



# CHILDREN'S GUIDE AGE 6-10 YEARS





Dear: .....

Date: .....

Hello my name is: .....

This Children's Guide is to help you if you have just moved to a new home.

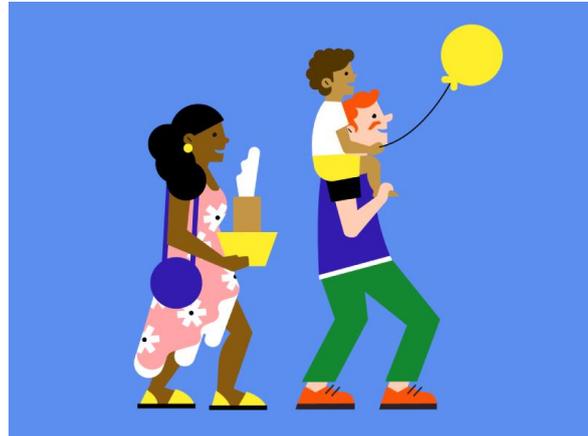
### WHAT FAMILY WORKS FOSTERING DOES



Family Works Fostering offers a caring home for all children from all backgrounds.

You will be staying with some new people for a while called foster carers.

The names of your foster carers will be ..... And .....



Your new foster carers will work very hard to make sure you are well looked after.

They will talk with you about the kind of things you like.

What are your favourite foods?



- 1.....
- 2.....
- 3.....

What do you do to have fun?



What activities do you like?

- 1.....
- 2.....
- 3.....



Do you have some favourite things you would like to have with you?

- 1.....
- 2.....
- 3.....

Yours foster carer will help you get up in the morning and get ready for the day.



They will help you get to school.



What time do you start school?

.....

What time do you finish?

.....

What is the name of your teacher?

.....

What are your favourite things to do at school?

1.....

2.....

3.....

Your foster carer will take you to school, pick you up and help you with your homework.

When you are not at school your foster carer will do things with you.



They will make sure you get ready for bed and get a good night's sleep.

Your bedtime on a school night is .....

Your bedtime on the weekend is .....



Your foster carer will try to help you stay in touch with your family if possible

You can talk to your foster carer about your family and if you are missing them.

You can make telephone calls to your social worker, or family. Please make sure that you ask your foster carer before you make any phone calls.



Your foster carer will help you call your family and have your friends visit.

You can talk to your foster carer when you are happy or sad



When you are angry or upset



## Bullying



Bullying can happen anywhere, and it can happen to someone who is in a foster placement.

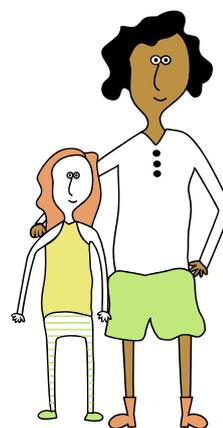
It is important that you tell your teacher, social worker or your foster carer if you feel unsafe or bullied at any time.

Some adults may make you feel bad.

They may:

- Hit, kick or punch you
- Say unkind words to you or call you names
- Leave you at home alone or not give you enough to eat
- Touch or kiss you in a way that makes you feel worried
- Or unhappy and pretend it is a game of a secret.

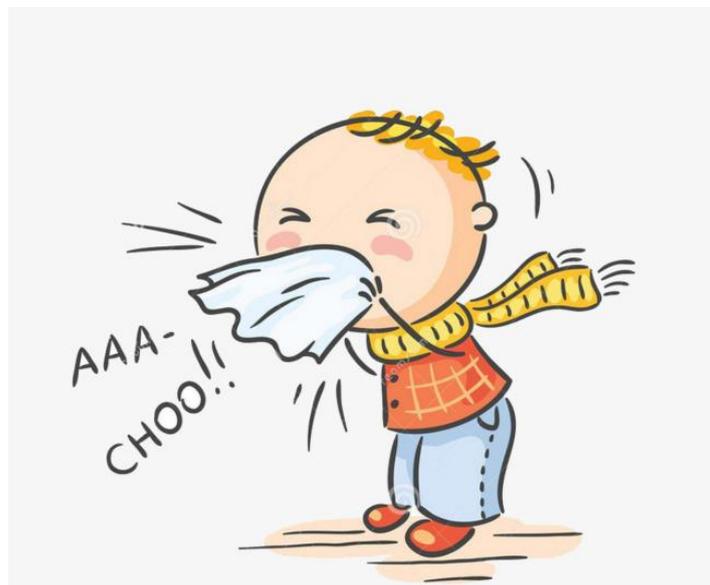
Tell someone you trust, your foster carer, social worker, teacher, who will help you.



## Your Health



Your foster carer will make sure that you go to the local doctor, dentist and optician and make sure that you have your check-ups.



If you don't feel well or if you want to ask something about your health, please speak to your foster carer straight away.

## Equal Opportunities

# WELCOME



Everybody is different.

People come from different cultures, races, religions and countries.

All people have a right to be treated as equal and unique.

We will make sure that your culture, religion, food, music and dress will be respected and supported.

## Respect

Your foster carer will speak to you with respect which means they will be polite, they will not yell, or use swear words.

It is important that you speak to your foster carer in the same way. This might be hard for you sometimes when you feel angry or upset and we will try to help you to express yourself better.



If you go out, you need to inform your carers, or they will worry about you and may need to tell your social worker or even the police.

## Pocket Money

Everyone is entitled to pocket money

Age	Pocket Money	Saving	Clothing	Personal needs / recreation	Birthday	Festivals/ Christmas
0-4	N/A	£10	£12.90	£10.00	£65	£70
5-10	£5.00	£10	£12.90	£10.00	£65	£70
11-14	£8.50	£10	£15.50	£10.00	£65	£70
15-18	£14	£10	£18.00	£13.00	£65	£70



You will get £5 a week to spend on what you want.

## Who Can I Complain To?



If you are upset or someone makes you feel frightened or shouts at you, tell us or your social worker and other people listed below:

### + Complaints officer for Family Works Fostering:

Write to:

The Complaints Officer

Family Works Fostering

Suite 18, Business Centre

8 Madeira Avenue

Leigh-on-Sea

Essex

SS9 3EB

Telephone: 01702597797

+ Foster Carer: .....

+ Social Worker: .....

+ Supervising Social Worker: .....

+ Voice of the Child/Independent Advocate: 0808 800 5792

+ Your Independent Review Officer:

.....

+ Children's Commissioner for England

Sanctuary Buildings  
20 Great Smith Street  
London  
SW1P 3BT

Telephone: 020 7783 8330

Website: [www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)

+ Ofsted:

By post: Ofsted  
Piccadilly Gate  
Store Street  
Manchester  
M1 2WD

By Telephone: 0300 123 1231

By email: [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

## We are here to help you

Now we are going to ask you and your foster carer to sign.



When you sign this page, it means that you understand what this booklet says.



You will be given a copy of this booklet.  
Keep it in a safe place and read it.

Foster Carer name and signature:

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Child's signature:

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Date: \_\_\_\_\_