

# A Childs Guide to Being in Foster Care

with Little Acorns Fostering



LITTLE ACORNS  
FOSTERING



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**Little Acorns welcomes you to your new home.**

Little Acorns is a Fostering Agency. We work with foster families for children who cannot live with their own family.

This guide tells you what being fostered means and where you are going to live.

Inside we tell you who you can talk to if you are unhappy.

**Who works at Little Acorns?**

Here are some of the people you might meet when you visit Little Acorns. Why not fill in their names ?

- .....Responsible Individual
- ..... Registered Manager
- ..... Business Services Director
- .....Fostering Manager
- .....Supervising Social Worker
- ..... Placements officer
- ..... Business administrator







- We want you to feel safe, looked after and happy.
- We will help you to see your family and friends. If there are some people who you can't see we will help you to understand why.

- You can talk to us about anything and we will listen to you.
- We will help you understand how long you will be living with your foster carers and what the plan is for your future.

## Your Foster Family

Their Children are called:

Your Foster Carers are called:

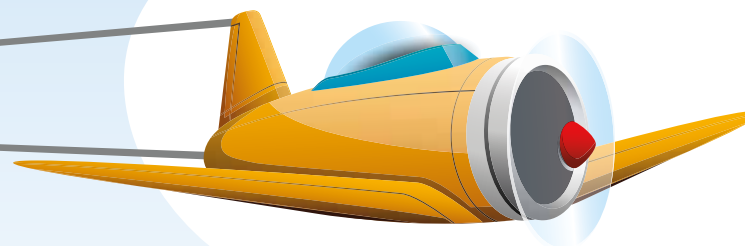
Their pets names are:

Your new address is:

Your Foster carers phone number is:



# This is me!



My Name is .....

I like to be called .....

I am ..... Years old

I am ..... tall

My religion is .....

My favourite colour is .....

My friends are called .....

My favourite foods are .....

These are the foods I don't like are .....

The name of my school is .....

My teacher is called .....

My favourite lessons are .....

My favourite type of animal is .....

I feel scared when .....

These things make me feel happy .....

This is how I feel about hugs .....

I usually go to bed at ..... pm







## Foster Carer:

This is a special person who has been picked to look after you.

They will do similar things that a parent does, such as helping you get to school, making sure you eat a healthy diet and set house rules for you to follow.

## Little Acorns Supervising Social Worker:

Your Foster Carer will have their own Social Worker from Little Acorns. Their job is to help and support your Foster Carer so they can look after you.

You may see the Supervising Social Worker at your new home or at a Little Acorns event, such as the Easter egg hunt or Hallow'een.

## Social Worker:

Your Social Worker's job is to make sure you are safe and okay.

They will visit you and talk to you about your life. You can tell them what you are happy about and what you are worried about.





## What will it be like living with foster carers?

- They will include you in having meals with them.
- They will not stop you from seeing someone you want to if your social worker has agreed.
- You'll be invited to do fun things with them and be a part of their family whilst you stay with them.
- They will listen to what you like and don't like – but this doesn't mean you'll get to eat sweets and ice cream every day!
- They will understand that you may feel worried about meeting a new family and will do everything they can to ensure you are happy.







## Where will I be living? What will my new home and foster parents be like? How will you find the right foster carers for me?

we will make sure you see pictures of your foster carers, your new home and the people who live there. Your social worker can tell you more about this.

When looking for a foster home, we try to make sure that you can still see your friends and family. We think about where you need to go to school and how you will get there.

We choose foster carers who we think will make you feel safe. We will make sure that you are able to continue with things that you like.



## House rules

Your foster carer will talk to you about the rules in their house. They will explain ...

- When meal times are.
- When it is time to get up or go to bed.
- How much pocket money you will get.
- Using a computer, television or phone.
- How they will help you with homework.
- Any chores that you might need to help with, like tidying your bedroom.

## Unhappy?

If you feel unhappy please talk to your foster carers, your social worker, or anybody that works for Little Acorns.





## Information about you

Your foster carer will be told important things about you, like how you are doing at school and if you are healthy.

They will write a diary about how you are feeling, what has gone well for you and what you are worried about.

You can see what is written about you, there is a leaflet in this pack which explains how you can do this.

All of the things we write about you is to make sure that everyone knows how to keep you safe.



## Contact with your Family

We want you to keep in contact with people who are important to you, please tell your foster carer or social worker if there is anyone that you would like to see. You can also tell us if there is anyone that you wouldn't like to see.



## Your Rights

- How you feel is important.
- We will listen to you.
- We will keep you safe.
- We will treat you fairly and kindly.
- You will have your own bedroom where you can keep your toys and clothes.
- You have a right to play and have fun.
- You have a right to make friends and find things to do that you like.
- You have a right to know about changes that affect you.
- You have a right to try new activities.
- You have a right to practise your religion.
- You have a right to be happy.

## What to do if you are unhappy

You can talk to someone you trust, like your foster carer, social worker, Independent Reviewing Officer or someone at Little Acorns.

Your Independent Reviewing Officer's name and telephone number is-

Your social worker's name and telephone number is-

Other Important People-

Your Foster Carer's Supervising Social Workers name and telephone number is-





## Bullying

We want you to feel happy and safe. Tell us if anyone is bullying you and we will help you. You can also ring BullyingUK helpline and they can give you advice.

**BullyingUK Helpline: 0808 800 2222**

## Bullying can include:

- Being called names.
- Having unkind things said to you.
- Being hurt on purpose.
- Being teased.
- Being left out.
- Being made fun of.





## Little Acorns Events

### Little Acorns runs lots of fun activities!

Ask your Foster Carer if you can join us in all the fun and games!

### Activities we have run in the past:

- Table Tennis Tournament
- Christmas Party
- Summer Fun Day
- Halloween
- Easter Activity Day
- ...and many more!



## Little Acorns Website!

You can write daily diaries on the website, every day you write in your diary you will earn one Acorn!

These Acorns are worth 50p and can be exchanged for vouchers!

You can also write messages to our Registered Manager and also to other children in care at Little Acorns.

Along with other looked after children, you can suggest new activities and groups that you would enjoy!







## Helpful phone numbers

### **Childline:** 0800 1111

This is an organisation that helps children with their problems. You can talk to them about anything, for example if you feel lonely because you miss someone or if you are scared or worried about something

### **Ofsted:** 0300 123 1231

Ofsted makes sure that Little Acorns keep children safe and looks after them well.

### **NSPCC:** 0808 800 5000

This organisation has a helpline that you can call if you are worried that you or another child may be in danger or at risk. You can phone this number at any time in the week.

### **BullyingUK:** 0808 800 2222 - <https://www.bullying.co.uk/>

If you are being bullied, you can talk to someone to provide you with advice.







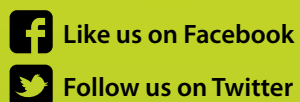
## Contact Us

If you would like to talk to us call:  
01440 732010. If you need help sending  
an email or making a telephone call,  
you can ask your Foster Carer.

Little Acorns Fostering  
Rook Tree Barn  
Withersfield Road  
Great Wrating  
Haverhill  
Suffolk CB9 7HD

01440 732010  
enquiries@littleacornsfostrering.co.uk  
www.littleacornsfostrering.co.uk

Come and take a virtual tour at:  
<https://goo.gl/maps/DUFkzpLJP2s>



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