



**MosaicFosterCare**

*Solo therapeutic foster care  
for traumatised children*

"Say Hi to Mo"

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# CHILDREN'S GUIDE 5-12YRS

## WELCOME PACK & INFORMATION





Mo

(the

Mosaic Monkey) says ...

## Welcome to Mosaic Foster Care

This booklet should tell you everything you need to know about being in foster care with Mosaic and the people that want to help you whilst you are here.

It will also help us to get to know you and answer many of the questions that you must have.

But first ... Can you tell me something about you please?

My name is Mo ... so what's yours? .....

How old are you ... in human years? .....

I love bananas ...

What food do you love? .....

I enjoy swinging in the trees

What do you enjoy doing? .....

I have lots and lots more questions I want to ask you, but I better tell you some important stuff first eh!



## Why am I in foster care?

When a decision has been made that a child cannot live with their own family, they can move in to a foster home where they will be safe.

Children live with foster carers for all sorts of reasons, but it's not because of anything you have done.

## What is a foster carer?

Foster carers are special people who have been carefully chosen and specially trained to look after children.

Foster carers do all the things that parents do, such as setting rules and helping you with things like going to school and making sure you eat the right food.

## What is a social worker?

You will have your own local authority social worker who works for social services. It is their job to make sure you are OK and to help you.

Your social worker will visit you regularly to talk about what is happening in your life. They care about you and you can talk to them about anything you are worried about.

## What does the Mosaic social worker do?

Your foster carers will have their own Mosaic supervising social worker.

Their job is to make sure your carers are looking after you properly and have all the help they need. They will also talk to you to make sure you are happy and well cared for.

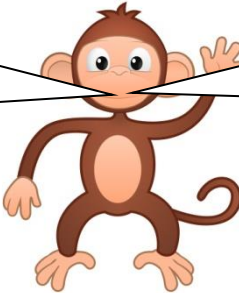


## What is therapy?

Therapy means to help and it can help you make sense of your muddled feelings. A therapist is a person specially trained to help children with feelings and emotions that they may find difficult to talk about.

## When will I see my therapist?

In Mosaic, you will see your therapist every week for therapy. Big changes, living away from family and hurts from the past can often leave you with big feelings that are difficult to understand. Children sometimes find play or drawing easier than words and it might be that you use toys, books, acting or drawing to explore your thoughts and feelings instead of simply talking.



**Wishes** are what you want to do, what you want to happen or what you want someone to do for you.

**Feelings** are about being happy, sad, OK, worried or frightened about something even if you don't understand what is happening.



Your foster carer's name(s) .....

Your social worker's name .....

The Mosaic supervising  
social worker's name .....

Your therapist's name is .....

Let me tell you some of the things that your foster carer(s) will do whilst you live with them .....



Make sure you  
have clothes &  
shoes that fit

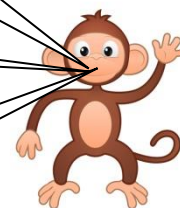
Make sure  
you are  
fed &

Help you  
follow your

Make sure  
you are safe

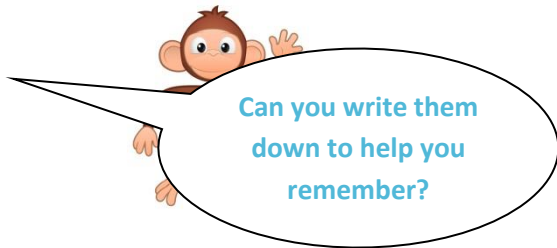
Listen  
to you

Answer  
your





Every family has rules. These are about how to treat each other, about listening to each other and keeping safe. What are your foster carers' rules?



Rules :

.....

.....

.....

.....

.....

.....

.....

Your foster carer(s) will do lots of things to help make you feel happy and comfortable while you are living with them.

They will :

- . Make sure you are well looked after
- . Try to make you feel part of the family
- . Listen to you and try to help you when you feel sad or worried
- . Help you learn new things



### When will I see my family?

Many children in foster care are still in touch with brothers and sisters and other members of their family. You may be able to see them, write to them and talk on the telephone. Your social worker will speak with you about when and how often this might take place. Your foster carer(s) will help you with the contact that has been agreed.

### What about school?

Sometimes you may be able to stay at the same school. Sometimes it is necessary to move schools if you come to Mosaic from another area. What you want and how you feel about school will always be listened to. School is very important because it's where you learn about the world around you and how it works. You also learn about growing up and making new friends. Your teacher will know that you have gone to live with foster carers. If you have any worries you must tell your teacher, social worker or foster carer(s).



Your foster carer(s) will support you with contact visits with your family, they will help and encourage you with your school work and any decisions around your education. They are also there to give you help and advice about friendships, and will encourage you to develop your hobbies and interests in sports and other activities

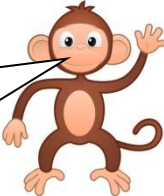


## Who decides what will happen?

While you live with your foster carers, there will be meetings called 'reviews' where important adults in your life will get together and make a care plan for you.

Before the review, you will be asked what you think and what your views are. You may be asked to write these down or to tell your social worker. If you are old enough, you may also be able to take part in the meeting.

If you have any worries in-between these meetings, you can talk to your social worker or the person who is in charge of the reviews, who is called the Independent Reviewing Officer (IRO).



These reviews are all about you so you can say how you feel or what you would like to happen

## How long will I have to stay?

Your social worker will make a plan for you. This is called your 'care plan' or a 'child plan' and includes everything that's important to you such as your school, your health and when you see your family and friends and how long you will stay with your foster family.

Tell your social worker if there is anything in the plan that you don't like as they may be able to change this. If you ever feel worried about your future, tell your social worker and they will do everything they can to help.





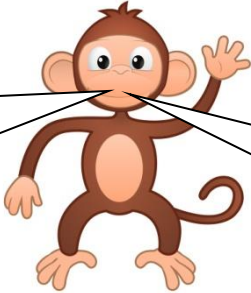
Your carer(s) will not mind if you ask them all sorts of things ...

"What if I don't like the food?"

"Can I have friends over?"

"Will I have to move again?"

"What time do I have to get up in the morning  
and go to bed at night?"



I know moving into a new and different family is not easy, but your social worker and your foster carer(s) want to make sure you are in a safe, caring and happy home.

Sometimes you will feel happy, sometimes sad and sometimes worried. That's OK!

## Privacy!

Your bedroom is a place where you can have your own space and privacy. Other people should always ask permission and knock on the door before going into your room. This rule is the same if you want to go into some else's room. However, if your foster carer feels that something is wrong or they do not get an answer from you, they will enter as it is their job to keep you safe at all times.



## What to do if you are unhappy or have a problem!

It is normal to feel unhappy sometimes, particularly when living away from family and friends.

Mosaic will always try to put you with a family that they think you will be happy with. Sometimes things do not go smoothly, however, and there may be times when you feel unhappy.

If you are not happy, you should first try to speak to your foster carer(s) about what is making you sad. If you cannot do this, then you can talk to your social worker, support worker or anyone else in the Mosaic team.

If you are worried or want to make a complaint and can't tell your social worker, foster carer(s) or teacher, you may want an advocate. This is someone independent who you can talk to, to get your views across, for example in a meeting or to make a complaint about how you are being cared for.

You also have the right to talk directly to Ofsted. This is an organization that checks the work of fostering agencies in England and Wales. You will find their number and those of other organisations who you can call to get help or advice at the end of this guide.



Your foster carer is not allowed to hurt you in any way and nor is anyone else. If you are worried about anything at all, please don't be afraid to speak up as there are lots of people who care about you and want to



## Who can I contact for help?

My social worker's name is .....

Their telephone number is .....

The Mosaic social worker's name is .....

Their telephone number is .....

My therapist's name is .....

Their telephone number is .....

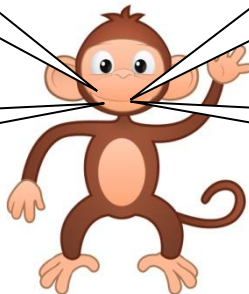
## Other useful numbers:

Ofsted  
0300 123 1231

**ChildLine**  
0800 1111 

The Who Cares?  
Trust  
0207 251 3117

Voice  
0808 800  
5792



This is your page to  
add anything you  
like .. your  
thoughts .. your  
wishes .. your

