

# MY FOSTERING GUIDE...

CHILDREN'S FOSTERING GUIDE  
(0-9 YEARS)



**DMR** Fostering  
Services



CAN YOU WRITE YOUR NAME?  
YOU CAN ASK YOUR FOSTER  
CARER FOR SOME HELP IF YOU  
NEED TO...

THIS BOOKLET BELONGS TO:

I AM  YEARS OLD



THIS BOOKLET HELPS ME  
UNDERSTAND WHY I MAY BE  
LIVING WITH A FOSTER CARER

THIS BOOKLET GIVES ME  
INFORMATION ABOUT BEING  
FOSTERED

THIS BOOKLET HELPS ME TO  
LEARN ABOUT DMR SERVICES

THIS BOOKLET WILL HELP  
ANSWER SOME OF MY  
QUESTIONS

# CAN DMR BARLEY HELP ANSWER YOUR QUESTIONS?

## WHAT IS FOSTER CARE?

A foster carer is a person who looks after children who cannot live at home. They are superheroes in disguise who have the special power of looking after children. They will help you in lots of different ways, including: helping you to understand rules, providing healthy food, helping you to go to school, helping you to do things that interest you.

## WHAT ABOUT WHAT I WANT?

We know that sometimes you might not want to be in foster care, or that you might be new to a family and feel like things are not good right now!

Your Social Worker should ask you about your wishes and feelings and take these into account when making decisions for you.

Talk to people about what you want, they might be able to help and if not they might be able to help you understand why not.

## WHY DO I HAVE TO LIVE WITH A FOSTER CARER?

Children live in foster care for different reasons, but the child is never to blame for any of these reasons. Often it can be because a decision has been made that the carer you are with is the best person to meet your needs, at this point in time.

## HOW WILL I BE TREATED?

Whilst living with your carer, you will be helped to feel safe and secure. You will be provided with a safe place to talk about things that worry you, if you want to do this.

The carers will always take the time to listen to you and they will make sure you are treated fairly.

Your carer will help you to practice any religion and will help you to be healthy. Your carer will also give you any help that you might need to enjoy going to school.

YOU CAN ASK  
YOUR FOSTER  
CARER FOR  
HELP...



## **DMR SERVICES IS ...**

... the name of the people who have found you a nice foster carer. DMR Services will listen to you and your foster carer to help make sure you are happy and healthy.

## **WHAT IS A SUPERVISING SOCIAL WORKER?**

... they're really friendly, and are here to make sure you're ok. Your supervising social worker will work with your carers in order to make sure you are being well looked after, and to see if they need any help. Your supervising social worker will also talk and listen to you. You can ask them anything!

## **YOUR FOSTER CARER AND SUPERVISING SOCIAL WORKER WILL BE WORKING WITH ...**

... the fostering services manager, Alison. Alison will make sure your foster carer and your supervising social worker are doing a good job looking after you.



YOUR SOCIAL WORKER AND YOUR FOSTER CARER BOTH UNDERSTAND HOW IMPORTANT IT IS FOR YOU TO SEE YOUR FAMILY. YOUR SOCIAL WORKER WILL TALK TO YOU ABOUT WHAT THE PLANS ARE FOR YOU TO SEE YOUR FAMILY.

IT MIGHT BE POSSIBLE FOR YOU TO SEE YOUR MOM, DAD, BROTHERS OR SISTERS. THIS MIGHT HAPPEN IN A CONTACT CENTRE, OR THIS MIGHT HAPPEN SOMEWHERE ELSE. YOUR FOSTER CARER WILL HELP YOU TO GET TO SEE YOUR FAMILY WHEN THIS IS ARRANGED.

## FAMILY...

LIVING IN FOSTER CARE, DOESN'T MEAN THAT YOU HAVE TO LOSE CONTACT WITH YOUR FAMILY.

YOU CAN TELL YOUR SOCIAL WORKER OR FOSTER CARER WHO YOU WANT TO SEE AT CONTACT.

“

I FEEL SAFE NOW. I FEEL LIKE I HAVE A HOME



## HOW LONG WILL I LIVE WITH MY FOSTER CARER?



YOUR SOCIAL WORKER WILL MAKE A CARE PLAN. THIS IS A PLAN ABOUT HOW YOU NEED TO BE LOOKED AFTER IN A WAY THAT IS BEST FOR YOU. IT WILL CONTAIN ALL KINDS OF IMPORTANT INFORMATION ABOUT YOUR LIFE INCLUDING SCHOOL, HEALTH AND WHEN YOU SEE YOUR FAMILY AND FRIENDS. THIS PLAN WILL ALSO INCLUDE INFORMATION ABOUT HOW LONG YOU NEED TO BE LIVING WITH YOUR CARERS. WHEN THE SOCIAL WORKER MAKES THIS PLAN THERE IS LOTS OF INFORMATION THAT WILL BE CONSIDERED SO THIS SHOULD PROVIDE YOU WITH A GOOD IDEA ABOUT WHAT IS THOUGHT TO BE IN YOUR BEST INTERESTS.

YOUR SOCIAL WORKER WILL BE ABLE TO TALK TO YOU ABOUT THE INFORMATION IN THE PLAN AND IT IS REALLY IMPORTANT THAT YOU TALK TO THIS PERSON IF THERE IS ANYTHING IN THE PLAN THAT YOU DON'T LIKE. IT MIGHT BE POSSIBLE FOR THE SOCIAL WORKER TO BE ABLE TO THINK OF OTHER WAYS TO MEET YOUR NEEDS AND IF THIS IS NOT POSSIBLE THE SOCIAL WORKER WILL BE ABLE TO TALK TO YOU ABOUT THIS AND HOPEFULLY HELP YOU TO UNDERSTAND.





1	2
3	4
5	6

# HOUSE RULES...

DIFFERENT HOMES WILL HAVE DIFFERENT RULES. WHY NOT WORK WITH YOUR FOSTER CARER TO AGREE SOME RULES ON THIS PAGE. THEN YOU COULD COME BACK AND LOOK AT THIS PAGE IN THE FUTURE TO HELP YOU TO REMEMBER WHAT RULES WERE AGREED.

WRITING DOWN THE  
HOUSE RULES WILL  
HELP YOU REMEMBER  
THEM BETTER...



# BEING HEARD...

THESE MEETINGS WILL INCLUDE ALL THE ADULTS WHOM HELP TO MAKE SURE YOU ARE SAFE AND HAPPY. THERE WILL ALSO BE AN INDEPENDENT PERSON AT THE MEETING, THE ROLE OF THIS PERSON IS TO BE THE INDEPENDENT REVIEWING OFFICER.

DEPENDING UPON YOUR AGE, YOU MIGHT BE ASKED IF YOU WOULD LIKE TO COME TO SOME OR ALL OF THIS MEETING. THIS MIGHT BE HELPFUL FOR YOU IN ORDER TO KNOW WHAT IS BEING PLANNED FOR YOUR FUTURE AND TO SAY ALL OF THE THINGS THAT ARE IMPORTANT TO YOU. IF YOU DON'T WANT TO GO TO THIS MEETING THIS IS ALSO OK AND THE FOSTER CARER OR SOCIAL WORKER MIGHT BE ABLE TO HELP YOU THINK ABOUT OTHER WAYS TO JOIN IN.

DURING THE TIME YOU ARE LIVING WITH YOUR CARERS THERE WILL BE SOME REVIEW MEETINGS. THESE MEETINGS ARE IMPORTANT AND WILL HELP YOU TO UNDERSTAND PLANS THAT MIGHT BE MADE ABOUT YOUR FUTURE.

BEFORE EACH REVIEW YOU WILL BE ASKED ABOUT YOUR THOUGHTS WISHES AND FEELINGS. YOU COULD WRITE THESE DOWN OR SOMEONE WILL HELP YOU TO DO THIS. THIS IS A GOOD CHANCE TO MAKE SURE PEOPLE KNOW WHAT'S HAPPENING FOR YOU AND HOW THIS MAKES YOU FEEL.



IF YOU ALREADY GO TO A SCHOOL, PEOPLE WILL WORK WITH YOU IN ORDER TO DECIDE WHAT IS BEST FOR THE FUTURE. IF POSSIBLE A PLAN MIGHT BE MADE TO HELP YOU TO STAY AT YOUR OLD SCHOOL. OTHERWISE, PEOPLE WILL HELP YOU FIND A NEW COOL SCHOOL.

GOING TO A SCHOOL THAT YOU LIKE IS IMPORTANT AND WILL ADD TO YOUR HAPPINESS. GOING TO A SCHOOL THAT YOU LIKE WILL PROVIDE YOU WITH OPPORTUNITIES TO JOIN CLUBS AND TO LEARN NEW SKILLS

YOUR TEACHER WILL KNOW THAT YOU LIVE WITH A FOSTER CARER, BUT IT IS UP TO YOU WHETHER YOU TELL OTHER PEOPLE ABOUT THIS.

# SCHOOL...

IF THINGS HAPPEN AT SCHOOL THAT YOU ARE NOT HAPPY ABOUT, INCLUDING BULLYING, IT IS REALLY IMPORTANT THAT YOU TALK TO AN ADULT ABOUT THIS. YOUR TEACHER, SOCIAL WORKER AND FOSTER CARER WILL ALL BE ABLE TO HELP TO MAKE THINGS BETTER FOR YOU.

SCHOOL IS IMPORTANT, THEY WILL HELP YOU TO LEARN AND PROVIDE YOU WITH A PLACE WHERE YOU ARE ABLE TO HAVE FUN AND MAKE NEW FRIENDS.



YOU COULD TALK TO YOUR SOCIAL WORKER AND TELL THEM ALL ABOUT WHAT IS HAPPENING, AND HOW THIS HAS MADE YOU FEEL

YOU COULD TALK TO YOUR FOSTER CARER, TELL THEM WHAT WORRIES YOU AND WHAT COULD BE DONE TO MAKE THINGS BETTER

YOU MIGHT WANT TO SPEAK WITH AN ADVOCATE ABOUT WHAT HAS BEEN HAPPENING SO THAT THEY CAN HELP YOU TO SAY THE THINGS YOU NEED TO SAY IN MEETINGS. CONTACT DETAILS FOR PEOPLE PROVIDING ADVOCACY IS AVAILABLE ON THE BACK PAGE OF THIS BOOKLET.

## WHAT IF I HAVE A PROBLEM, OR AM UNHAPPY?

YOU COULD TALK TO SUPERVISING SOCIAL WORKER FROM DMR SERVICES

YOU MIGHT WANT TO TALK TO OFSTED. THEY ARE THE PEOPLE WHO MAKE SURE THE SERVICES ARE GOOD AND MIGHT BE ABLE TO HELP. INFORMATION ABOUT HOW TO CONTACT THEM IS ON THE BACK PAGE OF THIS BOOKLET.

ONE OF YOUR SCHOOL TEACHERS MIGHT BE ABLE TO LISTEN AND HELP YOU IF YOU ASK THEM

YOU COULD CALL CHILDLINE ON 0800 1111 - THEY WILL LISTEN AND OFFER ADVICE IF YOU WANT THIS



### MY SOCIAL WORKER

NAME:

NUMBER:

### SUPERVISING SOCIAL WORKER

NAME:

NUMBER:

### DMR SERVICES

NAME:

Alison Corkingdale

NUMBER:

0121 352 1844

### OFSTED

NUMBER:

0300 123 1231

### CORAM VOICE ADVOCACY

NUMBER:

0808 800 5792

### NATIONAL YOUTH ADVOCACY SERVICE

NUMBER: 0808 808 1001

## HELPFUL CONTACTS...

HERE IS YOUR VERY OWN HELPFUL CONTACTS LISTS. ASK YOUR FOSTER CARER TO HELP YOU FILL IN THE NAME AND TELEPHONE NUMBERS OF YOUR SOCIAL WORKER AND SUPERVISING SOCIAL WORKER.

NEED TO TALK TO SOMEONE ABOUT A PROBLEM? YOU CAN TALK TO YOUR SOCIAL WORKER, FOSTER CARER, OR YOUR INDEPENDENT ADVOCATE. JUST ASK TO TALK TO THEM





YOU'RE DOING  
GREAT!...



**DMR** *Fostering*  
Services

WE'RE A PART OF DMR SERVICES.

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