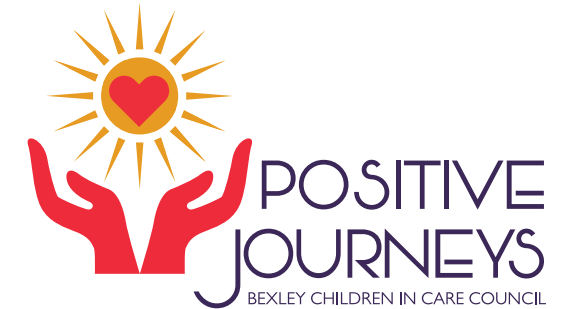


99 ways for professionals to build positive relationships with looked after children, young people and their families in Bexley

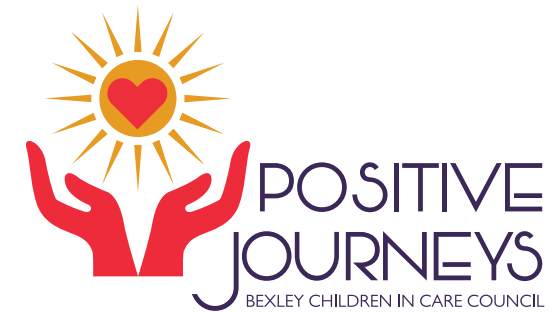
These were developed by Bexley looked after children and young people



1 Love me 2 Be trustworthy 3 SUPPORT ME 4 Make time to build strong bonds with me 5 Educate me 6 Listen to me 7 Communicate with me 8 ALLOW ME TO TALK ABOUT MY DIFFICULTIES 9 Be kind 10 CARE FOR ME 11 Understand me 12 Do what you say you're going to do 13 SPEND QUALITY TIME WITH ME 14 Make my trips and activities fun 15 Know the little things about me 16 TALK TO ME AND HELP ME UNDERSTAND WHAT IS GOING ON 17 Make me feel welcome 18 Tell me about my past 19 Turn up when you say you will 20 Remember my birthday 21 FORGIVE ME 22 TRUST me 23 Make sure I receive a letter and photo profiles of the foster family 24 SUPPORT ME TO BUILD STRONG BONDS WITH OTHER CHILDREN OF THE FOSTER CARERS 25 Help me succeed at school 26 Support my career path 27 Support my transition into independence 28 REMEMBER THAT CHRISTMAS IS PAINFUL 29 REMEMBER THAT MOTHER'S DAY IS HARD 30 Remember that Father's Day is hard 31 Don't prejudge me 32 See me, not my past 33 Remember my hobbies 34 REMEMBER WHAT FOOD I LIKE 35 Help me understand why I am looked after 36 Help me contact my family if it is safe enough and in my best interest to do so 37 KEEP ME SAFE FROM HARM AND NEGLECT 38 Help me make better choices 39 Be understanding of me when I don't want you there 40 Build a safe network around me of professionals who will care for me 41 MAKE SECURE AND PERMANENT PLANS FOR MY FUTURE 42 Listen to my experiences and respond in ways I can understand 43 Help me recover from the harm I have suffered 44 Take care of my physical health 45 If I have special needs or disabilities, help me understand the help I will receive 46 If I go missing or run away, consider me at risk of harm or significant harm 47 If I am at risk of involvement in crime, violence or gangs, provide support for me to work closely with the police 48 Help me to be independent, have choices and control over my life 49 Be interested in me 50 KEEP ME ALIVE IN YOUR MIND 51 Have a laugh with me 52 Know how to spell my name 53 Smile! 54 SHOW WARMTH! 55 Love me even when I'm naughty 56 Take me to nice places not just meetings 57 HAVE FUN WITH ME 58 Praise my school work 59 Don't keep on changing your mind 60 TELL ME ABOUT YOU! 61 Smile from your heart 62 Call me to just say hello! 63 Don't feel sorry for me 64 Don't judge me 65 Don't judge my parents 66 DON'T TALK BAD ABOUT MY PARENTS 67 Be truthful with me 68 Try to understand me 69 Like me even when I'm naughty 70 Say sorry when you get it wrong 71 Aim high for me 72 Visit my mum when arranged 73 Be kind to my parents 74 Listen to me and my parents 75 Understand my anger 76 Be my champion 77 Forgive me when I upset you 78 SHARE THE TOUGH STUFF WITH ME 79 Remember important dates 80 DON'T TAKE STUFF PERSONALLY 81 DON'T FORGET ME 82 Share my good stuff with my parents 83 Never use sarcasm 84 Tell us your kids names 85 LISTEN TO US WHEN WE ARE SILENT 86 Show us how to do our hair 87 Take us to nice places with our parents for contact 88 MAKE SLEEPOVERS POSSIBLE 89 HELP US TO SEE OUR SCHOOL FRIENDS 90 Know what trainers kids wear 91 HELP OUR PARENTS TO KEEP US SAFE 92 INCLUDE US IN OUR CARERS HOLIDAYS 93 ONLY GIVE US 1 RESPITE CARER 94 KNOW WHAT MUSIC WE LIKE 95 WATCH TV WITH US 96 GET A TAKEAWAY WITH US 97 Decorate our room with us 98 Take us to the park 99 HELP ME TO HAVE MY FRIENDS OVER FOR TEA

Bexley Looked After Children COMMITMENTS

These were developed by Bexley looked after children and young people



As a Bexley child who is 'Looked After' - The following commitments will be 'good for me'

1. Be there for me when I'm happy or sad

Understanding that I will have good and bad days, but what's important to me is that I always know you will be there for me, when I need you and be understanding of me when I don't want you there.

2. Help me to understand my past

As I get older and when the time is right, it is important you help me understand why I am in care, where my family are, and how I can contact them if it is safe enough and in my best interest to do so. It is important for us to have a family tree, a life storybook with photos and text which will help us to talk when processing our past.

3. Help to keep me safe and to understand safe relationships

I will make mistakes and take risks as all children and young people do. But I need you to help me make better choices and keep me as safe as possible from harm and neglect. We need you to build a bond with us so that we feel safe to talk about our feelings. I need you to build a bond with me and for you to be honest about the secrets you can't keep, like personal secrets or secrets which will cause me or others harm, but tell me clearly what you will do with my secret.

4. Help me succeed at school

My education is important to my future success. As I get older I need your help to identify my future life and career goals, and how my education plans will help meet them. All through my education help me, in turn this will help me understand the plan for me. I need to know that you will always have my back through my education. It is important that the fact that I am looked after is kept confidential from my school friends, unless I wish to share this.

5. Help me to understand how to lead a healthy life

Keeping as healthy and fit as possible is important to me. To help me I need to have regular health and dental check-ups and care, a varied and balanced diet, and regular activities. I also need people talk to me about my health needs as clearly as possible according to my age and understanding to allow me to make informed decisions about my healthcare as I get older.

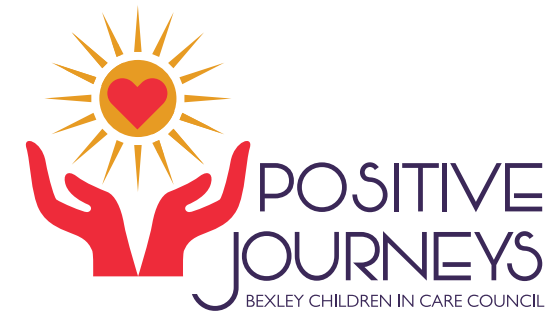
6. Help me to understand my Rights and Responsibilities

I need to know what my rights and responsibilities are to make my own choices, as I grow older. Even when we do not agree with each other, I still want my views to be heard. This means providing the right people who can support me to say what my views are and that you do not get offended with me when you do not agree with me.

In turn, I know that I must be responsible in how I use my rights and listen when I am given advice, even when I do not accept it.

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