

To make North Somerset a truly great place for children and young people to thrive; where all have the best possible life and opportunities, including those who are vulnerable, disadvantaged and/or have special educational or additional need

**RESOURCES FOR FOSTER CARERS**

**JANUARY 2022**

**REVIEW JANUARY 2024**

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| Role of a Foster Carer | ["Who can Foster?" and "What do Foster Carers do?"](https://www.thefosteringnetwork.org.uk/advice-information/all-about-fostering)  [The Fostering Network - information on being a foster carer](https://www.thefosteringnetwork.org.uk/advice-information/being-foster-carer) |
| Why Children are looked after | [Why do children come into care? - video (1 min03 secs)](https://www.bing.com/videos/search?q=why+do+children+come+into+foster+care&&view=detail&mid=E3D79442BF72A834C7ECE3D79442BF72A834C7EC&&FORM=VRDGAR&ru=%2Fvideos%2Fsearch%3Fq%3Dwhy%2Bdo%2Bchildren%2Bcome%2Binto%2Bfoster%2Bcare%26FORM%3DHDRSC3)  [Reasons children come into foster care - Sunbeam Fostering Agency - Video (2min 15 secs)](https://www.bing.com/videos/search?q=why+do+children+come+into+foster+care&ru=%2fvideos%2fsearch%3fq%3dwhy%2bdo%2bchildren%2bcome%2binto%2bfoster%2bcare%26FORM%3dHDRSC3&view=detail&mid=287A477636CB73354AF0287A477636CB73354AF0&rvsmid=E3D79442BF72A834C7ECE3D79442BF72A834C7EC&FORM=VDMCNR)  [Factors Affecting Life Chances](https://www.learningandwork.org.uk/our-work/life-and-society/improving-life-chances/) |
| Understanding Children in Care | [Piaget's Theory of Cognitive Development - Video (6 mins 55 Secs)](https://www.youtube.com/watch?v=IhcgYgx7aAA)  [The Adolescent Brain](https://www.youtube.com/watch?v=0O1u5OEc5eY)  [Attachment - How Childhood Affects Life](https://www.youtube.com/watch?v=WjOowWxOXCg)  [Hand Model of the Brain](https://www.youtube.com/watch?v=qFTljLo1bK8)  [ACES (Adverse Childhood Experiences) Training Course](https://www.acesonlinelearning.com/) |
| Counselling Services for young people | [Kooth](https://www.kooth.com/)  [Wanted not Wasted (WOW)](https://nsod.n-somerset.gov.uk/kb5/northsomerset/directory/service.page?id=5o1VFci6f4I) |
| Books about fostering and working with children in care. | [The A-Z of Therapeutic Parenting: Strategies and Solutions (Therapeutic Parenting Books)](https://www.amazon.co.uk/Z-Therapeutic-Parenting-Strategies-Solutions/dp/1785923765)  [Why Can't My Child Behave?: Empathic Parenting Strategies that Work for Adoptive and Foster Families](https://www.amazon.co.uk/Why-Cant-Child-Behave-Strategies/dp/1849053391)  [Inside Hurting Strategies Supporting Difficulties](https://www.amazon.co.uk/Inside-Hurting-Strategies-Supporting-Difficulties/dp/1903269113)  [Alex Timpson Trust Free Books](https://www.timpson-group.co.uk/alex-timpson-trust/free-books/)  [What Happened to You?: Conversations on Trauma, Resilience, and Healing](https://www.amazon.co.uk/dp/1529068460/ref=redir_mobile_desktop?_encoding=UTF8&aaxitk=617570af53b0f104b4f1cca08fe5b690&hsa_cr_id=2177105970002&pd_rd_plhdr=t&pd_rd_r=000c75e4-8a41-4075-97c2-c1a69a868b98&pd_rd_w=XMwh6&pd_rd_wg=B2dqQ&ref_=sbx_be_s_sparkle_mcd_asin_0_img)  [Brain Based Parenting Neuroscience Interpersonal Neurobiology](https://www.amazon.co.uk/Brain-Based-Parenting-Neuroscience-Interpersonal-Neurobiology/dp/0393707288/ref=sr_1_1?crid=3K19ZISRBSEJM&dchild=1&keywords=brain-based+parenting&qid=1624450883&sprefix=brain-based+%2Cstripbooks%2C196&sr=8-1)  [Attachment-Focused Parenting](https://www.bookdepository.com/Attachment-Focused-Parenting-Daniel-A.-Hughes/9780393705553?redirected=true&utm_campaign=Base1&utm_source=UK&utm_content=Attachment-Focused-Parenting&selectCurrency=GBP&w=AFC7AU9SCH8MKVA8VRZ6&pdg=pla-4583657831707580:cmp-81758997:adg-5315195539:crv-:pos-:dev-c&msclkid=c1d2a5ec3c5312216a84c53f0b0e7839&utm_medium=cpc&utm_term=4583657831707580)  [Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Processing Issues](https://www.amazon.co.uk/Raising-Sensory-Smart-Child-Definitive/dp/0143115340/ref=sr_1_1?dchild=1&keywords=raising+a+sensory+smart+child&qid=1624454823&sr=8-1) |
| Books for foster carers to use WITH children | [The Complete Sarah Naish Therapeutic Parenting Library for Children: Nine Therapeutic Storybooks for Children Who Have Experienced Trauma](https://www.amazon.co.uk/Complete-Therapeutic-Parenting-Library-Children/dp/1787758443/ref=sr_1_1?dchild=1&qid=1624436983&refinements=p_27%3ASarah+Naish+and+Rosie+Jefferies&s=books&sr=1-1)  [The Huge Bag of Worries](https://www.amazon.co.uk/Huge-Bag-Worries-Virginia-Ironside/dp/0340903171)  [Behaviour Matters Series](https://www.lovereading4kids.co.uk/series/Behaviour%20Matters)  Be mindful- this book makes reference to ‘heaven’, so please consider the child’s religious perspective before using this book : [The Invisible String](https://theinvisiblestring.com/)  A picture/story book to use with children who have experienced multiple moves. [Not Again Little Vivien Norris](https://www.amazon.co.uk/Not-Again-Little-Vivien-Norris/dp/1999625900/ref=sr_1_1?crid=2L4D09PEFJZHN&dchild=1&keywords=not+again+little+owl&qid=1624450407&sprefix=not+again+li%2Caps%2C191&sr=8-1) |
| Resources for foster carers | [P.A.C.E Parenting in the Moment](https://kimsgolding.co.uk/backend/wp-content/uploads/2016/02/Parenting-in-the-moment.pdf)  [National Association of Therapeutic Parents](https://www.naotp.com/)  [Emotions Wheel - from children’s film "Inside Out"](https://jamonkey.com/wp-content/uploads/2015/07/Printable-Collage.jpg)  [Window of Tolerance Video](https://www.youtube.com/watch?v=Wcm-1FBrDvU)  [Beacon House - Therapeutic Organisation focussing on Trauma and Loss](https://beaconhouse.org.uk/resources/)  [Emotion Stones - to explore and communicate feelings](https://www.yellow-door.net/products/emotion-stones/)  [Fostering Network - Keeping in touch with family - contact or family time](https://www.thefosteringnetwork.org.uk/policy-practice/practice-information/contact-in-foster-care)  [Brene Brown - Empathy V Sympathy](https://www.bing.com/videos/search?q=youtube+brene+brown+inside+out&view=detail&mid=40548622B1834D85D1D440548622B1834D85D1D4&FORM=VIRE)  [Awareness of our own thoughts feelings and emotions - 'When your kids push your buttons'](https://www.youtube.com/watch?v=l3LCRUh_C-U)  [young Minds - improving young people's mental health](http://www.youngminds.org.uk/) |
| Children and Young People’s views about being in care | [The Fostering Network - Care Inquiry Views of young People - Video (6min 7secs)](https://www.thefosteringnetwork.org.uk/blogs/dom-tfn/video-care-inquiry-views-children-and-young-people)  [What's it like fostering teenagers?](https://www.youtube.com/watch?v=lc7rK394CIQ) |
| Working with other professionals | [Working with Social Workers](https://www.thefosteringnetwork.org.uk/advice-information/being-foster-carer/working-social-workers)  [Working with Education](https://www.thefosteringnetwork.org.uk/advice-information/looking-after-fostered-child/education)  [Working with Health](https://www.youtube.com/watch?v=XSEfCnGfGHQ) |
| Safer Caring | [NSPCC - types of abuse](https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/)  [Childline](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/)    [NSPCC - Responding to disclosure of abuse](https://www.youtube.com/watch?v=bvJ5uBlGYgE)  [What to do if you’re worried a child is being abused](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/419604/What_to_do_if_you_re_worried_a_child_is_being_abused.pdf)  [NSPCC - Keeping Children Safe Online](https://www.nspcc.org.uk/keeping-children-safe/online-safety/)  0808 800 5000  [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  [Internet Matters - Age Appropriate Internet Safety](https://www.internetmatters.org/advice/)  [Internet Matters - Parental controls guide](https://www.internetmatters.org/parental-controls/)  [Get Safe Online](https://www.getsafeonline.org/)  [Common Sense Media - Reviews apps, games, books and films](https://www.commonsensemedia.org/)  [App, website and game guides - security, privacy and how to report and block](https://oursafetycentre.co.uk/)  [Zipit - app in conjunction with Childline - declining nudes and inappropriate content](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/zipit-app/)  [Yoti - App supported by childline](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/report-nude-image-online/)  [How to remove harmful content from the internet](https://reportharmfulcontent.com/)  [BBC Own It](https://www.bbc.com/ownit)  [Support for Professionals (inc foster carers) surrounding online safety](https://www.saferinternet.org.uk/helpline/professionals-online-safety-helpline)    [Working together to Safeguard Children](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/779401/Working_Together_to_Safeguard-Children.pdf)  Fostering North Somerset 01275 888 421900  Children’s Social care (for advice and to make a report) 01275 888 808  Designated Officer for Allegations (if you have concerns about a member of the children’s workforce e.g. sports coach, teacher, foster carer) 01275 888211  [Professionals Online Safety Helpline](https://swgfl.org.uk/services/professionals-online-safety-helpline/)  [Child Exploitation and Online Protection Command](https://www.ceop.police.uk/safety-centre/)  [National Society for the Prevention of Cruelty to Children (NSPCC)](https://www.nspcc.org.uk/)  [Childline](https://www.childline.org.uk/)  Safeguarding Alliance – Slang terms updated quarterly |
| UASC | [Caring for a UASC from Afghanistan Training](https://open.fosteringtraining.com/catalog/info/id:1561)  [Fact Sheet surrounding claiming asylum as a child](https://www.childrenslegalcentre.com/wp-content/uploads/2016/10/Claiming-asylum-as-a-child-August2017.final_.pdf)  [UASC Leave status](https://www.childrenslegalcentre.com/resources/uasc-leave/)  [Child friendly law website](https://lawstuff.org.uk/not-from-the-uk/)  [Paiwand Afgan Association - clubs, mentoring, support etc](https://www.paiwand.com/)  [Support and cultural events (Birmingham based)](https://afghan-cw.business.site/)  [Afghanistan and Central Asian Association - events, activities and workshops - English language classes](https://acaa.org.uk/)  [Citizens Advice - resources on preparing asylum application](https://www.citizensadvice.org.uk/immigration/asylum-and-refugees/prepare-for-asylum-interview/)  [Refugee Council - advice and support ESOL ESL classes](https://www.refugeecouncil.org.uk/our-work/children/)  [Afghanaid - training](https://www.afghanaid.org.uk/)  [Young Roots - charity supporting young refugees and asylum-seeking children](https://youngroots.org.uk/)  [History - Afghanistan](https://www.youtube.com/watch?v=T6usr-C3lcQ)  [Food - specific to Afghanistan](https://www.youtube.com/watch?v=W1eBOJA0Zc4&t=90s)  [Culture series](https://www.youtube.com/watch?v=-OHTF0VeraI)  [Traditions - Afghanistan](https://www.youtube.com/watch?v=TdISPrYhFBM&t=)  [Etiquette - Afghanistan](https://www.youtube.com/watch?v=0ZKQUoxisnU&t=26s)  [Family and Society - Afghanistan](https://www.youtube.com/watch?v=31W0MAwgHlc)  [Music - Afghanistan](https://www.youtube.com/watch?v=J35fmcJBo_I)  [UNICEF - Afghanistan links to cartoons in Dari and Pashto](https://www.youtube.com/channel/UCDf06lXkc05uk6tqATOFqjg)  [Mantoto TV - Persian language entertainment](https://www.manototv.com/) |