

Foster Care & Adoption Resources

1. Trauma, Toxic Stress & Resilience Resources

American Academy of Pediatrics (AAP) – Trauma-Informed Care

Resources for understanding how trauma and toxic stress affect children's physical, emotional, behavioral, and developmental health, with guidance for supporting recovery and resilience.

[AAP Trauma-Informed Care Resources](#)

National Child Traumatic Stress Network (NCTSN)

Evidence-based information about childhood trauma, complex trauma, traumatic grief, foster care, and resilience. Includes resources specifically for foster, adoptive, and kinship caregivers.

[National Child Traumatic Stress Network](#)

Sesame Workshop

Child- and caregiver-friendly videos, activities, storybooks, and practical tools to help young children cope with stressful and traumatic experiences, grief, family separation, foster care, parental addiction, and other difficult experiences.

[Sesame Workshop](#)

Fred Rogers Institute

Resources emphasizing relationships, emotional development, belonging, and helping children understand and manage difficult feelings and experiences. Especially helpful for developmentally appropriate conversations with young children.

[Fred Rogers Institute](#)

Seattle Children's – FAST Resources for Parents and Caregivers

Family-friendly resources addressing early adversity, trauma, foster care, emotional regulation, challenging behaviors, grief and loss, sleep, and supporting children after stressful experiences.

[Seattle Children's FAST Parent & Caregiver Resources](#)

2. Washington State Foster, Adoption & Kinship Resources

Washington State Department of Children, Youth & Families (DCYF) – Foster & Kinship Caregiver Resources

Washington's central resource for foster parents and kinship caregivers. Provides information on caregiver support, training, financial assistance, respite, health care, licensing, kinship services, and other programs for families caring for children in foster care.

[DCYF Foster & Kinship Caregiver Resources](#)

Washington DCYF – Adoption Support Program

Information and assistance for eligible families who adopt children from foster care, including adoption support benefits, medical assistance, and post-adoption services.

[DCYF Adoption Support Program](#)

Alliance CaRES – Caregiver Retention, Education and Support

Washington-specific support for foster parents and kinship caregivers. Offers peer support, mentoring, caregiver groups, training, events, and assistance navigating the child welfare system.

[Alliance CaRES](#)

Washington Kinship Care Resources

Resources for grandparents, relatives, and other kinship caregivers, including connections to local Kinship Navigators who can help families identify financial, legal, health, educational, and community supports.

[DCYF Kinship Caregiver Support](#)

Apple Health Core Connections / Coordinated Care

Washington's managed health care program for children and youth in foster care and adoption support. Provides physical and behavioral health coverage, care coordination, assistance navigating services, and resources for caregivers and youth involved with the foster care system.

[Apple Health Core Connections | Coordinated Care](#)

3. National Parenting & Caregiver Resources

AdoptUSKids – Foster & Adoptive Parent Resources

Practical resources for foster and adoptive families, including parenting children who have experienced trauma and loss, meeting children's emotional and developmental needs, supporting reunification, adoption assistance, caregiver self-care, support groups, and post-adoption services.

[AdoptUSKids – Parenting Support](#)

Creating a Family

Education and support for foster, adoptive, and kinship families. Resources address attachment, trauma, prenatal substance exposure, challenging behaviors, transracial adoption, sibling relationships, and parenting children with complex needs.

[Creating a Family](#)

Families Rising

Formerly the North American Council on Adoptable Children (NACAC). Provides education, advocacy, parent support, adoption assistance information, and post-adoption resources for foster, adoptive, and kinship families.

[Families Rising](#)

National Foster Parent Association (NFPA)

National education, training, advocacy, and support for foster, kinship, and adoptive caregivers.

[National Foster Parent Association](#)

Child Welfare Information Gateway

National information and resources covering foster care, adoption, kinship care, trauma, parenting, permanency, and post-adoption support.

[Child Welfare Information Gateway](#)

Casey Family Programs

National organization focused on improving the well-being of children and families involved with the child welfare system. Provides resources on strengthening families, kinship care, foster care, permanency, trauma-informed practices, and improving outcomes for children and youth.

[Casey Family Programs](#)