

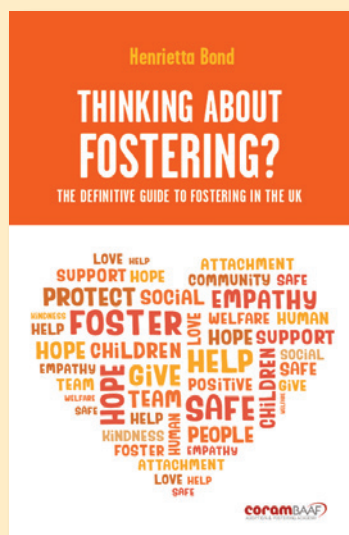
READ ABOUT fostering!

coramBAAF
ADOPTION & FOSTERING ACADEMY

Thinking about becoming a foster carer? Want to find out more about living as a foster family? Looking for ideas and guidance to help you parent a child in your care? Whatever your situation, CoramBAAF has an excellent range of books, guides and other resources to provide you with all the information, insight, advice and support you need.

For the latest news on new titles and special offers sign up to our publications bulletin at www.corambaaf.org.uk/ subscribe

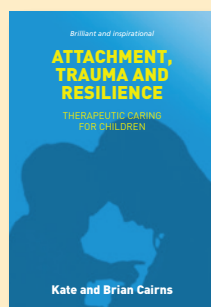
Before you read anything else – read these first!



Thinking about fostering?

This short beginner's guide clearly describes the sorts of children needing to be fostered and why; their legal status; who can foster; whom to approach if you want to apply; selection, training and getting started; fees and allowances; and what happens when a child moves in and when they return home.

£8.95 121pp 2016
ISBN 978 1 910039 54 0



★ BESTSELLER

Attachment, trauma and resilience

In this remarkable book, Kate and Brian Cairns draw upon their personal and professional experience to offer an insight into the realities of family life with children who have lived through overwhelming stress. Vividly described scenarios show how they responded to the children's powerful feelings and difficult behaviours following their experiences of attachment difficulties, loss, abuse and trauma.

Over 26,000 copies sold

£15.95 242pp 2016 (2nd edition)
ISBN 978 1 910039 35 9



Foster care: some questions answered

Aimed at anyone considering fostering a child, this Advice Note describes the different types of fostering, how foster carers are found, what it is like to be fostered, the role of the social worker, the laws governing foster care, and more.

£2.00 24pp 2014

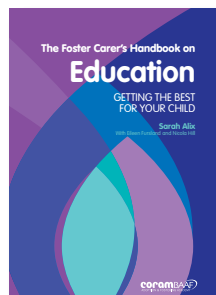
'Clear, accessible and easy to read. Highly recommended for anyone who wants to find out more about being a foster carer.'

★★★★★ amazon.co.uk

To order visit www.corambaaf.org.uk/books

Foster care: what it is like and how you can help

Read these real life stories, written by carers and young people in care, as well as our practical and insightful guides.



The Foster Carer's Handbook on Education

How can foster carers best support the education of the children and young people in their care? Many children in foster care get on with school but some really struggle, their ability to cope with its demands affected by the impact of previous experiences of neglect, trauma and loss. This guide is a must for any foster carer seeking to support the children or young people in their care through school and beyond.

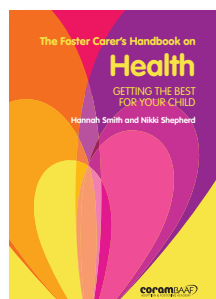
£14.95 2020
ISBN 978 1 910039 87 8



New beginnings and other writings on being in care

This rare and rich collection of poetry and writing, by children and young people aged from nine to 24 years old, throws the spotlight on living in care – a subject rarely explored in literature and yet experienced by more than 60,000 children in the UK every year.

£7.95 52pp 2017
ISBN 978 1 910039 62 5



The Foster Carer's Handbook on Health

Health care is important for all children and young people, but fostered children can experience extra health challenges. As a foster carer, you have a vital role in supporting the health of the children in your care. This guide is a must for foster carers seeking to support the health of a child or young person in their care, and in turn help to improve their life chances.

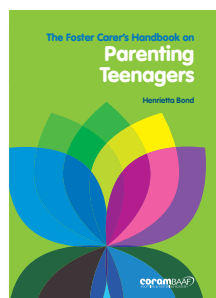
£14.95 80pp 2020
ISBN 978 1 910039 95 3



Holding on and hanging in

This compelling story tracks Wayne's journey from first being fostered by Lorna at the age of nine, in a therapeutic fostering placement, through nearly four years of family life. Wayne is traumatised by his early experiences of neglect and domestic abuse and this honest account takes us through the highs and lows of the family's dedicated perseverance to help him move from despair and anger to health and recovery.

£7.95 140pp 2010
ISBN 978 1 905664 78 8



The Foster Carer's Handbook on Parenting Teenagers

Caring for teenagers is often not an easy task, but the outcomes can be hugely rewarding when carers see young people making changes to their behaviour, achieving things that matter to them, and starting to live fulfilling lives. Helping a teenager to negotiate this complex time is an incredibly rewarding thing to do. This handbook supports foster carers as they identify the unique needs of the young person in their care.

£12.95 100pp 2019
ISBN 978 1 910039 77 9



Proud parents

This is a poignant collection of stories of lesbians and gay men who have fostered or adopted children. Single and in partnerships, they share their experiences of a range of issues including their motivations to foster or adopt; what it was like when the children first moved in; and what life is like together as a family. Contributors also talk honestly about the impact of fostering or adoption on their own lives, relationships, finances and work.

£13.95 176pp 2013
ISBN 978 1 907585 66 1



Caring for a child who has been sexually exploited

Child sexual exploitation is a growing national priority. Combating it involves agencies working together to identify victims, prosecute perpetrators and disrupt their activities. Importantly, victims need help to recover. This book will help increase understanding of CSE and help parents, carers and practitioners to support young people in their care to stay safe, recover from their traumatic experiences, and rebuild their lives.

£12.95 2017
ISBN 978 1 910039 65 6



The protectors' handbook

This practical and accessible guide provides adults with the vital information needed to protect children from sexual abuse in their day-to-day lives. It includes: effective strategies to reduce the risk of abuse; a detailed guide to recognising and responding to the signs of abuse; a full discussion of the emotional consequences of abuse and how they can best be addressed; and ways of creating the best possible context of recovery.

£9.95 194pp 2008
ISBN 978 1 905664 47 4



Contact: if you are fostering a child

This Advice Note explains what contact is and how it can take place. It includes information on why contact is important; who children will have contact with; what the law says about contact; and the impact on contact on the child, foster carers and birth families.

£2.00 20pp 2009

The Parenting Matters series

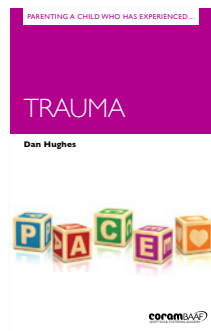
This unique series provides expert knowledge about a range of children's health conditions, coupled with facts, figures and guidance presented in a straightforward and accessible style. Adopters and foster carers also describe what it is like to parent an affected child, "telling it like it is", sharing their parenting experiences and offering useful advice.



Self-harm issues

This guide looks at self-harm in children and young people who have been fostered or adopted, and explores the links between early trauma and self-harm, how self-harming behaviour may manifest, and what it may tell us about children's underlying emotions and neurobiology.

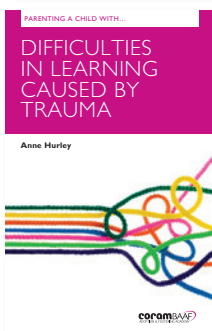
£10.95 100pp 2022
ISBN 978 1 913384 16 6



Trauma

Examines what constitutes trauma in childhood, including its symptoms, prognosis and treatment. Outlines parenting tasks and how you can use PACE, addresses specific educational and social issues and answers a range of frequently asked questions.

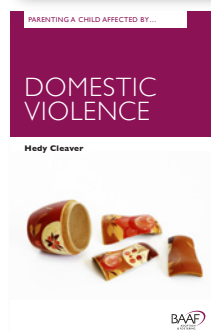
£9.95 90pp 2016
ISBN 978 1 910039 50 2



Difficulties in learning caused by trauma

Examines the often complex underlying reasons for learning difficulties in fostered and adopted children, and how these may be connected to earlier trauma and disruptive relationships. It also considers how best to diagnose, manage and treat this issue.

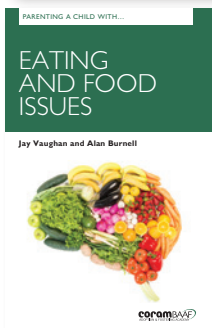
£10.95 124pp 2021
ISBN 978 1 913384 14 2



Domestic violence

Explains the effects of domestic violence on children at various developmental stages – describing how these may manifest in behaviour, educational attainment, emotional development and relationships. Considers the challenges that adoptive and foster families face and what they can do to help children recover.

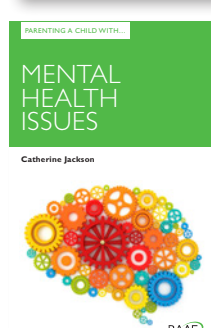
£8.95 96pp 2016
ISBN 978 1 910039 31 1



Food and eating issues

Examines the often complex underlying reasons for eating issues in fostered and adopted children, and how these may be connected to earlier experiences of abuse, neglect, loss and separation. It also considers how best to diagnose, manage and treat this issue.

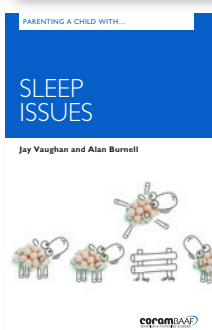
£10.95 132pp 2021
ISBN 978 1 913384 05 0



Mental health issues

Explains mental disorders generally and how they may manifest in children. Outlines the risk of mental disorder in a child from a family with a history of mental health issues, and the factors (genetic and environmental) that can put these children at greater risk. Explores what is known about the physiological processes that may explain a child's behaviours.

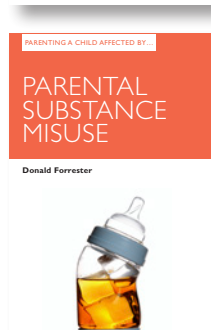
£7.95 108pp 2012
ISBN 978 1 907585 43 2



Sleep issues

Examines the often complex underlying reasons for sleep issues in fostered and adopted children, and how these may be connected to earlier experiences of abuse, neglect, loss and separation. It also considers how best to diagnose, manage and treat this issue.

£10.95 100pp 2020
ISBN 978 1 910039 99 1



Parental substance misuse

Explores general issues around substance misuse and children entering care as well as the impact on children of exposure to substances during pregnancy, including both specific effects (such as Foetal Alcohol Syndrome) and wider issues (such as genetic susceptibilities).

£7.95 100pp 2012
ISBN 978 1 907585 47 0

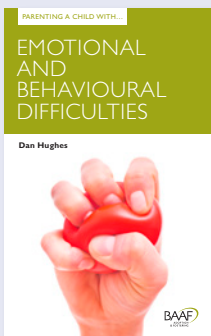


Toileting issues

The first half of the book examines the often complex underlying reasons for toileting issues in fostered and adopted children, and how these may be connected to earlier experiences of abuse, neglect, loss and separation. It also considers how best to diagnose, manage and treat this distressing issue.

£10.95 112pp 2019
ISBN 978 1 910039 80 9

To order visit www.corambaaf.org.uk/books



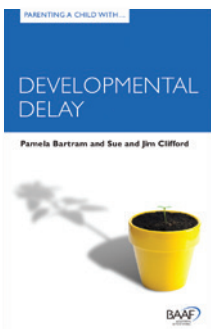
Emotional and behavioural difficulties
Explains emotional and behavioural difficulties and their symptoms, prognosis and treatment. Examines the different ways in which emotional and behavioural difficulties can affect child development; the issues these conditions raise with regard to educational provision and how to get help.

£8.95 104pp 2012
ISBN 978 1 907585 60 9

★ **BESTSELLER**

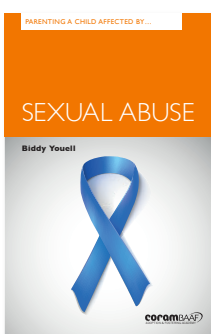
'The author's [Dan Hughes] knowledge and experience about the subject is manifest but he also has the skills to make the theory and concepts accessible, relating them to everyday life with troubled children...encourages a deeper understanding of behaviours, rather than merely providing management techniques.'

Catherine Webley, independent social worker and children's guardian, *Seen and Heard*



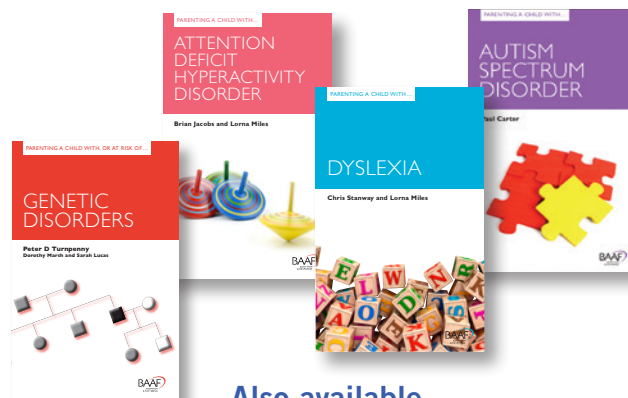
Developmental delay
Provides an explanation of developmental delay and how this can affect a child's gross motor and fine motor skills, as well as the development of language and understanding, and social and emotional behaviour. Explores the issues developmental delay can raise with regard to educational provision and how to get help.

£8.95 100pp 2013
ISBN 978 1 907585 70 8



Sexual abuse
Addresses the long-term effects of sexual abuse and how experience in the adoptive and foster care family can support recovery and healthy development. Includes useful information on child sexual development, the knowledge and insight that have been gained from adult survivors, and accounts of what it is like to parent an affected child.

£9.95 89pp 2016
ISBN 978 1 910039 45 8



Also available

Genetic disorders
£7.95 2014
ISBN 978 1 910039 05 2

Attention Deficit Hyperactivity Disorder
£7.95 88pp 2012
ISBN 978 1 907585 48 7

Dyslexia
£7.95 88pp 2012
ISBN 978 1 907585 46 3

Autism spectrum disorder
£7.95 104pp 2013
ISBN 978 1 907585 69 2

Things foster carers need to know



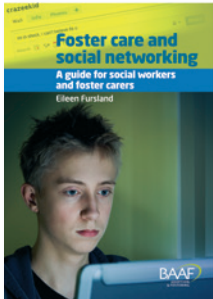
Things foster carers need to know
In today's world, foster carers may have to respond to a wide range of sensitive and difficult issues that their fostered children or young people may encounter. As a carer, you may find these subjects hard to discuss, have little personal experience of them, or not know how best to approach them. This series of informative and accessible pamphlets will enable you to broach sensitive topics, respond to your child's difficulties, recognise if your child is exposed to problematic situations, and safeguard and support them.

These pamphlets focus on gangs, internet safety, radicalisation, self-harm and sexuality.

£4.00 each
£15.00 full series

Supporting your foster child

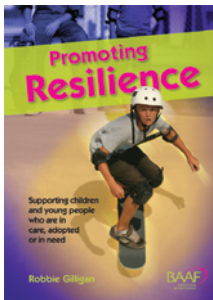
Whether you're looking for help and support, advice on a specific issue, practical tips and techniques or day-to-day parenting strategies, we've got the right books for you.



Foster care and social networking

This guide looks at how foster carers can help children maximise the opportunities the internet can bring, while minimising online risks to themselves and their family. It provides a wealth of information and advice, and raises important questions. Case studies from foster carers and fostering workers enable experiences to be shared, and reveal the risks that some people have experienced as well as the strategies used to manage difficult situations.

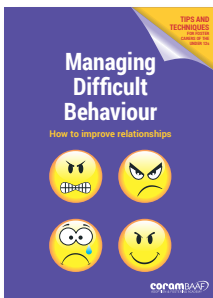
£14.95 96pp 2011
ISBN 978 1 907585 14 2



Promoting resilience

Illustrated with case examples throughout, this guide provides a detailed exploration of the theory of resilience. It also contains clear and concise practice principles and guidelines for applying the concept of resilience to work with children in foster and residential care.

£14.95 118pp 2009 (2nd edition)
ISBN 978 1 905664 13 9



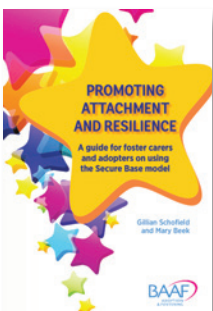
Managing needs and behaviour

★ BESTSELLER

Managing difficult behaviour

This handbook aims to provide foster carers of the under 12s with new skills to help them improve a child's behaviour. Full of useful tips, case examples and exercises, it addresses key areas including: how to be good at giving praise; giving positive attention; establishing boundaries; using rewards; helping children learn from their actions; giving instructions; and using time-out.

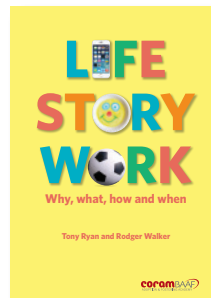
£14.95 127pp 2015 (2nd edition)
ISBN 978 1 910039 36 6



Promoting attachment and resilience

Secure Base is a model of caregiving that is based on theories of attachment and resilience. It provides a valuable framework for making sense of children's needs and behaviours and sets out the dimensions of care that can support children to thrive and fulfil their potential. This guide to using the Secure Base model is designed to support carers in offering sensitive care for troubled children who have often experienced trauma and loss.

£12.95 72pp + DVD 2014
ISBN 978 1 910039 02 1



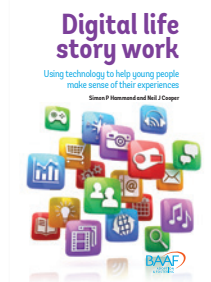
Helping children by using play, stories and other techniques

★ BESTSELLER

Life story work

This practical guide presents a rich assortment of useful techniques and exercises to help children understand their past. Life story work can help children to accept what has happened to them and move forwards positively into the future with a structured and understandable way of talking about themselves.

£16.95 158pp 2016 (4th edition)
ISBN 978 1 910039 41 0



Digital life story work

This innovative guide brings the benefits of life story work to young people and adolescents. It describes how to use computers, free software, smartphones and camcorders in a range of contemporary and engaging projects, including photo collages, making soundtracks, creating cartoons, and filming guided walks – all designed to help young people make sense of their origins and histories. Clear, step-by-step instructions are provided, with information and advice for those unfamiliar with the technology.

£16.95 114pp 2013
ISBN 978 1 907585 67 8



Communicating through play

Foster carers helping to prepare children for permanence have a challenging task ahead of them. This guide offers a variety of verbal and non-verbal techniques which can assist adults to develop a large repertoire of approaches for assessing and preparing children for adoption, as well as for parenting on a day-to-day basis.

£11.95 70pp 2009
ISBN 978 1 905664 65 8



Once upon a time

Full of imaginative and thought-provoking examples, *Once upon a time* explores how using story-telling and play in direct work can help both parents/carers and their children to build rapport and improve their relationship. The rich compendium of material illustrates how to play with a child in an emotionally meaningful way, how to use stories to enhance understanding and how stimulating a child's imagination can enhance problem-solving skills and self-esteem.

£14.95 128pp 2012
ISBN 978 1 907585 56 2

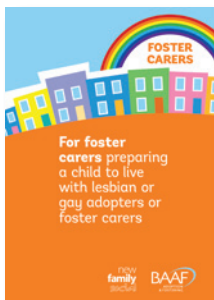


Moving children on

Moving pictures

This practical resource is designed to help children (aged four and above) to explore ideas of moving and permanence. It consists of a CD ROM which contains 16 black and white drawings, illustrating a range of scenarios. They can be printed out for children to colour in and are intended to spark discussion of the child's thoughts, wishes and hopes around the idea of moving to a new family. An accompanying book provides guidelines, advice and suggested questions for the carer working with the child.

£9.95 20pp + CD ROM 2012
ISBN 978 1 907585 58 6

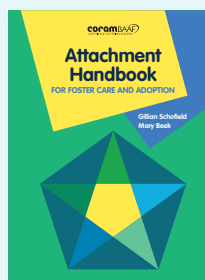


For foster carers preparing a child to live with lesbian or gay adopters or foster carers

Lesbians and gay men have been adopting and fostering children in the UK for some time. Many foster carers will have come across families like this, but for some it is quite new. They may have queries or concerns about children living with lesbian or gay parents or carers, or feel unsure about how to prepare a child for this type of placement. This pamphlet addresses a range of key questions and issues, and provides ideas and strategies to help prepare a foster child for their placement.

£2.00 14pp 2013

Read this if you would like to learn more about attachment



★ **BESTSELLER**

Attachment handbook for foster care and adoption

This comprehensive and authoritative book provides an accessible account of core attachment concepts, enabling readers to understand the kind of caregiving in foster and adoptive families that can help children to feel more trusting, confident, competent and secure.

£24.95 450pp 2018
ISBN 978 1 903699 96 6

Read this if you are looking after a relative or caring for a family friend



★ **BESTSELLER**

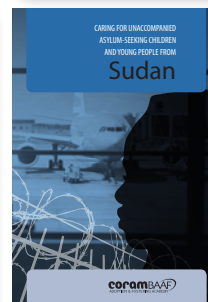
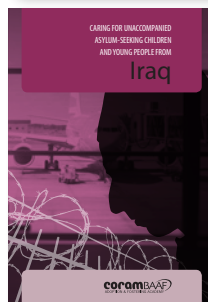
One of the family

Grannies and grandads, aunts and uncles, adult sisters and brothers and close friends have traditionally stepped in at times of family crises and looked after their nephews and nieces, grandchildren and "godchildren" for a day, a week, a few months or a lifetime. This handbook aims to give families and friends who may become kinship carers information about the choices they can make, the assessment process, the legal framework, the child care system, the support they can expect and the financial help available.

£6.50 88pp 2005
ISBN 978 1 903699 80 5

Caring for a child from another country

Unaccompanied asylum-seeking children and young people have been through difficult and sometimes horrific experiences in their home countries and in their journeys to escape. These booklets aim to help foster carers and residential care workers to start thinking about the effect these experiences might have had on the well-being of these children and young people, what their needs are likely to be, what issues are important for them now and how workers and carers can help them cope with this profound change in their young lives.



The six country-specific titles focus on **Afghanistan**, **Eritrea**, **Iraq**, **Sudan** and **Vietnam**. These look in more detail at the languages, religions, culture, food and family life that children and young people from these countries may be accustomed to, and how carers can help to welcome them.

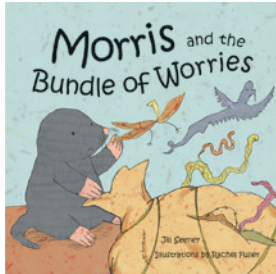
Introductory booklet £4.00
Country booklets £3.00
Full series £14.00

To order visit www.corambaaf.org.uk/books

Stories to share with your foster child

'I liked this book because Morris hurred his big worries at the tree and they became fireworks. My favourite character was Nightingale because she solved the problem by listening. I recommend this book to others because it is fun. I read it by myself.'

Albert, aged 6

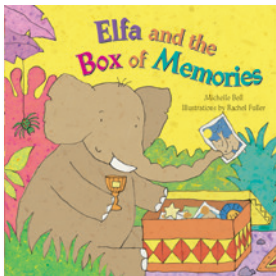


★ **BESTSELLER**

Morris and the bundle of worries

Morris has a big bundle of worries. They fill up his bedroom so he can't sleep and Morris doesn't know what to do. One day he finds a friend who helps him realise that problems are easier to deal with when you've got someone to talk to. This book explores the importance of sharing worries and thereby learning to manage them.

£9.95 22pp 2007
ISBN 978 1 905664 31 3



Elfa and the box of memories

Elfa the elephant carries her precious memories around in a brightly coloured box. When she discovers that some of them are missing she sets out to revisit some of the key people, places and events in her past to recapture her lost memories. Elfa reminds us that all memories, good or bad, help us to remember our life story.

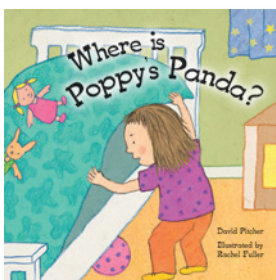
£9.95 24pp 2008
ISBN 978 1 905664 42 9



Picnic in the park

Using the device of a birthday picnic, this vividly illustrated book introduces children to a range of family structures including: two- and one-parent families; adoptive and foster families; gay and lesbian families; and step-families. It also shows a diverse range of adults and children.

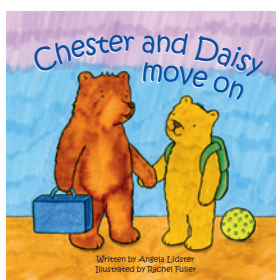
£9.95 22pp 2007
ISBN 978 1 905664 08 5



Where is Poppy's panda?

Poppy's panda has always been with her – but now he is lost! As Poppy searches for her favourite toy she remembers all the times her panda has been with her. Will she ever find him? This beautifully illustrated book for children aged three and above explores transition, loss, change and the importance of continuity in a child's life.

£9.95 24pp 2009
ISBN 978 1 905664 72 6



Chester and Daisy move on

This picture book tells the story of two little bear cubs who have to leave their parents and live with a foster family. Soon they learn they are to be adopted. The story encourages children to compare their own stories with that of Chester and Daisy and can be used with children aged 4-10 years old to help them to explore feelings about their past and moves.

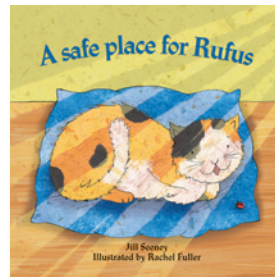
£9.95 36pp 2012
ISBN 978 1 907585 49 4



Spark learns to fly

Spark the dragon lives happily with his parents and baby sister, until his mum and dad start fighting. When the children get injured, they have to go and live with a foster carer, who helps them understand the situation and come to terms with their painful emotions. This engaging book looks at the issue of domestic violence and what this could mean for the children.

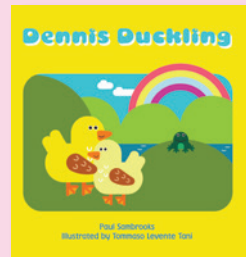
£9.95 20pp 2007
ISBN 978 1 905664 18 4



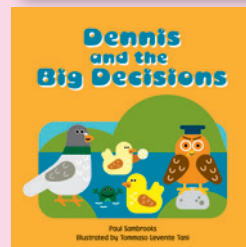
A safe place for Rufus

Rufus the cat lives with a family who look after him. He feels happy and safe, especially when lying on his favourite cushion. But he didn't always feel this way. Thinking about his past makes him angry and sad and Rufus struggles to escape from his memories and find a safe place where he can relax and be himself. This book for children, aged 4-8 years old, explores the importance of feeling safe.

£9.95 20pp 2012
ISBN 978 1 907585 45 6



Dennis the little duckling is sad because he and his sister have to leave their mum and dad as they can no longer look after them. This mini-series (for ages 2-5) explores different aspects of the care experience – going into care, decision-making about children in care, returning home, and kinship care – and can be used flexibly depending on a child's placement type.



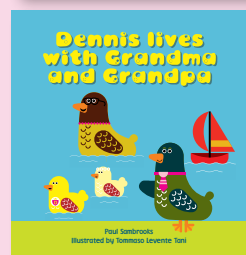
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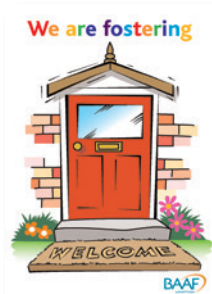
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For children and foster families

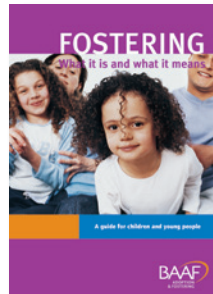
Resources to help birth children understand how foster care will impact on their lives and guides to share with your foster children.



We are fostering

This colourful workbook will help birth children to know themselves, their history and their role in the family, and prepare them to welcome new arrivals into their homes and lives. There is space for drawings, photographs, documents and a record of feelings and thoughts at various stages.

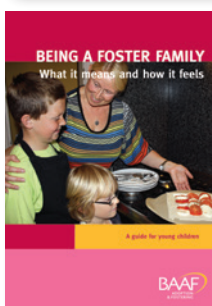
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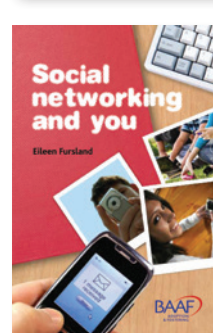
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Being a foster family: what it means and how it feels

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This booklet for long-term fostered and adopted teenagers raises important questions about young people's use of social networking and offers practical advice on sharing information (or not) and staying safe online. It specifically addresses concerns about unexpected contact with birth family members, talking things through with carers and adoptive parents and tracing birth relatives.

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