



**Caldecott  
Fostering**



# **My Foster Care Book**

**HELPING CHILDREN BUILD A FUTURE**



# THINGS TO KNOW BEFORE YOU ZOOM OFF!

This book tells you about living with a foster family. It reminds you that you are safe, cared for, and not in trouble. Your foster carers, social worker, teachers, IRO, and other trusted grown-ups are there to help you. You can ask questions, talk about your feelings and tell someone if something does not feel right.

- ★ *I live with foster carers who help keep me safe.*
- ★ *It is okay to feel happy, sad, worried, or confused.*
- ★ *I can talk to a grown-up I trust.*
- ★ *I can say what I think and ask for help.*
- ★ *If I make a complaint, I will not be in trouble.*

# HELLO

This book is for you. It is about foster care.

Some words in this book might be new. You can ask your foster carer, social worker, teacher, or another grown-up you trust to read it with you.

## ABOUT ME:

*Ask a grown up to help you fill this in*

**My name is**

---

**My age is**

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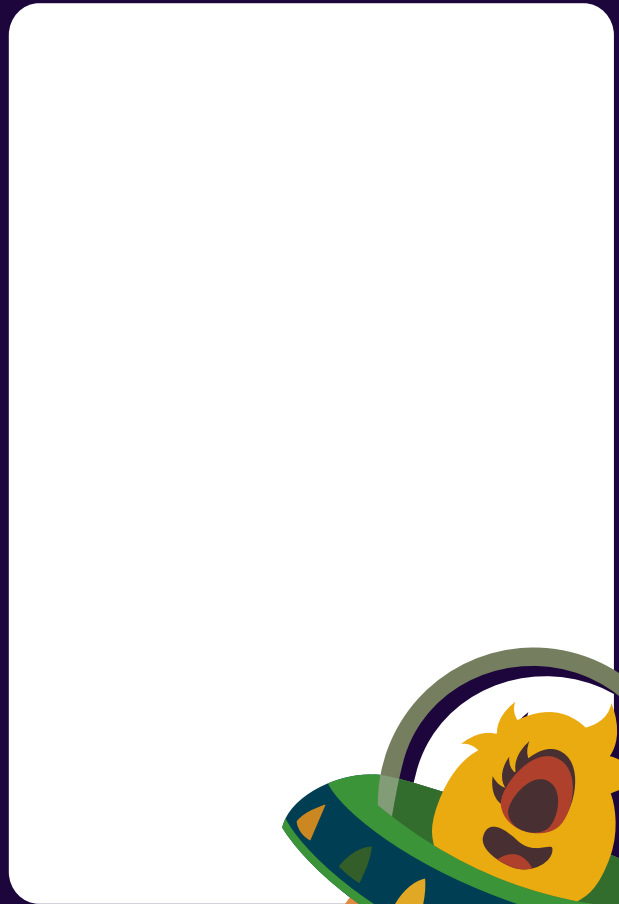
**I like**

---

**People I care about**

---

*Draw yourself here!*



# WHAT IS FOSTER CARE?

Foster care means living with another family for a while.

Your foster carers will look after you and help you feel safe.

This is **not** your fault.

*Draw your foster carers here*

Your foster carers may live on their own or with other children and grown-ups.

They have been checked and chosen to help children feel safe and cared for.

***Your foster carers will:***

- ★ ***Give you food***
- ★ ***Help you sleep***
- ★ ***Take you to school***
- ★ ***Look after you***

They want to **help** you.

## WHO ARE CALDECOTT FOSTERING?

Caldecott Fostering helps find safe foster families.

Caldecott may invite you to trips, clubs, dog walks, trampolining and parties with other families so you can all have fun together!

# MOVING IN

A new home can feel strange or scary. It is okay to feel this way.

Your carers will show you your bedroom, where to put your things and where to sleep, eat and play.

You will have a bed and space for your things. Ask questions as often as you need. It takes time to settle in.

Your things matter. Ask where to keep your toys, clothes and special things. You can also ask before someone moves or touches your things.

Every home has rules to help everyone feel safe. Your carers will explain them.

Rules might be things like knocking before going into someone's room, using kind words and keeping safe.

*Write or draw a house rule here*



# HAVING A SLEEPOVER

Sometimes you might stay with another safe family for a short time. At Caldecott, we call this 'having a sleepover'.

This is not because you have done anything wrong, and it does not mean your carers have stopped caring about you.

A grown-up will tell you before it happens.

*Draw something you would like to take to a sleepover*

A large white rectangular box with rounded corners, intended for a child to draw something they would like to take to a sleepover. The box is set against a dark blue background with a space theme.



# MY FAMILY

You may see your family, speak on the phone or use video calls. Your foster carers and social worker will help plan this. You can tell them how you feel about family time.

# MY CALDECOTT SOCIAL WORKER

They visit you and your carers to see how things are going. You can tell them how you feel. Ask your carers if you want to talk to them.



# SCHOOL & BEING HEALTHY

Going to school is important. Your carers will help you get to school, learn and play. They will help you to do your best and feel proud of yourself!

Teachers will know you are living with a foster family. If school feels hard, tell your teacher or another grown-up you trust.

Your carers help you eat well, sleep and stay active. Your carers can also help you try new foods, join clubs and do fun moving games. Tell them what you enjoy doing!

You may visit a doctor, dentist or eye doctor to check you are healthy. Tell a grown-up if you feel poorly or worried.

*Draw your favourite food here*





# MY FEELINGS

All feelings are okay. You might feel happy, sad, angry, worried or confused. Big changes can make feelings feel jumbled up.

You can talk, draw or write about how you feel.  
A grown-up you trust can listen and help.  
Talking about your feelings really helps.

*How do you feel today? Find the words below*

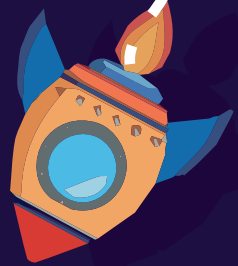
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| G | E | Q | A | T | K | R | P | S | C | A | R | E | D | O |

**HAPPY**  
**SAD**

**ANGRY**  
**SCARED**

**WORRIED**  
**CONFUSED**

**LONELY**  
**SAFE**



# IF I FEEL SAD OR UNSAFE

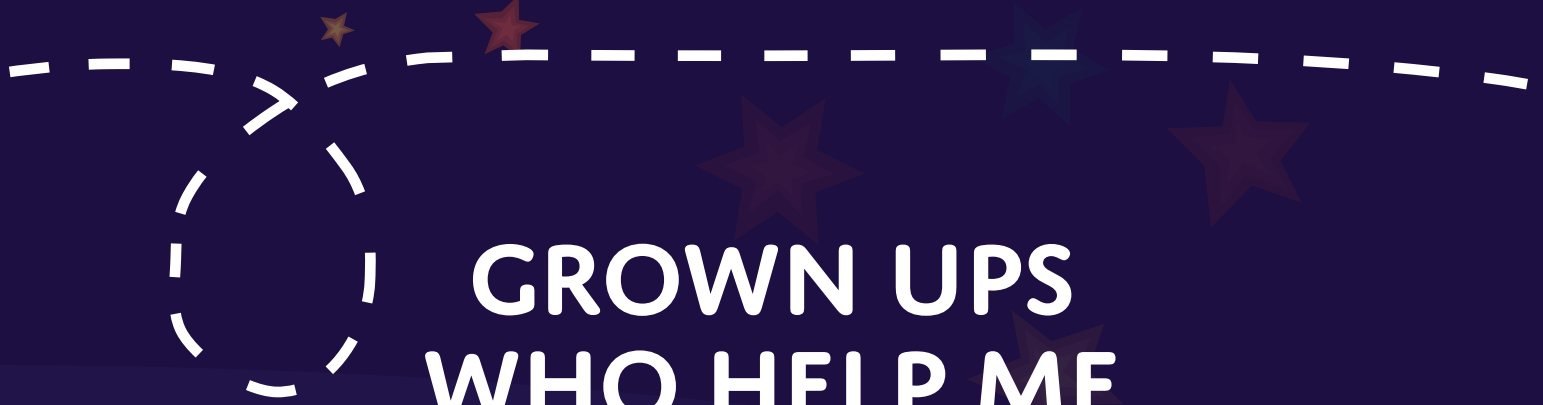
If something makes you feel upset, scared or unsafe, tell a grown-up you trust. This could be your foster carer, a teacher or social worker.  
If something doesn't feel right, it is okay to tell someone.

You **will not be in trouble** for telling someone.

# IF SOMEONE IS BULLYING YOU

Bullying can be hitting, pulling hair, name-calling, saying unkind things or leaving you out. If this happens, tell a trusted grown up immediately.  
They will listen and help. You can also tell Caldecott Fostering.





# GROWN UPS WHO HELP ME

**My Social Worker is**

**My Caldecott Social worker is**

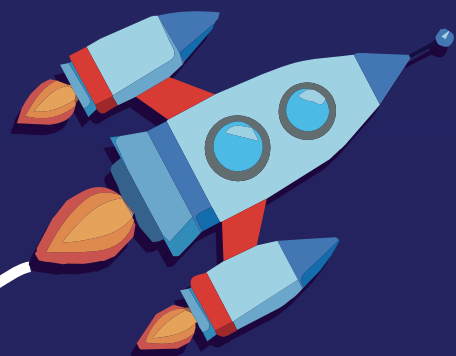
**My IRO's name is**

You have the right to be safe and be listened to. You will have kind grown-ups who are there to help you and listen to you whenever you need them. Write their names above.

They will help you at meetings and help other grown ups understand what is important to you. IRO means 'Independent Reviewing Officer' and they will listen to you and help make good plans for you.

## WHAT HAPPENS AT MEETINGS?

Sometimes grown ups have meetings to talk about how you are doing. At meetings you can talk, draw, write or ask someone to speak for you.



The background is a dark blue space scene. At the top right, there's a stylized Earth with green continents and blue oceans, partially obscured by white clouds. A dashed white line, representing a comet or orbital path, curves across the upper half of the page. Several stars of different colors (yellow, orange, blue, and purple) are scattered throughout. At the bottom, there's a yellow planet with orange spots and a yellow ring, and a red and orange rocket ship with yellow windows and a blue flame. Dashed white lines also curve around the planet and the rocket.

# MAKING A COMPLAINT

A complaint means telling someone that something does not feel right. If you are unhappy and you feel people are not listening you can make a complaint. Ask a grown-up you trust to help you phone, write or send a website message.

You will **not** be in trouble. Caldecott will listen carefully to what you have said, look into it, and let you know what happens next.

You can tell Caldecott if you have any ideas for fun things to do, or anything else to help Caldecott care for children even better.

**To speak to a grown up who can help you, call Caldecott: 01303 760430**

**Write a letter to:**

Caldecott House, Hythe Road, Smeeth,  
Ashford TN25 6SP

Or send a message using our website  
**[www.caldecottfostering.co.uk](http://www.caldecottfostering.co.uk)**



# HELPFUL CONTACTS

You can ask a grown up to help you make a call

**Childline: 0800 1111**

They listen and help.

Other helpful numbers:

**NSPCC: 0808 800 5000**

**NYAS: 0808 808 1001**

**OFSTED: 0300 123 1231**

Piccadilly Gate, Store Street,  
Manchester M1 2WD

**CHILDREN'S COMMISSIONER: 0800 528 0731**

11th Floor, 64 Victoria Street,  
London SW1E 6QP

**My trusted grown-up name and phone number:**

# REMEMBER

- ★ You are important
- ★ You are cared for
- ★ You are not alone

**This book is yours**

You can read this book again whenever you want. You can ask a grown-up to help you. You matter and people want to listen to you.

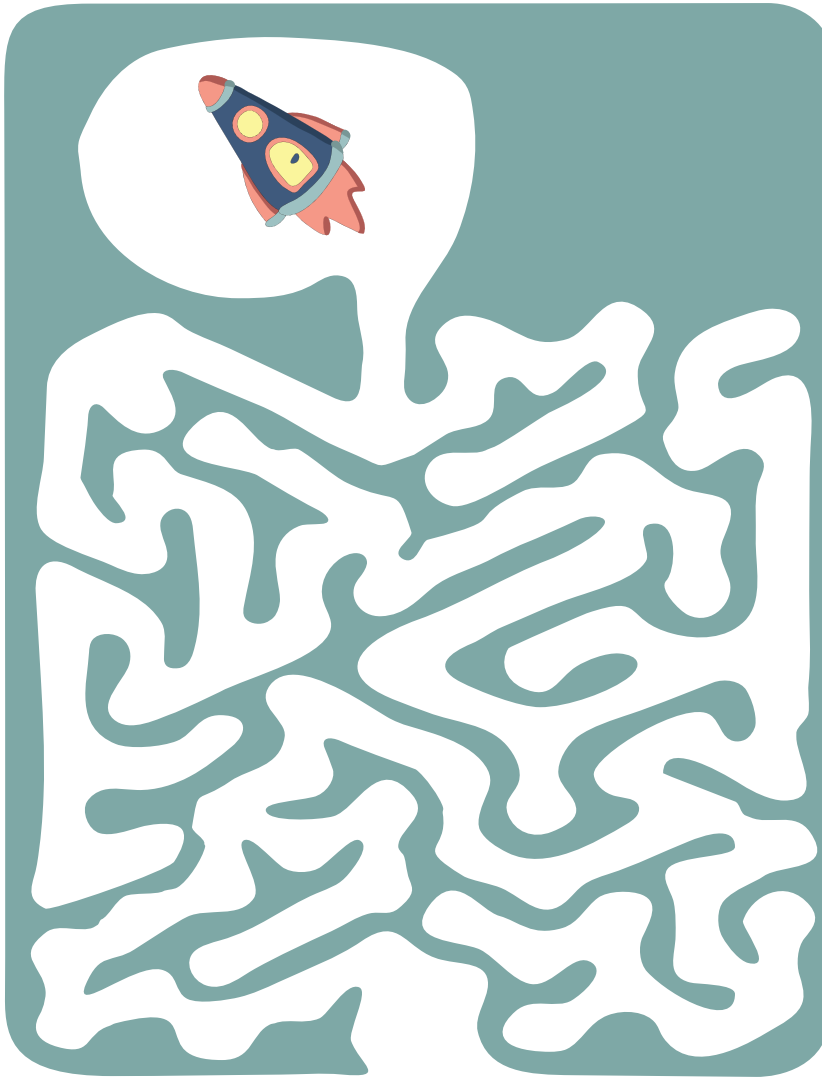
***Write down anything you want to know?***



# SOLVE THE PUZZLE



*The Astronaut has lost his rocket ship. Help him get back to it by finding a pathway through the cave.*



**Hey!** Can you help me get back to my ship?

