YOUR GUIDE TO REES FOSTERING



Rees
Parent & Child
Fostering

A grown-up will read this to you and help you to write things down.



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 COLOUR IS

you can colour this in!

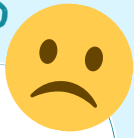
MY FAVOURITE FOOD IS

can you draw a picture of it?

THINGS I LIKE TO DO AND MAKE ME HAPPY



THINGS I DON'T LIKE OR MAKE ME SAD



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

WHAT IS FOSTER CARE?

Sometimes, children need to live with a foster carer for a little while.

This might be because their family needs some help, or things at home aren't safe right now.

A foster carer is a kind grown-up who looks after children in their home. They make sure you have food to eat, a warm bed, clothes to wear, and someone to talk to if you're feeling sad or worried.

Foster care is a place where you can feel safe.

WHAT IS PARENT AND CHILD FOSTER CARE?

You and your parents are staying in a foster home together.

This is called parent and child fostering. It means you both live with a foster carer who is there to help your parent take care of you.

The foster carer makes sure you're safe, cosy, and happy - and they help your parents learn all the best ways to look after you.

WHO IS MY FOSTER CARER?

Your foster carer has been chosen to look after you and to support your parents to look after you. They 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?

You have your very own social worker. Their job is to make sure you are safe, happy, and being looked after properly.

Your social worker will visit you, talk to you, and listen to how you're feeling. They help make important decisions about where you live and who looks after you.

If you have worries or questions, you can always talk to your social worker - they are there just for you.



YOUR SOCIAL WORKER IS...

Their contact details are:

Telephone: ---

Email: ---

WHAT IS A SUPERVISING SOCIAL WORKER?

A Supervising Social Worker is a grown-up who helps and supports your foster carer to look after you really well.

They visit your foster home to check everything is safe and going okay. They make sure your carer has what they need to help you feel happy and cared for.



Your foster carer will talk to your social worker who will come up with a plan for your care.

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: ---

ALL ABOUT YOU

MY FAVOURITE BOOK IS



MY FAVOURITE SUPER HERO IS

can you draw a picture of them?

Rees has drawn his paw prints! Can you draw your hand print underneath?







IN YOUR NEW FOSTER HOME, YOU WILL HAVE EVERYTHING YOU NEED



WILL I SEE MY FAMILY?

IIf you are living in parent and child foster care, you get to stay with your parent. That means you will see them and spend time with them every day.

If your parents aren't staying with you in your foster home, don't worry - your social worker and other grown-ups will make sure you still get to see and spend time with the people who are important to you.



WILL I STILL GO TO NURSERY OR PRE-SCHOOL?

We know how important nursery or pre-school is for you. It's a place where you can make friends, learn and play!

You might not be able to stay at your old nursery or pre-school. If the grown-ups think you should move somewhere different then everyone will work together to find you a new place to go.

We will help you to settle in, so you have the best time and make new friends.

WHAT ABOUT MY WISHES AND FEELINGS?

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.

When you are little, it can be hard to say how you are feeling. Your feelings can be big ones or little ones, happy ones or sad ones. Your foster carer and other grown-ups will help you understand your feelings and what to do with them.

THESE ARE MY WISHES!

Rees would love to know how you are feeling today?



WHAT TO DO IF I AM SAD OR UNHAPPY?

If 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.



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@oftsed.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



NOTES, DOODLES & DRAWINGS

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Rees
Parent & Child
Fostering

Prestige House,
De Salis Drive,
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