



Your guide to Foster Care

7 – 10 Years



**BIRMINGHAM
CHILDREN'S TRUST**

 **FOSTER
BIRMINGHAM**
BIRMINGHAM'S BIGGEST FAMILY



Hello!

This booklet is yours and has been written to help you understand living with a foster family.

Fill in the box below with your name, age and anything else you want to say about yourself.

The next page explains what the different people who will be helping to look after you do. Write down their names and phone numbers in the boxes.

This book belongs to:

I am years old.

What else do you want to say about you?

My Foster Carer is:

It is their job to look after me and speak up for me. Foster Carers are special adults who have been chosen to look after children who can't live at home with their family. Some Foster Carers live on their own and others live in large families with other children in care. Some Foster Carers will have their own children as well.

My Social Worker is:

Their telephone number is:

It is their job to visit me, make sure I am well looked after, talk to me about the plans for me, listen to me, arrange contact with my family and help with other things.

Our Supervising Social Worker is:

Their telephone number is:

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

My Independent Reviewing Officer (IRO) is:

Their telephone number is:

It is their job to chair my Review, to check that I am well looked after. They will also want to know how I am feeling and will make sure that everyone knows my views.



We look after you!

We have to follow the rules made up by the government (the people in charge). The rules say how children should be cared for properly in foster care.

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.

What is happening?

Leaving your family and moving to a foster family can leave you with a mixture of feelings. You might feel sad, lonely and miss some of your family. You also have to get used to a new family which can be difficult at first. Your Foster Carers will help you with all these feelings.

When you first go to live with your foster family your Foster Carer, Social Worker and, if it is OK, your parents, will sit down with you to talk about how they are going to look after you.

You will talk about how best to care for you. What food you like, where you will go to school, what activities you like doing, any medicines you have to take, who you will see from your family and when, and many more things.



Care Plan

You have a Care Plan that 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.

Have your say

If you have any worries or suggestions for how we can make things better for you, please let your Social Worker or Foster Carer know. You can also let the IRO know by talking with them, writing them a note, or mentioning it at your special meeting called a Review.

While you are with your Foster Carers there will be a meeting held regularly to check that everyone is doing what they should do to make sure you are cared for properly.

Ask your Foster Carer or Social Worker when your Review is and put the date in the box below.

