



Your guide to foster care

For up to 5 years



A vision for you to be Happy, Safe & Loved, Thriving!



Hello!

Hello

I'm Kirsty the Koala and I'm here to help you with understanding foster care.

This book is yours to keep so you can write, draw and colour in it if you want.

This book belongs to:

.....

I am years old



Who are foster carers?



Foster carers will look after you and help speak up for you.

They are special adults who have been chosen to look after children like you who can't live at home for a while.

My foster carers' names are:

.....

Draw your foster carers in the space below

A large empty rectangular box with a black border, intended for drawing foster carers.

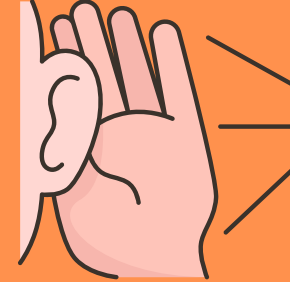
What foster carers do



Make sure you have food to eat



Make sure you are loved



Listen to you and your feelings



Provide you with a safe house to live in



Get you involved in activities



Make sure you go to school

Will you see your family?



Your social worker will speak to you about being able to see your family and friends.

They will let you know how long you have to stay. Sometimes children will stay with a foster carer for a few weeks or sometimes it will be for a bit longer.

It is your social worker's job to visit you, make sure you're happy, safe and looked after.



**Any questions
for us?**



Colour me in



Our office:

Slough Children First
Observatory House
25 Windsor Road
Slough
Berkshire
SL1 2EL

Tel: 01753 477321

Email: emailus@sloughchildrenfirst.co.uk

<https://www.sloughchildrenfirst.co.uk>

<https://www.fosterwithslough.co.uk>



Happy, Safe & Loved, Thriving

"Hi, our names are Freddie and Frieda, we are the fostering bear siblings from Foster with Slough. Your fostering family is part of Foster with Slough. This booklet contains lots of things you might need to know while you are in foster care. It is yours to keep so feel free to write all over it. If you need any help reading or understanding it then please let your foster carers or social worker know and they will be happy to help you out. It is important that you know that you can reach out to other people as well as your social worker and foster carer for advice and for your voice to be heard through an advocate."

Childline

24 hour helpline for children in distress.
0800 1111 (freephone)
Ask questions through the website at:
www.childline.org.uk

Become

The national charity for children in care.
0800 023 2033 (freephone)
advice@becomecharity.org.uk
www.becomecharity.org.uk

Coram Voice

A national charity providing advice and support to children in care.
0808 800 5792 (freephone)
help@coramvoice.org.uk
www.coramvoice.org.uk

Ofsted (Office for standards in Education, Children's services and Skills)

0300 123 1231
enquiries@ofsted.gov.uk
www.ofsted.gov.uk

The Children's Commissioner for England

0207 783 8330
info.request@childrenscommissioner.gsi.gov.uk
www.childrenscommissioner.gov.uk



You can give a compliment or complaint via:

01753 875 825

complaints@sloughchildrenfirst.co.uk

<https://www.sloughchildrenfirst.co.uk/who-we-are/complaints-and-compliments/>