



If you don't like something.....

If something happens that you don't like or don't understand ask your foster carer or another grown up to explain it.

If you are still unhappy and nobody can help you sort it out, you can complain.

You can phone and speak to the manager at St Christopher's, your foster carer can help you do this.



Your Social Worker;  
Name.....contact number.....

You can contact your Independent Reviewing Officer;  
Name.....contact number.....

Children's Commissioner, Anne Longfield; 08005280731  
[www.childrenscommissioner.gov.uk](http://www.childrenscommissioner.gov.uk)

To contact the Chief Inspector OFSTED on 03001231231 or  
[enquiries@ofsted.gov.uk](mailto:enquiries@ofsted.gov.uk) or  
Piccadilly Gate  
Store Street  
Manchester

St Christopher's  
Fellowship  
1 Putney High Street  
London SW15 1SZ

[www.stchris.org.uk](http://www.stchris.org.uk)

020 8780 7800

St Christopher's  
Fostering  
Sandwell Courtyard  
102 High Street  
West Bromwich  
West Midlands  
B70 6JW

0121 525 3738

St Christopher's  
Fostering  
Waterhouse Business Park  
2 Cromar Way  
Chelmsford  
Essex  
CM1 2QE

01245 392 102



# St CHRISTOPHER'S CREATING BRIGHTER FUTURES



## A CHILD'S GUIDE TO FOSTER CARE

(0-10)

“Hello! I'm Chris the bear, I'm here to tell you what foster care is. This booklet is yours to keep and use, whenever you want to find something out.”

This booklet belongs to:

.....  
.....  
.....

I am this many years old:

.....  
.....  
.....



All children have to go to school and most younger children go to pre-school or nursery. Often children who live with foster carers still go to the same school they always have, but sometimes they have to go to a new school. Your foster carer will make sure you are happy and have everything you need to help you learn and make friends with other children. They will always help sort out any problems at school and be there to help you if you need it.

Your foster carer will also help you if you are not being treated nicely by other children you know.

Sometimes children are not nice to other children and this could be called bullying.

Bullying is not allowed and we will help you if you feel that you are bullied or if you are a bully.

It is important that you feel happy and safe.

Some children know their foster carer and some don't. You may feel worried about going to stay with people you don't know. Your foster carer will help you feel at home by finding out what makes you happy and comfortable.

You will also find out about your foster family, what they do on a weekend or what time they get up in the morning!



You, your social worker and your family will see that you take some of your own belongings with you when you move in. It's also a good idea to take some special things from home, like your favourite teddy and photos to help you feel more settled.

Your social worker and foster carer will make sure you keep in touch with all the people who are important to you. Usually this will be your family, but if seeing anyone would mean you are unhappy or unsafe then your social worker may make different arrangements for you to keep in touch.

You may talk to some of your family on the phone or you may go to a contact centre to see them.

## PARTICIPATION

At St Christopher's we do a lot of fun things. You will be invited to take part and you decide yes or no! These events can be activities like Drama, Wall climbing or an Arts and Crafts session. Taking part is fun and also helps us to learn about what you like. We also ask you for feedback on what we do so we can learn and be the best we can.

## WHAT IS A FOSTER CARER?

Foster carers are special people who have been carefully chosen to look after children.

Foster carers care for children and make sure they are safe, eat the right food, are warm and comfortable, go to pre-school or school and most importantly have fun and are happy.

Your foster carers work for St Christopher's, we are a charity and care for lots of children.

## WHY DO I HAVE TO LIVE WITH A FOSTER CARER?

Sometimes children cannot live with their family, this can be for lots of reasons, but it's not because you have done anything wrong.

## YOUR WISHES AND FEELINGS.

Your foster carer and social worker will find out from you what you understand and what you would like to happen. Your social worker will use this information when making decisions.



## YOUR SOCIAL WORKER

Your social worker works for the Local Authority, they like children and want to help and make things better. They must check you are OK.

They will visit you often, speak with you and listen to what you are thinking and what you are doing.

## ST CHRISTOPHER'S SOCIAL WORKER

As your foster carers foster for St Christopher's they have a social worker from St Christopher's. They are called a supervising social worker. They make sure your foster carers are looking after you properly and that you have all that you need. They will talk to you to make sure you are happy and well cared for.

What is a social worker?  
Who are St Christopher's?



WHO ELSE LIVES WITHIN YOUR FOSTER FAMILY?  
CAN YOU DRAW A PICTURE OF THEM?

