

# MAY ADOPTION SUPPORT BOOK

This book belongs to:



Parents And Children Together

# YOUR SPECIAL BOOK

This is a special book just for you, now that you have come to live with your new family.

Our names are Mikey and Millie and we live with our adoptive families, just like you. You will see us on every page of this book. Can you find us?

Our job is to tell you about what you can do if you are feeling worried about being adopted.



# YOUR NEW FAMILY

You social worker at PACT helped your new mummy or daddy become your parents.

Your new family wanted you to join them very much. They are so happy and excited that you are now living with them.

Being in a new family can sometimes feel a bit strange. Your new family is here to help you feel happy and safe.



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# SUPPORT



We like to organise fun days, so you can meet other children who have been adopted.

These are usually at places like the zoo, a farm or soft play areas. We also run workshops where you can make new friends and play games.

We help your parents too. Your mum or dad can speak to us about what support they think they need.



# FEELINGS

Sometimes you might feel sad or worried about having a new family.

Sometimes you may have a fizzy feeling or butterflies in your tummy, or you may suddenly feel all hot, upset and cross. Don't worry, you are going to be okay, the feeling will go away in a little while, but you might like to tell someone so that they can help you to feel a bit better.

You could speak to your new parents or your social worker who comes to visit you. Maybe you could draw a picture about how you are feeling

If you go to school, you could tell your teacher if you are feeling sad or worried.

It feels better when you tell someone instead of storing worries inside of you.



# YOUR SPACE

You might have some questions about your new family or the family you used to live with.

Your new parents or your social worker can help you find some answers.

You can write down any questions you have, draw a picture or cover it in stickers... it is up to you!



# TALK TO PACT

**You can ask your parents to let you speak to someone at PACT by ringing 0300 456 4800.**

If you are not happy with us for any reason, you can let them know too. We like to listen to any of your problems, so they can be sorted quickly for you.



# USEFUL PEOPLE

Here are some people who can help you. If you want, you can ask a grown-up to talk to them for you.

**Children's Commissioner** – There is an important lady called Dame Rachel. Her job is to make sure grown-ups listen to children. You can call her team on 020 7783 8330.

**Ofsted** – These people check that PACT is doing a good job. You can call them on 0300 123 1231.

**Childline** – Childline is a safe place to talk about any big or small worries. You can call them on 0800 1111.



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# IMPORTANT

This guide belongs to:



My social worker is:

My social worker's phone number is:

My Independent Reviewing Officer is:

My Independent Reviewing Officer's phone number is:

My family's PACT social worker is:

My PACT social worker's phone number is:



Telephone: 0300 456 4800 [www.pactcharity.org](http://www.pactcharity.org)



Parents And Children Together



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