

My guide to fostering

- Leeds City Council Communications (Social Care). To receive this information in large print, Braille, audio or a community language telephone 0113 247 8730. For general information about social care telephone 0113 222 4403..



This Book Belongs to ...

This book is yours to keep.

It is about what it will be like when you are staying with a foster family.



We think it is important that you can talk about what you think and feel about what is happening to you.

You can talk to your foster carers if you are scared or worried about anything. You can also talk to your social worker, your parents or family, or your teacher.

If you are worried or scared about anything your foster carer says or does you can talk to your social worker or to our complaints section on 0113 247 8627.

You could also speak to:

- ✓ Leeds Children's Rights Service—0113 239 5570
leeds.childrensrightsservice@barnardos.org.uk
- ✓ Childline—0800 11 11; www.childline.org.uk
- ✓ Ofsted—08456 40 40 40

What Leeds Fostering Service Does

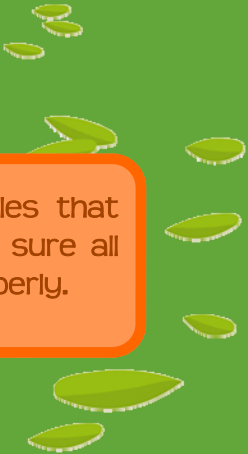
We look after children who cannot be with their families and do the best we can to keep them safe, healthy and doing well at school.

We do this for all the children we look after, no matter what.

We will make sure you go to a foster carer who is the best match for you.

If you can live with a friend or member of your family instead, we help them to look after you.

There are written down rules that we have to follow to make sure all children are looked after properly.



Foster families are usually called foster carers.
A foster carer looks after you while you cannot be at home with your own family. They will welcome you into their family home and keep you safe.
You might meet your foster carer before you go to stay with them. It will be nice for you and your foster carer to get to know each other.

A social worker is a person who will arrange for you to stay with a foster carer. They will visit you while you are there and they will want to make sure that you are happy and well looked after.

My foster carer is called

My social worker is called

and their address and telephone number is

ABOUT your foster carer and your stay

Who is in my foster family?

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.....

Their names are ...

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.....

My foster family's address is:

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.....

How many rooms are there?

Can I go anywhere in the house?

Will I share a bedroom?

Can I play with my toys in the bedroom?

What is a review?

A review is when people who know you meet to talk about your care plan. You can go to your review if you want to.

If you don't go to your review, your social worker or foster carer will tell you what everyone said at the review.

Who can come to my review?

The people at your review might be:

- ✓ You
- ✓ Your mum and dad, or someone else from your family
- ✓ Your foster carer
- ✓ Your social worker
- ✓ Someone who is in charge of the meeting
- ✓ A teacher or a school nurse.

You can have an interpreter or translator at the meeting if you need one.

What is a Care Plan?

A care plan says what you need and how you will be looked after.

Your social worker will make the plan after talking about it with you, and with other people who are important to you and who want the best for you.

The plan will say:

- ✓ If you are going to see your family, and how often
- ✓ Where you are going to school and what help you might need in class
- ✓ What you need to stay healthy and well



Where are the bathroom and toilet?

Will I have a bath or a shower?.....



Who do I ask for food and drink if I am hungry or thirsty?

Where will I eat?

What time do I have to go to bed?

What time do I have to get up?



All things can change as you go along. You can ask your carer or social worker to change these things if they agree.

Things your foster carer will like to know about you, so that they can get to know you and to help them look after you!

My favourite things to eat and drink are:

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My favourite toys and games are:

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My favourite TV shows are:

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.....



My social worker will:

- ✓ Try to help me and my family
- ✓ See my family and tell me about them
- ✓ Arrange for me to talk to my family and my friends, if I want to
- ✓ Come to see me and my foster carer
- ✓ Talk to me about why I am staying with my foster carer
- ✓ Help me if I get scared or worried
- ✓ Talk to me about how long I will be staying with my foster carer
- ✓ Talk with my foster carer about making plans for me
- ✓ Talk to other important people about what is best for me
- ✓ Discuss my care plan with me
- ✓ Arrange a meeting called a review

My foster carer will:

- ✓ Look after me and support me
- ✓ Help me to settle in to their family home
- ✓ Talk to me about what I can and can't do
- ✓ Make sure I have food, clothes and pocket money
- ✓ Make sure I go to school
- ✓ Talk to my teachers to support me
- ✓ Talk with my social worker about how I am
- ✓ Listen to me and help me talk about anything that is important to me



I like to wear ...

.....

.....



I like my hair to be ...

.....

.....

I am a bit scared of ...

.....

.....

My foster carer should also know ...

.....

.....

6

My family



Draw a picture of your family and write their names down. This will help your foster carer learn about your own family.

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7

You can talk to your foster carer or social worker about your family any time you want to.

You can tell them who you want to see or talk to in your family.

Your social worker will see your family and help you to keep in touch with them, if you want to.

Is there anyone else you want to see or talk to?

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