nurture FOSTERING LTD

A guide to fostering for children aged 2-5

Nurture Fostering – A complete approach to compliment the child

Reviewed October 2026 - To be reviewed October 2027 - Version 6

This booklet belongs to:

my age is:

Why do i have to move from my family?

Children live with foster carers for lots of different reasons, it is very important for children to remember, It's not their fault and its not anything they have done.

What if i don't want to go?

Sometimes adults have to make decisions on your behalf to ensure that you get the best start in life. Foster families are there to help you get used to the changes and ensure you are comfortable.

Who are foster carers?

Foster Carers are very special people, they have been carefully chosen to look after you and make sure you settle into your new home. Foster Carers are there to settle you into the home, set the house rules, take you to pre-school or school and make sure you have lots of yummy food, toys, games and a bedroom.

Social Workers:

Your own social worker is dedicated to you and to make sure everyone is working together to make sure you are okay. So if you are feeling nervous, anxious or upset you can talk to your foster carer and also your social worker. The social worker will visit you regularly and talk and play with you on their visit.

Your Foster Carers will also have a social worker from Nurture Fostering. Their job is to make sure that you have everything you need and to ensure that they are caring for you.

My Social Workers name is:

My Foster Carers Social Workers name is:

What are the rules for my foster carers home:

1. Relax and make yourself at home, this is your home too for a while
2. Please ask your foster carers as many questions as you would like, they will do their best to answer them
3. If your scared of a pet in the house make sure you tell your foster carer
4. Please do not open the door without an adult
5. Please do not answer the telephone without an adult
6. Make sure your with an adult before you go outside the front of the house
7. You may be asked to wear slippers indoors all the time
8. You will be having a bath or shower regularly, so make sure your foster carers know if you like showers or baths
9. You may see lots of different people in your new home, there all there to help you adjust to your new environment
10. If anything is worrying you please tell a grown up

What do i do if i am not happy or want to complain?

Whatever is worrying you we can always try and sort it out, it is always best to speak to an adult who will be able to look at the best way of dealing with things and support you through this.
You can telephone us on 0208 690 9012

Text: 07939 836277

Send us an e mail to the kids zone on our website: www.nurture-fostering.co.uk/kids-zone/
You can speak to us, when we come and see you in the home.

Stage 1:
This is the first stage where you speak to your foster carer or social worker about what is bothering you. If you don't feel comfortable speaking to them, you can speak to us. You can have support from your foster carer, friend, advocate or someone that you trust to do this. We will acknowledge your problem within 48 hours and try and resolve it at this stage.

Stage 2:
If you still think that there is a problem, The Registered Manager at Nurture will look into it for you. This is a formal investigation and you should be told within 20 working days about what will happen. A report will also be written up and senior a manager will go through this with you.

Stage 3:
If you are still not happy then the Registered Manager will refer this to a company Director, who will look into this for you. The Director or Responsible Individual will try to sort the problem within 20 working days and will let you know the result.

There are some other contact details to the rear of this booklet that may be able to help you.

When will I see my family?

Just because you are in foster care doesn't mean that you will not see your family. You will see your family, but not every day. Your social worker and foster carer will explain to you when and where you will see your parent/s and also if you have brothers and sisters when you will see them, because you may see them at different times.

Please feel free to draw a picture of your family, I am sure that you foster carers can help you if you would like, particularly as they would want to know who's in your family.

Your happiness is really, really important to us and your foster carers, so if you are worried about anything please tell them, your social worker or us so that we can make sure we put it right.

Your Foster Carer can make these telephone calls on your behalf:

Organisation	Telephone	Website
Nurture Fostering	0208 690 9012	www.nurture-fostering.co.uk
The Children Commissioner for England	0207 7838330	Info.request@childrenscomissioner.gsi.gov.uk www.childrencomissioner.gov.uk
The Children's Rights Director for England	0800 528 0731	www.rights4me.org
Ofsted (Standards in Education, Children's Services and Skills)	0300 123 1231	enquires@ofsted.gov.uk www.ofsted.gov.uk
ChildLine 24 hours helpline	08001111	www.childline.org.uk
The Who Cares	207 7251 3117	mailbox@thewhocarestrust.org.uk www.thewhocarestrust.org.uk
Voice	0808 800 5792	minfo@voiceyp.org www.voiceyp.org
Rights 4 Me	0800 5280731	www.rights4me.org
NSPCC – National Society for the Prevention of Cruelty to Children	0800 1111 – child helpline	www.nspcc.org.uk

nurture
FOSTERING LTD

0208 690 9012

info@nurture-fostering.co.uk

www.nurture-fostering.co.uk