research in practice

Resources for foster carers

This selection of resources can be used by foster carers, and their supervising social workers, to support evidence-informed care for children and young people and to advocate for them. Explore the Research in Practice website for more resources, including resources about **trauma**, **children in care**, **child development**, **adolescence** and **equity and diversity**.

Read

Support around children who have experienced developmental trauma: Frontline Briefing (2023)

Supporting children and young people who identify as LGBTQ+: Frontline Briefing (2025)

Trauma-informed approaches with young people: Frontline Briefing (2018)

Child development in the early and middle years (ages 0 to 11): Frontline Briefing & Chart (2024)

Using attachment theory in children's social care: Frontline Briefing (2025)

Using a mentalising approach in social care: Frontline Briefing (2025)

Tools

Enabling decision-making by children and young people with speech, language and communication needs: Four Part Practice Guide (2024)

Understanding, exploring and supporting children's identity development: Practice Tool (2023)

Online abuse - recognition and response: Frontline Tool (2017)

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

Listen

Podcast series: **Supporting the mental health and wellbeing of care leavers: Podcast (2024)**

30 minutes: **Identity needs of minoritised children and young people in care: Podcast (2024)**

Watch

30 minutes (4 videos): **Understanding autism - a neurodiversity approach to supporting children and young people (2024)**

Video series: **What makes life good for children in care and care leavers? (2024)**

25 minutes (4 videos): **Infant brain development: Key messages (2023)**

Video series: **Supporting young people to stay connected to the people who matter (2024)**

1 hour: **Life story work – what it is and why it matters: Recorded Webinar (2020)**

All resources are date stamped. We aim to regularly review and update content across our extensive catalogue of materials as often as capacity and resource allows.