

A stylized illustration of a two-story teal house with a red roof. The house has six windows, each divided into four panes. A brown teddy bear with a red heart on its chest is sitting in the central doorway. The house is surrounded by green bushes and a wooden fence. The background is a light blue sky with soft, grey clouds.

My Time Out Fostering Guide

A children's guide to foster care

We have made this little guide for you to find out about what happens when children go to live with foster carers.



"Hi! I'm Billie the bear."

"I'm not living with my Mum or my Dad at the moment."

"I'm staying with my foster carers who are going to look after me."



This little book is yours to keep and use whenever you want to find something out.

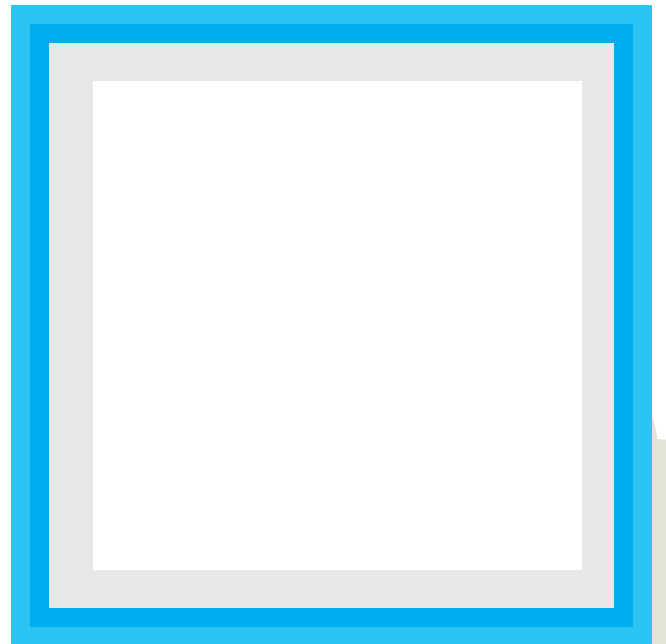
Hi! What is your name?

.....

What do you like to be called?

.....

Can you draw a picture of yourself for me?



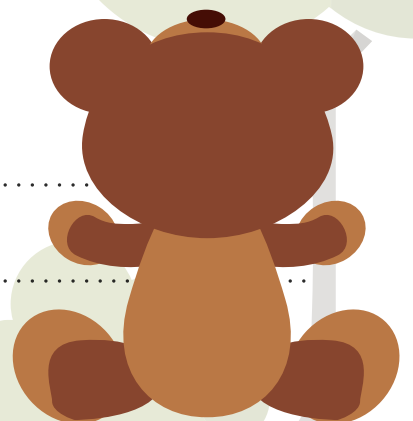
How old are you?

.....

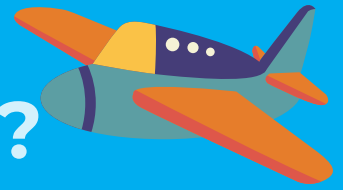
What do you like doing?

.....

.....



What is a Foster Carer?



Lots of children live with foster carers. They are here to help you and look after you. They will welcome you into their home.

Sometimes there are other children in the home. They all want you to feel happy, safe and cared for, as part of the family.

You will have your own bedroom and things you want to bring with you like toys and clothes.

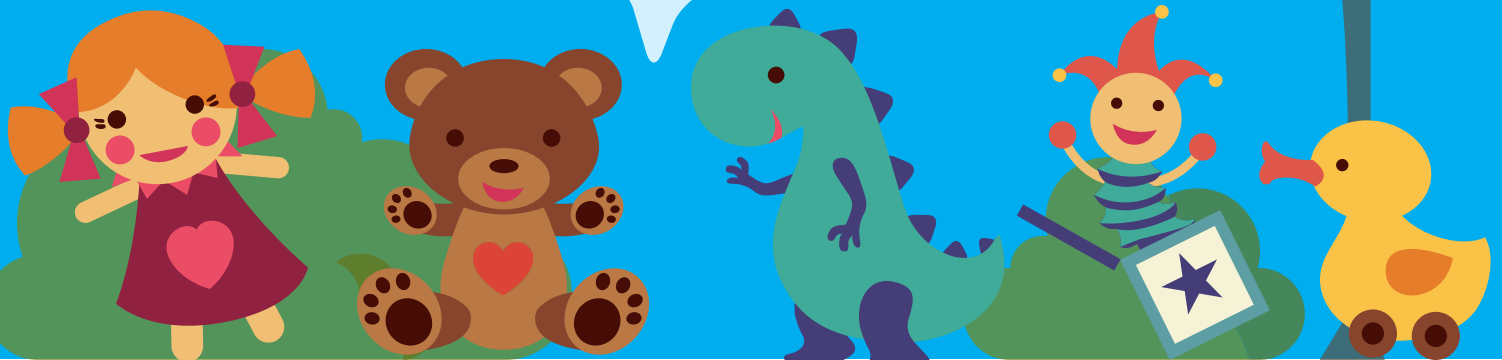
Your foster carer might work with you and your social worker to see people who are important to you.

Who are your carers?

Where do you live?

Who else lives there?

Do they have any pets?





What will happen to me?

Your social worker and people that care about you will talk to you about what is happening. Together you will chat about how you are going to be looked after.



You can ask them questions like:

“Who can I see and when?”

“Will I go to the same school?” (sometimes it can change if you now live a long way away).

You can tell them things like:

What you like doing and eating
Places you like going to
If you need to take any medicines



And anything else you want them to know. Together you will all make a plan about how best to look after you called a ‘care plan’.



Who can you talk to?



You can talk to your foster carers about anything.

If you are worried, frightened or sad - or there is something you want to ask or let someone know about - there are lots of people you can talk to.

You can talk to:

- **Your foster carer**
- **Your social worker**
- **Your teacher**
- **A friend or grown up you trust**



Some useful numbers

Who is your social worker?

.....

What is their phone number?

.....

Who is your foster carer/s?

.....

What is their phone number ?

.....

**Who is your special Time Out Fostering
worker?**

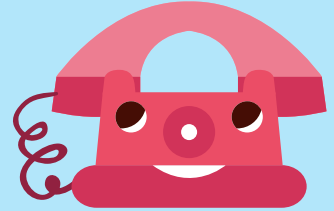
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What is their phone number?

.....



Contact information



If you need help and want to talk to someone, here are some other useful numbers:

Ofsted

0300 123 1231

enquiries@ofsted.gov.uk

NSPCC

0808 800 5000

help@nspcc.org.uk

NSPCC

Coram Voice

0808 800 5792

**coram
Voice** 
getting young voices heard

ChildLine

0800 1111

childline