



We have written this because we know children and young people who are adopted, and their families, sometimes have difficulties they want to talk about.

If you are reading this, or having it read to you, it may be because there are difficulties in your family and you want to find out what we can do to help.

You may have lots of questions, here a few answers but we will always answer any others you may have when we meet.

### **Who are we?**

Sally, Sue and Anna have worked together for a long time. They have listened to lots of children who have been adopted or who have been Looked After.

### **What do we do?**

We meet with families, listen to their worries and then find ways of helping. Sometimes you might have feelings you don't understand. It can help to talk about these feelings. The grown-ups who care about you want to help you be as happy as possible, but sometimes they need help in how to do this.

### **How often do I have to come?**

That depends. Some times it's just once, sometimes it's more often, perhaps five or six times.

### **Is it always with my parents?**

No, sometimes after a meeting with everyone, children and young people see us on their own.

### **What if I don't want to come?**

If we are working with everyone in the family we find its best if everybody comes, as everyone is important.

### **Do we only talk?**

No, there are toys, games and drawing things to play with too.

### **Will I feel better?**

We hope so. Other children and young people have told us talking has helped.



We are registered with Ofsted like schools. Also the Children's Commissioner for England is Anne Longfield  
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