

THINGS THAT HELPED OTHER CHILDREN IN CARE

The children who wrote this book also wanted to tell you about some of the things that really helped them when they were in care:



Talk to people about how you are feeling

- * Make sure you talk to people about how you are feeling. Talk to someone you trust. This might be a teacher, Social Worker, your foster parent, a friend, brother, sister or your Mum or Dad;
- * See if your Social Worker can arrange for you to meet with other children in care. It is really good to talk to other people in care.



Living with a foster family

- * Give your foster family a chance;
- * Every family has different rules e.g. bedtimes and dinner times;
- * Your foster parent or anyone in the foster family is NOT allowed to push or slap you at ANY time;
- * Tell your foster parent what food you like;
- * Tell your foster parent what TV programmes you like;
- * Tell your foster parent what things you like to do;
- * Tell your foster parent what things you do not like to do;
- * Tell your foster parent about new things you'd like to try!

(You can write them down in the 'ALL ABOUT ME' section at the beginning of this book.)





Ask for things

- * Do not be afraid to ask for things e.g. check and see if you can have your old pet or a new one.

It is OK to look forward to seeing your family, even if you really like the people caring for you.

Baking is great fun and a way of making things you like!



School

- * School is important and it is a good idea to try and do your best;
- * Lots of children have problems with reading and writing. If you do, talk to your foster parent or your Social Worker and they will get you extra help.

It is normal to feel...

- * Scared;
- * Worried;
- * Shy;
- * Sad;
- * Glad;
- * Happy.

It is normal to feel like you have lots of questions.





THINGS I
WOULD LIKE
TO ASK OR
TELL MY
SOCIAL
WORKER ABOUT

Things that helped other children in care



Information overload!

There is a lot of information in this book that might be new. See how much you can remember by doing this crossword:

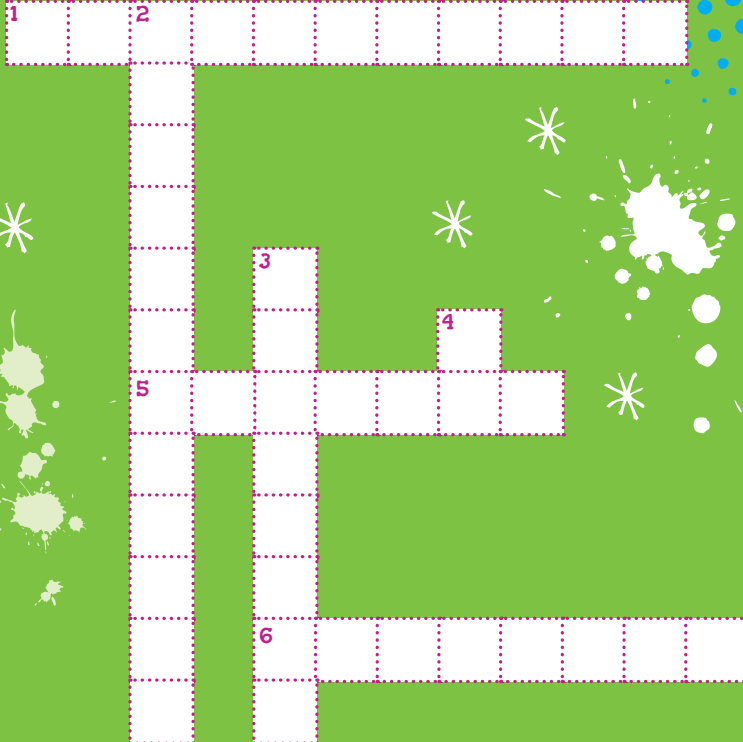
CROSSWORD

Across

1. What is it called when you are living with another family in their home?
5. One of the things it is normal to feel when you are going into care
6. What you can talk about at a Child in Care Review meeting?

Down

2. Person that helps you when you are going into care
3. Name of the 'plan' to help you when you are in care
4. Most important person at a Child in Care Review meeting



ANSWERS

ACROSS

2 FOSTER CARE

5 WORRIED

6 ANYTHING

DOWN

2 SOCIAL WORKER

3 CARE PLAN

4 ME!

Word Search

You can do this 'Word Search' to help you remember some of the things that are important when you are in care.

WORD SEARCH

THINGS THAT ARE
IMPORTANT WHEN
YOU ARE IN CARE

CARE PLAN
FAMILY
FEELING HAPPY
FEELING SAFE
FOSTER FAMILY
FRIENDS
SCHOOL
SOCIAL WORKER

SYFEELINGHAPPYD
DOLKDCZCFORIYG
CRCINALPERACIFL
KBJIMSCHOOLTFPZ
FMQCAAVHHYYGY
KEAJHLFPOLNPVL
HQEYJFWRVHNIJRH
FKSLFNROEPVWML
JJFKIHFI RTZNHAR
MPGJWNGZEKSHHVF
BVOPFFGBJNEOQFR
DSVFHBS SBRDRFP
UFDQKRXDASQSSVR
VYRMPHFNPFBORAO
IYPXHHHUTREBAR

SYFEELINGHAPPYD
DOLKDCZCFORIYG
CRCINALPERACIFL
KBJIMSCHOOLTFPZ
FMQCAAVHHYYGY
KEAJHLFPOLNPVL
HQEYJFWRVHNIJRH
FKSLFNROEPVWML
JJFKIHFI RTZNHAR
MPGJWNGZEKSHHVF
BVOPFFGBJNEOQFR
DSVFHBS SBRDRFP
UFDQKRXDASQSSVR
VYRMPHFNPFBORAO
IYPXHHHUTREBAR