

## Reading List

Training and 'on-the-job' experience will help you to become a really effective foster carer, but broadening your knowledge through wider reading can only enrich your fostering experience. Our Frequently Asked Questions will help answer some of your more practical questions, but the reading list we have put together below will help you think about some of the underlying considerations and challenges, giving you a good grounding in how to make a real difference in a child's life.

The Body Keeps the Score <https://www.amazon.co.uk/Body-Keeps-Score-Healing-Trauma/dp/0143127748>

Ten Things Every Foster Child Wishes You Knew: A Guide To Fostering Hope [Ten Things Every Foster Child Wishes You Knew: A Guide to Fostering Hope: Amazon.co.uk: Aderyn: 9781738448616: Books](https://www.amazon.co.uk/dp/9781738448616)

Hackney Child [Hackney Child : Daniels, Hope, Livingstone, Morag: Amazon.co.uk: Books](https://www.amazon.co.uk/dp/B000000000)

The Boy Who Was Raised As A Dog [The Boy Who Was Raised as a Dog, 3rd Edition: And Other Stories from a Child Psychiatrist's Notebook-What Traumatized Children Can Teach Us About Loss, Love, and Healing: Amazon.co.uk: Perry, Bruce D., Szalavitz, Maia: 9780465094455: Books](https://www.amazon.co.uk/dp/9780465094455)

You're Being Ridiculous: The Fun And Frenzy Of Fostering [You're being ridiculous!: The fun and the frenzy of fostering: Amazon.co.uk: Forster, C.E.A.: 9781999985806: Books](https://www.amazon.co.uk/dp/9781999985806)

Attachment, Trauma And Resilience [Attachment, Trauma and Resilience: Amazon.co.uk: Kate and Brian Cairns: 9781910039359: Books](https://www.amazon.co.uk/dp/9781910039359)

Big Panda and Tiny Dragon [Big Panda and Tiny Dragon: The beautifully illustrated novel about friendship and hope: Amazon.co.uk: Norbury, James: 9780241529324: Books](https://www.amazon.co.uk/dp/9780241529324)

The Boy, The Mole, The Fox And The Horse [Amazon.co.uk : The Boy, the mole, the fox and the horse - Charlie Mackesy](https://www.amazon.co.uk/dp/B000000000)

The Invisible Child AND The Fir Tree [The Invisible Child and The Fir Tree \(Two Moomin Stories\) : Jansson, Tove: Amazon.co.uk: Books](https://www.amazon.co.uk/dp/B000000000)

The Body Bears The Burden [The Body Bears the Burden: Trauma, Dissociation, and Disease: Amazon.co.uk: Scaer, Robert: 9780415641524: Books](https://www.amazon.co.uk/dp/9780415641524)

A Therapeutic Treasure Box For Working With Developmental Trauma [A Therapeutic Treasure Box for Working with Children and Adolescents with Developmental Trauma: Amazon.co.uk: Dr. Karen Treisman: 9781785922633: Books](#)

Attachment In Common Sense And Doodles [Child Trauma and Attachment in Common Sense and Doodles – Second Edition: A Practical Guide: Amazon.co.uk: Silver, Miriam: 9781839979125: Books](#)

Dissociation In Traumatized Children And Adolescents [Dissociation in Traumatized Children and Adolescents: Theory and Clinical Interventions: Amazon.co.uk: Wieland, Sandra: 9781138824751: Books](#)

Why Love Matters [Why Love Matters: How affection shapes a baby's brain: Amazon.co.uk: Gerhardt, Sue: 9780415870535: Books](#)

Why Can't My Child Behave [Why Can't My Child Behave?: Empathic Parenting Strategies that Work for Adoptive and Foster Families: Amazon.co.uk: Dr Amber Elliott: 8601200808223: Books](#)

It Didn't Start With You [It Didn't Start With You: The international bestseller - How inherited family trauma shapes who we are and how to end the cycle eBook : Wolynn, Mark : Amazon.co.uk: Kindle Store](#)

Binnie The Baboon [Binnie the Baboon Anxiety and Stress Activity Book: Amazon.co.uk: Dr. Karen Treisman: 9781785925542: Books](#)

Presley The Pug [Presley the Pug Relaxation Activity Book : Dr. Karen Treisman: Amazon.co.uk: Books](#)

Neon The Ninja [Neon the Ninja Activity Book for Children who Struggle with Sleep and Nightmares: A Therapeutic Story with Creative Activities for Children Aged 5-10: Amazon.co.uk: Dr. Karen Treisman: 9781785925504: Books](#)

The Simple Guide To Child Trauma [The Simple Guide to Child Trauma: Amazon.co.uk: Betsy de Thierry. Foreword by David Shemmings: 9781785921360: Books](#)

The Deepest Well [The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity: Amazon.co.uk: Harris, Nadine Burke: 9781328502667: Books](#)