

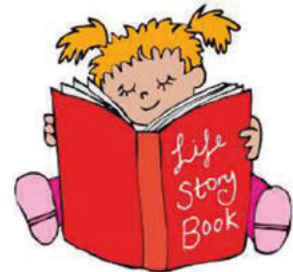
Child's Guide to Adoption Support



When you have been adopted into your new family we hope that everything will go well for all of you. We want all children to be healthy, safe and to be able to get help if they have any questions or worries. We know that being an adopted child may not always be easy and there might be things that you don't understand or that you would like help with.

The kind of things that you might want help with include:

- Understanding why you were adopted and having information about your birth family



- You might have questions or views about the letters or any other contact you have with brothers, sisters, your birth mum or dad or other people who were important to you

- Managing your feelings; sometimes you might feel angry or sad or just not know how you feel

- Coping with school; some children find school difficult and need extra help



- If someone is being unkind to you, or hurting or bullying you.

If you ask your parents about any of these things they may be able to help you themselves or know where to go to find out more. Your parents can also contact the adoption team to help answer these questions.

The adoption team has special workers who work with adopted children and their families. If there was any reason why it was difficult to talk to your adopted parents, you could start by talking to a teacher or another grown up that you trust.



If you're not yet adopted, you could contact your **Reviewing Officer**, the person who comes to your reviews and who is in charge of making your adoption plan.

Ask your social worker for their address and telephone number.

Your Independent Reviewing Officer:

Name: _____

Telephone: _____

Email: _____



Useful Addresses and Contact Information

Ofsted

Telephone: **0300 123 1231**

Address: Piccadilly Gate, Store Street, Manchester M1 2WD

email: enquiries@ofsted.gov.uk

Website: www.ofsted.gov.uk

Children's Commissioner for England

Telephone: **020 7783 8330**

Address: Sanctuary Buildings, 20 Great Smith Street, London SW1P 3BT

Email: info.request@childrenscommissioner.gsi.gov.uk

ChildLine

Freephone: **0800 1111**

Website: www.childline.org.uk

