



.....'s Guide to Overnight Stays

★ What you need to know if you are looked after away from home



This booklet is for children aged 8-12 who are looked after in foster care or residential care.

It has been produced to help you understand what rules and arrangements need to be followed when you go on a sleepover.

Your carer will encourage you to make friends and join in activities in a way that is right for you. They will listen to you and help you keep in touch with family and friends who are important to you.

Above all, the people who care for you need to keep you safe. This means that there have to be some rules and arrangements about sleepovers that need to be followed.

Feeling included

It is up to the people who care for you to help you feel included and involved. You should be able to join clubs, take part in sports and, most importantly, make friends. You should not be made to feel any different from any of your friends because you are looked after away from home.

Care planning

Your carer will ask what you think and feel about sleepovers and this should be written down. If you are a bit worried about staying away for the night then make sure you talk this over with your carer.

Don't go on a sleepover if you don't want to.

Finding out a bit more

If you'd like to stay over with one of your friends just ask your carer.

Before letting you stay overnight your carer or residential worker will need to speak to the person you are staying with. This is so they know what to do if you are unwell or if something worries you or them.

This might include things about your health (for example if you need to use an inhaler) or about things that might upset you. Your carer might have to share some information with the person you are staying with, but your carer would talk to you first.

If any problems or concerns have arisen during your stay your carer will discuss these with you.

Everyone else is - why can't I?

“It's not fair, all my friends get to go on sleepovers, so why can't I?”

There may be times when the carers who care for you will say “no” or “not just now”.

There will sometimes be good reasons not to let you stay overnight and your carer will explain these reasons and write them down. Your views will also be written down. If there are rules or arrangements you do not understand or feel unhappy about, you should talk it through with your carers, key worker or social worker.

Inviting your friends back for a sleepover

Usually, you should be able to have your friends back for a sleepover although this might not always be possible.

Speak to your carer about it.

If you are in foster care then your carer may have to share information with the family or carers of the friend who is coming to stay.

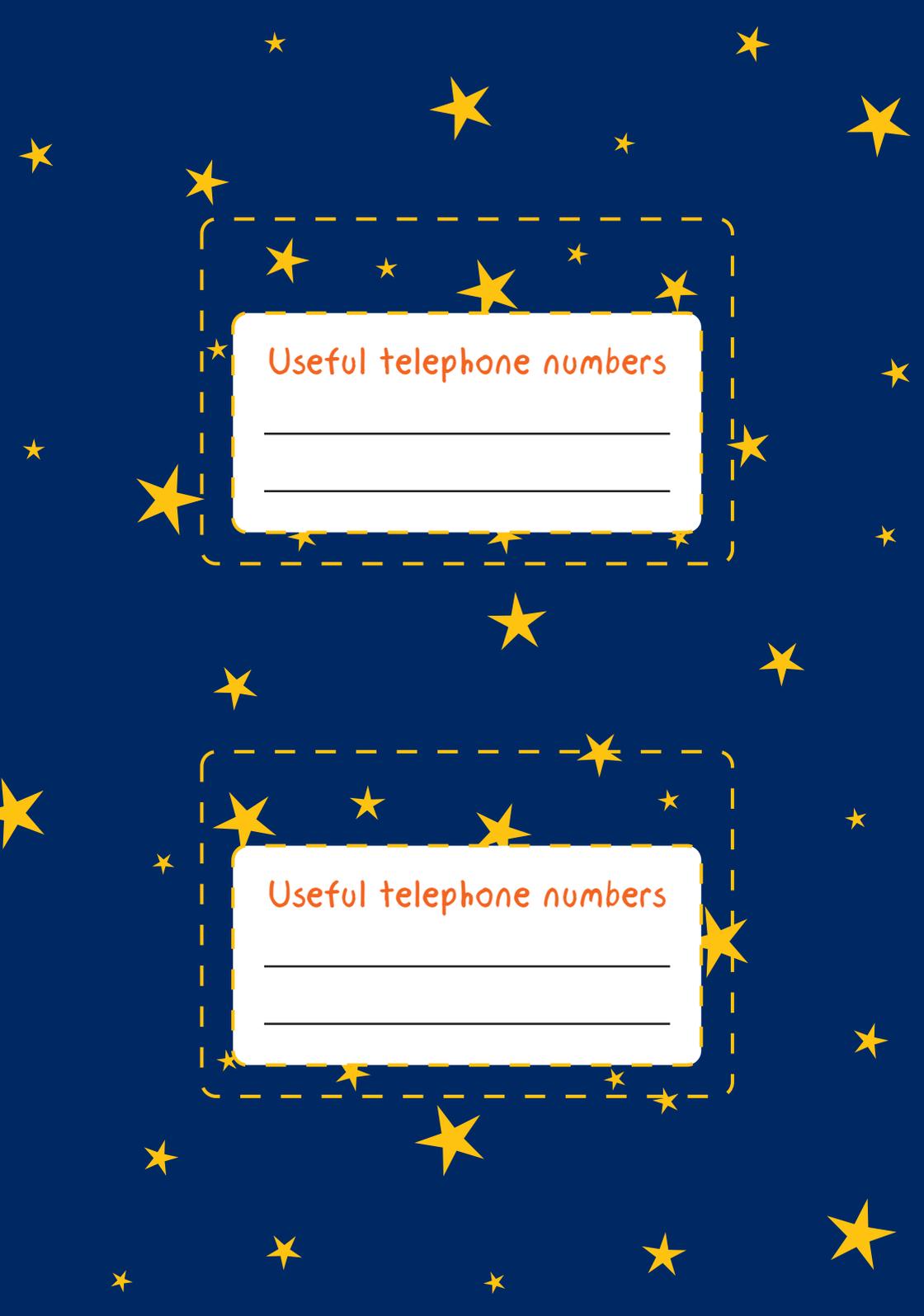
If you are in a residential unit it is important that your friend's family understands what a residential unit is and what arrangements apply to make the sleepover as normal as possible.



Notes



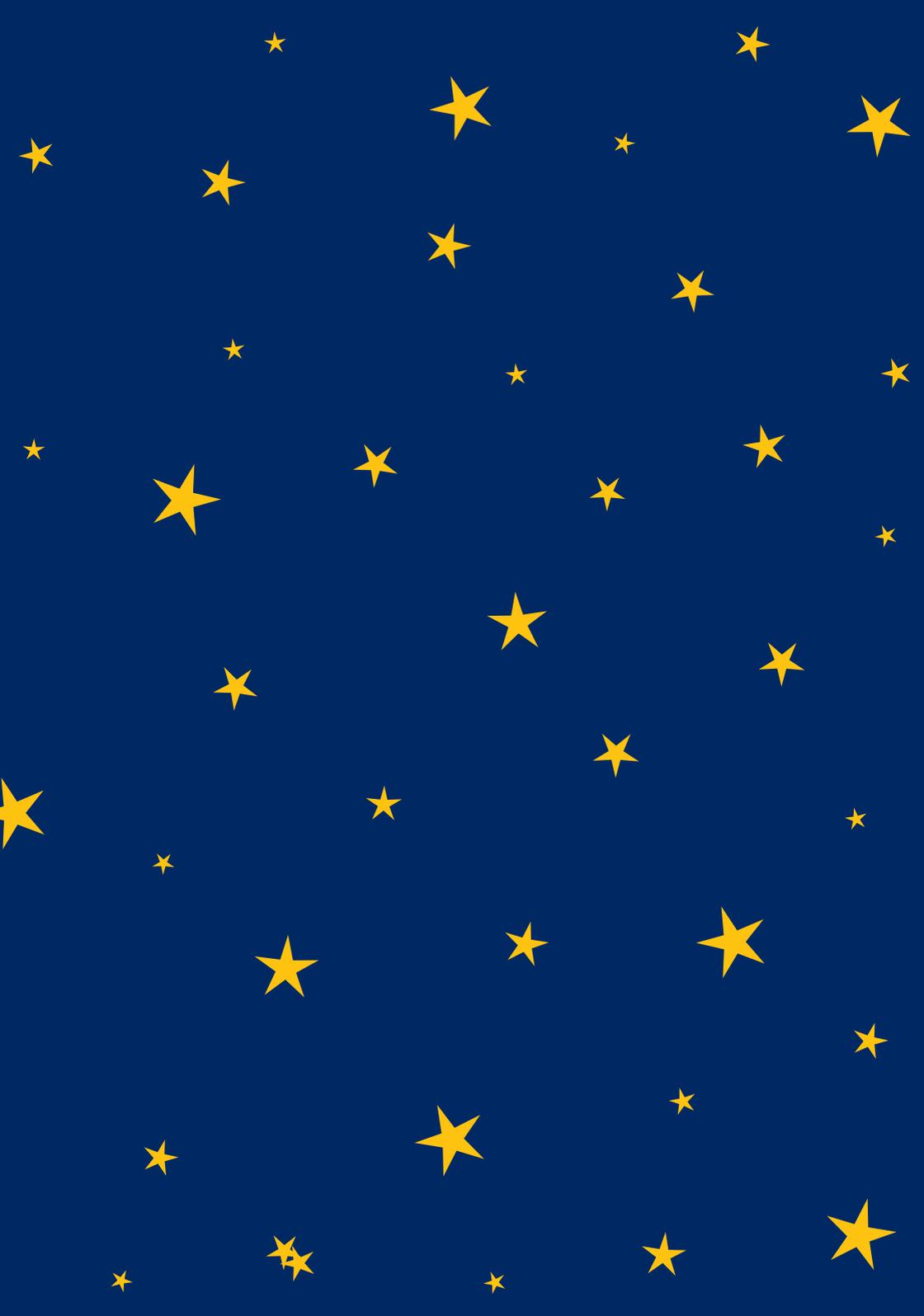
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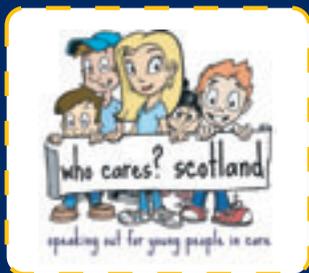


Useful telephone numbers

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