

Supporting 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 carers. Key to this area of practice is the quality and stability of the placement and robust planning for the time of leaving care.

This selection of resources on supporting children in care can be used to support evidence-informed practice with children, young people and families.



Read

Short Reads

[The Cards You're Dealt: Amplifying the voices of young people with care experience \(2025\)](#)

[Children Coming into Our Care: A compassionate, trauma-informed approach \(2025\)](#)

[Staying Put: Supporting care leavers at risk of homelessness \(2024\)](#)

[The Radiator Key challenge: Changing the experience of care leavers \(2024\)](#)

[Disability, Disparity, and Demand: Children in care and care leavers \(2024\)](#)

[The mental health and wellbeing needs of care leavers \(2024\)](#)

Longer Reads

[Deprivation of Liberty: Children and young people - A review of legal frameworks \(2026\)](#)

[Using attachment theory in children's social care: Frontline Briefing \(2025\)](#)

[Contact: making good decisions for children in public law: Frontline Briefing \(2024\)](#)

[What makes life good for children in care and care leavers?: Resource Hub \(2024\)](#)

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

[Care planning for children in proceedings: Frontline Briefing \(2022\)](#)

[The wellbeing of children in care and care leavers - learning from the Bright Spots Programme: Strategic Briefing \(2022\)](#)

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

[Good practice in recording and access to records: Strategic Briefing \(2022\)](#)

[Reimagining residential children's homes: Research Review \(2021\)](#)



Watch

1 hour 11 minutes: [Using adolescent-focused low-intensity life story work: Video Learning Resources \(2025\)](#)

25 minutes: [What matters to children in care & care leavers' well-being: learning from the Bright Spots programme: Recorded Webinar \(2022\)](#)



Tools

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

[Staying in touch: a planning tool for children in permanent families: Practice Tool \(2024\)](#)

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

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



Listen

42 minutes: [Exploring separated children and caring relationships: Podcast \(2026\)](#)

[Supporting the mental health and wellbeing of care leavers: Podcast Series \(2024\)](#)

46 minutes: [Reflections on accessing care records and supporting good recording: Podcast Series \(2021\)](#)



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 [children in care](#) topic page.