



# Children's Guide

## 5-10 years old



An information guide for children and  
young people aged between 5 and 10

## My Details:

**NAME:**

**AGE:**

**Address:**

**Phone Number:**



**MY FOSTER CARERS:**

**MY SOCIAL WORKER:**

**MY FOSTERING  
SOCIAL WORKER:**

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# About Fostering

Sometimes, the grown-up who usually takes care of you, like your mum or dad, might not be able to do so for different reasons. When this happens, a foster carer comes in to help. A foster carer is someone who can look after you when your usual caretaker can't anymore.

Your foster carer will make sure you're taken care of and help you feel like part of their family. They understand that you have your own family too, and they'll support you in staying connected with them when it's planned. Foster carers are all different, and Impact Fostering works hard to find the right family for you through a process called 'matching.'



Staff at Impact Fostering have loads of experience finding safe and caring homes for children who can't live at home. They find, train, support, and supervise foster carers to make sure you have a loving and secure place to stay.

**Your Social Worker** is here to help and support you. They will talk to you about any plans and really want to know what you think.

**Fostering Supervising Social Workers** work with the fostering family. They supervise and guide them to make sure everything is going well.

While you're staying with your foster carers, there will be different kinds of meetings to help everyone share information and work together to support you. You might have a placement agreement meeting or a statutory review. Your Foster Carers will also have a yearly review, and they'll ask for your thoughts and feelings about how things are going.

## **Staying in touch:**

Your social worker is there to help you stay connected with your family and important people in your life. Make sure to tell your social worker about the people you want to see. You might hear the word 'contact,' and that just means keeping in touch with your family and those special people, as long as it's safe and possible. There are different ways to have contact, like face-to-face visits, overnight stays, outings, events, telephone calls, and even exchanging photos, videos, emails, or letters.

## **Your thoughts:**

It's really important for you to share your thoughts and what you want. You can do this in meetings or by talking to your Social Worker and Foster Carer. Let them know what you enjoy and what you don't like.

## Talk to us!

Impact Fostering is excited to know all about your dreams and what you want to achieve! Maybe you're amazing at riding your bike and dream of representing your country in competitions, or perhaps you love reading certain books. Tell us how we can help you reach your dreams and goals.

Share your aspirations by emailing (or asking your Foster Carer to email) them to [info@impactfostering.co.uk](mailto:info@impactfostering.co.uk).

*We can't wait to hear from you!*



# What will my Foster Carer(s) do

Your foster carer will do lots of things to make you feel happy and relaxed while you live with them. No matter where you live, they will treat you with respect, and it's important to respect them and other children you might live with. Your Foster Carers will make you feel like part of their family, and they will also:

- Be someone who is interested in you, encourages you, and gives advice when needed.
- Help you learn important skills for when you grow up and leave their care.
- Ensure you have your own bedroom (or share with your siblings).
- Make sure you're well taken care of, listen to you, respect you, and provide help and support.
- Give you pocket money as agreed in your placement agreement meeting.
- Attend meetings about you, like those at school and with your social workers.
- Assist you in staying connected with your friends and family, providing a space to meet.
- Let you celebrate your birthday and religious festivals.



## What can I call my Foster Carers?

You can discuss this with your foster carers since they understand that it might feel strange living with new people. They won't assume you have to call them 'mum' or 'dad'; together, you can decide what feels right for you.

## Handling worries:

We know you may have loads of thoughts and questions like the ones below...

"Do they know what food I like? Can my friends visit? Will I have to move again?"

You can ask your Foster Carers about these things, and they won't mind. They'll try to help with any worries you have. If you prefer to talk to someone else, you can contact your Social Worker.

# Activities, My Belongings and Money:

## Activities:

Impact Fostering Foster Carers will cheer you on and help you take part in fun activities both at home and outside. Whether you love football, swimming, dancing, photography, hanging out with friends, or going to the cinema, they'll be excited to support your interests and hobbies. If you want to try new activities, just let your foster carer know, and they'll do their best to help you.



You might also get to go on holidays, weekends, or day trips, maybe with your family, friends, or carers. Everyone, including you, your family, your Foster Carers, and your Social Worker, will talk about and plan these together.

## My Belongings:

When you're at your foster carer's house, you'll get your own bedroom if there's room. It's a special place where you can have some quiet time to relax or do your work. Your bedroom is just for you, where you can keep all your stuff. If you have anything important, like jewellery or important items, tell your Foster Carer so they can keep it safe.



Sometimes, your foster carers might have to come into your room, but they'll always knock first. It's important to remember that you should never go into someone else's room without asking for permission.

## Money:

While you're in foster care, you'll receive weekly pocket money. The actual amount will be decided at a meeting called your placement agreement meeting, where you, your Foster Carer, and your Social Worker will all talk about it. Impact Fostering suggests around £8 per week but this may be different depending on your situation and what is decided by your Social Worker. You are also entitled to some money for clothing which is also agree on by your Social Worker and Foster Carer.



## Household Rules:

### Rules:

Every family home has its own set of rules, and they might be a little different from what you're used to. You won't be able to do everything you want, but that's because your foster carers promised to keep you safe. Rules are there to help the family home run smoothly, making sure you stay safe, get enough rest, and eat well for your healthy development. Having rules doesn't mean your foster carers don't want you to have fun – they do! They just want to make sure you're safe while having a good time.



## What happens if make a mistake or do something wrong:

If you don't follow one of the rules, your Foster Carers might need to use a consequence. This could mean being grounded, getting a talk about it, losing some free time activities, or having extra chores to do. To help you remember the rules and avoid breaking them, you can write them down in the space given below.





# Your Education and Health

## Education:

Your Foster Carer will help and support you with your schoolwork, making sure you have everything you need, including a quiet place to study. It's important to go to school regularly, and if you face any difficulties, talk to your Foster Carer and your social worker about them.



If you're not going to school right now, your Foster Carers and Social Worker will figure out why and work on solving any problems so you can go back to school. You might feel happy or maybe not, but everyone needs a good education. If you haven't been to school for a while, it's okay to feel a bit nervous about going back, but your Foster Carer will help you overcome any worries.

Remember, school is not just about lessons; it's also about making friends and joining in after-school activities and having fun!

## Health:

Staying healthy is awesome! It means eating yummy, good-for-you food and doing activities you enjoy. Your Foster Carer will make sure you have a doctor if you're far from your family home. They'll also make sure there's a health record for you.

Our eyesight and teeth are super important, so it's good to get regular checkups. Your Foster Carers will set up appointments with an eye doctor and dentist and go with you. If you need glasses, your foster carer will help you choose a stylish pair!



# Bullying:

Sometimes, children might bully others for different reasons:

- They might not know it's wrong.
- They could be copying older siblings or people in the family they look up to.
- They might not have learned other ways to get along with their school friends.
- Their friends might encourage them to bully.
- They might be going through a tough time and are expressing their feelings in a not-so-good way.
- They could be feeling jealous.



Bullying can include:

- People calling you names.
- Making up things to get you in trouble.
- Hitting, pinching, biting, pushing, and shoving.
- Taking your things.
- Damaging your stuff.
- Threatening and scaring you.

**Remember it is important to speak up! If you experience bullying tell someone you trust, like a teacher, Foster Carer, or Social Worker.**

## Online or Cyber Bullying:

Online bullying, also known as Cyber Bullying, is when someone bullies and harasses others using email, instant messaging, text messages, blogs, websites, and mobile phones. It can also be called electronic bullying, SMS bullying, mobile bullying, and internet bullying. Cyberbullying is not okay, and it can make you feel upset.

Here are some ways to stay safe:

If you get a mean email, it's best not to reply. If it doesn't stop, tell your Foster Carer, and they might be able to contact the service provider. If it keeps happening or is really worrying, save and print the emails. It can be proof in case your Foster Carer needs to report it.

Don't share personal information in chatrooms or through instant messaging. Ignore or log off if someone is being mean. Always think about what you write and how you write it.



Using the internet for chatrooms, forums, and talking to friends can be really fun! It's a cool place to meet interesting people and share ideas. But you have to be super careful about who you talk to and what information you share.

Always remember, even if you've chatted a lot, if you've never met the person in real life, they're still a stranger. Just like you wouldn't give personal details to a stranger on the street, the same rules apply on the internet. You never know who is behind the screen!

Sending messages, emails, and pictures is a great way to stay in touch with friends, but once you send them, you can't control where they go or who sees them. Pictures can be copied and shared without your permission, and messages might be sent to the wrong person. If you send or post things on the internet, it can stay there forever.

Only give your mobile number to people you know and trust. Don't reply to text messages from people you don't know. Always ask for permission before posting someone else's picture online. When you sign up for things on websites, check if the site is trustworthy before giving out any information. Reliable sites, like the BBC, will have a privacy policy telling you how your information will be used.

If you ever have doubts, talk to your carer. They can help you decide if a site is safe and reputable. Stay safe online! If you are unsure about something, or worried about online or cyber bullying, speak to your Foster Carer and Social Worker.

They will do their best to deal with this and help you 😊



# Protecting Children and Keeping them Safe

Sometimes, grown-ups or other children can hurt children, either by doing something physical or making them feel really sad, and this is not okay.

This is called **Child Abuse**. Child abuse is wrong.

Child abuse can happen in different ways:



- **Physical Injury:** This is when a child is hit, punched, kicked, or hurt in a physical way.
- **Emotional Abuse:** This is when a parent or caregiver acts in a way that seriously affects a child's feelings. It can range from always being mean and rejecting to constant severe criticism. Watching domestic violence can also be a form of emotional abuse.
- **Neglect:** This is when children don't get the care they need, like love, attention, safety, food, warmth, education, and medical help.
- **Sexual Abuse:** This is when a child or young person is pressured, forced, or tricked into doing anything sexual with an adult or another young person. This could include kissing, touching private parts and intercourse. Making a child look at adult magazines, videos, or sexual acts is also considered sexual abuse.

## What is Child Protection:

**Child protection** is all about preventing and stopping child abuse. If someone at school, a health visitor, or Social Services hears concerns about a child, they might report it. This could lead to the child becoming the focus of a **child protection inquiry**, which may then lead to an investigation. Social Services has a responsibility to look into such situations to make sure that harm to children is reduced and children are kept as safe as possible.



A social worker's important job is to keep children safe from harm. If they're worried about a child, they might organise a meeting called a **child protection conference** to figure out how to help. This plan becomes a **child protection plan**. Parents, teachers, social workers, and everyone involved in taking care of a child can share ideas for the plan. You might even get to go to the meeting, so talk to your Social Worker about it.

Children's services, like local authorities and foster providers, really want to make sure children are safe and protected from harm. The law makes it clear that **hurting children is absolutely wrong**.

## How to make a Complaint:

All children under care have the right to say if something's not right. If you're not happy with something, you can tell Impact Fostering by calling, writing, or talking to them. Ask your Foster Carer or their Fostering Social Worker for more information about this. They will come out to visit your Foster Carer's every 4 to 6 weeks. However, you can ask to speak to them earlier by letting your Foster Carer know you want to contact them.



Councils have a way to handle complaints too. Check with your Social Worker about this and get the contact details. And don't forget to talk openly to the Independent Reviewing Officer.



## Useful Contacts:

My Social Worker	My Foster Carers	Fostering Social Worker	Independent Reviewing Officer
Name:	Name:	Name:	Name:
Contact Number:	Contact Number:	Contact Number:	Contact Number:



### **Commissioner for England:**

There is a commissioner for children in England and her name is Rachel de Souza, and she works to 'promote awareness of the views and interests of children'. Details for her are below:

Address: 20 Great Smith Street, London, SW1P 3BT  
Phone: 0207 783 8330  
Web: [www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)  
Email: [info.request@childrenscommissioner.gsi.gov.uk](mailto:info.request@childrenscommissioner.gsi.gov.uk)

### **Child Line:**

This is the free 24-hour helpline for children and young people in the UK. Child Line's counsellors are there to help and find ways to sort things out. Child Line is confidential – which means they won't tell anyone about your call unless you want them to talk to somebody for you, or you are in danger.

Phone: 0800 1111  
Web: [www.childline.org.uk](http://www.childline.org.uk)



## **Ofsted:**

An organisation called Ofsted checks the work of fostering agencies in England. The details for Ofsted are:

Address: Piccadilly Gate, Store Street Manchester, M1 2WD  
Phone: 0300 123 1231  
Web: [www.ofsted.gov.uk](http://www.ofsted.gov.uk)  
Email: [enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk)

## **CoramVoice:**

Confidential advice and advocacy for children and young people in care of leaving care. Details are:

Address: 49 Mecklenburgh Square, WC1N 2QA  
Phone: 0808 800 5792  
Web: [www.voiceyp.org](http://www.voiceyp.org)  
Email: [info@voiceyp.org](mailto:info@voiceyp.org)

## **NSPCC:**

If you need help or advice or are concerned that you or another child may be at risk. The helpline is open 24 hours a day.

Phone: 0808 800 5000  
Website: [www.nspcc.org.uk](http://www.nspcc.org.uk)



If you need to contact Impact Fostering, our details are:

Address: Impact Fostering  
St Paul's Centre  
405B Belchers Lane  
Birmingham, B9 5SA  
Phone: 0800 001 6166

