

Foster Care

One Minute Guide

What is foster care?

Sometimes children need to live with people who are not their mum or dad. This is sometimes called foster care.

There are lots of reasons why children might need to live with foster carers. And your social worker will talk to you about yours. They are there to listen and answer your questions.

Who are foster carers?

Foster carers take care of children when they can't live at home. If you're living with foster carers, it's really important for you to know:

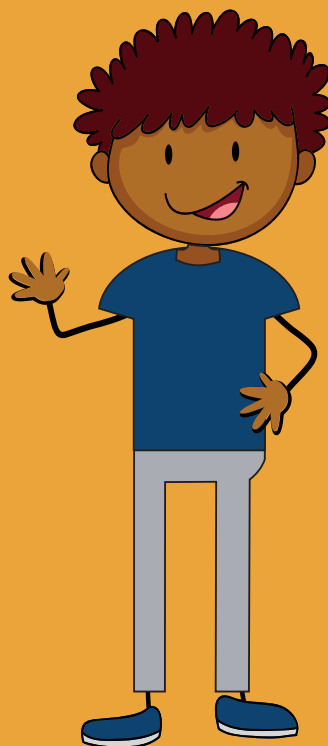
- ♥ it's not your fault.
- ♥ it's not because of something you did.
- ♥ The adults who care about you want you to be happy and safe.

Our promise to you

If you're living with foster carers, we promise to give you the best care we can.

We will:

- help you stay healthy, safe and cared for
- support you at school and help you enjoy the things you like to do
- help you stay in touch with your family (where possible)
- match you with foster carers who can care for you in the best way
- listen to you and let you have a say in decisions about your care
- help you share your wishes and feelings about how things are going
- check in with you to make sure everything is okay and help with any worries you have.



What are things like in foster care?

I made new friends and get to see my brother and sister. I like everything about my foster carers.

My foster carers help me at school and I do Majorettes, Gymnastics, Art, Theatre and Martial Arts!

Here are some of the things that children in foster care have told us:

They help you to do stuff and teach you how to look after yourself like going to the dentist.

I got to go on holiday with my carers.

(Complete this with your foster carer)

My carers name/s

Other family members

Other important people

There is a full guide to foster care on our website, www.Care4Us.co.uk



VoiceAbility

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