

**North London Fostering Consortium
Parent and Child Fostering Scheme**

PARENT'S WORKBOOK



**NORTH LONDON
ADOPTION
AND
FOSTERING
CONSORTIUM**

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MY PLACEMENT AGREEMENT

You can keep your placement agreement
in this section.



WHAT TO THINK ABOUT WHEN YOU WRITE YOUR WEEKLY RECORDS

Caring for my baby day-to-day

Washing and bathing; changing nappies; feeding your baby; sorting out a routine for sleeping. Were you able to recognise when your baby needed changing or feeding? Is there a routine for your baby? Does your baby have any particular health needs? What did you do to improve your relationship with your baby? (for example: eye contact, giving a cuddle). What other things did you do with your baby? (for example: singing, playing, reading).

Think about the day and what went well, what you needed help with and what you think needs to improve. How did you cope with your baby's crying this week?

How have I managed other day-to-day tasks?

Budgeting, looking after myself (sleeping, keeping myself and my and shared spaces clean, eating well etc), how has any contact with others gone?

What appointments have I had? How do I think these appointments are helping me (or not)? Have I kept to all appointments?

How am I doing as a parent?

How confident are you feeling? How did you manage your own feelings?

Could you remain calm and caring even if you were stressed or worried? Did anything get in the way of you focussing on your baby when you should have been looking after her or him? Are you able to ask for help when you need it? Are you able to take advice?

Thinking about the future

Think about the future: what do I want for me and for my baby? What can I do to achieve what I want to and who will be helping me when I leave here?

WEEKLY RECORD OF HOW THINGS ARE GOING

Week (date) to (date):

Caring for my baby day-to-day

Date	

How have I managed other day-to-day tasks?

Date	

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Extra sheet on:

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Extra sheet on:

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BUDGETING

Before leaving placement, it is important that you think carefully about what you can afford and how you are going to live. During the placement your foster carer will have helped you; living on your own is very different and can be scary: as many items babies need you to take care of are very expensive:



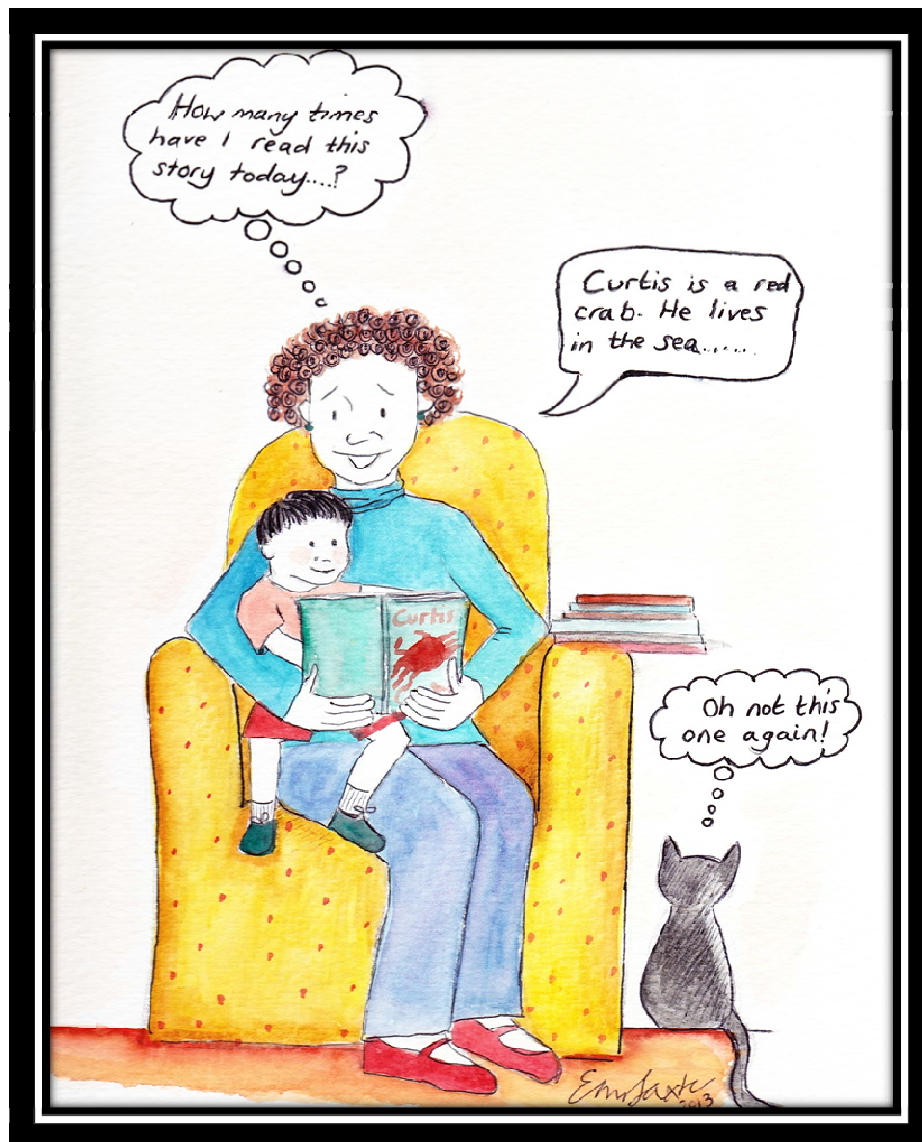
MY BUDGET

Date:

<u>INCOME</u>	
Income support	
Child benefit	
Child tax credits	
Housing benefit	
Other	
Total	
<u>EXPENSES</u>	
Food	
Formula	
Rent	
Electricity	
Water	
Gas	
Telephone	
Clothing for me	
Clothing for baby	
Nappies and wipes	
Formula	
Toiletries (me and baby)	
Entertainment	
Savings	
TV licence	
Cleaning materials including laundry	
Other	
Other	
Total expenses	
Income take away Expenses equals	

REVIEW

This is a process where it is discussed what will most likely happen at the end of the placement. We will talk about what has gone well and what has not gone well, and what still has to be achieved in the coming weeks. Hopefully you will be getting into a routine with your baby and enjoying caring for him/her, although some aspects may be more enjoyable than others. We also will discuss the arrangements in your foster placement, to consider any desired changes.



PARENT'S REPORT FOR A REVIEW MEETING

Your name:

Date:

What do you think has gone well?

What do you think could be improved?

What do you think should happen now?

Write on the other side if you have more to say...

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WHERE DO I GO FROM HERE....

This is where we look at what has happened over the past weeks and what you have learnt. It would help if you could fill in these parts of the book before the final placement review meeting so the professionals can see what you are thinking and help you to plan for the future. Here are some sheets we would like you to complete with your carer before the meeting:

As a mum (Complete these sentences....)

I can be a good mum by

My plans for my future are

Parenting scares me because

I will show I care for myself by

I will take care of my child financially by

Right now my financial situation is

Right now my housing situation is

The people (family, friends and professionals) who can support me
are

The people my baby will see are

Signed (parent):.....

Signed (foster carer):

Dated: