



A Guide for Children

Welcome to **fosteringpeople**
let's change lives together

Welcome to Fostering People

Fostering People was set up especially for children like you.

Fostering People isn't part of the Local Authority Social Work Services, we are independent. Unlike a local authority that work with foster carers and adopters, at Fostering People, fostering is all we do.

Sometimes you may feel confused about what is happening to you and there seems to be lots of people involved. It is important for us at Fostering People to find a family who can look after you and make you feel safe and happy.

We have put together some information, which we feel would be useful for you to know. Look at the questions with your foster carer. You can draw pictures, write notes or put stickers in to help you remember the answers.



Name:

Foster parent's name:

Address:

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Telephone:

Your Social Worker's name:

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Your Social Worker's telephone number:

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Meet Smilo

This is the Fostering People mascot, Smilo is 7 years old and going to live with a foster family for the very first time.

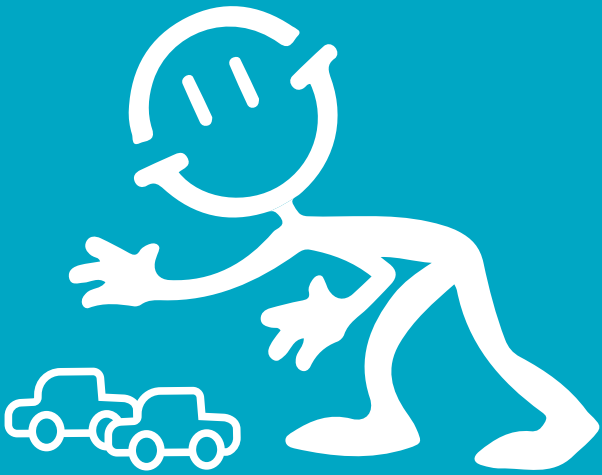
Smilo's foster carer wants to know all about Smilo, Smilo uses this booklet to help share information with them and they go through the booklet together.

Your foster carer will want to know all about you too, so that they know all the things you like and don't like and what's important to you.

Go through this booklet with Smilo and your foster carer.



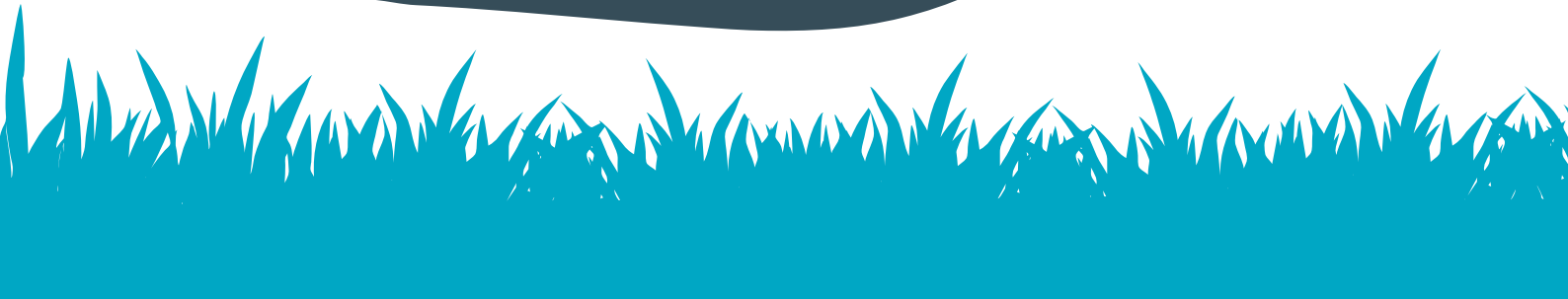
What was it like
where you used
to live?



What did you like
best about where
you used to live?



Is there anything
you didn't like?



About me

My age is:

My eye colour is:

My hair colour is:

My hair style is:

I am cms tall





**Draw a picture of yourself
here or stick in a photo.**



Saying goodbye is difficult

Tick a face to show how you felt when you said goodbye to someone special?



How do you feel today?



When I am happy I like to....

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When I am sad I...

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What does 'looked after' mean?

Being 'looked after' means being cared for by another family when your own family is unable to look after you.

What is fostering?

Fostering means living with another family who have been trained to look after you and to help with all the things that children learn as they grow up.

Do you know any other children or famous people who are or have been fostered?

Did you know that Eddie Murphy (Donkey in Shrek) and Neil Morrisey (Bob the Builder) were fostered?



Are there any house rules?

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How long will I stay?

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What are the plans for my care?

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Things I want to keep safe in my room:

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What is your foster home like?

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What do you like best?

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What do you find difficult?

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Things that make me feel afraid...

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Things that make me feel safe....

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Who will check that I am OK?



Key people



If I am bullied what should I do?

If you think you are being bullied tell someone you trust who can help you, for example, foster carer, friend or teacher. If you are being bullied by your foster carer or someone who is looking after you, you must tell your social worker or another adult you trust and they will get help.

If I want to make a complaint what should I do?

Fostering People has a complaints procedure to allow children and young people to ask questions about what is happening to them and to let us know if something does not feel okay. It might be about your foster carer(s), social worker or school.

Talk to them and tell them what you are not happy with and they will try to sort it out. If you are not happy, you (or they) could talk to their boss. If you need further help ask about complaints.

You can find out more information about complaints on our children's website www.fosteringpeople.co.uk/kidzone

This website is packed full of all sorts of useful information to help you. You can even send us a message directly. Ask your foster carer for help if you need it. There are some useful addresses and phone numbers at the end of this booklet too.





What is the name of the school I will go to?

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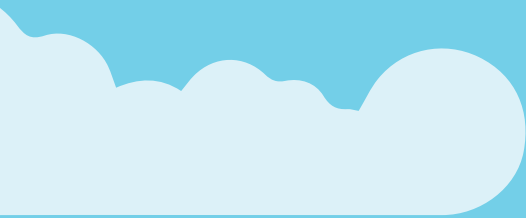
Who are the people who can see me?

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Things I like to do...

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My favourite things to eat are...

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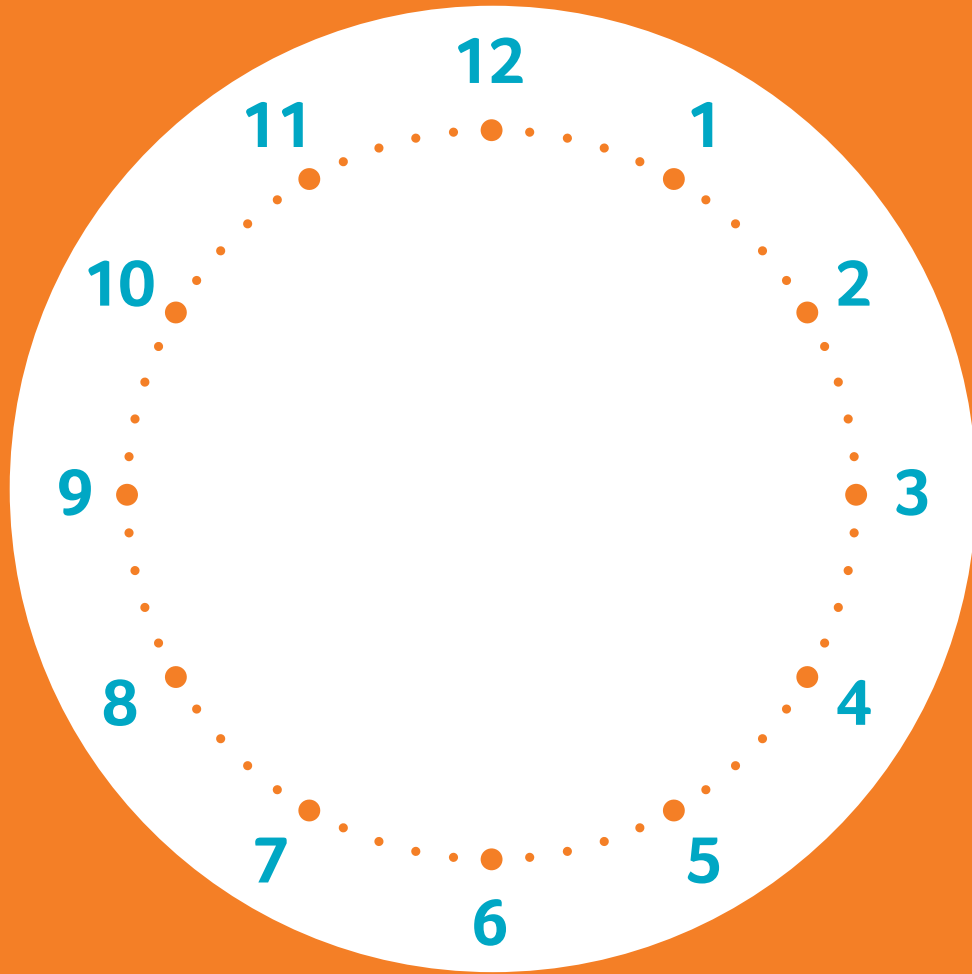
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My bed time is...



Before I go to sleep I like...

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Our commitment to #keepthepromise

At Fostering People, we believe every child should feel safe, loved, and cared for. That's why we work hard to #KeepThePromise.

What is the Promise?

It's a special promise made to children in Scotland to make sure they grow up happy, healthy, and respected. It means listening to you, making sure your voice is heard, and giving you the best care and support to help you do your best.

We want you to feel like you belong, are treated kindly, and have the brightest future possible. Keeping The Promise is a big part of what we do because we care about you and your happiness.

How we help:

Talking Together: We have fun group events where you can share your ideas and tell us how we can make things better for you.

Sharing Your Feelings: You can tell us how you're doing in ways that work best for you – by filling out a form, going online, or chatting with someone.

Supporting Your Family: We care about your relationships with your brothers and sisters and have helpful guides to keep those connections strong. They can even join some of our events if it works for everyone!

Making School Better: We created School Through My Eyes to share tips and advice from other children to help with things like starting secondary school or dealing with bullying. We share these ideas with teachers and carers to help them support you better.

We'd love for you to join us and share your ideas! Talk to your carer, social worker, or our Keep the Promise Change Officer if you want to get involved.



Useful Contact Details

Fostering People Quality Assurance

0115 945 5445
Monday to Friday 9.00 - 5.00pm

Childline

Freephone 0800 1111
24 hours

Childline for young people in care

Freecall 0800 88 44 44
Monday to Friday 3:30pm - 9:30pm

Who Cares? Scotland

0141 226 4441

Care Inspectorate Dundee

0345 600 9527

Children and Young People's Commissioner for Scotland

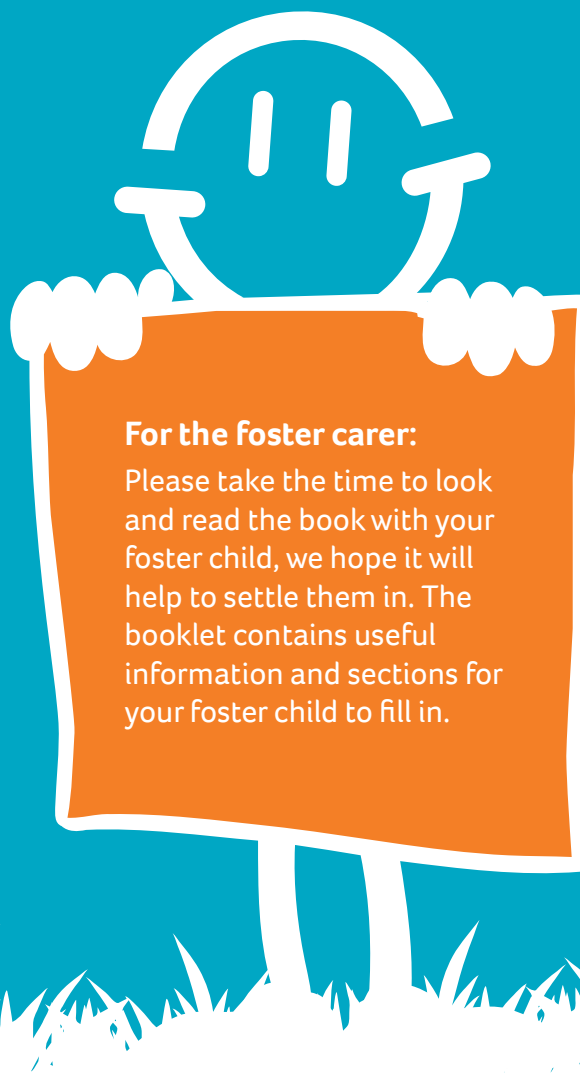
0800 019 1179
Text: 0770 233 5720

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Prospect Business Centre
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01382 787 480

www.fosteringpeople.co.uk/kidszone



For the foster carer:

Please take the time to look and read the book with your foster child, we hope it will help to settle them in. The booklet contains useful information and sections for your foster child to fill in.