



Spending time with your family.....this is sometimes called Contact

What is Contact?

This is spending time with family members who are important to you. We want any time you spend with your family to be good. We want it to be fun, positive and safe. We know how important time with your family can be, but we also understand that it can be difficult at times too. You can be a part of deciding how often you might want to spend time with your family, your social worker will talk to you about this.

How often will I see my family and for how long?

This will be discussed with you and planned so that you know what is happening. If you would like to see your family more or less often then speak to your social worker or your IRO, who can talk to you about this.

Where can I spend time with my family?

You can spend time with your family by meeting with them and doing things together. Sometimes when you spend time with your family there might need to be a social care worker there at the same time. This person is there to make sure that you are kept safe. They are not there to spend time with you and your family, but they will check out that everyone is safe and happy. Sometimes the social care worker may make some notes and these will be shared with your parents after your contact. The notes may be shared with other people who will be making decisions about you and your family. You can also spend time with your family by

- writing letters,
- making telephone calls,
- Skype

Why can't I go outside with my family?

Sometimes there might be concerns about safety, your social worker may talk to you about this. It might be that people want to see how you and your family get on together.

If you are unhappy about the plans for spending time with your family you can talk to your social worker or IRO. During your reviews your IRO will check that the best plans are in place for you

What happens if my parents don't show up?

Families will often be helped with transport to attend these times with you, but sometimes your family might not be able to come for different reasons. If this happens the social care worker will talk to you about this and help you if you are feeling sad or upset. This can be a really difficult time and it is important that you feel you can speak to your social worker or carer.

What happens if I don't want to see my family?

If you feel that you don't want to see any member of your family it is important that you talk to your Social Worker about that. Your Social Worker will talk to you about why you feel like that and what could be done to make it feel better. If after this you really don't want to have contact no one will force you to do so.

Spending time with your friends

Some children in care have told us it is difficult to keep friends or make new friends. It is important that you are supported to spend time with your friends and also helped to make new friends. Speak to your foster carer or social worker about how you might be helped with this.