



MY CHILDREN'S GUIDE TO FOSTER CARE



MY NAME IS: _____



HI I'M PETER PANDA AND MY FRIENDS ANIKA AND BILLY ARE HERE TO TELL YOU ALL ABOUT FOSTER CARE
THIS BOOKLET IS YOURS TO KEEP! SO TELL US SOMETHING ABOUT YOU AND WE CAN BEGIN!



I AM A:



CIRCLE ONE

MY FAVOURITE GAME TO PLAY IS:



WHEN I GROW UP I WANT TO BE A:



I AM

1 2 3 4 5 6 7 8 9 10

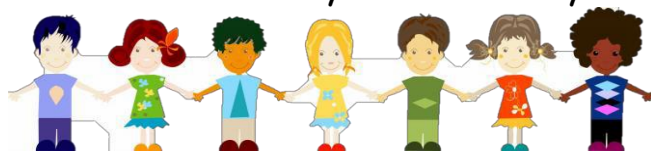
YEARS OLD

MY FAVOURITE COLOUR IS:



All children deserve to be **safe** and **feel happy**. Sometimes, when children live at home, their mum, dad or whomever usually looks after them may not be able to look after them.


When this happens, someone called a **Social Worker** will visit. They will talk and listen to what you have to say.



They will also talk to your parents or whoever looks after you at home.

There can be lots of reasons why those caring for you might not be able to at that moment. The Social Worker will try to **help** your family but sometimes children and young people might have to live somewhere else for some time.

When this happens, the children go to live with **Foster Carers**.

A cartoon illustration of a young girl with short brown hair, wearing a green shirt and blue overalls with a red heart on the pocket. She is standing in a green landscape with rolling hills, a yellow pagoda-like structure, and a blue sky with white clouds. A large blue speech bubble is positioned above her, containing the text 'PETER PANDA, WHAT DO SOCIAL WORKERS DO?'.

PETER
PANDA, WHAT
DO SOCIAL
WORKERS
DO?



A **Social Worker** is someone that is specially trained to help you and your families through **difficult times**.

It is a Social Worker's job to make sure you are OK. You should think of them as someone who is there to **help you**. Your own social worker will visit you regularly and talk to you about what is happening in your life. They care about you, and you can talk to them about anything you are **worried about**.

Your Foster Carer(s) will have their own **Parent and Child Fostering Service (PACFS) Supervising Social Worker**. Their job is to make sure your carers are looking after you properly and have all the help they need to do so.

They will also talk to you to make sure you're **happy and well cared for**.



NOW YOU KNOW WHAT A SOCIAL WORKER IS, TELL PETER PANDA WHO YOUR SOCIAL WORKERS ARE

MY SOCIAL WORKER IS CALLED

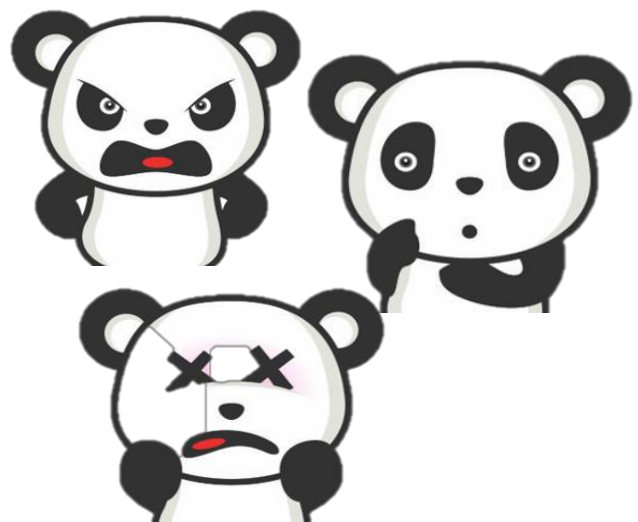


THEIR NUMBER IS

SUPERVISING SOCIAL WORKER IS CALLED

THEIR NUMBER IS

Don't forget, you can talk to your social worker(s) about anything - if you're happy, sad, angry, confused, or scared. Tell them! Their job is to help you.



PETER
PANDA, WHO
ARE FOSTER
CARERS?



Foster Carers are **ordinary families** who look after children and young people who cannot live at home. Our foster carers have had **training and have been 'checked'** to make sure that they can offer you a safe place to live.

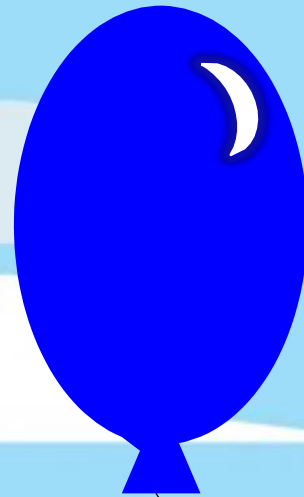
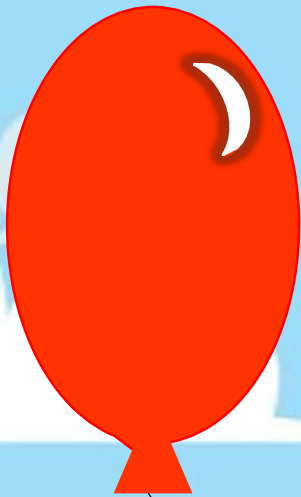
Some foster parents **will live on their own, some are married.** Some will be looking after **other children.** Some will have their **own children,** and some may even have **pets.**



Your Social Workers will tell you all about the foster carer(s) and may even arrange for you to **meet them** before you have to live with them.

LET'S PLAY A GAME

CAN YOU SPOT THE 5 DIFFERENCES IN THE TWO PICTURES?





HOW WILL FOSTER CARERS HELP ME?

Your Foster carers are trained and approved to keep you safe in a warm, clean house. Your Foster Carers will also:

- Help you settle in your new home.
- Ensure a baby monitor is used so babies are kept safe and monitored.



- Provide healthy food for you to eat.



- Provide clean clothes for you to wear.



- Provide space for your personal belongings.

- Provide a bed for you to sleep in.



- Make sure you attend school.



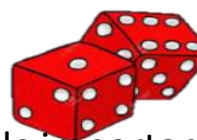
- Make sure you see doctors if you are feeling poorly.



- Make sure you attend church or places to worship if you want to



- Make sure you have leisure time.



- Make sure you have contact with people important to you if agreed by your social worker.





“EVERY FAMILY HAS **RULES**
THESE ARE ABOUT HOW TO
TREAT EACH OTHER, ABOUT
LISTENING TO EACH OTHER
AND KEEPING SAFE
**WHAT ARE YOUR FOSTER
CARERS' RULES? YOU CAN
WRITE THEM DOWN TO
HELP YOU REMEMBER”**



Some of my Foster Carer's Rules are:

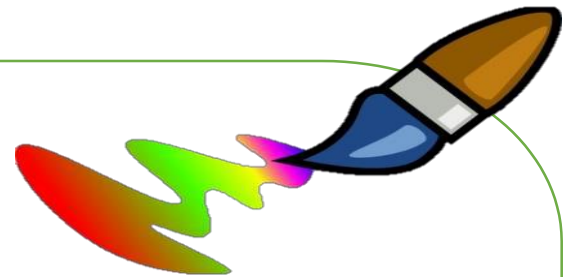






**WHAT DOES
YOUR
FOSTER
FAMILY
LOOK LIKE?**

**SHOW US BY
DRAWING A
PICTURE OF
YOUR FOSTER
FAMILY BELOW**





**PETER PANDA, WHAT
CAN I TAKE TO
FOSTER CARE?**



You can take almost anything with you when you go to live with **foster carers**.

You will be able to bring your **clothes, games, books, toys**, and any other special things that are **important**.

**PETER PANDA, HOW
LONG WILL I BE IN
FOSTER CARE?**



This depends on what is best for you.
You may stay in foster care for a very **short** time.
Or you may need to stay for **longer**.

The social worker would normally have some idea of how long this could be.

Your Social worker will work hard to get you back home as soon as possible, but only if they know that it will be **safe** for you to do so.





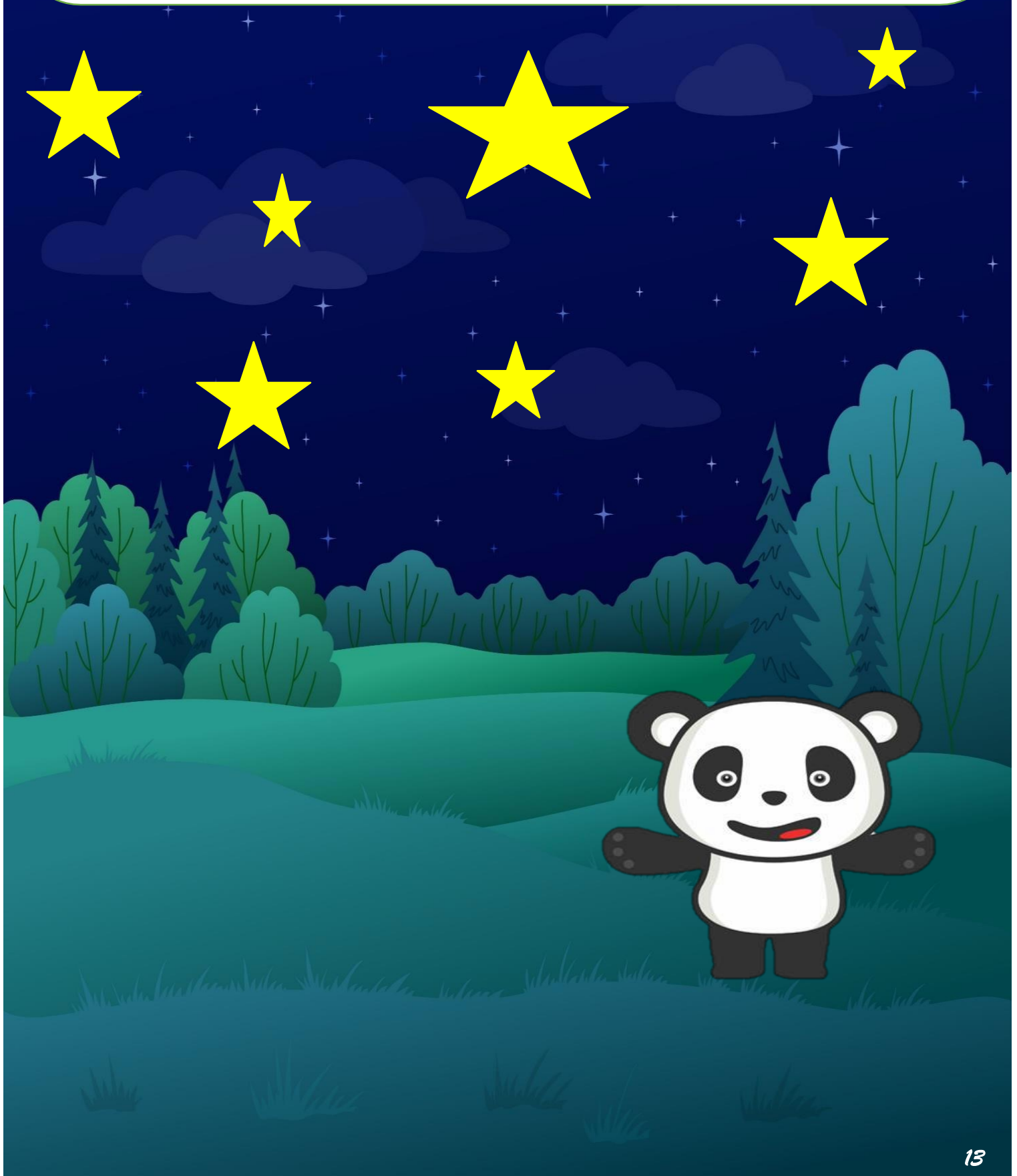
Whilst you are in foster care you may **miss your mum, dad, brothers, sisters, grandparents, friends and pets.**

Your social workers will help children to stay in **contact** with people important to them and in some cases, they may even arrange someone to **go with you** to see your family to make sure you are safe.



LETS PLAY A GAME

HOW MANY **YELLOW STARS DO YOU
SEE IN THE SKY?**





YOU MAY BE
WONDERING
ABOUT HOW ALL
OF THESE
DECISIONS ARE
BEING MADE

Whilst living in foster care, there will be meetings called **Reviews** that your social workers, your foster carers and your parents will attend to talk about **the best plan for you**. Everything that happens in these meetings are written down by your social worker. This is called a **Care Plan**. Everyone must do exactly what is agreed in the **Care Plan**.

If you have **any worries** in between these meetings, you can talk to your social worker or the person who is in charge of the reviews, who is called the **Independent Reviewing Officer**.

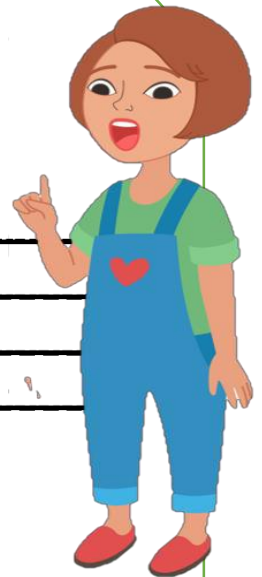
Can you spot
someone hiding
from Peter
Panda?

If you want to go to these meetings and you are old enough, you must tell your social worker who will arrange this for you.



**OK, NOW LETS
TEST YOUR
KNOWLEDGE!**

WHAT IS A REVIEW?



WHAT IS A CARE PLAN?

**WHO IS THE PERSON IN CHARGE OF THE
REVIEWS?**

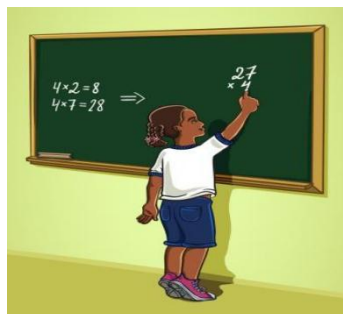
**IF YOU WANT TO ATTEND A REVIEW WHO SHOULD
YOU TALK TO?**






Social workers will do everything possible to make sure that you **stay in the same school**. They will also let your school know that you are living with foster carers. You do not have to tell anyone else that you are living with foster carers.

School is very important because it's where you learn about subjects, growing up, making new friends and it allows you to take part in activities and hobbies after school.



Your teacher will know that you have gone to live with a foster carer, but it is your choice if you want to tell other people. If you have **any problems**, difficulties or are being **bullied**, you must tell your teacher, social worker or foster carer.



When you are in foster care you will get **pocket money** for you to spend on treats and things you like - **games, books, toys.**

Your Foster Carer and Social Worker will tell you what pocket money you will get.

It is good to **save** your pocket money and **buy something you like.**

**PETER PANDA,
WHAT ABOUT
IF WE WANT
TO **BUY**
SOMETHING?**



**PETER PANDA THINKS HIS FUR
COULD BE MORE COLOURFUL**

**CAN YOU HELP BY COLOURING
HIM IN?**



LOOK LIKE?

NOW LETS TALK
ABOUT **YOUR**
RIGHTS!



When in Foster Care you have the right to...

Be healthy. Be allowed to say what you want.

Be allowed to use the telephone.

Be kept from getting hurt.

Be allowed to choose your friends.

Be allowed to write letters.

Be given your own space.

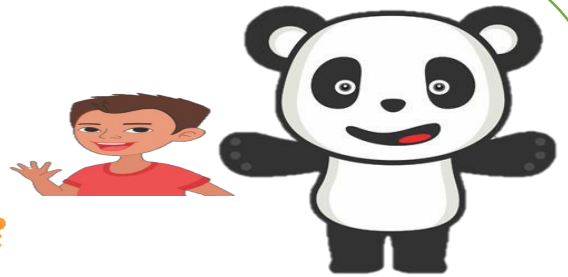
Be heard.



It is very important that you feel you can **talk to people regarding your feelings** about being in foster care.

Your Social worker and foster carer will **listen to you** and can speak with you about meetings or anything you want to talk about. If you have **a problem** or are not happy with something, you can also **talk to someone from the list of useful numbers on the next page:**

USEFUL NUMBERS



CHILDLINE

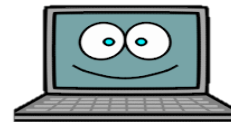
ChildLine is a private and confidential service for children and young people up to the age of 19. You can contact a ChildLine counsellor about anything,

-no problem is too big or too small.



0800 1111

www.childline.org.uk



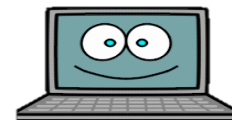
CHILD LAW ADVICE SERVICE

The Child Law Advice Service provides legal advice and information on family, child and education law affecting children and families. They cover legal issues that may arise following relationship breakdown as well as Local Authority intervention and child protection issues.



0300 330 5480

www.childlawadvice.org.uk



CORONAVIRUS: Covid-19

<https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>

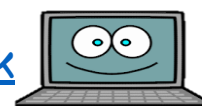
THE WHO CARES TRUST

The Who Cares? Trust is a voice and a champion for children and young people in the UK living in care.



02070178901

www.thewhocarestrust.org.uk



Ask your social worker about an **Advocate** -- A person who will speak up for you.



**WHAT IF I'M NOT
HAPPY ABOUT
SOMETHING AND I
WANT TO MAKE A
COMPLAINT?!**



It is your right to make a complaint and you should not be treated any differently if you make a complaint.

If you have a complaint about the foster carer you live with, you can speak to anyone you think can help, such as your **Social Worker or your teacher.**

You can also ring **Alfred** - He's a Fostering Manager at PACFS and his number is **07572 378258.**

You can also **fill in the form on the next page** and give it to someone you trust.

If you make a complaint, we will: **Listen to you and take you seriously** Try to **put things right** for you if something has gone wrong. Find ways to stop mistakes happening again.

If this does not help, we will ask an independent social worker to look at what we can do better.



OTHER USEFUL CONTACTS IF YOU WANT TO MAKE A COMPLAINT



CITIZEN ADVICE BUREAU (BRENT)



0845 050 5250



<https://www.citizensadvice.org.uk/about-us/contact-us/complaints/>

OFSTED



0300 123 1231

OFSTED, Piccadilly Gate, Store Street
Manchester, M1 2WD

enquiries@ofsted.gov.uk



<https://contact.ofsted.gov.uk/onlinecomplaints>

CHILDREN'S COMMISSIONER



020 7783 8330



<http://www.childrenscommissioner.gov.uk/help-at-hand>

email: help.team@childrenscommissioner.gov.uk

How many phone numbers do you see?

1

2

or

3

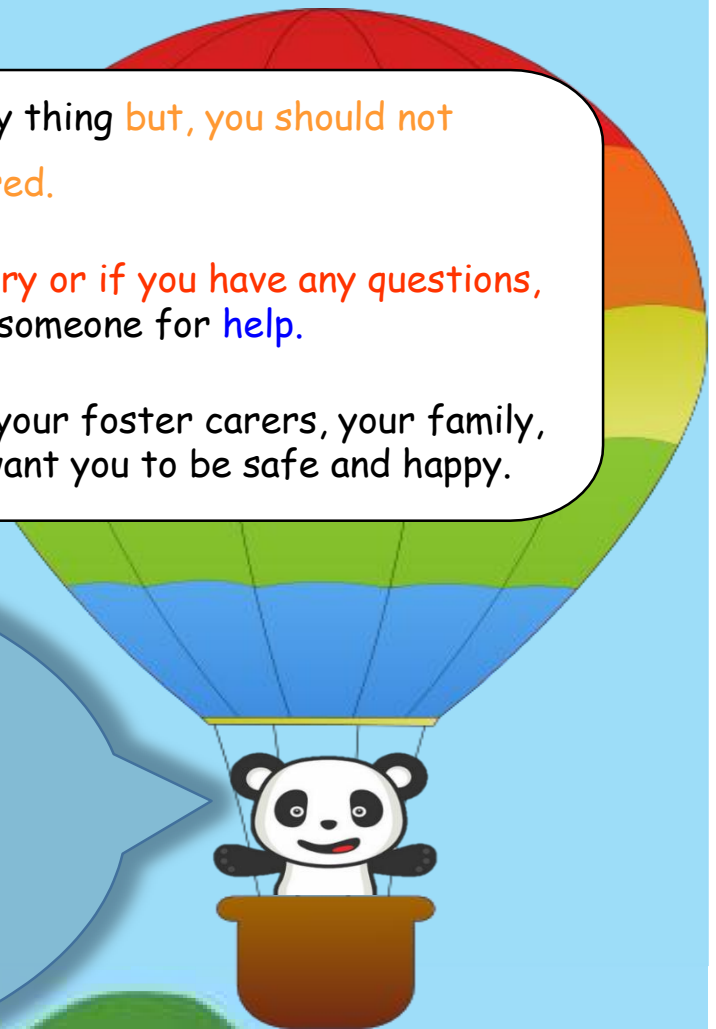
Circle the correct answer.

Going into foster care can be a scary thing **but, you should not feel scared.**

However, **if you are scared, sad, angry or if you have any questions,** don't be afraid to ask someone for **help.**

Your social workers, your teachers, your foster carers, your family, your friends and Peter Panda, all want you to be safe and happy.

**SO NOW YOU KNOW
ALL ABOUT FOSTER
CARE, HELP ME TAKE
ANIKA AND BILLY
TO THEIR NEW
FOSTER HOMES**



Policy Statement

PACFS will work to ensure that all children and young people placed with our carers have the best chances in life to achieve their full potential.

Key Outcomes

These can be summarised under 5 key outcomes for children and young people:

Being healthy

All children and young people have the right to have their physical and mental health safeguarded and promoted. They also have the right to live a healthy lifestyle.

Being safe

All children and young people have the right to be safe and secure, protected from harm and neglect and to live in an environment that enables them to develop to their full physical, mental, spiritual, moral, and social potential.

Enjoying and achieving

All children and young people have the right to the best possible education and training which meets their identified needs and equips them to live full adult lives. They also have the right to time and support to pursue appropriate leisure interests, especially children acting as young carers.

Making a positive contribution

All children and young people have the right to family life wherever possible and to be supported to take part in community life. They have the right to a continuity of care wherever possible and to develop and preserve their own identities. They also have a right to information and to make choices about their lives, having regard to their age and understanding. Through these, they will be enabled to make a positive contribution to their community and to society.

Economic well-being

All children have the right to live above the poverty threshold and to be equipped with the skills and knowledge that will help them overcome socio-economic disadvantage where necessary.

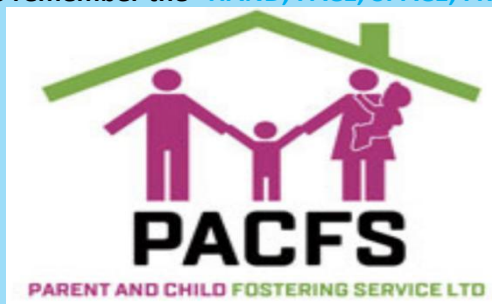
Key Principles

Consideration of children's welfare and best interests will always be at the centre of our work.

PACFS will work closely with placing authorities to try and ensure the above outcomes are achieved, by providing skilled experience foster carers and facilitating services to support this arrangement, wherever this is possible and in line with the child's safety and well-being.

On Coronavirus. In March 2022 the Government lifted all the Covid rules. This mean you can go to school even if you have Covid 19, but you are not feeling unwell. . There are simple things you can do in your daily life that will help reduce the spread of COVID-19 and other respiratory infections and protect those at highest risk, like wash your hands regularly, cover your coughs & sneezes & clean your surroundings frequently. For more on living with respiratory infections, please see <https://www.nhs.uk/conditions/covid-19/covid-19-vaccination/getting-a-covid-19-vaccine/>.

Peter Panda said we all **MUST** try to remember the “**HAND, FACE, SPACE, FRESH AIR**” slogan.



**Parent and Child Fostering
Service (PACFS)**

Address: Continental
House 497 Sunleigh
Road Wembley
Middlesex
HA0 4LY

Contact numbers:

0208 959 0414
07956 924 625

Email Address:

info@pacfs.co.uk

Website:

www.pacfs.co.uk