



Fostering in Redbridge

4 to 10 yrs

My Guide

Age

Name



What is foster care?

Foster care is when children who cannot live with their families go to live with another family called a 'foster family'.

Children live with foster families when their own family is having some difficulties and cannot look after one or all of their children.

Children who live in foster care are called 'Looked After Children' because someone else is looking after them. This is also called 'Being in Care'.

Who are foster carers?

Foster carers are people who have been specially chosen to look after children who cannot live at home. Foster families look after children and welcome them into their own home.

Each foster family is different. Some have a mum or a dad, some have both a mum and a dad, there may be other children and young people who live in your foster home.



What do foster carers do?

They keep you safe. They help you cross the road and play safely and listen to any worries that you have. They will tell you what programmes are ok to watch and the games that are safe to play on the computer.

They help you to do well at school. They will help you with any homework, get ready for school and get you there on time.

They help to make sure you are healthy, that means taking you to the doctor and dentist and looking after you if you are unwell.



Living in foster care

Your foster carer will welcome you into their home, hear what questions you have, so you can get to know each other.

Your foster carer will spend time talking about some of the rules in your foster home, like the times when you can watch TV, use the computer, bedtime and dinner time.

What is it like in a foster home?

A foster home is a warm house or flat where you will have your own bedroom. A foster home is where you will eat your meals, sleep, have a bath and have toys to play with. Foster homes also have televisions and computers which you can use.

What are some of your wishes?



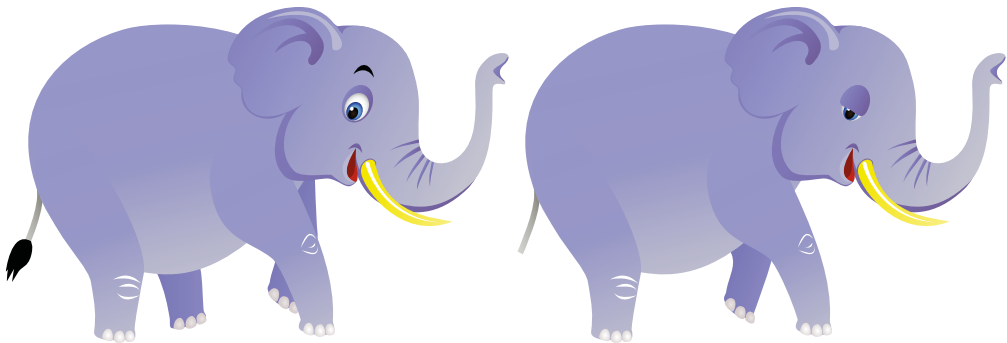


I wish....



Can you spot all the differences?

See how many differences you can spot between these two pictures, mark them as you go, there should be 5 altogether.



Draw a picture of your foster family

What's your favourite:

Food

Colour

TV programme

What is a social worker?

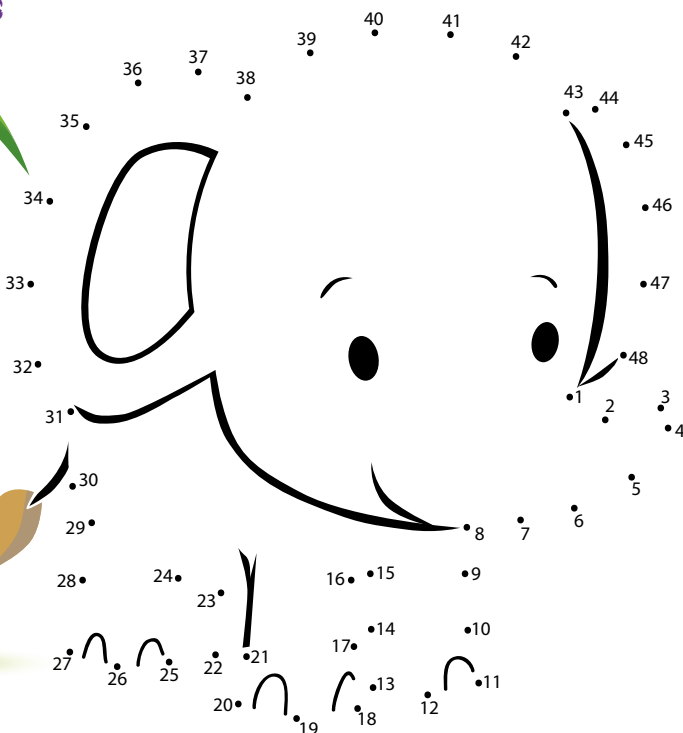
Social workers are there to listen to you. They are adults who are here to help you and make sure that you are safe. When you see your social worker, they will ask you how you are. If you are unhappy about anything you must tell your social worker. Also tell them about the things that make you feel happy.

What is your Social Workers name?

What is their phone number?

They will see you at your foster home, see your bedroom and find out how you are. They may also take you out on your own.

Join the dots



What have you drawn?

This diagram shows some of the people who listen to your wishes and feelings and make plans for you. You are the most important person there in the middle.



Your social worker will ask you how you are feeling. You can write or draw something about happy or sad feelings or maybe both. Whatever you are feeling this is okay, everyone feels a bit different.

Have I done something wrong?

Is that why I live in a foster care?

No, you are not bad and you have done nothing wrong.



Sometimes I feel...

What is going to happen next?

Your foster carer and your social worker will talk to you about your feelings and explain why you are living in foster care.

You need to say what you would like to happen and tell your foster carers and social worker what you think and feel. They will explain what will happen to you next.

When will you see your family?

Your foster carer and social worker will talk to you about your family. When you see your family it is sometimes called 'contact'.

What if you are unhappy and you need to tell someone?

Think about who you could tell; maybe someone from your family, your foster carer, your social worker or your teacher.



How many words can you find?

D	Z	K	S	C	M	B	S	T	H
F	S	F	D	A	F	O	Q	P	A
O	L	A	I	T	O	Y	N	F	P
P	D	M	D	N	S	K	T	Z	P
X	S	K	S	V	T	I	S	Q	Y
S	H	O	U	S	E	F	M	F	V
G	I	R	L	F	R	U	R	U	K
M	H	T	D	O	G	U	V	N	M
I	O	J	Q	K	V	T	S	Z	U
Y	R	Y	U	S	T	E	D	D	Y

☐ Love

☐ Teddy

☐ Toy

☐ Sad

☐ Cat

☐ Dog

☐ Mum

☐ Dad

☐ Foster

☐ House

☐ Happy

☐ Fun

☐ Girl

☐ Boy



Contacts for you in London Borough of Redbridge

Redbridge Fostering Service

Telephone: 020 8708 7528

Email: fostering@redbridge.gov.uk

Redbridge Adoption Service

Telephone: 020 8708 7459

Email: adoptionteam@redbridge.gov.uk

Specialist Nurse for Looked After Children

Telephone: 020 8708 8202

Virtual School Service

Telephone: 020 8708 3913

Email: Class@redbridge.gov.uk

Children's Rights Advocate

Telephone: 020 8708 5811

Email: childrens.rights@redbridge.gov.uk

Children's Participation Officer

Telephone: 020 8708 7894

Email: YPLAFH@redbridge.gov.uk

Other useful contacts

NSPCC

Telephone: 0800 11 11

Website: www.nspcc.org.uk

Childline

Telephone: 0800 11 11

Website: www.childline.org.uk

Kidscape

Telephone: 08451 205 204

Website: www.kidscape.org.uk

Voice

Telephone: 0808 800 5792

Email: info@voiceyp.org

Complaints

Telephone: 020 8708 5268 / 020 8708 5174

Email: Childrens.Complaints@redbridge.gov.uk

Office of the children's Rights

Telephone: 0800 528 0731

Website: www.rights4me.org.uk

Department for Education

Sanctuary Buildings, 20 Great Smith St,
London SW1P 3BT

Telephone: 0370 000 2288

Ofsted

Piccadilly Gate, Store Street,
Manchester M1 2WD

Telephone: 0300 123 1231

Website: www.ofsted.gov.uk

The Children's Society

Telephone: 020 7841 4400

Website: www.childrenssociety.org.uk

The who cares Trust?

Telephone: 020 7251 3117

Website: www.thewhocarestrust.org.uk

Brook Advisory centre

Telephone: 0808 802 1234

Website: www.brook.org.uk