Contents

	Introduction	1
	Notes on terminology	4
1	The theory and research background	5
	The experiences of children	5
	The experiences of foster carers	9
	The experiences of adopters	10
	The experiences of birth relatives	13
	Conclusion	16
2	Using the Secure Base model to support a successful move	
	to adoption	17
	Core concepts in attachment theory and their relevance for	
	children moving to adoption	18
	The Secure Base model	19
	The caregiving cycle	21
	Availability – helping the child to trust	23
	Sensitivity – helping the child to manage feelings	27
	Acceptance – building the child's self-esteem	31
	Co-operation – helping the child to feel effective	34
	Family membership – helping the child to belong	38
	Conclusion	42
3	Social work practice before the adoption match to support	
	a successful move	43
	Introduction	43
	Supporting and preparing foster carers for the child's move	43
	Supporting and preparing the child for the move	56
	Life story work, life story books and later life letters	58
	Family-finding	63
	Planning birth family contact	64
	Conclusion	68

	An introduction to the UEA Moving to Adoption model	69
4	Stage 1: Getting to know each other	72
	Introduction	72
	Stage 1: Getting to know each other	73
5	Stage 2: Making the move	86
	Introduction	86
	Stage 2: Making the move	87
6	Stage 3: Supporting relationships after the move	97
	Introduction	97
	Stage 3: Supporting relationships after the move	98
	Support for all parties at Stage 3 and beyond	104
7	Implementing the UEA Moving to Adoption model	110
	Introduction	110
	Familiarising the adoption service with the model	111
	Familiarising key professionals with the model	112
	Familiarising foster carers with the model	113
	Familiarising adopters with the model	114
	Some frequently asked questions	115
	The organisation as a secure base for professionals	118
	References	122
	Appendix 1: Secure Base developmental checklist	128
	Appendix 2: Caregiving approaches with the child	143
	Appendix 3: Applying the UEA Moving to Adoption model – additional considerations in Scotland	150