



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. Foster carers can request an online account by completing this [form](#).



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 \(2025\)](#)
[Fetal alcohol spectrum disorder \(FASD\) – identifying and responding in practice with families: Frontline Briefing \(2025\)](#)



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 \(2024\)](#)



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 \(2019\)](#)



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 \(2020\)](#)