



*The Children's Guide*  
**TO ADOPTION SUPPORT**

**FAMILY  
ADOPTION  
LINKS**

# Introduction

We know being an adopted child or young person can sometimes bring up lots of thoughts and questions. But guess what? We're here for you at Family Adoption Links, we know that you might be feeling a bit curious or unsure about things, and that's completely normal! We are ready with hints, tips, and support to help you work through whatever's on your mind.

## What is post adoption support?

Post adoption support is a bit like having a trusted friend in your corner. It's the kind of help that kicks in after the Adoption Order is made, designed to make sure you feel supported and have everything you need. Being adopted can stir up all sorts of feelings, and post adoption support is here to help you navigate through them. Think of it as having a toolkit of ideas and resources to ensure you're happy and confident as you grow up. If you ever have questions or just want to chat about what's on your mind, then your local post adoption support team at FAL would like to hear from you.



# What can I do?

If you are feeling unsure, or dealing with some complicated emotions, here are some ideas to help you out:

## Share your lifebook

Mums and Dads understand more than you think. Ask to share your Lifebook and have a chat about your feelings.

## Write it down

If talking out loud feels tricky, why not leave a note for your parents sharing how you feel?

## Talk to a friend or teacher

Sometimes, sharing with friends or teachers can make things a bit easier. Choose someone you feel comfortable with and trust.

## Get creative!

Express yourself through art! Paint, draw, or create something that shows your feelings and thoughts.

## Poems and feelings diary

Write some poems or start a feelings diary. It can be a helpful way to understand and express what's going on inside.

# Who else can I talk to?

If you want to talk to someone other than your Mum or Dad, that's totally okay! Here are the details to reach us at FAL:

- **Leicester:** 0116 454 6540 (Mon–Thu, 10 am–2 pm) or [Email](#)
- **Leicestershire:** 0116 305 1126 (Wednesday, 9 am–12 noon) or [Email](#)
- **Lincolnshire and Rutland:** 01522 782111 or [Email](#)
- **Northamptonshire:** 0300 1261008 (Mon, Wed, Fri, 10 am–4 pm; Tue, Thu, 9 am–1 pm) or [Email](#)
- **North Lincolnshire:** 01724 297024 or [Email](#)

## Collabor8

At FAL, we believe in the power of your voice. We've created the Collabor8 Young Person's Council just for you! It's a place where you can share your thoughts, experiences, and ideas about what we do.

### What's in it for you?

- For each meeting, you'll receive a £25 voucher—our way of saying thanks for sharing your insights and incredible ideas!
- Want something for your personal development? We can provide you with a Young Person Representative job description from FAL.

### Ready to Make Your Voice Heard?

Contact Karen Everatt, Lead Officer, to get involved. Let's make your journey extraordinary together!



# My thoughts...

This page is just for you to express anything you want to share. It's your space to talk about post adoption support—what you think, any questions you have, or even your feelings about how things are going. Feel free to draw pictures, share what you'd like and wouldn't like in your support system, and jot down things you want your post adoption support team to know about you. This is all about your voice and your journey.

## This is what I think about adoption...

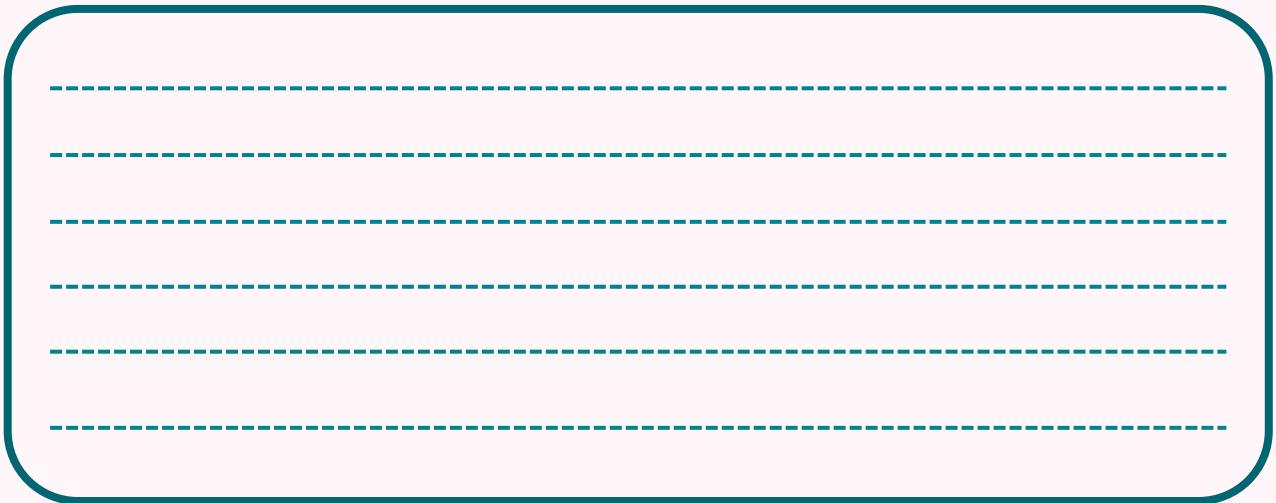


## Here are some questions about my support...



# My thoughts...

Things I would like in my adoption support...



People I want to talk to about my support...

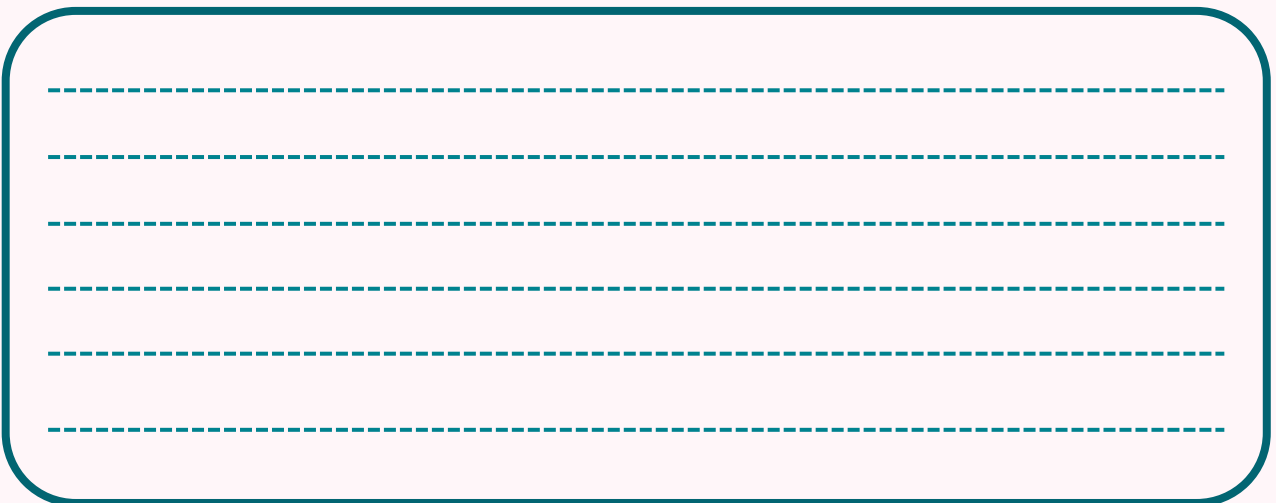


# My thoughts...

Activities that bring me comfort and joy...



Places that make me feel relaxed...



# My thoughts...

What makes me feel better in difficult times...



Other things I'd like you to know...

