

# Living With a Foster Family



This guide  
belongs to

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# All about fostering



## Who lives with a foster family?

Sometimes parents can't look after us as well as they want to. There could be lots of different reasons why. They might not be very well, so are finding it hard to look after you. Your foster family is helping by looking after you instead. They will take good care of you and try to help you feel happy, and give you opportunities to follow your dreams.

## How long will I stay?

Your social worker will talk to you about how long you will stay with your foster family. It is different for everyone. Sometimes it is a long stay, and sometimes it is a short one. You can always ask your foster parents to find out anything you want to know.



## Who are my foster family?

There are lots of different foster families. They are all different ages and from lots of different areas. Some have children or young people living with them already. Sometimes a foster family will have one foster parent, others have two.

Every foster family is checked to make sure they're going to look after you properly and keep you safe.

Your foster family want to help you and help you feel to happy. They are there to help with any problems at all.

## What about bedtime?

It's up to you and your foster family to work out what times you should be going to bed and coming in. You can talk about this with them.

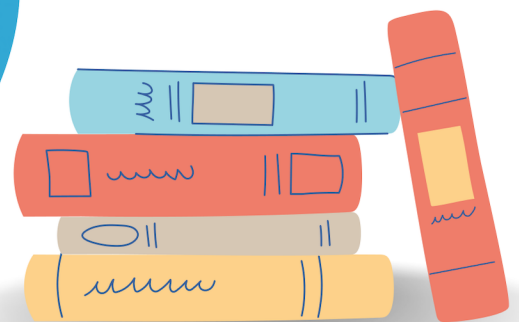
# Answering your questions

## What happens when I arrive?

Firstly, you'll meet everyone who lives at the house and you will get a tour. You will see where you will be sleeping and where you can put your things.

You might talk to your foster family about what kinds of food you like. You can ask them any questions too!

Together you can make a list of your clothes and valuables so that nothing gets lost.



## Visiting my family

Your foster family might help to sort out meeting your family. Your Social Worker will also help to decide if it's ok to see them. Sometimes when you see your family, a Social Worker will be there too. Your Social Worker can tell you more about this.

You might also like to use the Internet to talk to your family, on things like Facebook or Snapchat. Your foster family and Social Worker talk about this with you.

## Will I get my own room?

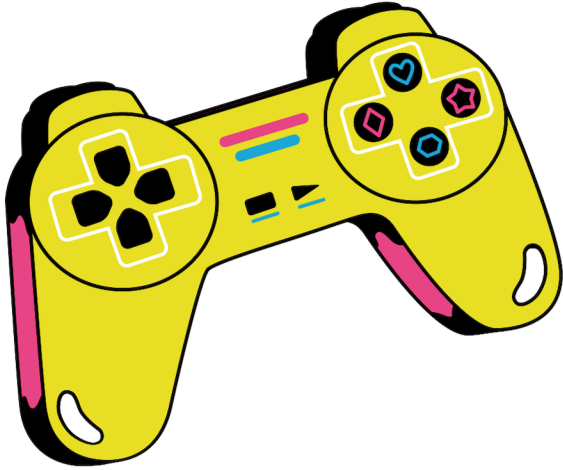
Yes! Your bedroom is your own place. Your foster family will want you to look after it.

Your foster parents may check your room, but will ask you if you want to be there.

You will never be asked to share a room with anyone apart from your siblings, if you have any.



# Answering your questions



## When can I see my family & friends?

We're going to do our best to help you keep seeing the people who are important to you. We know your family and friends mean a lot.

You can call people as your foster family agrees. You can talk on the phone alone without anyone else listening.

You can talk to your foster family about making calls.

## Am I allowed a mobile phone?

You are allowed to have a phone, but only if you use it properly. You can talk about rules with your foster family, but here are some things you should not do.

You shouldn't use it in lessons or to commit crimes. You shouldn't use it to take any photos that would worry your foster family, your Social Worker, or the police.

You can talk to your social worker if you think the rules around your phone aren't fair. Don't forget that phones can be bad for you.



## Will I get rewards?

You can get rewards by behaving well. Maybe you will get extra pocket money or a special treat from your foster family. We'll keep track of your rewards, so that we can see how you are doing and see if you need help with anything.





# Answering your questions

## Will I get new clothes?

You can choose your own clothes if you like, and get £15 per week to spend. You can sometimes earn extra spends as a reward for effort. If you'd like to choose your own clothes, your foster parents might want to come with you.

## Staying healthy

It's very important to us and your foster family that you stay healthy. If you need to go to the doctors then your foster family will help. You will get a check up at your local doctors. You'll also go to the dentist every six months, and to let an optician check your eyes every year. Everyone should have these check ups to stay healthy!

Your foster family will help you to eat healthy foods and do exercise. It's important to stay clean and hygienic too.

## Can I see my friends and have sleepovers?

If you would like to have friends over, you just need to make sure they have their parents' or guardians' permission. You can also go and see your friends as long as your foster parents say it's ok.

Sleepovers have to be agreed with your social worker too.

## Can I choose what to eat?

Make sure your foster family knows what foods you really like or don't like. It's important that everyone knows if there are things you can't eat. You can be involved in shopping for food if you like. We try to make sure everyone has a healthy and balanced diet.



# My Social Workers

## Contacting your Social Workers

Use this page to write down the names of your Social Workers and their telephone numbers. They're always happy to talk to you about anything.

Your foster family can help you to talk to them if you need.

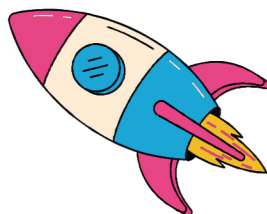
My Local Authority Social Worker is called:

Their telephone number is:

My Parallel Parents Social Worker is called:

Their telephone numbers is:





# Wordsearch

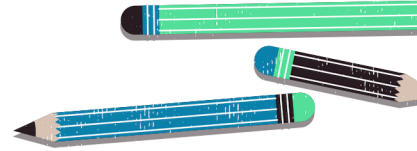
E	P	O	E	C	A	T	H	T	R	A	E	A	W
S	C	B	O	T	E	K	B	L	U	S	H	O	R
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C	E	C	B	A	S	K	E	T	B	A	L	L	L
F	B	L	B	E	I	S	R	E	A	C	A	S	O

**Can you find the words based on the clues?**

1. What can you wear on page 5?
2. What do you kick on page 1?
3. What can get you to space on this page?
4. What happens when sun shines through the rain on page 5?
5. What is the planet on this page called?
6. What plays music on page 3?
7. What's made of water on page 5?
8. There are five of these on page 3?
9. An instrument on page 4.
10. They're on page 2 and made out of trees.
11. What do you throw through a net on page 1?



# Comments & Suggestions



**Fill in this page and send it to us. Your opinion is important! You can ask your foster family for help sending it, or you can give it to your Parallel Parents Social Worker**

**My name is:** \_\_\_\_\_

**My age is:** \_\_\_\_\_

**Tick one:**

**I want to make a complaint**

☐

**I have an idea**

☐

**I want to tell you what I think**

☐

**I have something good to say**

☐

**I am worried about something**

☐

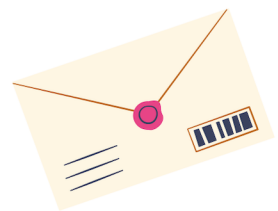
**Someone is completing this form on my behalf**

☐

**Would you like a response? YES / NO**

**Have you already spoken to someone about this? YES / NO**

**What would you like to happen?**



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Please return completed form to: Parallel Parents,  
2nd Floor Lansdowne House, 85 Buxton Road, Stockport, SK2 6LR**