

my guide to adoption



WHAT IS ADOPTION?

Adoption is when children cannot live with and be cared for by their birth family (the family they were born into).

So it is very important that a new family can look after the child.

That is why you have a new family who will look after you, love you and keep you safe and well and happy.



YOUR NEW FAMILY

Your social worker has found your new family for you and you will be getting used to living with each other.

Your social worker will visit you regularly and your new family also has a social worker who will visit.



IT'S IMPORTANT TO TALK

It is important that you talk to your new parents or your social worker if you are worried or sad about anything.

They are there to help you and make sure you feel safe and happy.

You will be getting used to a new home as well as a new family. Everything may feel strange for a while. but we hope you will soon settle in and feel at home.



YOU WILL ALWAYS BE PART OF YOUR NEW FAMILY

You are not yet adopted– being adopted means that you will always be part of your new family– even when you are grown up. It means that you belong.

After you have lived with your new family for a while they will ask the judge if they can adopt you.



YOUR HAPPY DAY...

It will be a very happy day when the judge says that you are adopted!



Being adopted does not mean you have to forget about your birth family– you can remember them and talk to your new parents about them whenever you want.

YOU'RE PART OF YOUR HAPPY NEW FAMILY

**There are lots of adopted people -
children just like you and grown ups**

**Your new parents are very happy that
you are part of their family**



USEFUL CONTACTS

Caritas Care

218 Tulketh Road, Preston, PR2 1ES

Tel: 01772 732 313

E-mail: info@caritascare.org.uk

Website: <http://www.caritascare.org.uk>

Childline

(helpline freephone) 0800 1111

www.childline.co.uk

National Youth Advocacy Service

90-105 Argyll Street, Birkenhead, Wirral, CH41 6AD

Helpline (freephone): 0800 808 1001

Email: help@nyas.net.

Coram Children's Legal Centre

For Family or child law: 0300 330 5480.

<https://www.childrenslegalcentre.com/about-us/what-we-do/child-law-advice-service/>

Ofsted

(inspects services involved in the care of children and young people) Piccadilly Gate, Store Street, Manchester M1 2WD

<https://contact.ofsted.gov.uk/contact-form>

t 0300 123 1231

Office of the Children's Commissioner:

Sanctuary Buildings, Great Smith Street London SW1P 3BT

Freephone: 0800 528 0731

<https://www.childrenscommissioner.gov.uk>

CHILDREN'S GUIDE TO ADOPTION SUPPORT

When you have been adopted into your new family we hope that everything will go well for all of you. We also know that being an adopted child may not always be easy and there might be things that you don't understand or would like help with.

These are some of things that you might want help with:

- Information about your birth family.
- Understanding why you were adopted.
- Arranging to keep in touch with brothers and sisters, your birth parents or other relatives and friends.
- Understanding your feelings – sometimes you might feel angry or sad or just not know how you feel.
- Coping with school- some children who are adopted find school very difficult and need extra help.

If you ask your parents about any of these things they might be able to help you themselves or they may know where to go to find out more.

CHILDREN'S GUIDE TO ADOPTION SUPPORT

Your parents can also contact the Adoption Support Team at Caritas Care to help answer these questions.

The Adoption Support Team has people who know a lot about adoption and how it feels to be an adopted person.

We work with adopted children and young people and their families.

We can also arrange fun things for you and your family to do, including meeting up with other adopted children and their families.

If you would like to talk to someone about any of these things, you or your parents can contact the Caritas Care Adoption Support Team on **01228 595937**.





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