

# Facilitating Meaningful Contact in Adoption and Fostering: A Trauma-Informed Approach to Planning, Assessing and Good Practice

Louis Sydney, Elizabeth Price

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Most children who are fostered or adopted have some level of contact with their birth family -- whether faceto-face or by letter -- yet most of the time the psychological impact of contact on the child isn't considered.

This book explores what attachment, neuroscience and trauma tell us about how contact affects children, and shows how poorly executed contact can be unhelpful or even harmful to the child. Assessment frameworks are provided which take the child's developmental needs into account. The authors also outline a model for managing and planning contact to make it more purposeful and increase its potential for therapeutic benefit. The book covers the challenges presented by the internet for managing contact, unique issues for children in kinship care, problems that arise when adoptive parents separate and many other key issues for practice.

Brimming with practical advice and creative solutions, this is an indispensable tool for social workers, contact centre workers, and other professionals involved in contact arrangements or the therapeutic support of fostered and adopted children.



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