

Welcome to
FCA Scotland

A guide for children



Welcome to FCA Scotland

Foster Care Associates Scotland was set up especially for children like you who need a foster family.

It's important for us to find a foster family who can look after you and make you feel safe and happy.

Sometimes you might feel confused about what is happening to you and that there seems to be lots of people involved.

This book will give you some useful information about us and what it's like to live in a foster family. Your foster carer will help you to answer some of the questions in this book and you can draw pictures or write notes to help you remember the answers.

Hello!



Your name:

.....

Your foster carer's name:

.....

Your address:

.....

.....

.....

Your telephone number:

.....

Your social worker's name:

.....

Your social worker's telephone number:

.....

Your Independent Reviewing Officer's name:

.....

Your Independent Reviewing Officer's telephone number:

.....

Your FCA Scotland worker's name:

.....

Your FCA Scotland worker's telephone number:

.....



What was it like where you used to live?

.....
.....
.....

Was there anything you didn't like about where you used to live?

.....
.....
.....
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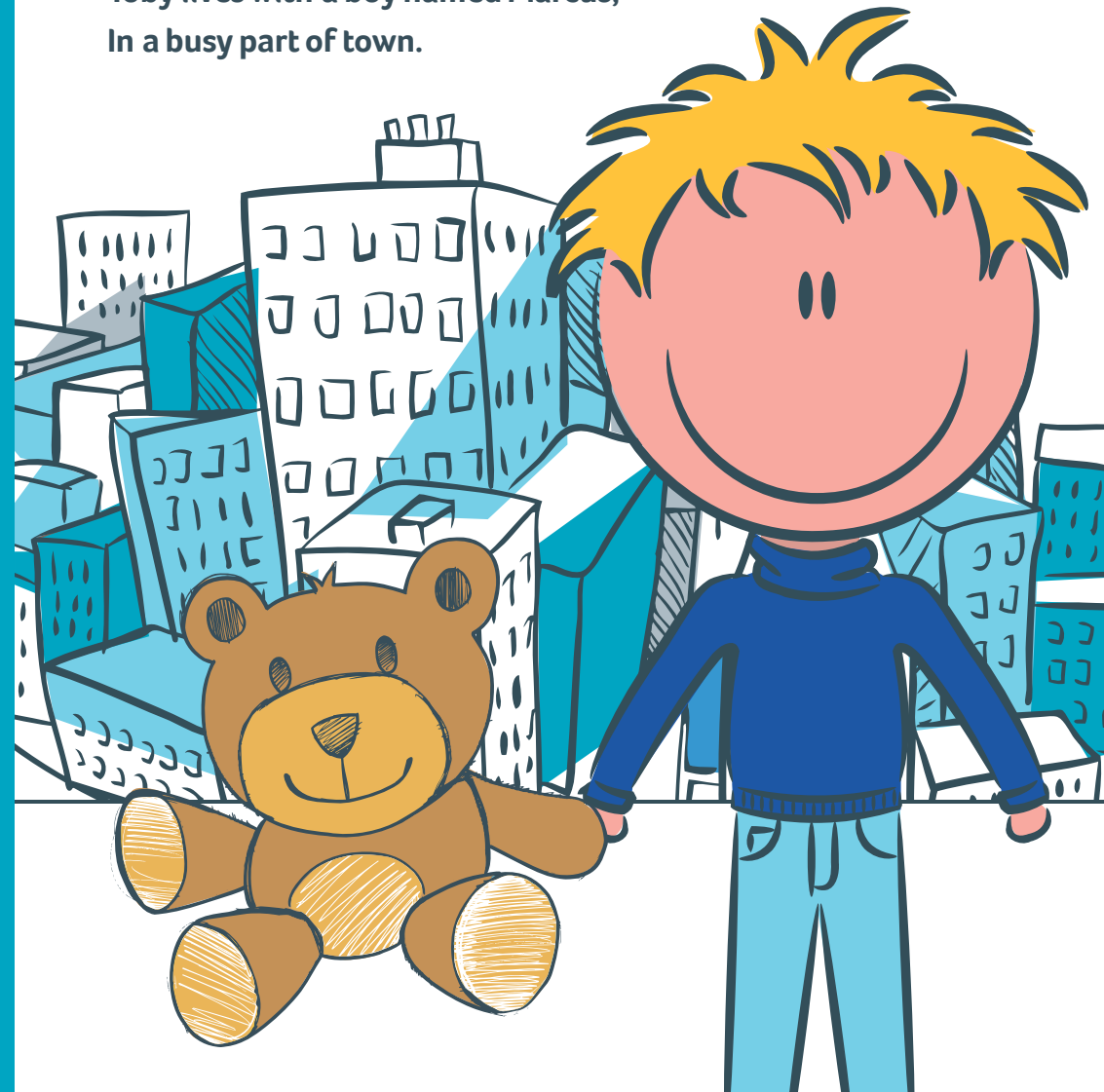
What did you like best about where you used to live?

.....
.....
.....
.....
.....



A teddy bear goes into care

Toby is a teddy bear.
His fur is golden brown.
Toby lives with a boy named Marcus,
In a busy part of town.



All about me

I am years old

The colour of my eyes is

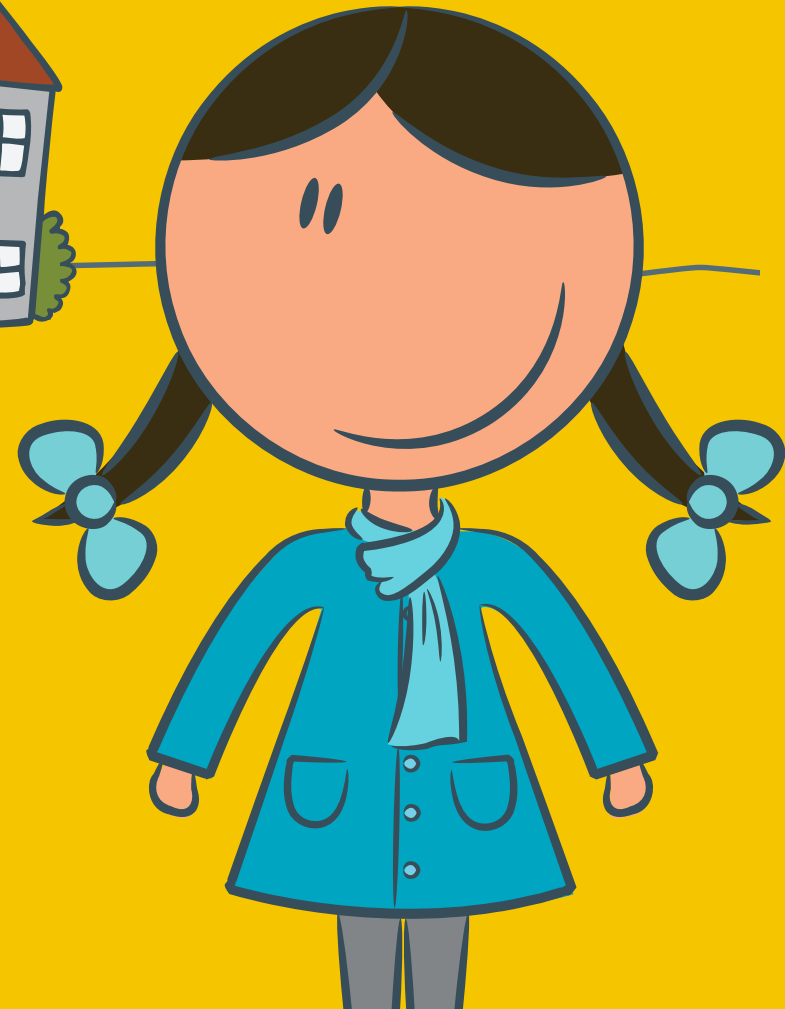
The colour of my hair is

My hair style is

I am cm tall



Jasmine is a young girl,
Her eyes are large and brown.
Jasmine lives in a two storey house,
In a different part of town.



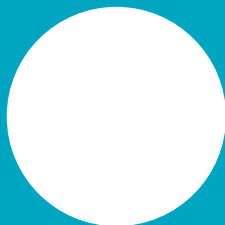
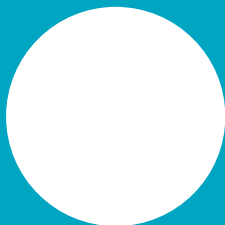
Saying goodbye is difficult



Draw a face to show how you felt yesterday and another to show how you feel today.



Yesterday



Today

When I'm happy, I like to...

.....
.....
.....



When I'm sad, I...

.....
.....
.....



Marcus has left behind
A place he called his home.
Marcus feels unsettled,
He thinks he's all alone.



What does 'looked after' mean?

Being 'looked after' means being cared for by someone else, when your own family can't look after you.

What is fostering?

Fostering is when you go to live with another family, called a foster family, who have been trained to look after you. They will help you with all the things that you need to learn as you're growing up.

Do you know any other children or famous people who are or who have been fostered?



**Jasmine's mother is a foster carer,
The house, a foster home.
Marcus has come to stay for a while,
He'll have a bedroom of his own.**



Are there any house rules?

.....
.....

How long will I stay here?

.....
.....

What are the plans for my care?

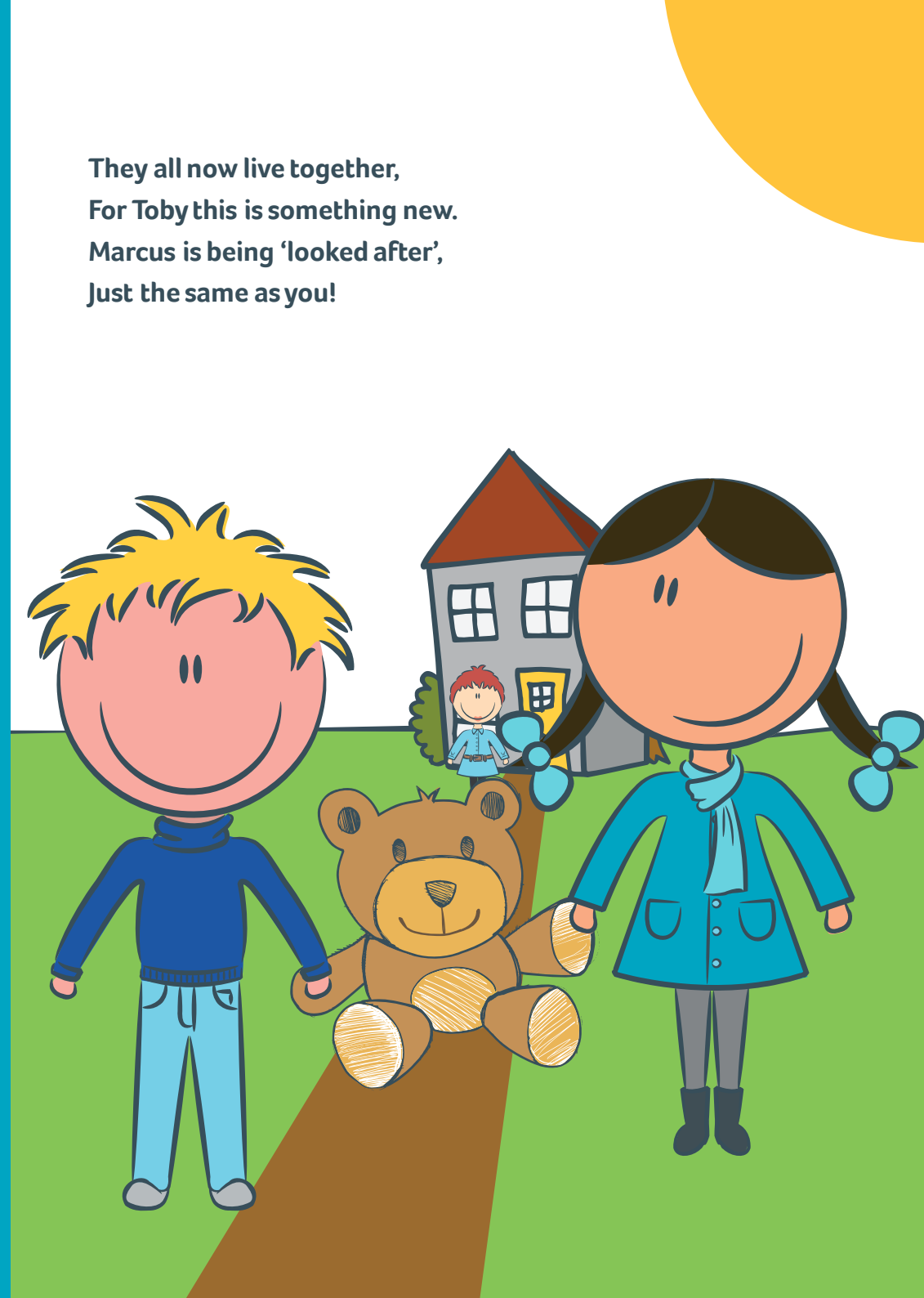
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Things I want to keep safe in my room:

.....
.....



They all now live together,
For Toby this is something new.
Marcus is being 'looked after',
Just the same as you!



What is your foster home like?

.....
.....
.....

What do you like best?

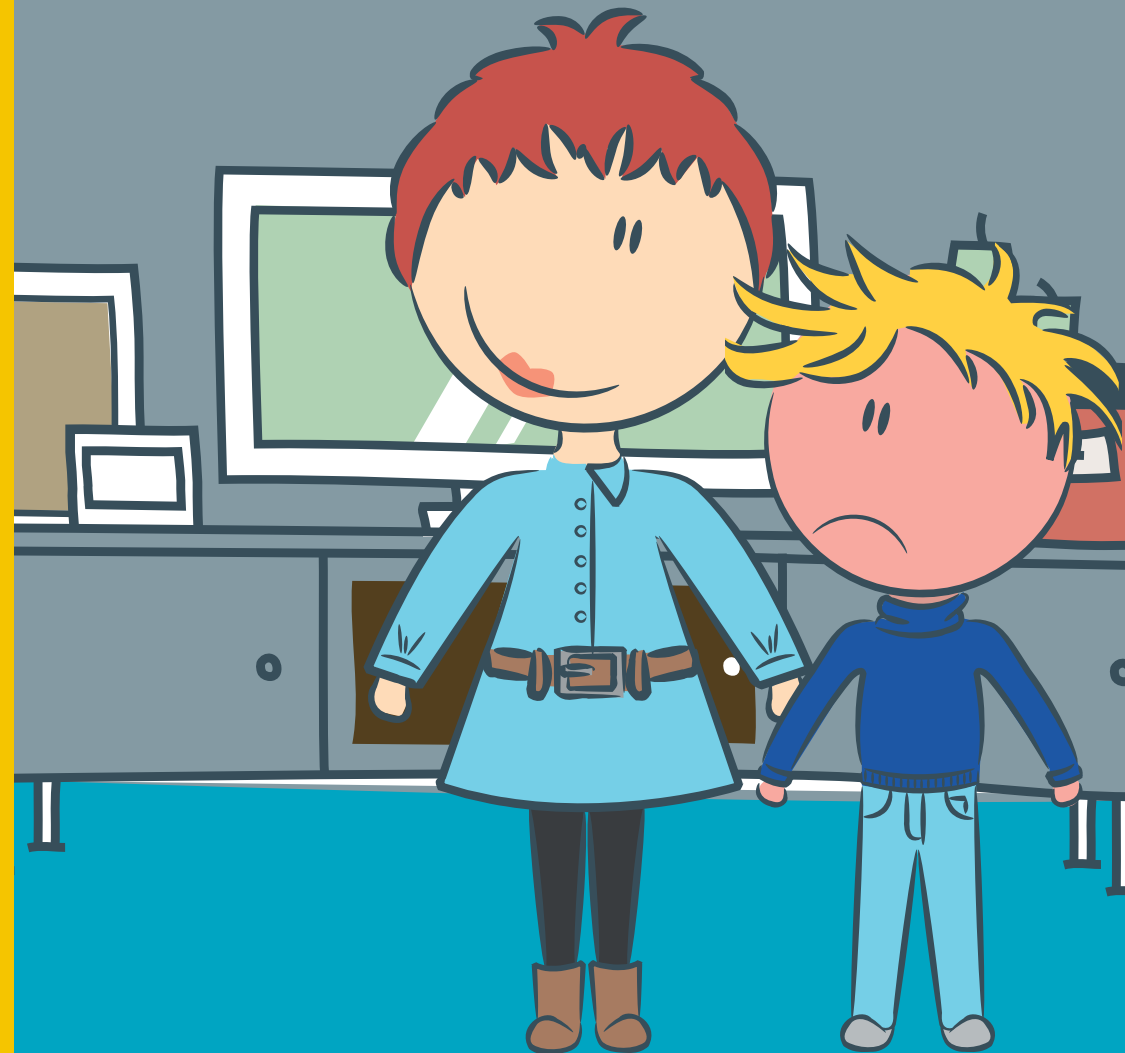
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What do you find difficult?

.....
.....
.....



The new house seems strange at first,
Marcus feels quite sad.
But Jasmine's mum will keep him safe,
And protect him from anything bad.



Who will check that I am ok?



Therapist
(to talk to you about your feelings)

Education Co-ordinator
(to help you at school)

Your social worker

Support workers
(to arrange activities for you)

Key players

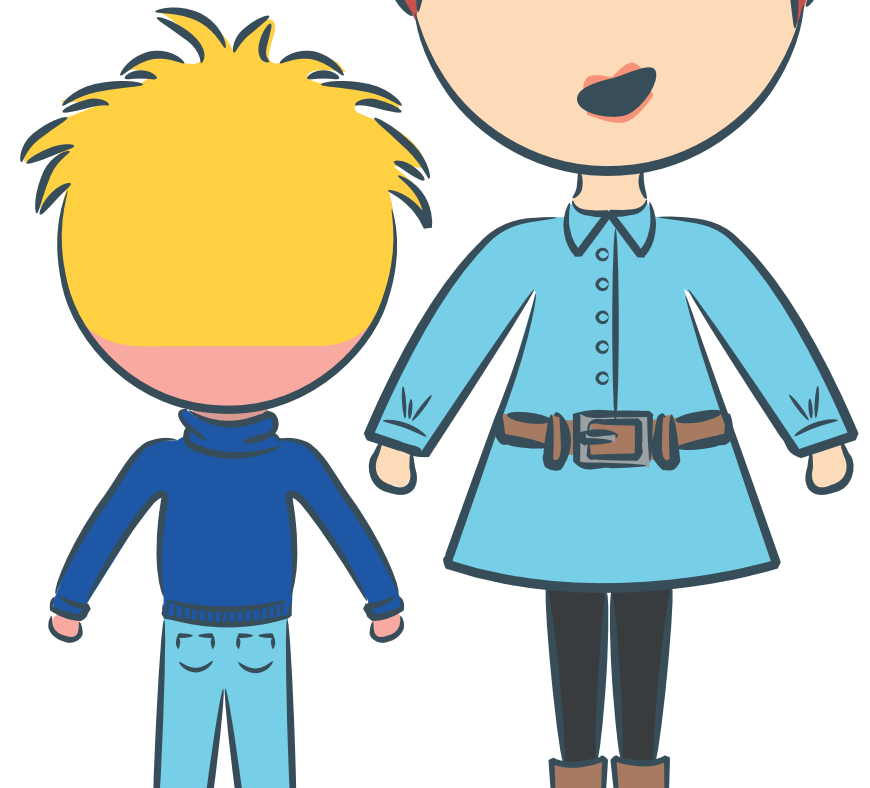
Your foster carer

FCA worker
(to support you and your foster family)

Your own family

Short Break foster carers
(to give you a break if you need it)

She tells him of the visits,
When people will come to see
That Marcus has settled here,
And is as happy as can be.



If I am being bullied, what should I do?

If you think you are being bullied tell someone you trust who can help you, for example, your foster carer, social worker, friend or teacher.

If you are being bullied by your foster carer or someone else who is looking after you, you must tell your social worker or another adult you trust and they will get help.

If I want to make a complaint, what should I do?

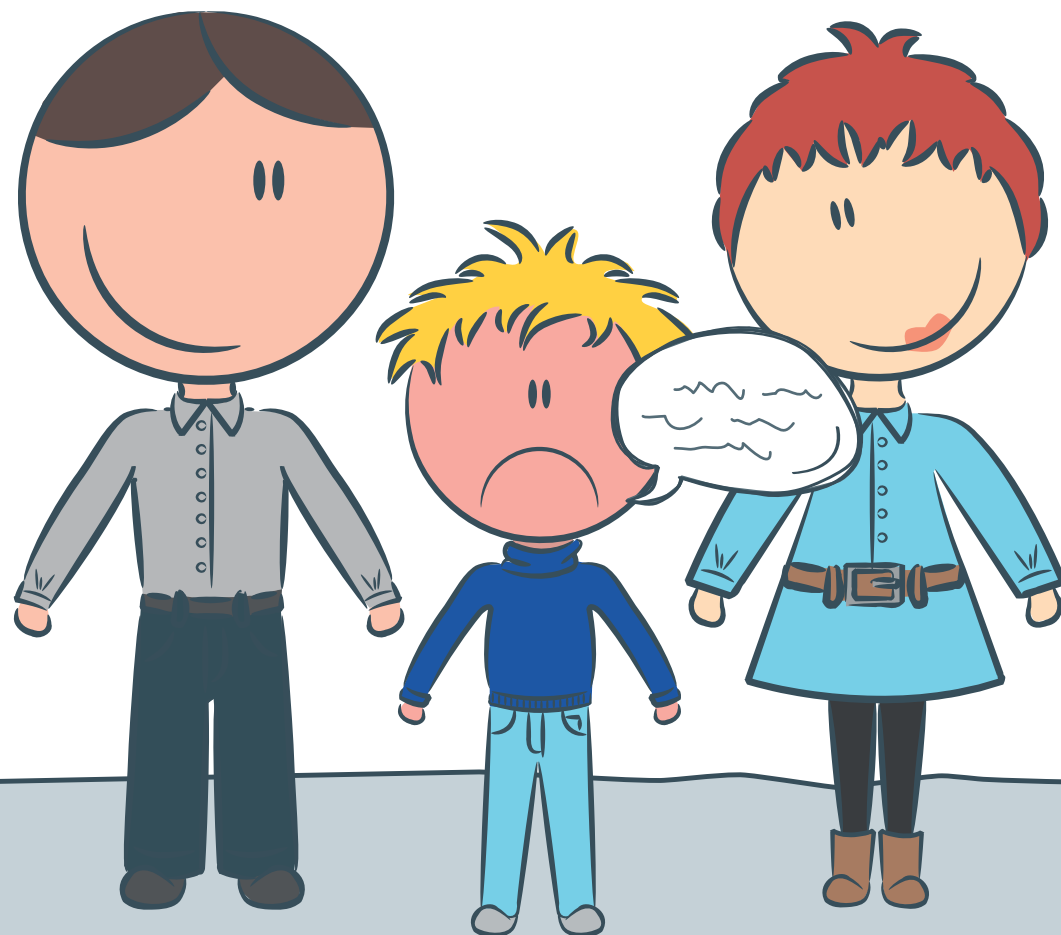
FCA Scotland has something called a 'complaints procedure' so you can ask questions about what is happening to you and tell us if something does not feel okay. Whatever the problem is, we will always try and sort it out for you.

You might not be happy about your foster carer(s), social worker, school or something else.

You should talk to your foster carer, social worker or another adult you trust if you are not happy about something and they will try to help you.



**She tells him, if there's a problem
He only has to say,
And she and FCA Scotland will sort it out,
There's no need to run away.**



What is the name of the school I will go to?

.....
.....
.....



Who are the people that can come to see me?

.....
.....
.....

I am sometimes afraid of...

.....
.....
.....



She says, Marcus will go to school,
But at the weekend, they can meet his
family in the park.
She then gives him a bright blue torch,
Just in case he's afraid of the dark.





Marcus walks around the house,
He carries his favourite bear.
It's a new place for them both to stay,
A home they all can share.



My bed time is...



Before I go to sleep I like...

.....

.....

.....

.....

.....

.....

.....



All too soon it's time to sleep,
Marcus says goodnight.
And as he lays and closes his eyes,
He holds his teddy bear tight.





My favourite things...

A series of horizontal dotted lines for writing, spanning the width of the notebook page.



It's been a tiring day,
Moving to a foster home.
But now with a safe place to stay,
Marcus is no longer alone.



See how many words you can find in Toby Bear's word search?



A	C	S	E	T	A	K	S
Y	B	A	L	L	Y	A	Y
K	I	T	E	L	A	O	F
A	K	J	R	O	B	O	T
B	E	A	R	D	R	U	M
S	K	I	P	M	U	J	L
S	E	M	A	G	N	V	E
L	R	I	G	N	I	W	S

- | | |
|-------|--------|
| BALL | SKATES |
| KITE | SWING |
| DOLL | RUN |
| BIKE | JUMP |
| BEAR | SKIP |
| DRUM | GAMES |
| ROBOT | BOY |
| TOY | GIRL |



Toby says...

'Can you spot the 8 differences?'



Help Toby Bear get to his ball and find his other toys too.

Your important phone numbers and addresses

Doctor:

.....
.....
.....

Dentist:

.....
.....
.....

Friends and Family:

.....
.....
.....



Useful phone numbers:

FCA Complaints Manager

01527 556 480
Monday – Friday
9.00am – 5.00pm

Children and Young People's Commissioner Scotland

0131 346 5350

Childline

Freecall 0800 1111
24 hours, 7 days a week

The Line – for children in care

Freecall 0800 88 44 44

Who Cares? Scotland

0141 226 4441
help@whocaresScotland.org

NSPCC Child Protection Line

Freecall 0808 800 5000

Organisations which inspect fostering agencies in Scotland: Care Inspectorate

Tel: 0345 600 9527
Email: enquiries@
Careinspectorate.gov.scot
or go to
www.careinspectorate.com

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