

research in practice

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: [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 \(2022\)](#)

Quick read: [Developing virtual support for kinship carers \(2020\)](#)

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



Watch

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

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



Tools

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

[Using genograms in practice: Practice Tool \(2021\)](#)

[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.