



## Supporting carers of children in care

The term 'child in care' refers to children or young people who have been in the care of a local authority for more than 24 hours. The child or young person may be cared for within a residential setting or by foster/kinship carers.

This selection of learning resources can be used to support evidence-informed practice with carers of children who are in care.



### Read

Longer read: [Expressions of self: supporting minoritised children's identity: Frontline Briefing \(2024\)](#)

Longer read: [Support around children who have experienced developmental trauma: Frontline Briefing \(2023\)](#)

Longer read: [More than faith - Muslim-heritage children in care: Strategic Briefing \(2022\)](#)

Longer read: [Trauma-informed approaches with young people: Frontline Briefing \(2018\)](#)

Longer read: [Supporting young people who identify as LGBTQ+: Frontline Briefing \(2025\)](#)

Quick read: [The Reflective Fostering Study: Learning what works best in supporting foster carers \(2022\)](#)



### Watch

30 minutes: [Understanding autism - a neurodiversity approach to supporting children and young people: Video learning resources \(2024\)](#)

1 hour: [Life story work - what it is and why it matters \(2020\)](#)

22 minutes: [Explaining complex trauma and its impact on families \(2019\)](#)



### Listen

32 minutes: [Identity needs of minoritised children and young people in care: Podcast \(2024\)](#)

3x 40 minutes: [Supporting the mental health and wellbeing of care leavers: Podcasts \(2024\)](#)



### Tools

[Life Story Work: Practice Tool \(2022\)](#)

[Using genograms in practice: Practice Tool \(2024\)](#)

[Responding to self-harm among children and adolescents: Suggestions for practice \(2019\)](#)



### Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#)'.

For more resources, explore the [Research in Practice website](#) using the search function.