



# Children's Guide 5-10 Years

**Flourish**  
Fostering

# Hello to You!

- Welcome to Flourish Fostering.
- The first thing you need to know is we're here to help you.
- Our job is to make sure we give you everything you need to feel happy and safe and to grow.

We know that you may be feeling a little scared and lost right now because of all the changes you have had to make.

This guide is to help answer some of your questions and you can keep it and look at it as many times as you want to.

### Why do I have to live with a Foster Parent?

When a child cannot live with their own family, they can move into a foster home where they will be safe and looked after by caring people. Children live with Foster Parents for all sorts of reasons, but it's not because of anything you have done. It is usually when your own parents struggle to bring up children in the way they need.

My Foster Parents' rules are:

- 1) .....
- 2) .....
- 3) .....
- 4) .....



It is important for us to get to know you. What do you like?

My favourite foods are:

What I will miss most about home is:

When I am worried:

## Social Workers

You can tell your Social Worker how you feel and what you want. They will listen to your feelings and answer your questions. Your Social Worker will make sure you're safe and all your needs are being met, in a safe and caring way by your Foster Parents.

They are also the people who make the big decisions about your life, including who you live with, where you go to school, when you can see your birth family.

You'll see them often and they'll also be at meetings whenever we talk about your care, or where you're living and go to school, or if there are going to be any changes to any of these things.

Your Foster Parents have their own Social Worker who works for Flourish Fostering, where your Foster Parents work. Their job is to make sure your Foster Parents are looking after you properly and have all the help they need. They will also talk to you to make sure you're happy and well cared for.

# Let Us Know How You Like to Have Fun!



# Good to Know

## CBeebies

- [www.bbc.co.uk/cbeebies](http://www.bbc.co.uk/cbeebies)

Games, stories and updates on every under-six's essential viewing.

## Mr Men

- [www.mrmen.com](http://www.mrmen.com)

Videos, games, stories and more from 24 of Roger Hargreaves' unbeatable creations.

## Seussville

- [www.seussville.com](http://www.seussville.com)

A gentle celebration of all things Cat In The Hat.



# Who to Contact for Help

My own Social Worker is:

Name.....

Mobile: .....

My Foster Parents' Social Worker from Flourish is:

Name.....

Mobile: .....

Useful Numbers:

- Childline No: 0800 11 11  
Website: [www.childline.org.uk](http://www.childline.org.uk)
- NSPCC: 0808 800 5000
- Ofsted: 0300 123 1231  
Website: [www.ofsted.gov.uk](http://www.ofsted.gov.uk)
- Coram Voice (Charity for Young People in Care): 0808 800 5792  
Website: [www.coram.org.uk](http://www.coram.org.uk)
- Children's Commissioner for England:  
Rachel de Souza: 020 7783 8330  
Website: [www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)