

YOUR GUIDE TO REES FOSTERING



Rees
Parent & Child
Fostering

You can read it by yourself or ask a grown up to read it to you so that you can find out all about fostering.

This booklet is for you to keep, write, draw and colour in whenever you want to.



Hello!

**My name is Rees
and I would like
to tell you all
about Rees
Fostering!**

This booklet belongs to you and
we can put your name here:

I like to be called:

I am

years old

ALL ABOUT YOU

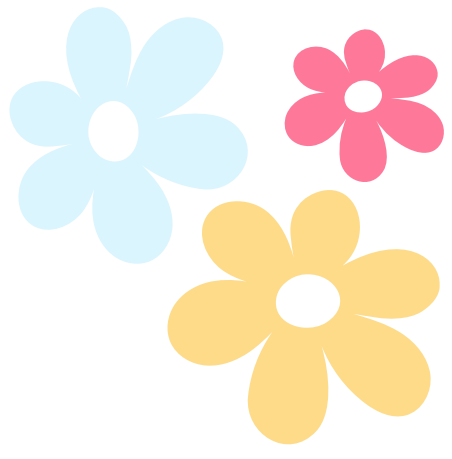
MY FAVOURITE TV
SHOW IS



MY FAVOURITE FOOD IS

can you
draw a
picture of
it?

You can draw a
picture or ask a
grown-up to take
one of you and
put here



WHAT IS FOSTER CARE?

Foster care is when you live with another family because there are some worries at home and other family members are not able to look after you at this time.

There are lots of reasons why children may need to live in foster care and this can be things like your parents (mummy or daddy) need some extra help or there are some worries about your safety.

WHAT IS PARENT AND CHILD FOSTER CARE?

Sometimes parents might need some extra help to care for their children. And that's okay!

Every family sometimes needs a helping hand.

Parent and child fostering means that you can stay with your parent and have a safe and happy place to live in at the same time.

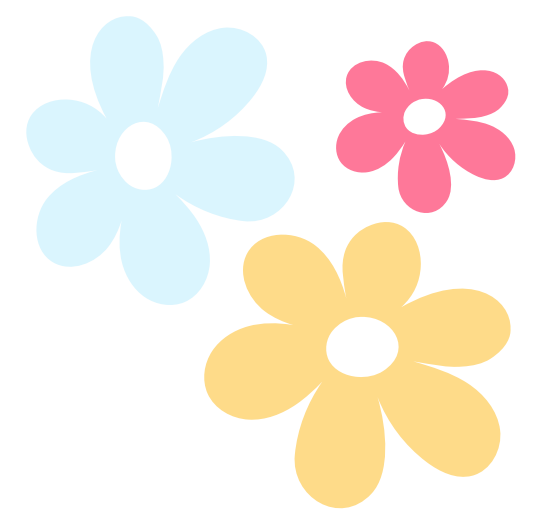
You and your parent will live with another family, and your foster carer will help your parent take good care of you.

WHAT IS A FOSTER CARER?

Foster carers are adults who have been specially chosen to care for children and sometimes to help parents and their children.

They have had lots of checks to make sure they can give you a safe home to live in. There are many types of foster carers, some live by themselves, some have two foster carers and some foster carers have children already living there. Foster carers might have pets and some might not!

You can find out about your foster carer in a special poster, called their **profile**. If you are not able to read their profile by yourself, don't forget you can ask a grown up to read it to you!



WHO IS MY FOSTER CARER?

Your foster carer has been chosen to help your parent to care for you and make sure you are safe and have everything you need.

Your foster carers names are: _____

Their phone number is: _____

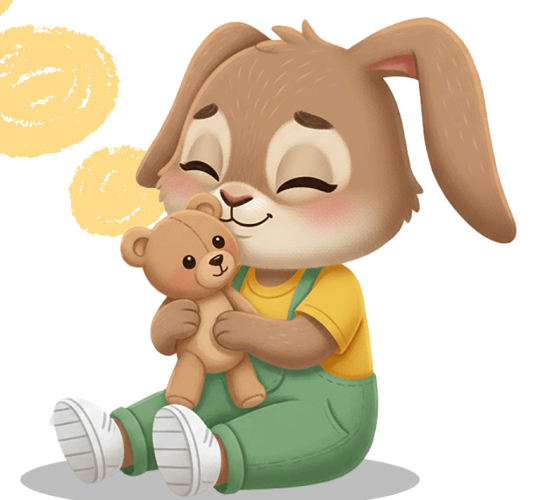
Sometimes foster carers have their own children living with them. Do your foster carers have children that will also live with you?

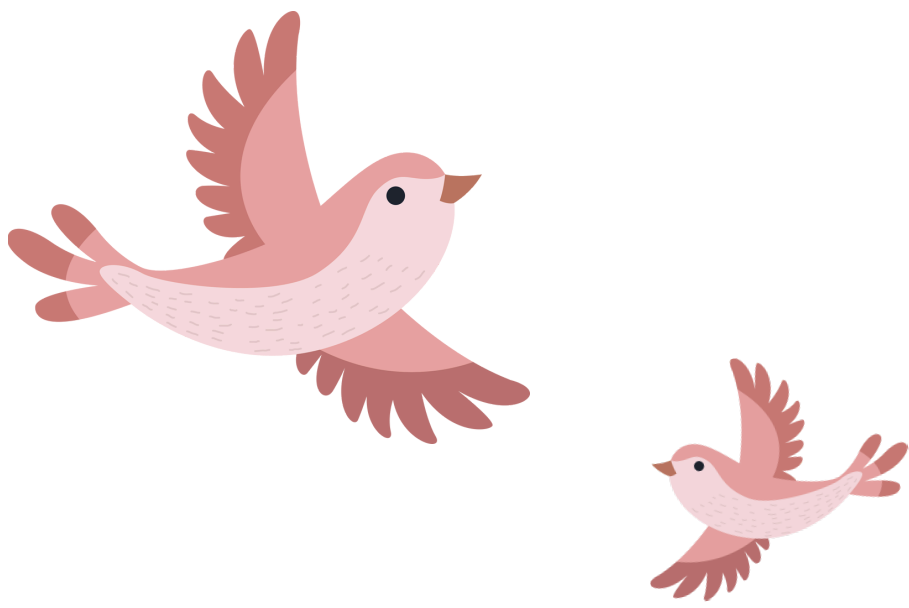
You can write their names here: _____

Does anyone else live with you and your foster family?

Are there any pets in the home? What sort of pets do they have? And don't forget their names as well!

Rees would love it if you could draw a picture or add a photo of the pets in the house. Rees loves all other animals!



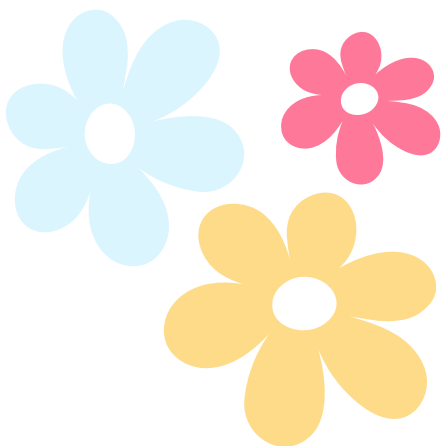


WHAT IS A SOCIAL WORKER?

A social worker is a person who works with you and your family to sort worries and problems out. A social worker is like a helper for children and families. They make sure everyone is safe and happy.

A social worker listens to children and grown ups and helps find ways to make things better. They can help families talk about their feelings and solve problems together.

Your social worker will visit you and make sure you are well looked after. Your social worker will talk to you but if you don't want to talk yet, that's ok, they will come and watch you play and see how you are getting on with your parent and foster family.



YOUR SOCIAL WORKER IS...

Their contact details are:

Telephone:

Email:

WHAT IS A REES SUPERVISING SOCIAL WORKER?



It is their job to help support your foster family and make sure they are looking after you well.

When they visit they will also want to talk to you to see how you are getting on.

Don't forget, if you don't want to talk, they will make sure you are being looked after well in other ways.

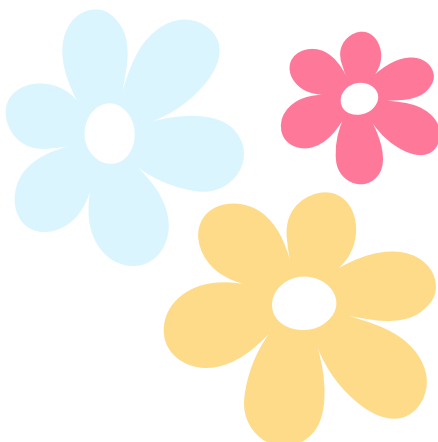


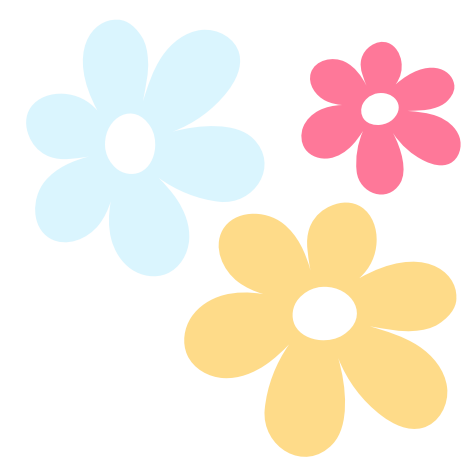
YOUR FOSTER CARER'S SOCIAL WORKER IS

Their contact details are:

Telephone:

Email:



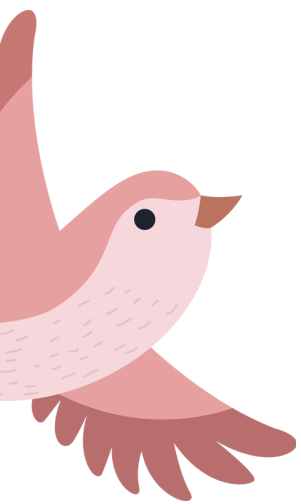


WHAT IS AN INDEPENDENT REVIEWING OFFICER (IRO)?

An IRO is a special grown-up whose job is to make sure you are safe, happy, and that everyone is doing what they said they would to help you.

They don't live with you or work in your foster home - they are there just for you! They come to your review meetings and listen to what you want and how you feel.

You can always ask them questions or tell them if something doesn't feel right.



YOUR IRO IS

Their contact details are:

Telephone:

Email:



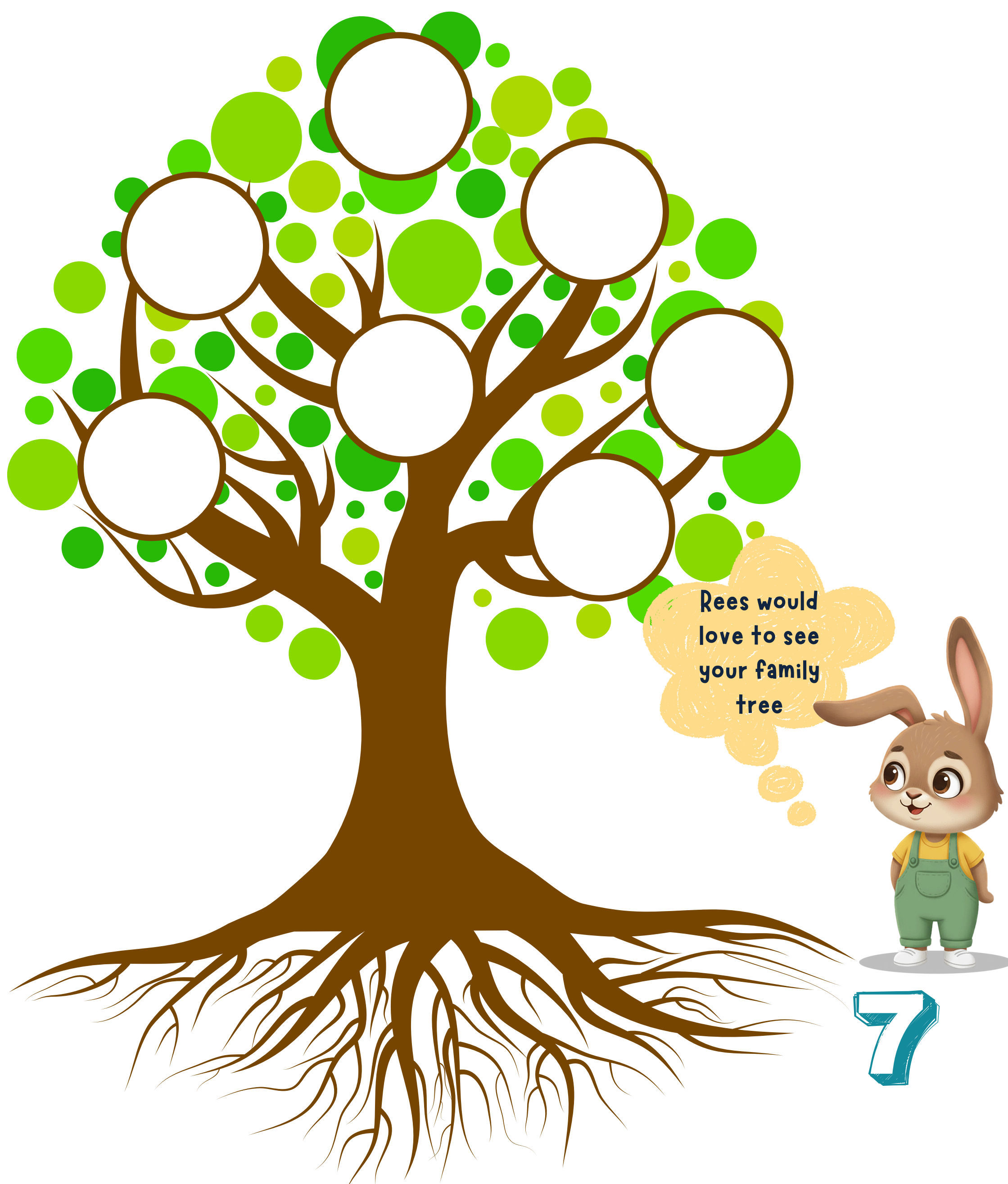
WILL I SEE MY FAMILY?

As you are in a parent and child foster care, you will get to stay with your mummy, daddy or both!

So you will get to see them and spend time with them every day. Your parent will be the one looking after you, and the foster carer might help them.

There may be sometimes where your foster carer looks after you if your parent has to go to a grown-up meeting or they have to go out by themselves for a while.

If you are not in foster care with your parent, then your social worker and other grown-ups will make sure you have family time with the people important to you.





WILL I STILL GO TO SCHOOL?

We know how important school is because they are places where you learn, play and make friends.

If you are already going to school, the grown-ups will talk to each other and decide if it's better for you to stay at the same school or to move to a new one.

If you are not at school already, your social worker will talk to your parents and other grown-ups about this and everyone will work together to find the right school for you. Your teacher will be told that you are living with a foster carer but it's up to you if you want to tell anyone else about where you are living.

If you have any worries or things that make you sad about school or other children are unkind to you, then please speak to your teacher, social worker, parent or foster carer.

If you are big enough and can use a phone or a computer, you can also ask for help by calling ChildLine at 0800 1111 or visit Kidscape at www.kidscape.org.uk





WHAT ABOUT MY WISHES AND FEELINGS?

You may have lots of different thoughts and feelings. Some may be difficult to talk about, others may be easier to share.

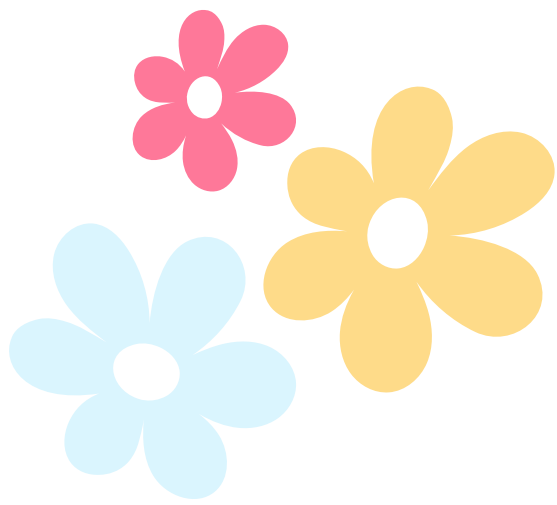
Wishes are what you want to do, what you would want to happen or what you would like someone else to do for you.

We all have feelings - they are part of everyone. Sometimes we feel sad - like when someone we love goes away. Sometimes we feel happy - like when we are having fun with friends.

Feelings can change during the day and it is normal to feel different things at different times depending on what is happening.

Remember, it is always good to talk about your feelings with someone you trust like a family member, teacher, social worker or your foster carer. They can help you understand how you are feeling.



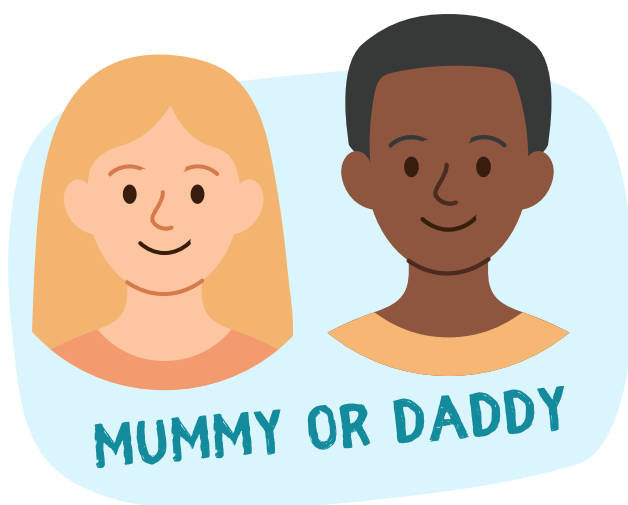


WHAT TO DO IF I AM SAD OR UNHAPPY?

If you have any worries, you feel sad or unhappy or are frightened about anything, you must tell someone.

There are lots of people you can talk to if you are feeling this way.

You can tell your:



If you find it hard to say what's wrong, you could draw Rees a picture or write it down.

You will never get into trouble for saying how you feel.
Someone will always try and help.

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Rees would like
to know how
many birds you
counted in this
book?



IMPORTANT CONTACTS



Ofsted make sure that we are all doing that we should for you.

Piccadilly Gate, Store Street, Manchester M1 2WD
Call 0300 123 1231 or Email enquiries@ofsted.gov.uk



The Children's Commissioner for England makes sure children are listened to and have a voice. Help at Hand, is the Children's Commissioner advice and assistance service.



Sanctuary Buildings, 20 Great Smith Street, London, SW1P 3BT
Call 020 7783 8330 or Email
info.request@childrenscommissioner.gsi.gov.uk
help.team@childrenscommissioner.gov.uk Tel: 0800 528 0731



Childline is a free, private and confidential service to talk about anything, at any time, day or night.

Call 0800 1111 or Web: www.childline.org.uk

IF YOU THINK YOU ARE BEING BULLIED, YOU CAN GET SUPPORT:



Helpline: 0300 323 0169
Telephone: 0845 225 578



www.kidscape.org.uk

You should always call 999 in an emergency.
This includes:

- when someone's life is in danger or is unsafe right now
- someone is hurting you right now or threatening to hurt you
- if someone has been seriously hurt
- when a crime is being committed right now or someone is being put in danger



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