



# Your guide to Foster Care

4 - 6 Years



**BIRMINGHAM  
CHILDREN'S TRUST**

**FOSTER  
BIRMINGHAM**  
BIRMINGHAM'S BIGGEST FAMILY



# Hello!

I'm Delphine the Dolphin.

I'm here to help you read this booklet about foster care.

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

This booklet belongs to:

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I am \_\_\_\_\_ years old.

# My Foster Carer is:

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They look after me and speak up for me. They have been chosen to look after children like me who can't live at home with their family.

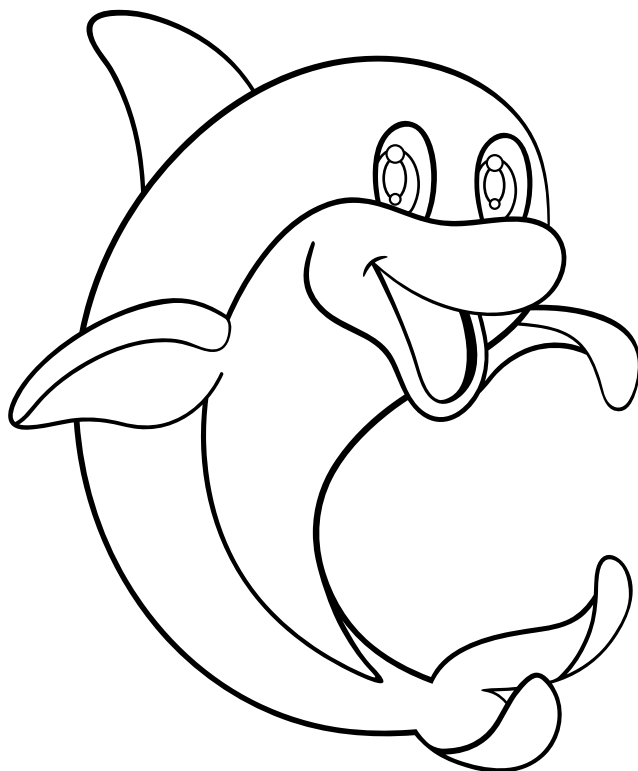
Delphine the Dolphin would like you to draw a picture of your foster family in the space below:

# My Social Worker is:

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It is their job to visit me, make sure I am well looked after, and to talk to me.

Please colour Delphine the Dolphin in your favourite colours:

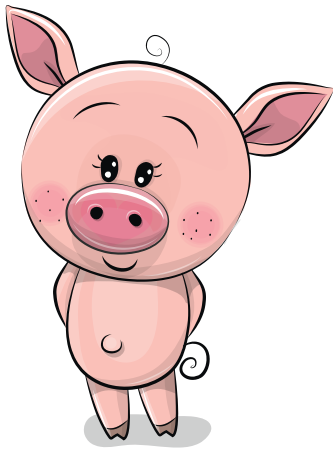


# Our Supervising Social Worker is:

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It is their job to help support my foster family and make sure they are looking after me well. When they visit they will also want to talk to me to see how I am getting on.





## We look after you!

We make sure:

- Your foster carer provides what you need
- That we all listen to you and take your wishes and feelings into account
- You are safe and healthy
- You go to school
- You go on activities

If you want to know more about this your Foster Carer or Social Worker can help.

Leaving your family and moving to a foster family can leave you feeling sad and you may have lots of questions.



## When will I see my family?

Just because you live in a foster home doesn't mean that you have to lose touch with your family. Your Foster Carer and Social Worker will speak with you about this.

## How long will I have to stay?

Your Social Worker will plan for you. This is called your 'Care Plan' and tells you and everyone close to you what is going to happen to you. Your Social Worker and other people who care for you will ask you what you think should be in your plan.

What questions do you want your  
Foster Carer and Social Worker  
to answer?

