

## All About Fostering and What to Expect

### A Book for Younger Children Who Foster



**Foster for Nottinghamshire**  
giving local children **roots**





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Hi, my name is Lily, I am ten years old

What is your name?

.....

How old are you?

.....

I am fostered. I live with my foster carers, Sally and Harry, because I can't live at home with my family.

Sally



Harry



You might be thinking what is fostering? Well it's when a girl or boy lives with another family, called a foster family, because their mum or dad cannot look after them safely, or their parents might be unwell. Everyone is different and there can be lots of different reasons why children are fostered, your mum or dad should be able to help you think of some more reasons.

Fostering can mean looking after children for a short time, like a few days or months or a long time, until they are older. Sometimes more than one child might come to stay at the same time if you have the room.



Some families look after children with disabilities or look after younger or older children. Some families may look after someone within their family or are a friend you already know.

Other families look after foster children regularly at weekends or for short periods of time. This is to give the child's foster carers some time to rest when they get tired, as fostering can be a hard but nice job.

Your mum and dad should be able to speak to you about what kind of fostering they are thinking of doing, as every family is different.

When I came to stay, Sally and Harry asked me, what my favourite foods were, what my favourite toy was and what I liked to do, so they could get to know me and help me to feel happy.



These are my favourite things,  
what are yours?



**Teddy**



**Strawberries**



**Football**

I still go to my same school and get to see my friends, which makes me happy.





Sam

I have a social worker, called Sam. She is nice and friendly and it's her job to come and see me and make sure that I am ok. I talk to her about lots of things, including things that make me happy or sad. She helps me to see my family, as even though I am living with Sally and Harry, I can still see some of them.

I like seeing my mum, even though sometimes I feel a bit sad when I have to leave her and come home. I know I will see her again and I like living with Sally and Harry, but I still miss her.



Sam is working with my mum to try and help her, so that I might be able to go back home to live with her, as not all foster children stay with foster carers forever.



Mum



Whilst I live with Sally and Harry, they have rules to follow, to make sure that I am safe, well and looked after.

Rules help us to know what we should or should not do.

Your mum and dad should be able to talk to you about different rules and how they may change if you become a foster family.



Wendy

Sally and Harry have a supervising social worker, called Wendy. She helps Sally, Harry, and the rest of the family. I often see her too when she visits, and she is really nice.

Sally and Harry have got two other children and we all live together. Daisy who is six and Mark who is fourteen. Daisy is the daughter of Sally and Harry. Mark is Sally's older son and he has a different dad.

I like spending time with both Daisy and Mark. They both make me laugh and are kind to me. Daisy is very chatty, and she also wants to talk to you about fostering.



Daisy



Mark

Who is in your Family?



Hi, I'm Daisy,  
nice to meet you

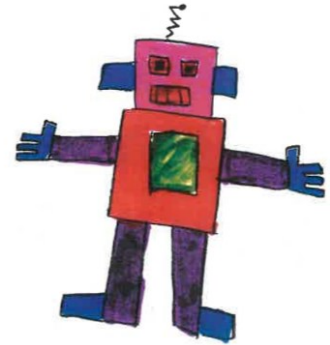


Before Lily came to stay with us, I spoke to my mum, dad, Mark, and Wendy about fostering, including some of the different rules. Mark was not allowed to watch any films or play any games that were too old for me and Lily whilst in the same room as us. We also had to play downstairs. The rules may be different for you, so always speak to your mum, dad, so you know them.

I decided to keep my special toys in a safe place, so that they did not get broken. I had to learn to share other things, including my mum, my dad, and my big brother. I didn't mind though, as Lily is nice, and I enjoy spending time with her.

Sometimes, Lily can be a bit annoying, especially when she is loud. Mum and dad have been speaking to me about some of the reasons that Lily might be loud, to help me understand.

There are lots of different ways a foster child might behave when they come to stay, some may be loud, some may be quiet, and some may be angry or sad. I know that if I get upset, I can talk to my mum, dad, or Mark.



Who helps you if you are sad?





Because my family foster, I also get to do other exciting things with other children who foster too. I really like meeting them and making new friends, as it makes me feel happy.



You may have some more questions about fostering? Your mum, dad or your supervising social worker can help to answer them. Don't be afraid to ask!



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