



Children's guide to Fostering

For 5-10 years

A vision for you to be Happy, Safe & Loved, Thriving!

Welcome

Hi,

This booklet has been written to help you understand what foster care is.

It contains lots of things you might have questions about while you are in foster care.

It is yours to keep so feel free to write in it. If you need any help reading or understanding it then please let your foster carer or social worker know and they will be happy to help you.

About you

My name is

I amyears old

My birthday is on

My favourite colour is

My favourite food is

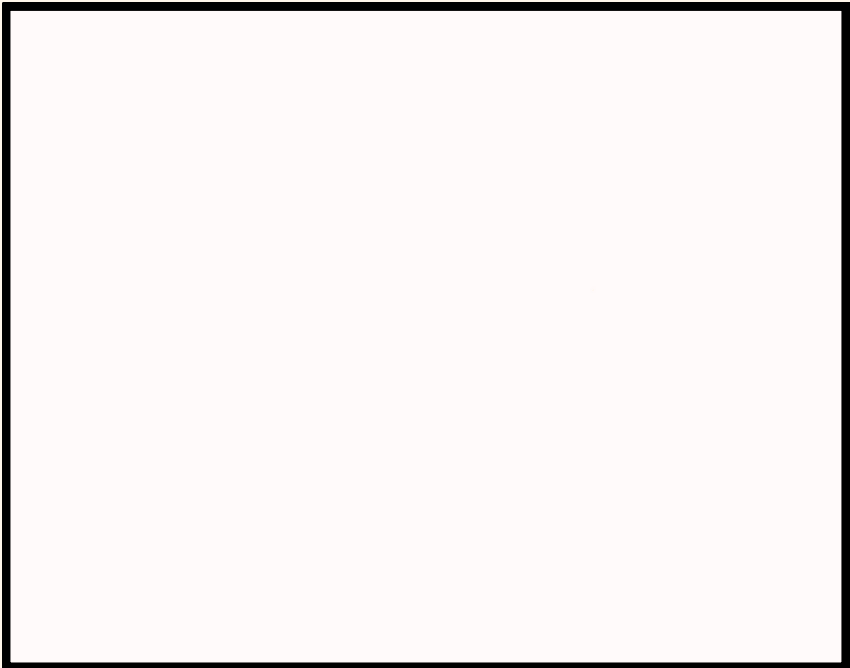
I don't like to eat

I enjoy

I don't enjoy

I am afraid of

**Draw something that makes
you happy**



About foster care

What is foster care?

Foster care is when you go to stay with another family for a while because there are problems at home and other family members can't help at the moment.

Who are foster carers?

Foster carers are people who have been specially selected to make sure they can look after children.

They take care of children who need a safe place to live. They open their homes and hearts to children who need help. Foster carers provide love, support, and care, just like any family would. They make sure you have everything you need, like food, clothes, and a comfortable place to sleep.

Foster carers might live alone, with a partner, and with or without children of their own.

Why might you go into foster care?

Children can go into foster care for different reasons.

It could be because someone is sick, or there are other issues at home that needs to be changed. Other times, there might be a reason you are unable to be at home that make it unsafe for children to stay there. Foster care is a way to make sure you are safe and well taken care of while the reason you can't be at home is being changed.



What happens in foster care?

In foster care, you will live with a new family who will take care of you.

You will still go to school, play with friends, and do fun activities.

Your foster family will help you with your homework, take you to the doctor if you need it, and make sure you feel safe and happy. They will also help you stay in touch with your own family.

How will you find the right family for me?

Every child is different so your social worker will find the right family for you and your needs.

Your social worker will do their best to match you with someone who follows the same religion as you or has the same cultural values but their main goal will be to make sure you'll be with someone who'll make you feel safe, happy and can take care of you.

What is a social worker?

A social worker is an adult who works with children and their families, when they are going through a difficult time.

Your social worker works for Slough Children First.

They will make sure that you are okay and doing well. For example, they will make sure you're happy, safe, healthy, being looked after by your foster carer and going to school. They will ask you how things are and will tell you about anything that may affect you in what is called a Care Plan, which you'll get a copy of.

My social worker is
called.....

Their telephone number is

How long will I stay in foster care?

The time spent in foster care can be different for every child.

Some children stay in foster care for a short time, while others might stay longer. Your social worker will talk to you and your family to figure out the best plan for you.

Seeing family and friends

Can I see my family?

It is important that you stay in touch with your family and people important to you.

Your social worker will help you to see your family and people important to you in the best way possible and will talk to you about this.

Can I still see my friends?

Your foster carer will do all they can to help you stay in touch with your friends and will also help you make new friends.



School and holidays

Will I have to change school?

Your social worker will do their best to keep you in the same school.

If you are going to stay with your foster carer for a long time and the school that you go to is far away, you might have to change schools to one that is closer to them.

You will be spoken with about this and if anything needs to change, we'll do our best to make sure you are happy. You will also be given a Personal Education Plan (PEP) that forms part of your care plan.

What happens when there's school holiday?

In the half term or whenever school is closed for a break like the Summer holidays, your social worker will speak to you and your foster carer about plans.



Talking things through

Going to meetings

There will be some meetings when you are in foster care including some you might be able to go to.

These meetings are important because they help make sure you are safe and getting the support you need. It's important for everyone to understand your feelings and what you want.

If you don't feel comfortable attending the meeting, you can ask your social worker to share your thoughts and feelings on your behalf.

Your feelings matter

It's okay to have lots of different feelings in foster care.

You might feel sad, scared, or even happy. It's important to talk about your feelings with your foster family, social worker, or someone you trust. They are there to listen and help you feel better. Remember, it's okay to feel however you feel.

Who can help me?

There are many people who can help you in foster care, like your foster family, social workers, teachers, your participation officer, and counsellors.

They are there to support you and make sure you are okay. If you have any questions or need help, you can always talk to them.

There are also advocates, people who do not work with any of the workers who support you and can help you to make a complaint or suggestion about your care.

Fun things

In foster care, you can still do fun things like playing sports, going to the park, and making new friends.

Your foster family will help you find activities you enjoy and make sure you have time to play and have fun. You might also meet other children in foster care.

Questions you might have

It's okay to have questions about foster care.

You can ask your foster family, social worker or teacher anything you want to know. They are there to help you understand and feel comfortable.

Don't be afraid to ask questions, no matter how big or small they are.

What can I expect from Slough Children First?

Slough Children First are your corporate parents. This means we're adults who have a legal responsibility to look after you while you're in care.

We will listen to you: Your voice is important in everything we do. We want to understand your thoughts, feelings, and needs to support you in the best way possible.

We will keep you safe.

Your safety is our top priority. We work hard to ensure you are in a secure and caring environment, whether you are in foster care, a residential home, or with your family.

Participation

Your voice matters! It's important to share your thoughts and feelings about your care.

- You can attend meetings to talk about what you want and need.
- You can get involved in planning or organising events we hold.
- You can support interview panels.

By participating, you can make new friends, learn new skills, and have fun! It also helps you feel more connected and confident.

Remember, your opinions are important, and everyone wants to make sure you feel heard and supported.

Our participation officer will get in touch with you about events coming up, including Care Council events where you can meet other children in care and fun stuff we plan.

You can also keep an eye out for information on <https://www.sloughchildrenfirst.co.uk/get-involved/>



How do you feel

Q C K O H B O E H Q U J X K A
R O L Q P W J C G R N U C R Y
Y T I B N F V I U C S L P B L
T L Q S U T D P X P U T V Y E
Z W T R O F D T R Y R F Y P N
W F E R W Z J B L R E R P P O
Z F O Q Y G R D C G R T P A L
N W E J D E S U F N O C U H V
C O R U Z Y H K D A S E K C P
B R W U L N Y W E L W M P H P
V R B T S E U H J S I B I A O
X I G D Y M N A Q A P E R C F
R E D H N R Y Q O Q X L H S P
G D N W V I V B U M V J I B M
A J Z G P C I E D E R A C S S

HAPPY
SAD
SCARED
WORRIED
ANGRY
SHY
LONELY
CONFUSED
UNSURE

Our office:

Slough Children First
Observatory House
25 Windsor Road
Slough
Berkshire
SL1 2EL

Tel: 01753 477321

Email: emailus@sloughchildrenfirst.co.uk

<https://www.sloughchildrenfirst.co.uk>
<https://www.fosterwithslough.co.uk>