family when your own family is unable to look after you.

What is fostering?

Fostering means living with another family who have been trained to look after you and to help with all the things that children learn as they grow up.

Do you know any other children or famous people who are or have been fostered?

Did you know that Eddie Murphy (Donkey in Shrek) and Neil Morrissey (Bob the Builder) were fostered?



Are there any house rules?

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How long will I stay?

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What are the plans for my care?

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Things I want to keep safe in my room:

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What is your foster home like?

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What do you like best?

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What do you find difficult?

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Things that make me feel afraid...

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Things that make me feel safe....

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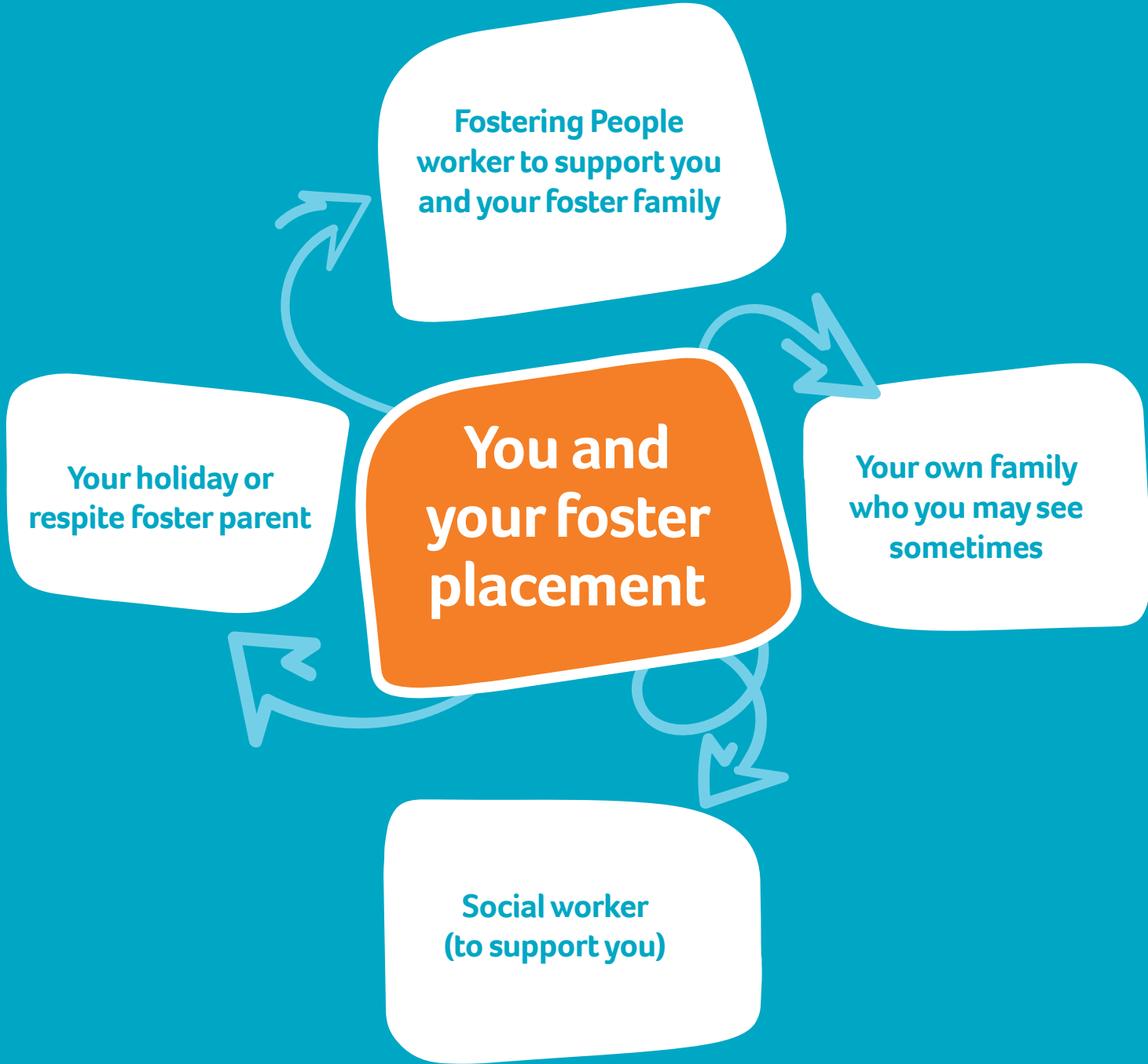
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Who will check that I am OK?



Key people



If I am bullied what should I do?

If you think you are being bullied tell someone you trust who can help you, for example, foster parent, friend or teacher. If you are being bullied by your foster parent or someone who is looking after you, you must tell your social worker or another adult you trust and they will get help.

If I want to make a complaint what should I do?

Fostering People has a complaints procedure to allow children and young people to ask questions about what is happening to them and to let us know if something does not feel okay. It might be about your foster parent(s), social worker or school.

Talk to them and tell them what you are not happy with and they will try to sort it out. If you are not happy, you (or they) could talk to their boss. If you need further help ask about complaints. You can find out more information about complaints on our children's website www.fosteringpeople.co.uk/kidzone/ This website is packed full of all sorts of useful information to help you. You can even send us a message directly. Ask your foster parent for help if you need it. There are some useful addresses and phone numbers at the end of this booklet too.



What is the name of the school I will go to?

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Who are the people who can see me?

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Things I like to do...

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My favourite things to eat are...

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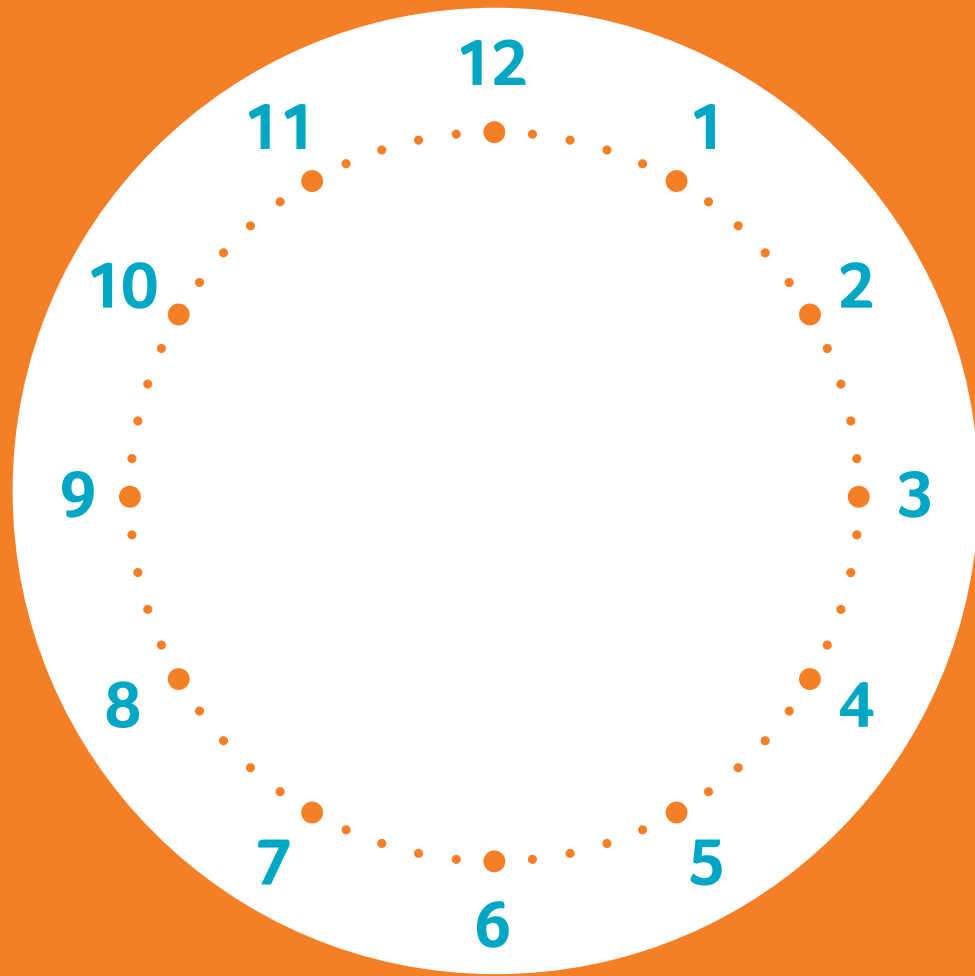
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My bed time is...



Starfish promise

All of our foster parents take a **starfish promise**.

In doing so they promise to listen to you and your opinions, care and protect you and to do all that they can to improve your experience of living in a foster family.

They will do all that they can to help you take part in activities within Fostering People and, have a voice in your own reviews and take part in activities which interest you.

There is lots more information about the Starfish Promise on our children's website:

www.fosteringpeople.co.uk/kidzone

Before I go to sleep I like...

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Useful Contact Details

Fostering People Quality Assurance

0115 945 5445
Monday to Friday 9.00 - 5.00pm

Childline

Freephone 0800 1111
24 hours

Childline for young people in care

Freecall 0800 88 44 44
Monday to Friday 3:30pm - 9:30pm

Become - A charity for young people in care

Freecall 0800 623 2033
Monday to Friday 10:30am - 3pm

NSPCC child protection line

Freecall 0808 800 5000

Children's rights Director - Ofsted

Freecall 0800 528 0731

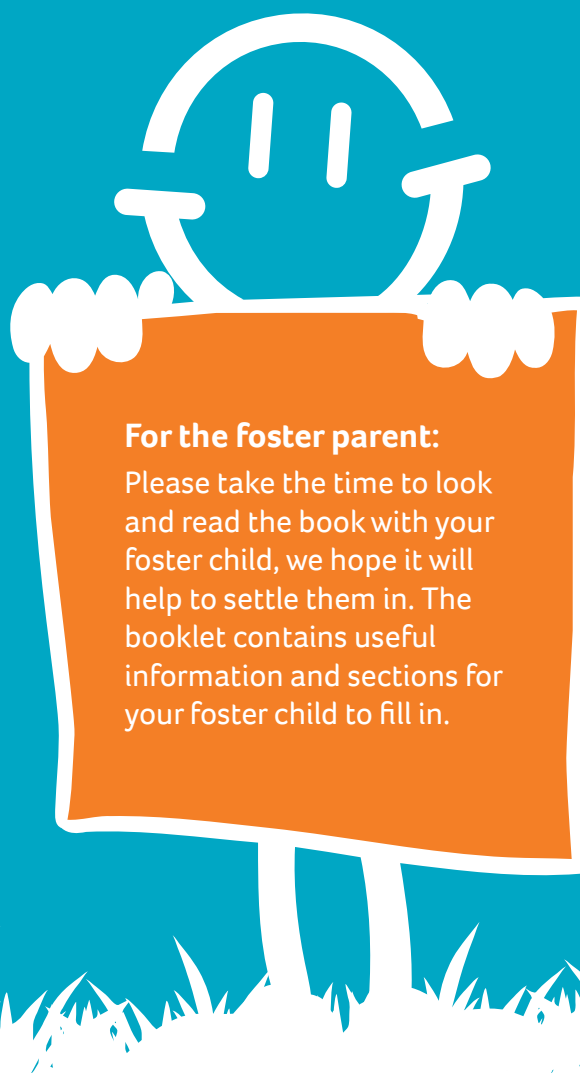
Children's commissioner for England

0844 800 9113

Fostering People Limited

Suite D
The Point
Welbeck Road
West Bridgford
Nottingham
NG2 7QW
0800 077 8159

www.fosteringpeople.co.uk/kidszone



For the foster parent:

Please take the time to look and read the book with your foster child, we hope it will help to settle them in. The booklet contains useful information and sections for your foster child to fill in.