



Someone New

An Early Permanence Activity Book for Siblings.



Information for the grown ups

Dear Parents and Carers,

This activity pack should be used alongside our Welsh Early Permanence Story: Someone New available to download on our website.

The activities are designed to support your child in their understanding as you embark on your Welsh Early Permanence journey as a family. On our website you will find some supporting information which might be helpful when talking to your children about your plans to care for a child under a Welsh Early Permanence plan. We suggest you look at this material and talk to your social worker before looking at the book with your child, they will be able to support you.

Scan this code for access to information and support for topics covered in this book or visit <https://adoptcymru.com/>

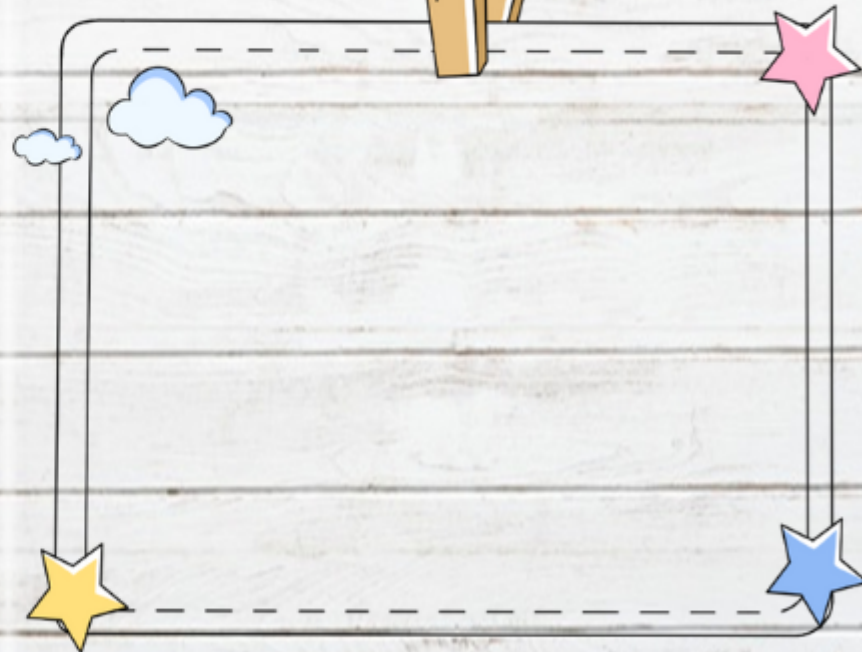


1



This book belongs to

.....



This is me

Draw a picture of yourself or stick your favourite photograph here.

2

If you are reading this, it is because you and your family are about to go on a very special journey together. By now your parents have probably spoken to you about their hope to care for a child who needs a safe loving family. This may be for a short while or it could be for a long time, we don't know yet.

Before a child can come to stay in your family home, there are lots of important things to consider like how you think and feel about this decision or what changes may need to happen to make room for someone new to come and stay.

You probably have lots of questions and even some big feelings about what is going to happen, just like Seren did. It is ok to feel like this. Lots of people are here to support you, most importantly your parents, who you can talk to whenever you have questions.

This book will help you to think about some of the things that may change over the next few weeks and months and begin to think how you can help on this journey as you are a very special and important part of this decision.

Have fun completing all the activities and capturing your memories on your family journey!



All about you

Just like Seren and Megan when a new child joins your family, they will want to learn all the important and special things about you and your family. It is your job to help them by completing these activities.

Hello my name is Seren and this is a story all about me and my family.



Important things about me!

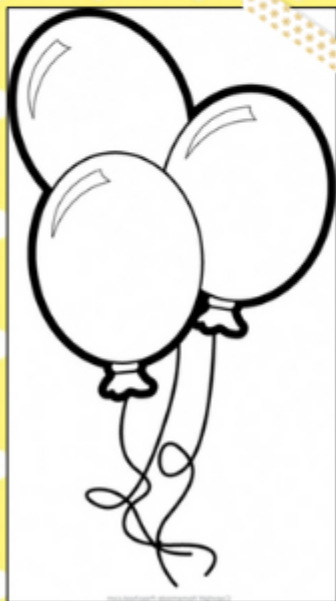
1. I am 4 years old.
2. I go to big school and am in the reception class.
3. My favourite colour is yellow.
4. My favourite things to do are singing, swimming and going to the park.
5. My favourite food is sausages and ice cream (not together though)!
6. When I was two years old, I was adopted by my Mum.



My name is

My birthday is on:

Decorate the cake and add the
candles to show how old you
are



All about me

My favourite food
is:

I am good at:

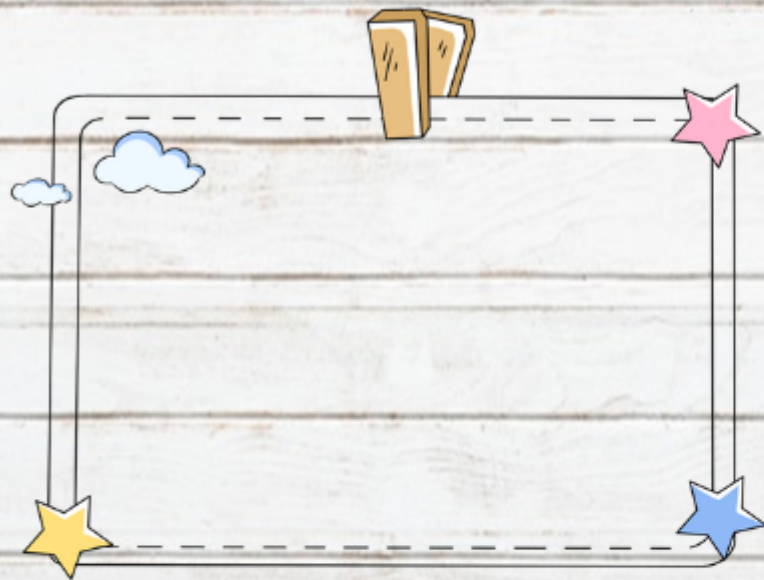
I enjoy playing
with:

The most special
thing about me is:



Our family

Can you draw a picture of who is in your family and write their names below?

A yellow-bordered box with horizontal lines for writing names.

Our family home

Can you draw a special picture of your family home.

5 Important things about me and my Mum

1. My Mum is very good at looking after me she reads me a story every night and tucks me into bed.
2. Mum cuddles me up when I am sad and makes everything better.
3. My Mum loves to spend time with me, we have lots of fun together, we go on special adventures to the park and the beach. We love exploring!
4. My Mum gives me lots of healthy food but we also love ice cream, especially after a fun day exploring. I like yellow ice cream best and Mum likes strawberries.
5. My Mum runs me to the moon and back, she says we have lots of fun to share in our family and a someone new is going to join our family.

1. Can you draw around your hand

2. Number each finger 1, 2, 3, 4, 5

3. Can you think of 5 things you

want to share with 'someone new' about your parent(s).



Thoughts and feelings

Just like Seren you may have lots of questions or even feel big feelings about someone new coming to stay with you. It is okay to feel this way and these next activities will help you to explore and share these with your family.

I have lots of questions about someone new...



I can talk to my Mum about all these questions, and she helps me to understand

Activity

Can you cut out the questions below and write down any new ones you may have, a grown up can help you with this. They may want to add question of their own in too.

Pop all of your questions into a pot.

Take it in turns with your parent(s) to pull one out and talk about the answers.

Are they a boy or a girl?

Where will they sleep?

When will they arrive?

Where are they now?

Are they going to want all my toys?

How long are they staying for?

Don't forget to add you own questions too!

How we feel can be like the weather it changes all the time.

Look at the symbols below and link them to the feelings they make you think of.



Happy



Sad



Calm

Excited



Jealous



Worried

Unsure



Nervous



Brave



Proud



Hopeful



Shocked

Now we know what the pictures mean to you
we can use these to share how you are
feeling whenever you need a grown up to
understand



Can you circle the weather
which best shows how you
are feeling?

Let's talk about why together.



Starting to prepare

This next section is all about preparing
for someone new to join your family.
There may be lots of busy jobs to make sure
everything is ready. Grown-ups maybe very
busy but you can help too, just like Seren
did.



Before a new child joins your family there may be lots of jobs to do, some things I am sure you can help with. Use this page to think about any special jobs that you can do either on your own or with your parents. You probably have lots of good ideas.



My Weekly Planner

By now you are getting ready to meet the new child and spend time together getting to know each other. This will be a busy time for you and your family and these next pages can help you learn about what is happening each day as this may be different to your normal routine. But hopefully it will be lots of fun and a very special time.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

My Daily Planner

You may want to print this page out more than once and complete it for every day that introductions are happening.

Morning	
Lunch time	
Afternoon	
Evening	
Bedtime	



Making memories

By now you and your family are probably caring for someone new or preparing for them to join your household very soon. Hopefully, it has been an exciting journey to get to this point even though it's probably felt like a very long wait. Just like Megan and Seren you have probably begun to make some special memories together. This next section of the book will help you think about capturing your special times together whether it's for a short time or a long time. Together you can make something special to look back on, there are lots of templates to help you make a memory book to capture these moments together and maybe you have some ideas of your own to add.



Our first meeting



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*Getting to know
each other*



20

Sharing milestones

Celebration

Holidays



23

Birthday



24



Saying goodbye

By now it may be that the child you and your family are caring for is able to return to their parents or other family members. I am sure you will have some big feelings about this and that it may feel sad to say goodbye. This next part of the book will help you plan putting together some special keepsakes and prepare to say a special goodbye.



25

Just like in the story you may want to put together a special memory book or a keepsake box. Here you can think about some of the things you may want to include. You could make one for you and one for the child you have been caring for. I bet you have some lovely ideas but there are a few below to help you get started.



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Hand and footprints	Favourite bedtime story
Favourite toys/ blanket/ comforter	Photographs
Messages for the future from you and your family.	A special drawing you have made





Becoming a family



If you are reading this part of the story then just like Megan and Seren you are now becoming a big brother or sister, this is amazing news. You must be so excited. The next few pages will help you capture this special time for you and your family!

Today we went to matching panel



Today your adoption
order was granted

Adoption celebration

Adoption celebration

Our family

Now your family has grown can you draw a new family portrait for your memory book,

Do you have a special message for your new brother/sister, that you can look back on together when they are a bit bigger?