



Parents And Children Together

PACT Adoption Information Pack

Updated October 2023



*"We found PACT to be
the most professional,
responsive, flexible and
informed agency we have
come across."*

Stephen, PACT Adopter

About PACT

Parents And Children Together (PACT) is a registered charity committed to building and strengthening families. PACT is a member of the CVAA (Consortium of Voluntary Adoption Agencies) and is registered with the Department for Education (DfE) and rated as outstanding by Ofsted in the last three inspections.

Due to the caring professionalism, experience and dedication of our teams, PACT is one of the UK's leading adoption charities and has been working with families and children for more than 100 years.

Thinking about adoption?

If you want to adopt, you can choose whether you do this with a local authority or regional adoption agency or with an independent adoption agency, like PACT.

Children who are available for adoption are the responsibility of their local authority or regional adoption agency. Local authorities recruit adoptive parents for the children in their care, and for whom the care plan is adoption, but they aren't always able to find the right family for a child from within their own adopters. Independent adoption agencies recruit, assess and approve adoptive parents and then find a child or children for them from local authorities across England, Scotland and Wales.

Adopting with PACT



PACT's focus is to find parents for a wide range of children waiting for adoption. There are currently children of all ages waiting in the UK.

PACT is particularly keen to hear from people who would consider becoming parents to children who may otherwise miss out on a permanent family. These include children needing to stay with their brothers and sisters (sibling groups), children of black and mixed ethnicity, older children; aged three years and over and children with additional needs or disabilities, for example Downs Syndrome, and those where their physical or emotional wellbeing has been impacted because of parental drug, alcohol abuse and/or abuse or neglect.

Why PACT?

PACT is an independent adoption agency. We offer the same service to prospective adopters, and operate within the same government guidelines and regulations as local authorities. However we are not restricted to working within local authority boundaries.

Here are some other key differences:

- PACT is a charity and invests all its income into projects and services to support children and families, including therapeutic support and training for adopters.
- The children our families adopt come from all over England, Scotland and Wales. PACT isn't responsible for any children in care, therefore we can search across the country for the right child to fit into your family and circumstance.
- PACT offers its adopters a unique and extensive package of support for as long as they need it. This includes a Strengthening Families Team of therapeutically trained social workers, an educational lead, adopter champions, therapeutic support service FACTS and online support through CATCH - Children And Trauma Community Hub.
- PACT fundraises for all its support services provided for PACT families.
- PACT has an established work force where we can offer PACT families a service run and developed with years of collective experience.
- PACT's social workers only work on adoption cases and can prioritise contact, assessment matching and placing with their families.



What is adoption?

Adoption is a way to provide a new family for a child when living with their birth family is not possible. It is a legal process by which all parental responsibility is transferred to the adoptive parent(s) at point of the adoption order as if the child had been born to them. There are around 2,000 children on a placement order and waiting to be adopted in the UK.

Early Permanence (Fostering for Adoption)

Early permanence placements are considered for babies and children where the local authority believes there is a strong chance that a child will be adopted. This allows the child to live with potential adopters under a temporary fostering arrangement while the court decides whether the baby or young child should be adopted or can return to the birth family. This scheme reduces the number of moves a baby or young child will make while their future is being decided.

This scheme is not a separate route to adoption. If you are open to considering adopting a child in this way you would be assessed as suitable to adopt with additional elements for this scheme, such as having the ability to be available to care for a child at short notice. Once approved to adopt you and your social worker would then be able to consider children via early permanence as well as adoption.

Can you adopt?

There are many myths about who can or cannot adopt. Here are some of the factors which can help you to decide whether you would be eligible to apply to adopt.



REMEMBER: there is no such thing as a typical adopter. We are all different and so are the children waiting to be adopted.

You *do* have to be; 21 year of age or over, domiciled in the UK, and you or any member of your household must not have a criminal conviction or caution for offences against children.

Age: You have to be 21 years old or over. There is no legal upper age limit, and as caring for children is demanding, you need to be able to demonstrate the energy, and emotional and physical health necessary to care for a child throughout their minority and into adulthood.

Catchment area: PACT works with families across **London**, the **south** and **central England**. Applicants will need to travel to one of PACT's offices for training and meetings. These are located in Reading, Brighton, Milton Keynes and London. If you live further than 50 miles from one of our offices please get in touch to find out whether we have a social worker available in your area.

Marital status: You may be single, married, in a civil partnership, separated, widowed or divorced. If you apply as a couple you need to have been living together for at least two years and to have a relationship that is loving and enduring.

Inclusivity: PACT actively welcomes people who are LGBTQ+ (lesbian, gay, bisexual, transgender, queer and other identities). You do not have to be heterosexual to adopt. PACT subscribes to New Family Social to support our LGBTQ+ applicants.

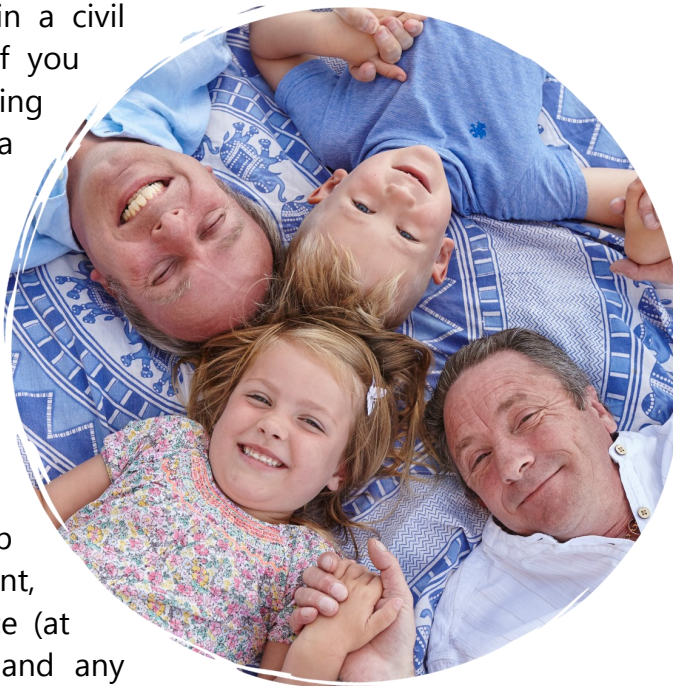
Children: People with and without birth or step children can adopt. If you are already a parent, there needs to be a considerable age difference (at least three years) between an adopted child and any children already in the family. This is to ensure that children already in your family have a secure position and will be happy to welcome a new member of the family. Adopted children may be more demanding than birth children at the same age and have significant emotional and behavioral needs. Adopted children should be younger than any birth or step children in your family as they may have negative memories of early parenting and may not cope well with a younger sibling.

Childcare experience: We will discuss your experiences of childcare with you and, if this is limited, you will be asked to gain relevant voluntary experience with children.

Spare room: You would ideally have a spare bedroom available for each child that you wish to adopt. Adopted children including siblings need their own space and a bedroom each. However, in certain circumstances this might not be necessary, for example for a same sex sibling group or for children who have previously shared a room.

Fertility treatment/childlessness: Adoption is an option that can be considered at any stage, and we encourage you to get in touch to discuss whether it could be right for you. If you are undergoing fertility treatment we will ask you to allow six months to elapse between ceasing any fertility treatment and applying to adopt.

Health: You need to be medically fit to care for a child throughout their minority and into adulthood and you will need to have a medical with your GP as part of your application. PACT encourages applicants to have a BMI of below 40 and are open to discussing this aspect of health further.



Smoking: We are looking to recruit non smokers, so that children can be placed in smoke free households. We would expect you to have ceased smoking six months prior to making an application as we will expect you to have stopped smoking for at least a year before you attend the adoption approval panel.

Criminal offences: Every applicant will have an Enhanced Disclosure and Barring Service (DBS) check. This service replaces the Criminal Records Bureau check (CRB). You will not be able to adopt if you have any criminal offences against children. Other serious criminal offences may also disqualify you. However, having a criminal record of other offences should be discussed with us at the earliest opportunity as this is not an automatic barrier to adoption.

Pets: Many PACT families have animals. However, it is important that they are child-friendly and have an appropriate status within the home. A pet evaluation is completed as part of the assessment process.

Religion: PACT sets no criteria about the religious beliefs of applicants. Children waiting to be adopted come from a range of religious and non-religious backgrounds and we are seeking families to accommodate this variety. Your religion and cultural background may be a positive factor as we can match you with a child who shares them.

Availability: You need to have time to give to a child. Caring for children and young people who have been through trauma and loss means being available for them. Parents need to be able to take up to 12 months off work when the adopted child(ren) comes to live with you, to help them to bond and settle into their new home. For those who adopt as a couple, the primary carer will need to take this time off work, or for you to share the adoption leave. Employed applicants will be entitled to adoption and parental leave.

Commitment to an intensive preparation and application process over six months:

The adoption process is designed to be completed in six months and we ask that those applying to adopt are able to commit their time to training, meetings and preparation which includes providing completed paperwork within tight deadlines. You will need to take time off work to attend training, meetings in your home and for introductions (from 10 to 14 days) when you get to know your child or children.



Quick reference guide to the adoption process

Enquiry stage

- Gather information
- Attend a PACT adoption information event
- Choose an agency
- Information sharing meeting with a PACT social worker
- Appropriate voluntary work with children arranged by applicants

Stage One - to be completed within two months

- Submit a completed registration of interest form. This will be accepted or declined by PACT within five working days
- Statutory checks made (including DBS, local authority and medicals, personal referee interviews)
- Other references obtained, for example employment
- Attend a four day adoption preparation course
- Applicants to complete and return the necessary templates, such as chronologies, eco map of support network, family trees
- Undertake some initial preparation and reading
- Access to CATCH - Children And Trauma Community Hub



Stage Two - to be completed within four months

- Home study assessment with your allocated social worker
- Home study report (known as a prospective adopters report or PAR) presented to the adoption panel
- Further training for you; one day moving onto placement course
- Additional training for your support network; family and friends workshop

Family finding

- Registering a profile on LinkMaker
- Linking you with a child(ren)
- Matching panel approval
- Introductions – visits (around 10 to 14 days) to enable you get to know your child(ren)
- Placement of child(ren) in your home

Establishing your family

- Becoming parents
- Social worker support and statutory reviews for child/ren
- Submit application to adopt (child/ren must have lived with you for minimum of 10 weeks)
- Legal adoption order granted and celebration hearing (4–12 months after placement)

Ongoing adoption placement support

- Continuing training
- Support groups and PACT family fun days
- Access to strengthening families team, adopter champions, PACT's education specialist, FACTS therapeutic services and CATCH - Children And Trauma Community Hub

Post Adoption Services for adopted adults

- Counselling and support for adult adoptees and their families

Consider opportunities to support PACT

- Speak at future information evenings (as an adopter), or help at publicity events
- Help raise awareness by following @PACTcharity on social media
- Consider supporting PACT through fundraising or regular giving

Enquiry stage

When considering adoption you will want to find out as much as you can to help decide whether to apply to adopt and whether PACT is the right agency for you. As well as reading this information pack, you can find out more by:

- Attending a PACT information event
- Talking to any adopters you know or the speakers at PACT information events
- Learning about adoption from You Can Adopt at www.youcanadopt.co.uk
- Getting in touch with us to ask questions by phone on 0300 456 4800 or via our website pactcharity.org
- Reading, volunteering, increasing your knowledge of children placed for adoption

Information events

PACT holds regular information events online. These sessions provide you with an introduction to the adoption process and the opportunity to hear from an adoptive parent and an experienced adoption social worker.

Information events include the opportunity to ask questions relating to your own situation. To book a place on the next event please call 0300 456 4800 to speak to our enquiries team.

The first step to becoming an adoptive parent with PACT is to speak to our enquiries team who will discuss the eligibility criteria and your thoughts on children and adoption. If there is a reason that you do not meet the eligibility criteria we will tell you at this stage. If you meet the eligibility criteria an information sharing meeting with a social worker can be booked through the enquiries team.

Information sharing meeting

The next step is an information sharing meeting with a social worker. When you come to the meeting please bring photographic proof of identification and proof of your current address.

These meetings will usually take place face-to-face at a PACT office in London, Reading, Milton Keynes or Brighton during office hours. The meeting will last around two hours and will be an



information sharing meeting which will provide an opportunity to find out more about adoption and the process and share information about yourself. If you are a couple you must both attend.

Following the information sharing meeting, PACT will either issue you with a Registration of Interest form, or provide reasons in writing if this is not possible. If PACT isn't able to work with you and you still wish to apply to adopt, you can contact www.first4adoption.co.uk for details of other agencies.

Stage One: Preparation groups and paperwork

If PACT is able to accept your application to adopt, you will be given a Registration of Interest form. From the date the form is accepted, the stage one process will begin. This stage is expected to be completed within two months, as per the Government guidelines which were introduced in July 2013.

You will be allocated a PACT social worker who will assist you through stage one. It is advised that you plan to start the adoption process when you have time to proactively commit to your application and the necessary preparation and paperwork which forms stage one.

During this time you will attend an adoption preparation group training course. These run monthly and consist of four days over two weeks. You will meet other prospective adopters at these groups and learn about:

- Why children are placed away from their birth families
- Issues of parenting children with early years trauma
- Standards of care expected from adoption
- The support available for adopters and their families
- Legal and medical issues
- How to bond with and set boundaries for adopted children

The preparation groups are run by PACT's lead trainer and a co trainer and they are usually joined by an adopter as well as guest speakers. You will be given feedback at the end of this course and any issues arising will be discussed with you and passed to the social worker before your home study assessment.

The groups usually include a mix of couples and single people. After the first session everyone starts to relax and make new friends. These groups are designed to help you and are an essential part of the process.

"We have made some lifelong friends as a result of the courses. It is useful to know we have people to talk to, who fully understand what we are talking about, because they are going through it too."

- Bunmi and Tony,
PACT adopters

Stage One: References

PACT is legally required to take up references from a range of people and agencies to ensure there are no known reasons why you may be unsuitable to adopt. The references also provide information and evidence of the skills you have and will bring to adoption.

The list of required referees includes your employer (if you work), personal referees, counselling references and any places where you have worked with children, including voluntary placements. The Registration of Interest (ROI) sets out the parameters of the reference requests. The acceptance of the signed Registration of Interest form is your permission for PACT to start taking up those references.

Each applicant is required to provide three personal referees, so six references for a couple. No more than one should be a family member, one a long term close friend and one good friend who has known you for a significant period. If you have brought up children with someone who is not your current partner, we will also ask them to provide a reference.

References are important but not something to worry about. Most people find that their friends, families and colleagues are happy to support them in their application to become an adopter. Personal referees will be visited by your PACT social worker in stage one of your application process, and their comments will be included in your home study report.

PACT will also contact:

The Disclosure and Barring Service (DBS), previously the CRB check. A criminal records check will be sought from the UK DBS.

In addition if you have lived overseas for 12 months or more from the age of 18, and if you have worked with children overseas, a police check will also be required from the relevant countries.

Medical: You will be asked to arrange and pay for a medical examination by your GP and, if you have children, their doctor will be asked to comment on any health issues they may have. The medical will include questions on your alcohol intake, weight, medication and any other health related lifestyle factors. If you have had a serious health issue, are in treatment or on long-term prescribed medication this may not exclude you from adopting but can be discussed at your information sharing meeting.

Your medical report needs to be reviewed by PACT's medical adviser, and they will provide their comments on your suitability to adopt. Please arrange your medical as soon as your Registration of Interest form has been accepted to avoid any delays in completing stage one.

Stage Two: Assessment

Once the stage one is complete you will be informed of the pre assessment decision about suitability to progress to the next stage. If the decision is to progress you to stage two of your adoption application process, once you have returned your signed stage two agreement formally stating you wish to be assessed, this stage should be completed in four months.



Your social worker will visit you at home and carry out an assessment of your suitability and capacity to look after children from the care system, your practical circumstances and what kind of children you would be suitable for. You will have a discussion about how many children you might adopt, what age range you would consider and what kind of child you might adopt. This may change from your initial thoughts as a result of attending preparation groups and discussions with your social worker. PACT's social workers have many years of experience in matching children with families and offer their guidance and advice. It is sensible to be as open as possible but also realistic.

The home study meetings will take place over three months, and are likely to consist of up to eight two-hour meetings at your home, or fewer meetings lasting longer. Most meetings will take place during the day time, and we ask you to commit to these meetings in order to ensure that you will be ready for your allocated approval panel date. These meetings and the approval panel (which we encourage you to attend) will be agreed at the beginning of stage two.

Following these meetings, your social worker will put together a Prospective Adopter Report (PAR). This is for the adoption panel - a group of professionals who are nominated by PACT to review potential adopters, based on the PAR. The completed report will include details of your background and experiences, a description of your lifestyle and values and the type of children you could care for, as well as how a child or children might fit in your family. You will have the opportunity to contribute to the report and to view and comment on the final version before it is circulated.

Stage Two: Adoption panel

Your Prospective Adopter Report (PAR) will be presented to the members of PACT's adoption panel by your social worker. You will be invited to attend this meeting.

PACT's adoption panel will recommend whether they feel you are suitable to be approved as adopters. Their recommendation may include the number of children, age range and gender they advise you to consider. This advice will reflect the discussions you will have had with your social worker about the children who would complement your circumstances.

The panel is made up of various people, mostly independent of PACT, who have personal and/or professional experience of adoption, fostering or looked after children.

Your social worker will inform you of the panel's recommendation on the day of panel and then PACT's Agency Decision Maker (ADM) will consider the recommendation and reach a formal decision within seven working days. You will receive written confirmation from the Agency Decision Maker of your approval at this time.

When applications are not accepted, we will explain the reason behind this decision and provide details of the Independent Review Mechanism.

Post panel reviews

We aim to match you to a child or children within six months of the approval decision. However, occasionally, if approved adopters wait more than 12 months to be matched with a child, a review will be necessary. Reviews are necessary to legally maintain your approved status. You will be invited to attend a review with your social worker and their adoption team manager. All views and perspectives will be discussed and collated in a report for sign off by the assistant service director to maintain approval status.

Family Finding

Searching, links and matching

The **searching** stage is when we look for a child or children for you to adopt. Your social worker and our placements team work together at this crucial stage to identify possible matches for you. This is an exciting and anxious time, and we take care to find a child who will suit you and your family. We may identify and suggest children for you to consider adopting before you go to the adoption panel and your social worker will discuss this with you if this is the case. This helps to speed up the time it takes to find a child for you.

Following your panel approval we will circulate your details to local authorities and regional adoption agencies nationwide who have children waiting for adoption. Local authority and regional adoption agency workers compile profiles of children in their care and we will send you the details of children which we feel would suit you and fit with your family and circumstances. Your details will be added to LinkMaker and we will also compile a short adopter profile on you, to promote your suitability, in addition to the full PAR.

When a child or children are identified, your social worker and placements officer will send you details of the child(ren) and stay in regular contact with you. We will receive a CPR (Child Permanence Report) from the local authority/regional adoption agency for any child(ren) you wish to consider. This will give you details of the child's background and why they need to be adopted. Your social worker will help you prepare for the realities of becoming an adopter.

This search becomes a **link** when both you and the child(ren)'s social worker agree that you can offer the home and situation which best meets the needs of the child(ren) concerned. At this stage you will be able to meet some of the people who know the child(ren) and find out more about their background and current needs. Your social worker will support you in presenting your suitability to the child(ren)'s social worker.

Sometimes you may look at the details of several children before you feel a connection or interest that makes you want to progress to the meeting stage and sometimes the child's social worker may not wish to progress your interest because another family is also suitable and considered a 'better fit' and they will recommend a link with them. This can be a tough part of the process, but we believe there is a match for everyone so make sure you seek support from other adopters and your PACT social worker.

Matching panel

If you, your social worker and the child(ren)'s local authority/regional adoption agency (placing authority) social workers are in agreement to proceed, the **link** will be considered for **matching** by the local authority's adoption matching panel. This panel gives their recommendation, based on the best interests of the child. A senior manager will ratify the panel's decision. Like the approval panel, the matching panel is made up of people, usually independent of the placing authority, who have personal and/or professional experience of adoption or looked after children.

Introductions

Once the **match** has been approved, you and the child(ren) will get to know each other during a series of introductory meetings. This is a planned schedule during which you will increasingly spend more time with the child(ren) in their fostering environment until they come to live with you permanently. This introductory period can last approximately 14 days depending on the age and needs of the child(ren).

Placement

Once you and the child(ren) are comfortable and ready, it will be time for the child(ren) to move in. This is when it will all finally start to feel real and when the hard work of parenting begins.

Those who have done it say that nothing can fully prepare you for the excitement (and exhaustion!) you feel at this stage. Your social worker and the child's social worker will meet with you regularly in the early stages of placement to provide support and help with any issues that may arise.

A regular pattern of meetings and visits from your child's social worker and your PACT social worker will begin and the child will have statutory reviews at set intervals as the placement is monitored, supported and strengthened.

When a child is placed for adoption, you will acquire shared parental responsibility (PR) which recognises you as a parental figure in the child's life. However, at this stage the local authority/regional adoption agency usually also have PR and possibly the birth parent(s) as well. So decisions during the placement may have to be made in conjunction with the child's social worker.



Establishing your family

Court approval

It is your decision when you feel ready to put in a formal application to adopt your child(ren). Your social worker will let you know how to apply to adopt your child(ren) and will confirm this at a review meeting so all parties are in support. You will then submit a court application to adopt your child(ren). This application will be accompanied by a report from your social worker. Before applying for the adoption order, the law currently states that any children must have lived with their prospective adopters for at least 10 weeks. However, in some cases it can take up to a year to ensure that the adoption order is right for the child.

The adoption order will be granted at a court hearing, followed a few weeks later by a celebration hearing which the child(ren) can attend with you. When the adoption is finalised in court in this way, the birth parents (and local authority) are no longer legally responsible for the child and you become the child's legal parent(s) and the only one(s) with parental responsibility.

Contact and support

It is very important for your child(ren) to maintain positive links with their birth family where possible. This could be through letterbox contact or sometimes face-to-face meetings with important people from the child(ren)'s life, such as siblings. At all times contact is arranged with your agreement and your social worker will be happy to explain what this involves.

PACT will be available to you for ongoing support after the adoption order has gone through.

Ongoing adoption placement support

PACT supports all its families for life and has a team of experienced therapists in its **Strengthening Families Team** who are available for advice and support at any time after placement.

PACT also has an online **Children And Trauma Community Hub (CATCH)** offering one-to-one peer support via webchat, adopter forums, e-learning and a programme of webinars. You can visit CATCH at www.catchconnect.org.

Some families may require specialist therapeutic support to help their children come to terms with traumatic experiences they have endured prior to being adopted. PACT's specialist **FACTS service (Family And Children Therapeutic Support)** is provided by an experienced and stable workforce who understand the issues that children who have suffered from trauma and loss can bring to their new families. They are able to combine their broad range of skills to create a unique service that is tailored to each family's individual needs. You can find out more at www.pactcharity.org/facts.



PACT is able to provide assessments and therapeutic support covered by the Adoption Support Fund (ASF). PACT also runs an ongoing programme of **training courses**, which are free to PACT adopters, on topics such as life story work and attachment-focused parenting. More details can be found at: www.pactcharity.org/training.

Other services available to PACT families include PACT's **education specialist** who can provide support to families and schools, the **adopter champions** team of experienced adopters, **regular parent support groups**, **therapeutic activity sessions** for children and PACT's annual **family fun days**.

PACT's fundraising team raises money for PACT to be able to offer this enhanced programme of support services to all its families free of charge.

Supporting PACT

Families who adopt through PACT are encouraged to support the charity in a variety of ways such as becoming a [Friend of PACT](#), supporting fundraising events, speaking at information events, sharing their own experience with prospective adopters and following PACT on [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#). Please ask for a copy of our leaflet *Opportunities for PACT families* to see how you could make a difference.

Money matters

Health assessments/medicals

Prospective adopters have to arrange and pay for their own GP medical checks required as part of the assessment process. This charge is set by the applicant's GP.

Adoption allowance

If an adopted child has significant needs that require financial assistance, an adoption allowance may be paid by the placing local authority/regional adoption agency. You may be eligible for a means-tested adoption allowance which can be discussed at the matching stage.

Legal expenses

There is a set fee to lodge an adoption application in the County Court (the local authority or regional adoption agency usually pay this) and there may be legal costs involved if the application is complex. The child's local authority may pay for part or all of these charges, especially with complex cases.

Preparing Your Home

All families will be expected to prepare their home for a child, with an appropriate bed etc and therefore financial support for any significant additional expenses may only be considered at the discretion of the placing local authority/regional adoption agency.



Recommended Reading and Resource List

Books for stage one and two

Attachment In Common Sense And Doodles. A Practical Guide

Miriam Silver, Jessica Kingsley Publishers, February 2013

Parenting A Child With Developmental Delay

Pamela Bartram and Sue and Jim Clifford, BAAF, 2013

Parenting A Child Affected By Parental Substance Misuse

Donald Forrester, BAAF, 2012

From Fear To Love

B. Bryan Post, Post Institutes and Associates, 2010

No Matter What: An Adoptive Family's Story Of Hope, Love and Healing

Sally Donovan, Jessica Kingsley Publishers, 2013

Books for post approval and waiting for a placement

Building The Bonds Of Attachment: Awakening Love In Deeply Troubled Children

Daniel A Hughes, Rowman and Littlefield, 2017

The Great Behaviour Breakdown

B. Bryan Post, Post Publications, 2009

Books for families with children placed with them

Brain-Based Parenting—The Neuroscience of Caregiving For Healthy Attachments

Daniel A. Hughes, Jonathan Baylin, Daniel J Siegel, W.W. Norton & Company, 2012

No-Drama Discipline. The Whole Brain Way To Calm The Chaos and Nurture Your Child's Developing Mind

Daniel J. Siegel and Tina Payne Bryson, Scribe UK, 2015

What Every Parent Needs to Know: Love, Nurture And Play with Your Child

Margot Sunderland, Penguin, 2016

Books for parenting older children/teenagers

Brainstorm: The Power And Purpose Of The Teenage Brain

Daniel J. Siegel, Scribe Publications, 2014

Parenting Adopted Teenagers: Advice For The Adolescent Years

Rachel Staff, Jessica Kingsley Publishers, 2015

Why Can't My Child Behave? Empathic Parenting Strategies That Work For Adoptive and Foster Families

Dr. Amber Elliott, Jessica Kingsley Publishers, 2013

Books for LGBT+ families

Proud Parents: Lesbian And Gay Fostering And Adoption Experiences

Nicola Hill, BAAF, 2013

The Pink Guide To Adoption For Lesbian And Gay Men

Nicola Hill, BAAF, 2012

Books for single adopters

Flying Solo: A Single Parent's Adoption Story

Julia Wise, BAAF, 2007

Books about Black, Asian and transracial adoption

Inside Transracial Adoption

Beth Hall, 2013

My Name is Why

Lemn Sissay, 2019

Looking After Our Own: The Stories of Black and Asian Adopters

Hope Massiah, 2005

In Search of Belonging: Reflections by Transracially Adopted People

Perlita Harris, 2019

Books about understanding race and racism

Why I'm No Longer Talking to White People About Race

Reni Eddo-Lodge, 2017

This is Why I Resist - Don't Define my Black Identity

Dr Shola Mos-Shogbamimu, 2021

Natives: Race and Class in the Ruins of Empire

Akala, 2018

Brit(ish): On Race, Identity and Belonging

Afua Hirsch 2018

Books for families from a faith background

Home For Good: Making A Difference For Vulnerable Children

Krish Kandiah, Hodder & Stoughton, 2014

Books for family and friends

Related By Adoption

Hedi Argent, BAAF, 2014

Books to read with children

Nutmeg Gets Adopted

Judith Foxon and Sarah Rawlings, BAAF, 2001

The Lion Who Wanted To Love

Giles Andreae, David Wotjowycz, Orchard Books, 1999

The Cow That Laid An Egg

Andy Cutbill and Russell Ayto, HarperCollins Publishers, 2008

Tails

Matthew Van Fleet, Houghton Mifflin Harcourt Publishing Company, 2017

No Matter What

Debbie Gliori, Bloomsbury Children's Books, 2014

We Belong Together, A Book About Adoption And Families

Todd Parr, Little Brown Book Group, 2008

Real Sisters Pretend

Megan Dowd Lambert 2016

The Teazle's Baby Bunny

Susan Bagnall and Tommaso Levente Tami, BAAF, 2008

Brian And The Blue Butterfly

Miss Nicola Edwards, CreateSpace Independent Publishing, 2016

William Wobbly And The Very Bad Day

Sarah Naish and Rosie Jefferies, Jessica Kingsley Publishers, 2016

The Boy Who Built A Wall Around Himself

Ali Redford, Jessica Kingsley Publishers, 2015

Charley Chatty And The Wiggly Worry Worm

Sarah Naish and Rosie Jefferies, Jessica Kingsley Publishers, 2016

And Tango Makes Three

Justin Richardson and Peter Parnall, Simon & Schuster Children's UK, 2007

The Colors of Us

Karen Katz, 2002

Adopting a Brother or Sister

Hedi Argen, 2010

Oh Brother!

Claire Friday, 2005

Emma's Yucky Brother

Jean Little, 2002

The New Small Person

Lauren Child, 2014



Gus Becomes a Big Brother: An Adoption Story

Heather S Lonczak, 2019

The Kite's Tale: A Story of Adoption

Molly Ashton, 2020

Mamazooms

Jayne Cohen Fletcher, 2007

We're Amazing 1,2,3! A Story About Friendship and Autism

Leslie Kimmelman, 2017

Uniquely Wired: A Story about Autism and It's Gifts

Julia Cook, 2018

Freddy Frog's Forever Family

Kate Wapling and Caroline Sharpe, 2021

Online Resources

PACT's Children And Trauma Community Hub (CATCH)

www.catchconnect.org



Neuroscience And Trauma:

Trauma, Brain & Relationship: Helping Children Heal: <https://youtu.be/jYyEEMIMMb0>

Theraplay:

An Overview of Theraplay: <https://www.youtube.com/watch?v=t5IoEDHY-Y4>

Interview with Phyllis Booth, founder of Theraplay: <https://www.youtube.com/watch?v=3rbNBCglIdc>

The Story of the Incredible Phyllis Booth: Her Life, Studies, and How Theraplay Began: <https://www.youtube.com/watch?v=4pg4EkUZFnc>

Great behavior breakdown by Bryan Post:

Why Kids Lie and How to End It Now! : <https://youtu.be/rHIJEr4ebM0>

6 Minutes That Can Change Your Child's Life (and Yours!): <https://youtu.be/x5Xw75lv3t8>

From Fear to Love: <https://youtu.be/GeJbReIjlbo>

The Truth About Consequences: <https://youtu.be/Z3thqDLgtUA>

Attachment by Dan Seigal :

On Disorganized Attachment: https://youtu.be/iGDqJYEi_Ks

On Avoidant Attachment: <https://youtu.be/qgYJ82kQIyg>

On The Importance of Mindfulness: <https://youtu.be/FXxrJEnIboM>

On How You Can Change Your Brain: <https://youtu.be/i4tR5Ebc4Mw>

Mirror Neurons: 'The Discovery': <https://youtu.be/24fITRNWh1k>

Podcast:

BBC's The Adoption: <https://www.bbc.co.uk/programmes/p05k3wsq/episodes/downloads>

Website:

Post Institute: <https://postinstitute.com/category/adoption>

PACT's Statements of Purpose for Adoption and Adoption Support

Please download a copy from www.pactcharity.org/adoption/statement-of-purpose/ or contact PACT for a printed copy. Tel: 0300 456 4800 or e-mail info@pactcharity.org

Useful resources



First 4 Adoption

0300 222 0022

www.first4adoption.org.uk



CoramBAAF Adoption & Fostering Academy

020 7520 0300

<http://corambaaf.org.uk>



New Family Social

Supporting LGBT Adopters & Foster Carers

www.newfamilysocial.org.uk



Adoption UK

0844 848 7900 (10am to 4pm, Mon-Fri)

www.adoptionuk.org



Public Services

Search 'adoption' for further information

www.gov.uk



Consortium of Voluntary Adoption Agencies (CVAA)

www.cvaa.org.uk

Please note PACT has no control over the content of the websites listed and therefore cannot accept any responsibility for their content.

Contact us

PACT is here to provide you with all the information you need and answer your questions honestly and clearly. There will be no obligation on you to continue the process.

Telephone: 0300 456 4800

Website: www.pactcharity.org

Email: info@pactcharity.org

Offices: **Reading**
7 Southern Court
South Street
Reading RG1 4QS

London - Vauxhall

The Foundry
17 Oval Way
London SE11 5RR

Brighton

Projects The Lanes
Nile House, Nile Lane
Brighton BN1 1HW

Milton Keynes

Harben House, Tickford Street
Newport Pagnell MK16 9EY



Feedback

PACT welcomes feedback on its services and we are keen to receive suggestions about how our services could be improved. Feedback evaluation forms are used by all services so please do fill these in or email info@pactcharity.org.

If you wish to make a formal complaint about PACT's services, or you are a child or person representing a child, we have a framework for this. You can find our full complaints procedure here on our website: www.pactcharity.org/feedback. If you have any queries about this process, please contact Lorna Hunt, Adoption Service Director, by email: lorna.hunt@pactcharity.org or visit our website www.pactcharity.org.



"PACT has been on hand at every stage to help with any query we had. Even now that the Adoption Order has been granted we are still able to contact them for help and support, which is tremendously reassuring for the future."

Emily and Ben, PACT adopters



Parents And Children Together

0300 456 4800 | www.pactcharity.org | @PACTcharity



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