

fp.c

# Being in foster care

Childrens Guide



## About me

My name is.....

I am.....years old



## Who lives in the foster family?

Name.....

Name.....

Name.....

Name.....

Name.....

## What is the address of the foster family?

Address.....

.....

.....

.....

Telephone.....



## Who are foster carers?

Foster carers are people who look after children who cannot live with their own family. They do this in their own home. They may have children of their own and have children living with them who are fostered. They are specially chosen and it is their job to look after you well.

Foster carers get help and training to do this.

## What is foster care?

Sometimes children cannot live at home with their own family. This can be for lots of different reasons. They may have to live with another family for a while that has been approved and chosen to help children.

## This is called foster care

There are lots of children who live in foster care. The social workers at fp.c make sure there are foster families to look after them.



## Looking after you

It is a foster carer's job to make sure you get these things:

- Help to feel safe and welcome in the foster home
- Your own bed and place to keep your things
- Help to stay in touch with family and friends, if your social worker thinks this is ok. We call this contact.
- Help with school and homework
- Nice food to keep you healthy
- Visits to the doctor, dentist and optician when you need to go
- Help to follow your own religion and culture
- Clothes for home and school
- Help to do things you enjoy like swimming, dancing, football...



What other things can your foster carer do to help you?

A large, empty white rectangular box on a yellow background, intended for a child to write their answer to the question above.

## Rules

All homes have rules so that people can live together happily. These may be different to your family rules. It is important that everyone tries to stick to them.

## What are the rules in your foster home?



## Behaviour

Living in a new place can feel strange and upsetting. You may find some things are very different. Sometimes you might be in trouble with the foster carer and they may tell you off. Try not to worry. It is important you listen to the foster carer. They may be trying to keep you safe or be helping everyone to get on together. If you break the rules the foster carer may decide you are not allowed to do something like play out or have a treat.

There are some things that foster carers are not allowed to do such as:

- Hitting, kicking, throwing things, smacking or hurting you.
- Stopping you from having meals.
- Stopping you from talking to your social worker.
- Calling you bad names.

## What other people are involved?

**Social workers** Your social worker has a very important job. They will visit you in your foster home and sometimes see you on your own. They will make sure you are ok and have everything you need. They also make plans about your life and what is happening to you. It is important that you talk to your social worker and tell them how you feel and what you want.

**Fp.c social workers** fp.c social workers are sometimes called “supervising social workers”. These social workers visit your foster carers to make sure that they are well supported to care for you and to meet your needs.

**Independent visitors and advocates** These are special people who can help you have a say or spend time with you.

**Independent Reviewing Officer** This is a person who runs the review meetings that have to take place regularly to make sure that things are working out well for you. If you have any worries about how things are working out, this is one of the people that you could share any worries with.

**Children’s guardian** Some children in foster care see a person called a children’s guardian. This person works for the court and will help you decide the best plans for your future. The children’s guardian will visit you and ask questions about the people and things in your life such as school, family, friends, being in foster care.



## Reviews

Your review is a meeting where all the important people in your life get together to talk about how things are going for you. This could be your mum and dad, social worker, teacher and foster carer.

It is important that everyone understands how you feel about living in a foster family. If you are old enough you can go to your meeting or you can write down how you feel in a special booklet. You could also talk to someone you trust. After the meeting your social worker or foster carer will tell you what has been said.

## What if you are unhappy?

Sometimes you may feel unhappy or something may be wrong in your foster home. You must tell someone so they can try and make things better for you.

There are different people you could talk to like:

- Foster carer
- Social worker
- Family
- Teacher
- Independent Visitor or Advocate
- Independent Review Person
- Children's Council Group Leader

If this is not okay and you need more help you can contact: the OFSTED inspector at

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

Telephone: **0300 123 1231**  
Email: **enquiries@ofsted.gov.uk**



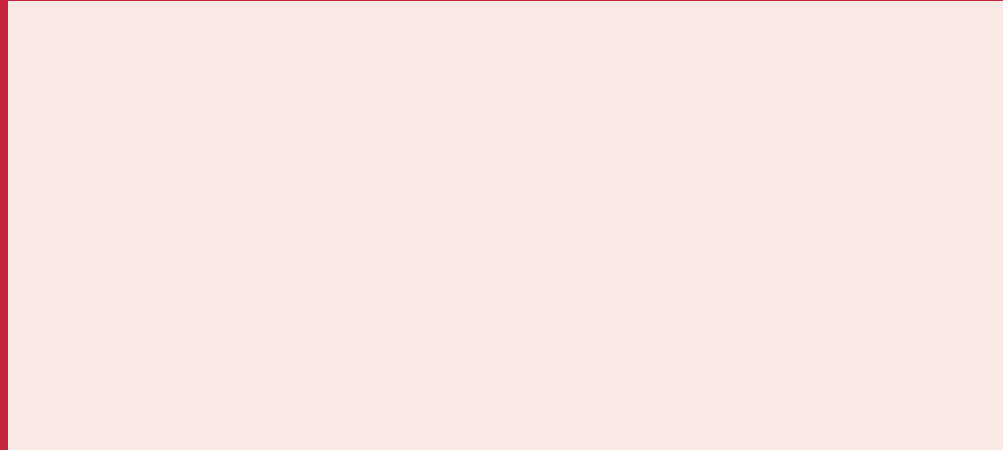
## People you can talk to

Here is a space for you to fill in the telephone numbers of important people in your life

Important People in my life	Their telephone numbers
My Social Worker is	
My Independent Visitor or Advocate is	
My Foster Carer Social Worker is	
Family and Friends	

## People you can talk to

Who can you talk to if you need to know more about being in foster care?



You can contact Childline on  
**0800 1111**

You can contact NSPCC Child Protection Helpline on  
**0808 800 5000**

### How to find out about more your rights?

You can find out more about your rights while in foster care by visiting the Children's Rights Directors website at: **[www.rights4me.org](http://www.rights4me.org)**

Or by calling the Children's Rights Director Service on:  
**0800 528 5731**

The most important thing is that you feel safe and happy while you are living away from your family so do not be afraid to tell people how you feel - most people will try to do their best to help you.







familyplacement.com ltd

**Head Office**

Premier House

85 High Street

Witney

Oxon OX28 6HY

Tel: 0844 800 9101

Email: [fostering@familyplacement.com](mailto:fostering@familyplacement.com)

Web: [www.familyplacement.com](http://www.familyplacement.com)

We will be happy to provide a copy of this booklet  
in a different format or language on request