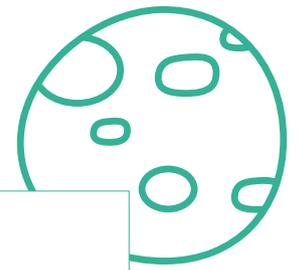


TO THE
MOON
AND BACK



(Suitable for children aged up to 10)



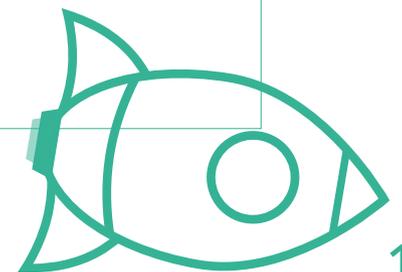
Dear

Welcome to a guide we have written with you in mind, to help you know a little bit more about being fostered and what you can expect.

We know that you may be able to read this on your own, but we have asked your foster carer to read it with you too so that you can ask further questions if you want to.

This is your book and will be yours to look at again as you wish. You can draw and colour the pictures in this book.

If you have questions or you feel worried about anything please tell your social worker or another adult so that we can help and explain things to you.



WHAT DOES FOSTERING MEAN

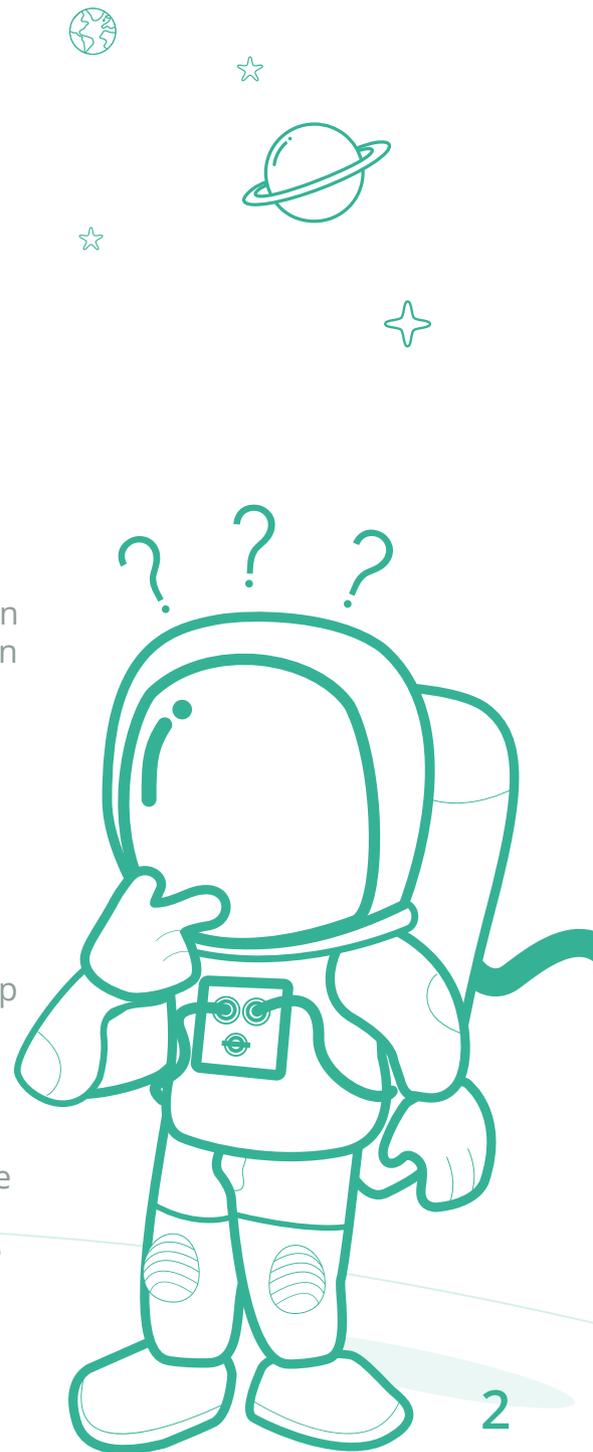
Fostering means going to live with another family when you are unable to live with your own family. There are lots of different reasons why children cannot live with their own families. It is sometimes very hard to understand everything about why you are not able to live with your own family. Even if you have been told before, you might have forgotten or been unable to understand it all. You can ask your social worker or your foster carer who can explain this to you as many times as you need.

Foster families are here to look after you and will listen to you and help you with any problems or questions you might have.

They will make sure that you are healthy and feel safe.

They will help with getting you to and from school and help you with any schoolwork. They will let you have fun and play games with you.

It is sometimes hard to say exactly how long you will stay with your foster family. Sometimes this is only a short time and sometimes it is a long time. Sometimes children stay with foster families, until they have grown up and become old enough to look after themselves. Your social worker will talk to you and your family about how long you will need to stay with your foster family. If you have any



FOSTER CARERS

Your foster carers are people who want to help look after children. Foster carers are all very different. Sometimes you will have two foster mums or two foster dads, or you will have a foster mum and dad or a foster mum or dad looking after you on their own.

There might be other children living with the foster family. This will mean that you will have other children to play with. Sometimes the other children might be like you and need to live with a foster family too. Because the foster families are all different we try very hard to make sure that the foster family we have helped to pick for you is the best for you.

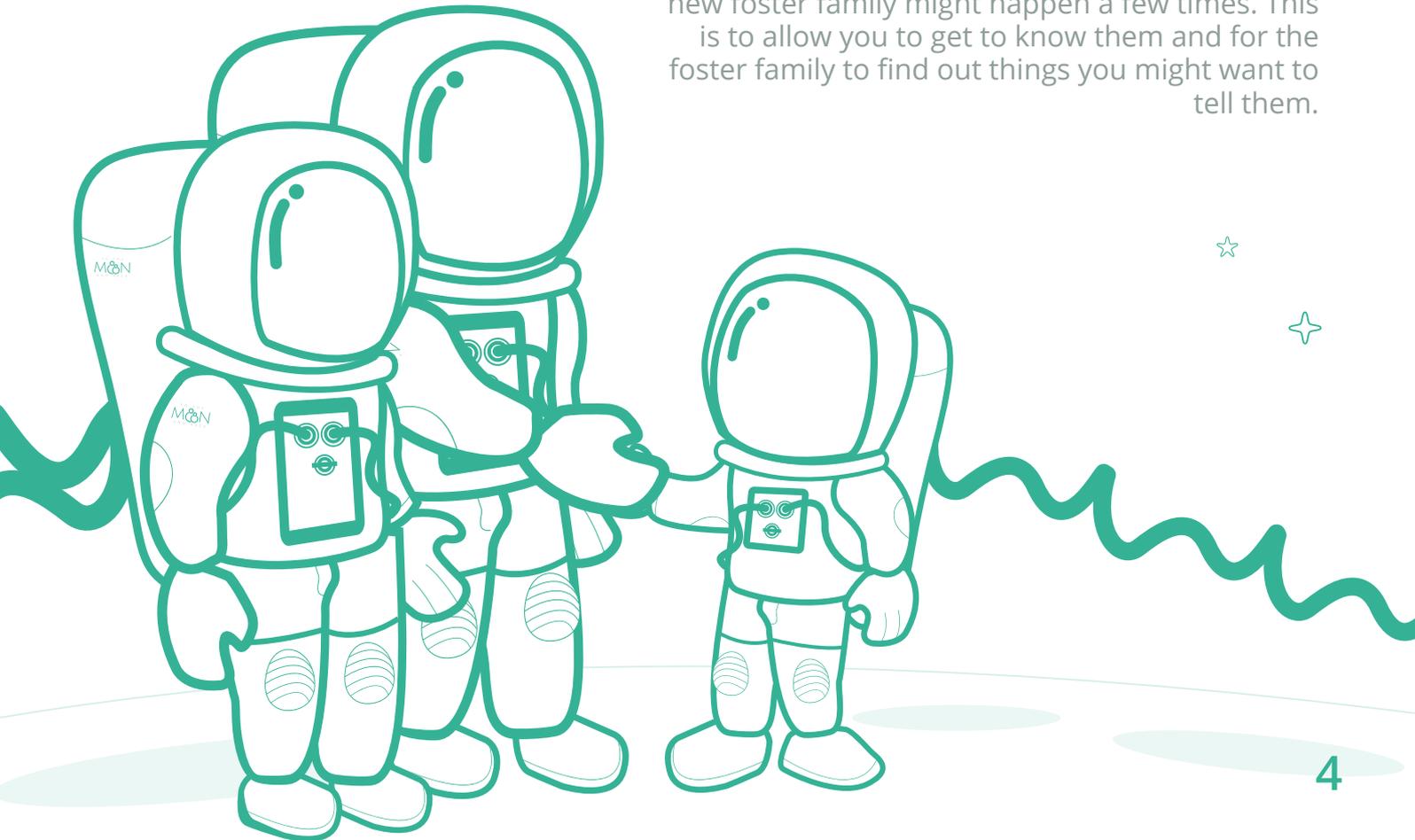
Your foster family has a social worker like you have a social worker. This is a different social worker to yours. This social worker will come and visit your foster family and will see you and chat to you about how you are feeling, this is because we want to make sure that you are feeling safe and that you feel we are doing our best for you.

Sometimes there are meetings that happen. The people who go to the meetings are people who know about you and want to make sure that you are being well looked after and have everything you need.



MEETING YOUR FOSTER FAMILY

Your social worker will talk to you about your new foster family. They might be able to show you pictures of your new foster family and your new foster home before you meet them. They will be looking forward to meeting you. You might get a chance to meet them before you start to live with them. Meetings with you and the new foster family might happen a few times. This is to allow you to get to know them and for the foster family to find out things you might want to tell them.

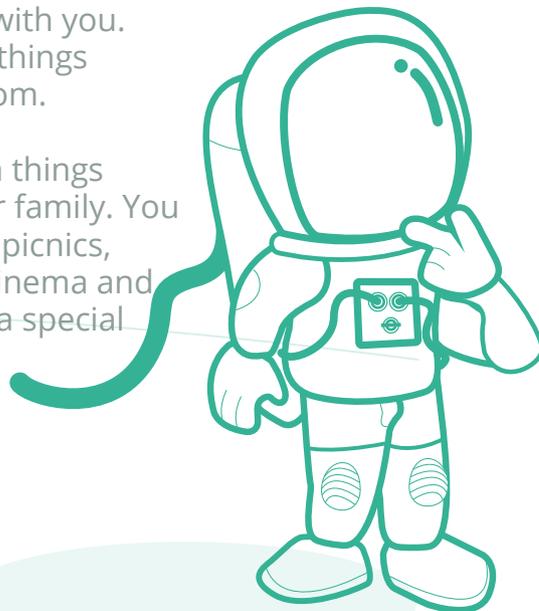


GOING TO LIVE WITH YOUR FOSTER FAMILY

When it is time for you to go to live with your new foster family your social worker will go with you to your foster home to make sure that you have your things with you. The foster carers will show you around the house and make sure that you are introduced to everyone who lives there. You will be able to ask as many questions as you like.

Everyone will do their best to help you get settled. You will have a room that will be especially for you. If you have a brother or sister moving with you, they might share it with you. Everyone will help you put all of your things where you want them in your new room.

There will be lots of chances to do fun things whilst you are staying with your foster family. You will be able to do things like going for picnics, play games, go swimming, go to the cinema and meet with other children. If you have a special



MEETINGS



Placement meetings

This is a meeting which happens when you have moved in to your foster family home. We want you to tell us what you will like to happen and so we will ask some questions.

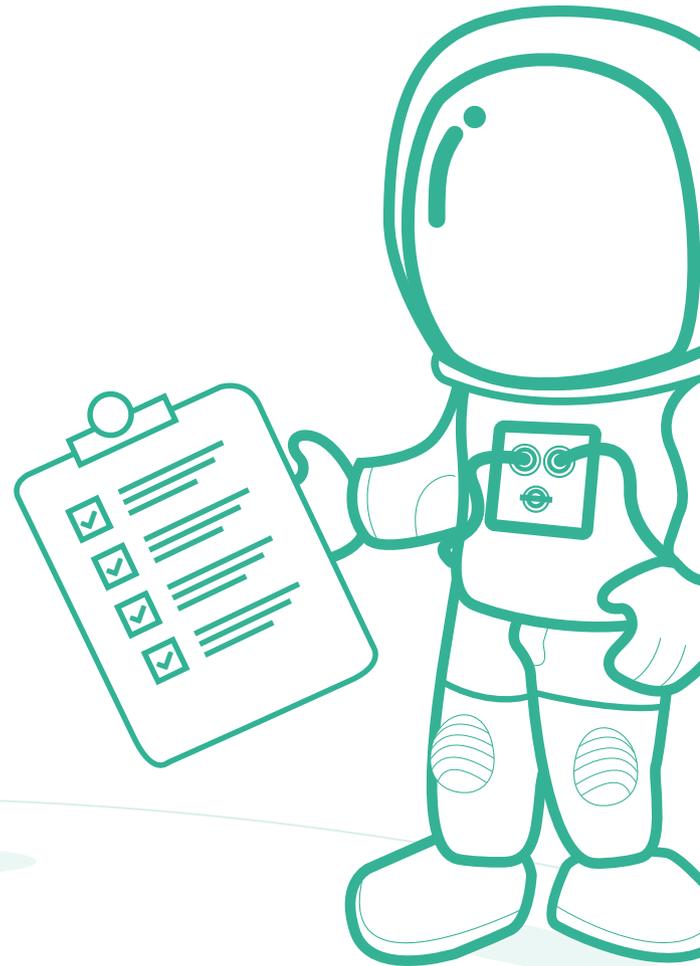
This is important as you can tell your foster family what you like and what you do not like. We will talk with you about things like going to school and your favourite food and toys.

Review meetings

This is a meeting that is entirely about you. We would like you to be able to be there too so that you can tell us all about how things are going for you and what we can do to help you. We will need to ask some other questions so that we make sure that you are healthy, and we will ask you about school and your family. You will be able to tell us if there is anything that is worrying you or ask us any questions.

Educational meeting

This is a meeting that is held at your school or nursery. It is a meeting all about how you are doing at school and what else you might need to help you with your learning. If there are any problems we can talk about them and make a plan to help you.



HOW TO SEE ANY RECORDS THAT ARE KEPT WHICH ARE ABOUT YOU

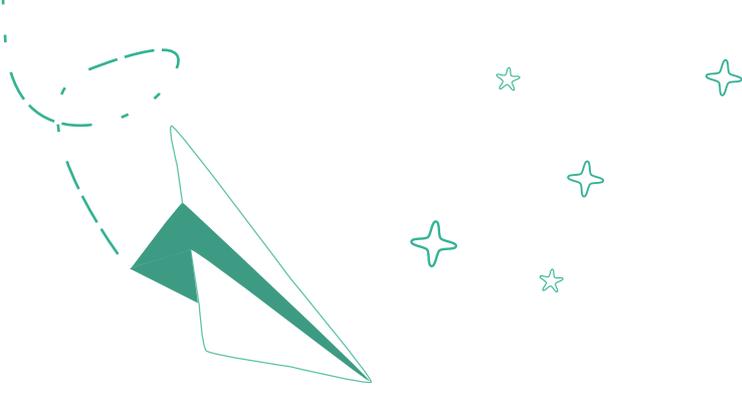
We have to keep written notes, that we call records, about the children who live with foster families. The records are a way of making sure we remember everything

Your social worker's name is:

.....



YOUR FAMILY AND YOUR FRIENDS

A decorative illustration in the top right corner featuring a paper airplane with a dark green body and a white body, flying upwards and to the right. A dashed line trails behind it, looping around. Several small, four-pointed star shapes are scattered in the upper right area.

We will help you stay in touch with your family and friends.

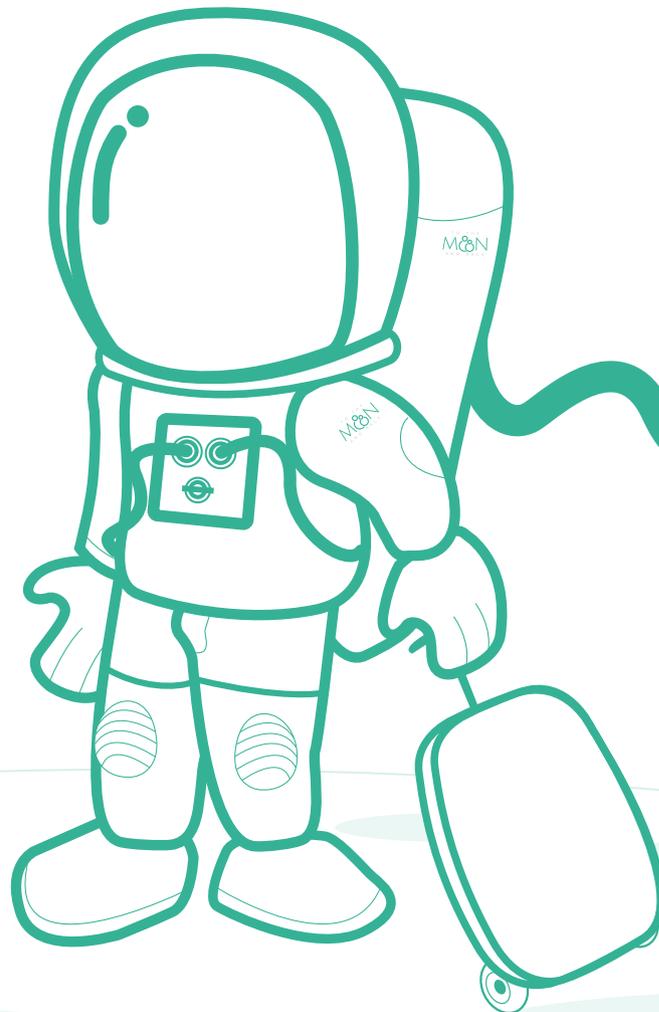
Sometimes there are reasons why you are not able to see some people in your family. Your social worker will be able to explain why and help you to keep in touch in a different way, sometimes by sending a letter or telephoning them.

Your foster carers will help you to decide with your social worker how best to contact the people that matter the most to you.

A large decorative illustration in the bottom right corner featuring a paper airplane with a dark green body and a white body, flying upwards and to the right. A dashed line trails behind it, looping around. Several small, four-pointed star shapes are scattered in the upper right area.

HOLIDAYS

You might go on holidays or weekends with family and friends or with your foster family. If this is going to happen someone will talk to you about it and plan it all with you, your family and your social worker.



WHAT ABOUT SCHOOL

You may be worried that you have to move school. If possible your social worker will try and make sure that you can continue to go to your own school. If you need to go to a different school, someone will talk to you about it and make sure that you

The name of your school:

.....

The name of your teacher:

.....



WHAT TO DO IF YOU ARE BEING BULLIED

If you feel unhappy because someone is treating you differently, picking on you or making you feel sad or frightened, either at school or at the foster home, it is important that you tell someone. You can tell a teacher or someone who works at your school, your foster carer, or your social worker. If you want to tell someone else, then that is ok too. We have written on the back page of this book, some other people you might want to get in touch with. If you want to do this but need help, please ask your teacher or your social worker or your foster carer and they will help you.

Always remember that there are lots of people who care about you and want to make sure that you are feeling safe happy and healthy.



TELLING US HOW YOU ARE FEELING

We want you to feel that you can tell us anything about how you are feeling. Sometimes you might feel unhappy about something that has happened or you might feel that something has gone wrong.

It is important that you know that you can tell us about these feelings. This is called making a complaint.

If you are worried about anything we want you to tell us, so that we can help you feel less worried. We know that it can be very strange living with a family that you do not know very well, especially when you might not understand what is going to happen to you.

If you feel that anyone has done something wrong then you can complain to the people who work at Ofsted, whose job is to make sure that foster children are well looked after.

Here are some pictures of how you might be feeling.



Happy



Cross



Upset



Worried



Frightened



Lonely

You might have lots of these feelings all at the same time. When you tell us how you feel we can help you.

TO THE MOON AND BACK

We help boys and girls who are unable to live with their families to find a home with another family where they can stay for a little or a long time. The people who work with boys and girls to find a new foster home are called social workers. Social workers are able to help you explain what is happening.

We want you to feel safe and feel you are being well cared for and have everything you need to be able to grow and learn. We will listen to anything you have to say about your foster family and to any ideas you might have that will make you happier and more able to grow and learn. When we have listened to you and other children we might change how we do things because you said it would be better for you if we did.

If you are worried about anything or you have any questions, you can ask your social worker, or your foster carer. If you wish you can call us and we have put our telephone number here for you.

01223 800420



This page is for you to tell us all your favourite things and know how to get in touch with people.



Use the stickers and coloured pencils and take photographs with your camera. 

My Foster Carers name

Their phone number

The names of people who live in the foster home

The name of my social worker

Their phone number

The name of my foster carers social worker

Their telephone number

My Favourite food is

My favourite toy is

USEFUL NUMBERS AND ADDRESSES

Call the boss at To the Moon and Back
01223 800420

CROA (Childrens Rights Officers and Advocates)

Tel: 020 7833 2100
www.croa.org.uk

NYAS (National Youth Advocacy Service)

Tel: 0800 019 1179

Childline a free helpline available 24 hours
a day
Tel: 0800 111111
www.childline.org.uk

NSPCC

Tel: 0808 800 5000
For help and advice if you are concerned
yourself or for another child you think
might be at risk

Ofsted

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enquiries@ofsted.gov.uk
www.ofsted.gov.uk

