

# My Guide to Foster Care

Tutis Foster Care

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Carer: \_\_\_\_\_



# **Hello**

**Welcome to Tutis Foster Care.  
This booklet is going to tell you a  
little bit about what it means to be in  
Foster Care.**

# What is Foster Care?

**Children go into foster care when their parents aren't able to look after them.**

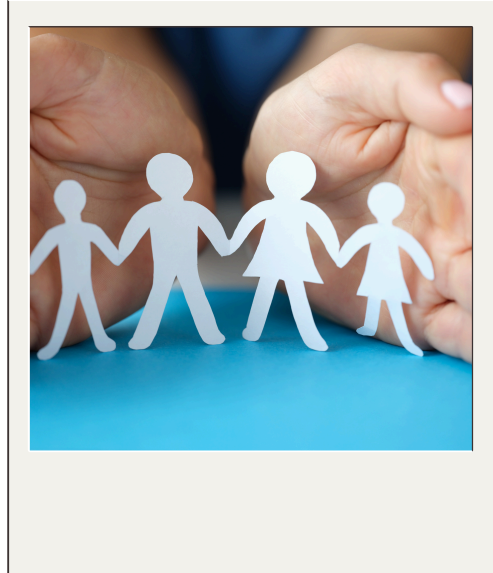
**Foster Care is a safe place.**

**In Foster Care, there are different agencies, this foster agency is called 'Tutis Foster Care'.**

**At Tutis Foster Care, adults will look after you, care for you and make sure you are safe, healthy and happy.**



# My Social Worker



## What is a Social Worker?

**At any foster agency, you will be assigned a Social Worker. Your social worker will make sure you are happy at your new foster home and make sure you are properly cared for.**

**You can tell your Social Worker how you are feeling about yourself, your new home and your new foster family. They are there to listen to you.**



# My Social Worker:

**Name:** .....

**Telephone Number:**

**Email Address:**

# My Foster Carer



## What is a Foster Carer?

When you go to your new home the people looking after you are called Foster Carers.

Foster Carers really enjoy looking after children. They are friendly people who are there to take good care of you. They will ensure you have yummy and healthy meals, a comfortable bedroom, clean clothes and toys to play with.



# Foster Carer Questions

## Notes

**Q: What do I call my Foster Carer?**

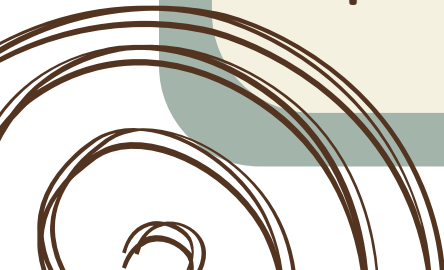
**A: You should ask them what they would like to be called. Usually, it will be their first name.**

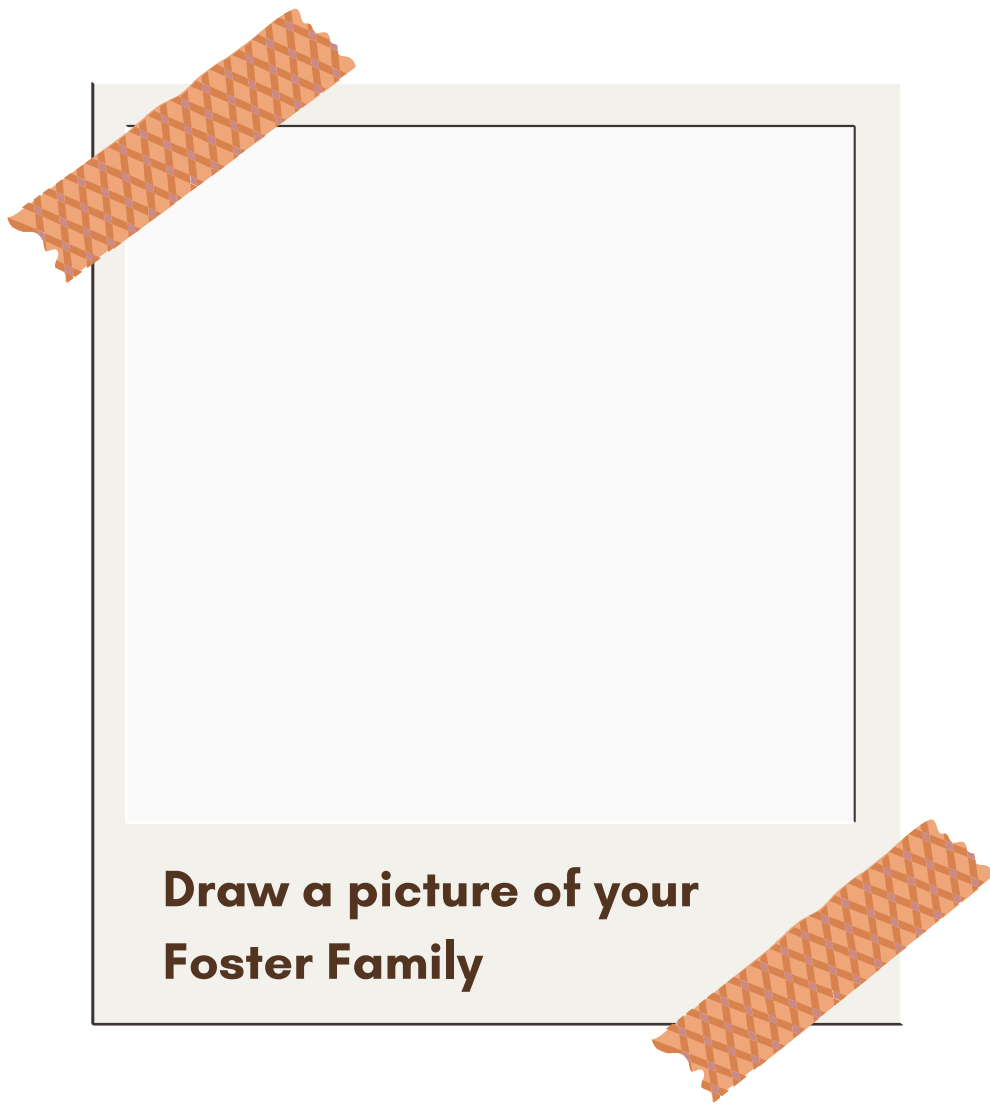
**Q: Will I have my own bedroom?**

**A: You might have your own room although it is possible that you will share with your brother/sister. Your bedroom is your own space, you can fill it with your own things. You can ask your Foster Carer about decorating it to make it more personal.**

**Q: What kind of food will I eat?**

**A: Foster Carers will make sure you never go hungry. They will provide you with balance of healthy meals and treats. They might give you some foods you have never tried before, but that's okay, just give it a try! You can talk to your Foster Carer about any special dietary requirements you have, food allergies or dislikes.**





# My Foster Carer(s)

Name (s) : .....

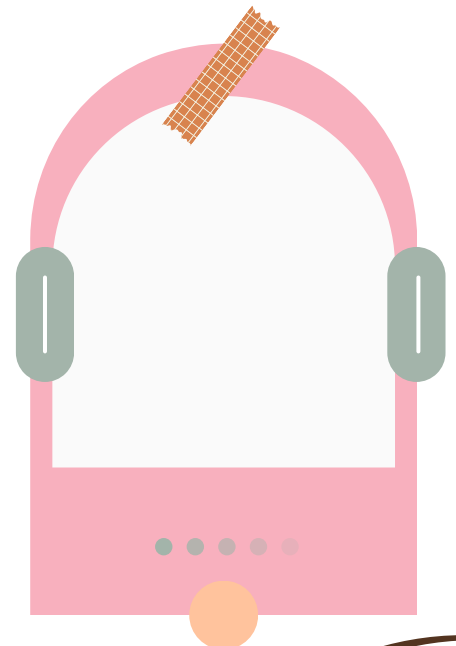
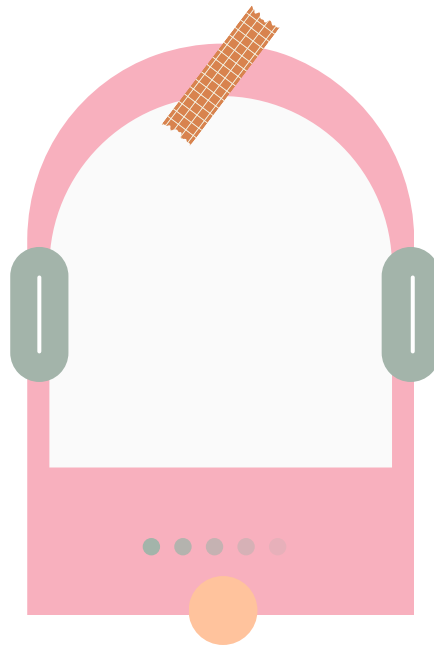
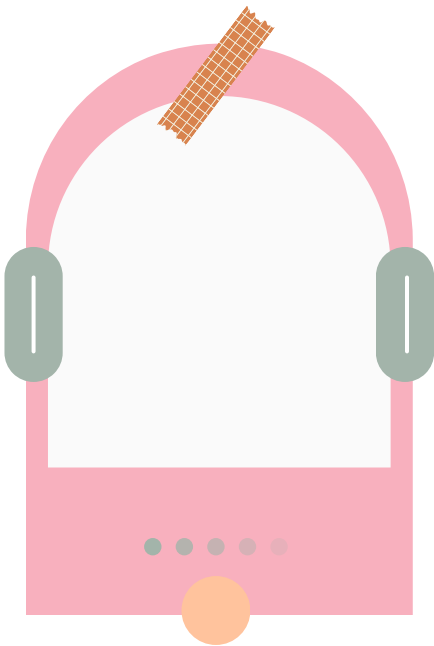
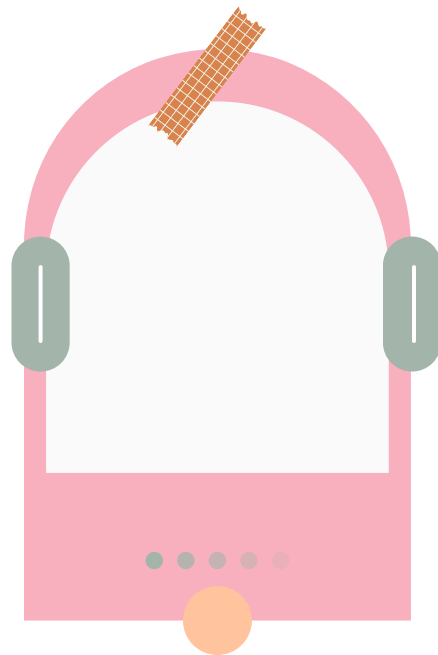
Do they have pets? What are they called?

Do any other children live with them? What are their names?



Use this space to name and draw  
some of your favourite foods.

# My Favourite Foods



**In every home there are  
certain rules &  
expectations of how we  
should behave. Can you  
think of any?**

## **Expectations**

1) Be Kind

2)

3)

4)

5)



# Foster Carers also have Rules & Expectations...

## Foster Carers are not allowed to:

- ✗ They cannot hit or smack you
- ✗ Stop you from speaking to your Social Worker.
- ✗ They cannot stop you from having meals.
- ✗ They cannot take away your pocket money.
- ✗ They cannot stop you from having contact with your family unless your social worker has agreed to this.



**If your foster carer has broken any of these rules or has done something that you don't feel is right. You must tell your Social Worker.**

# All About Me!

## Notes

**What is your name?**

.....

**How old are you?**

.....

**What school do you go to?**

.....

**What is your favourite  
subject?**

.....

**Do you have any  
hobbies/other interests?**

.....

**What is your favourite  
colour?**

.....



**You can talk to your  
Foster Carer about your  
feelings. They are there  
to listen and support  
you.**

**Write down any  
feelings you are having  
right now.**

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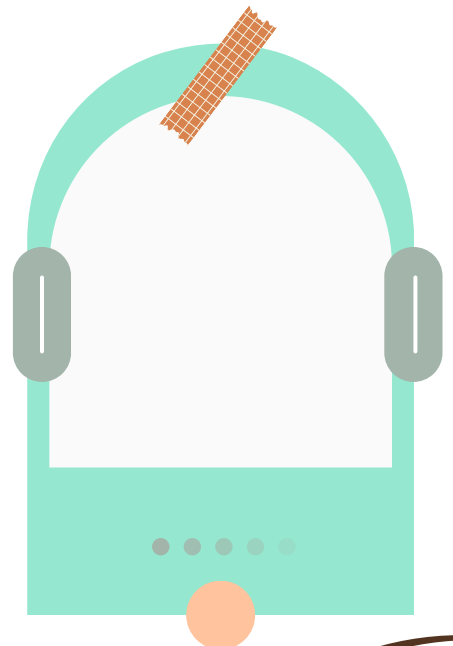
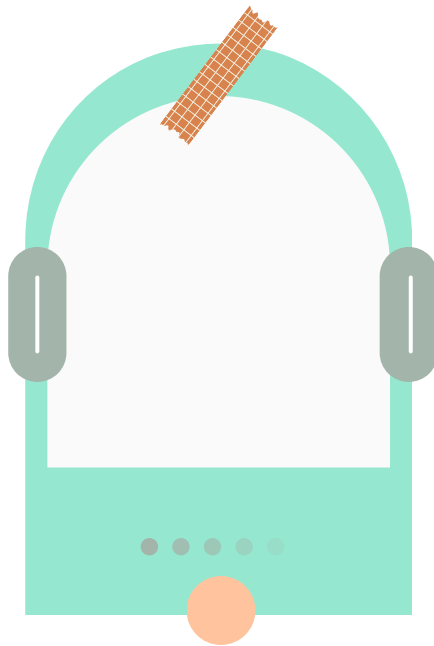
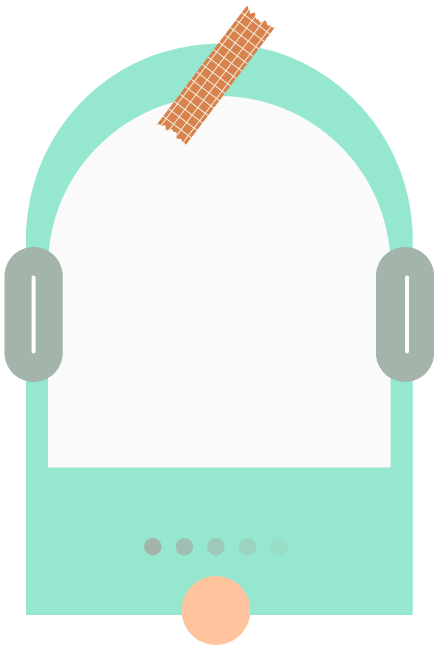
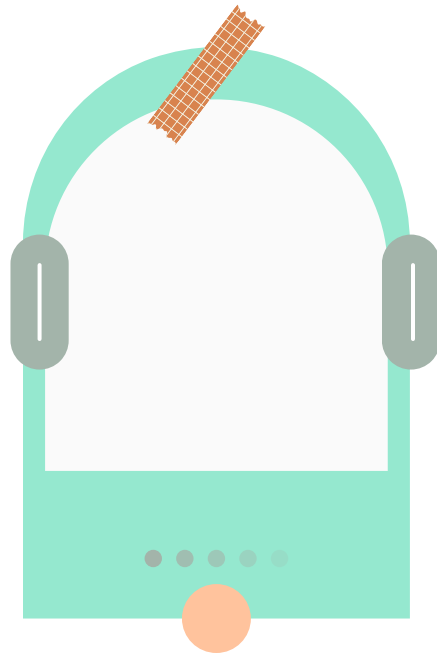
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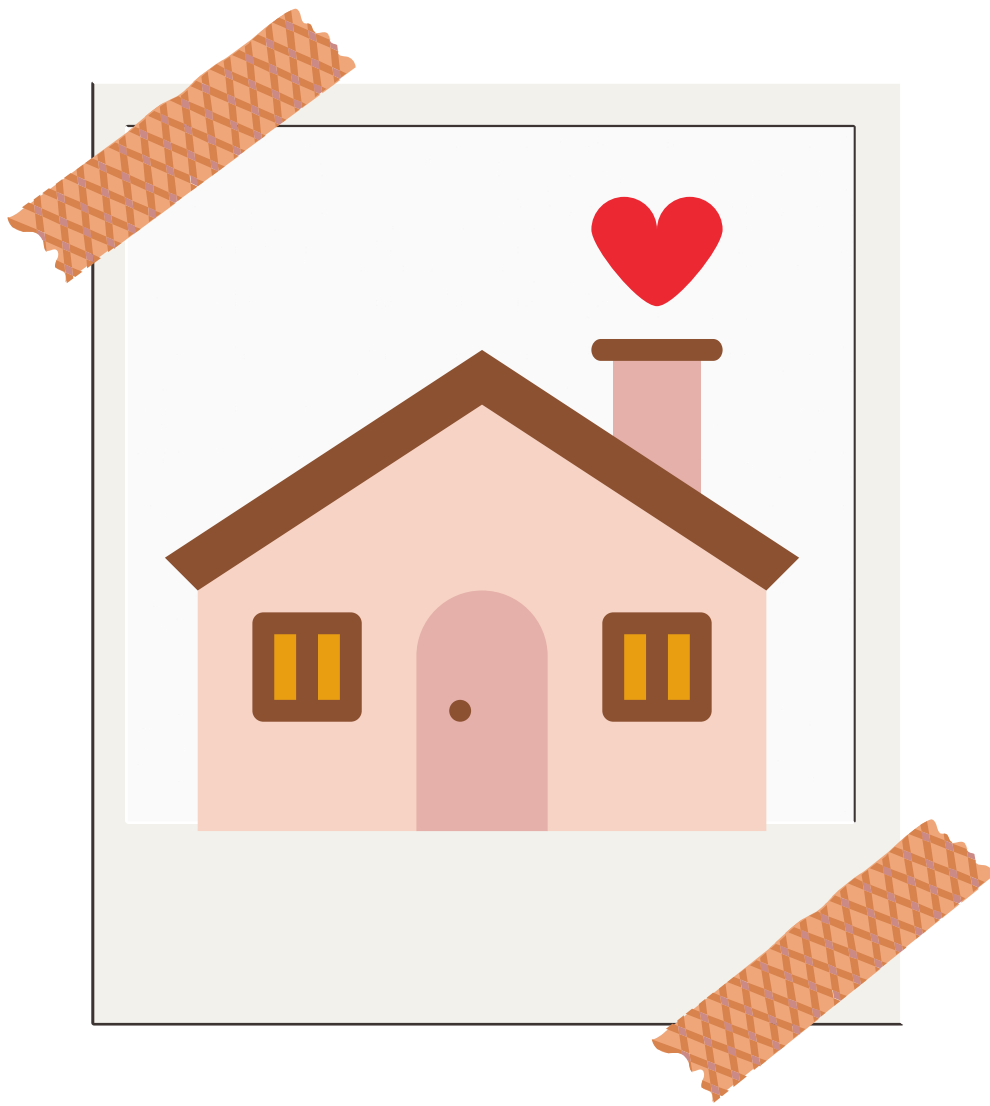
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Use this space to name and draw  
some of the most important  
people in your life.

# My Important People





## Being away from home...

**Sometimes we might get homesick. Homesickness is when you feel upset because you miss your family. It is normal to feel this way. Just know that you can always talk to a trusted adult (Teacher, Social Worker or Foster Carer) if you are ever feeling homesick or upset.**

# Some questions about seeing your family:

Notes

**Who in your family would you like to see?**

.....

**When would you like to see your family?**

.....

**Where would you like to see your family?**

.....

**How does seeing your family make you feel?**

.....





# Independent Reviewing Officer

**‘IRO’ is short for  
Independent Reviewing  
Officer**

Your IRO is another trusted adult when you are in Foster Care. Your IRO is a someone who will ensure that everyone is looking after you properly and that your needs are met.

Your IRO will visit you while you are with your Foster Carer and they will also attend meetings surrounding your wellbeing.



**Name of your Independent Reviewing Officer:**

.....

**Telephone of your Independent Reviewing Officer:**

.....

# My Rights


## What is a 'Right' ?

**Rights are things that you are entitled to in Foster Care. Your rights should be taken very seriously. If you feel as though your rights aren't being cared for, you must tell a trusted adult.**



## What are my 'Rights'?


- X** You have the right to be kept safe at all times.
- X** You have the right to an education and to be in school.
- X** You have a right to know why you are being looked after by your Foster Carer.
- X** You have a right to be given balanced meals and opportunities to exercise.
- X** You have a right to be listened to and to be treated fairly at all times.
- X** You have a right to read your file when you turn 18.
- X** You have a right to receive pocket money. Your carers will also save money for you in a secure bank account.



Sometimes, when you move into Foster Care, you may have to change schools. This could be because it takes too long to travel to your old school from your new home. We will do everything to make sure you are happy and safe in your new school if you have to change.

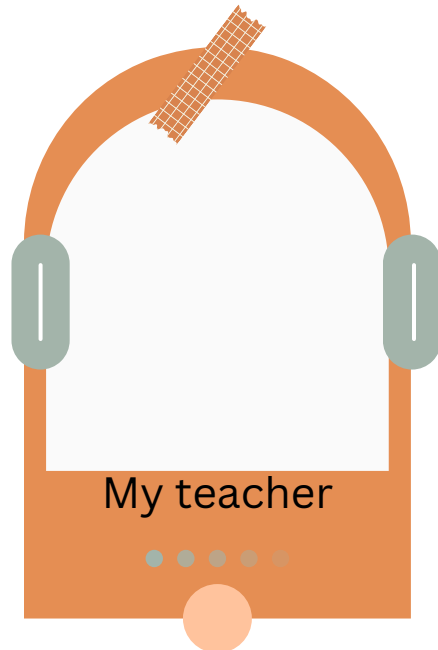
# School

Fill in the blanks with pictures and words.



My school

.....



My teacher

.....



My best subject

.....



My best friend

.....



My favourite book

.....



# Religion

**If you go to church or any other place of worship, your foster carer will take you. Religion can be a very important part of our lives. Your beliefs will be respected and any dietary or clothing requirements from your faith will be taken seriously.**

# Activities & Hobbies

You may already be a part of clubs like Brownies, Scouts, Sports clubs (e.g. football, athletics) or Theatre.

If you live close to these clubs you will be able to continue going. If not, your foster carer will make sure to find you new groups in your area that you are interested in.



**Use this space to write down any hobbies & activities you would like to do:**

.....

.....

.....

.....

.....

# Your Health

**When you first go to live with your Foster Carers your Social Workers may ask them to take you to see the Doctor. This is nothing to worry about, it will just be for a regular health check-up.**



A health check is just to make sure that you are well. They might measure and weigh you just to see how much you have grown.

You will also be taken to the dentist just to check your teeth are okay. If you wear glasses or have trouble seeing, your foster carer will take you to see someone to make sure you can see.

**It is important that we look after our health. Drinking enough water, regular exercise, good sleep & healthy eating will help make sure we don't feel unwell.**

**It is very important that if you are feeling unwell or any part of your body is hurting that you tell your Foster Carer or a trusted adult.**



# Your Sleep

**Getting a good night's sleep is incredibly important. Good sleep can give us energy for the next day, it helps us grow and it can improve our mood.**

If you are having trouble falling asleep at night, tell your foster carer. They can help you with ways you can settle down at night. This might be reading a book, listening to music or having a hot drink.



**Sometimes we need the toilet in the night and we don't wake up. Sometimes if we don't wake up we can have an accident. This is completely normal. If this happens, you must tell your Foster Carer so they can get you clean sheets and pyjamas. They will not get cross with you as this is something that you cannot control.**

# If you feel unsafe you can call these numbers:

 Tutis Foster Care

CHILDLINE: 0800 11 11

NSPCC: 0808 800 5000

# If you have a complaint you can call these numbers:

CORAM: 0808 800 5792

OFSTED: 0300 123 1231

CHILDREN'S COMMISSIONER: 020 7783 8330

## TUTIS FOSTER CARE CONTACT INFORMATION:

Email \_\_\_\_\_ admin@tutisfostercare.com

Phone \_\_\_\_\_ 01946 65686

Address \_\_\_\_\_ 13 Duke Street, Whitehaven,  
Cumbria, CA28 7ER

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