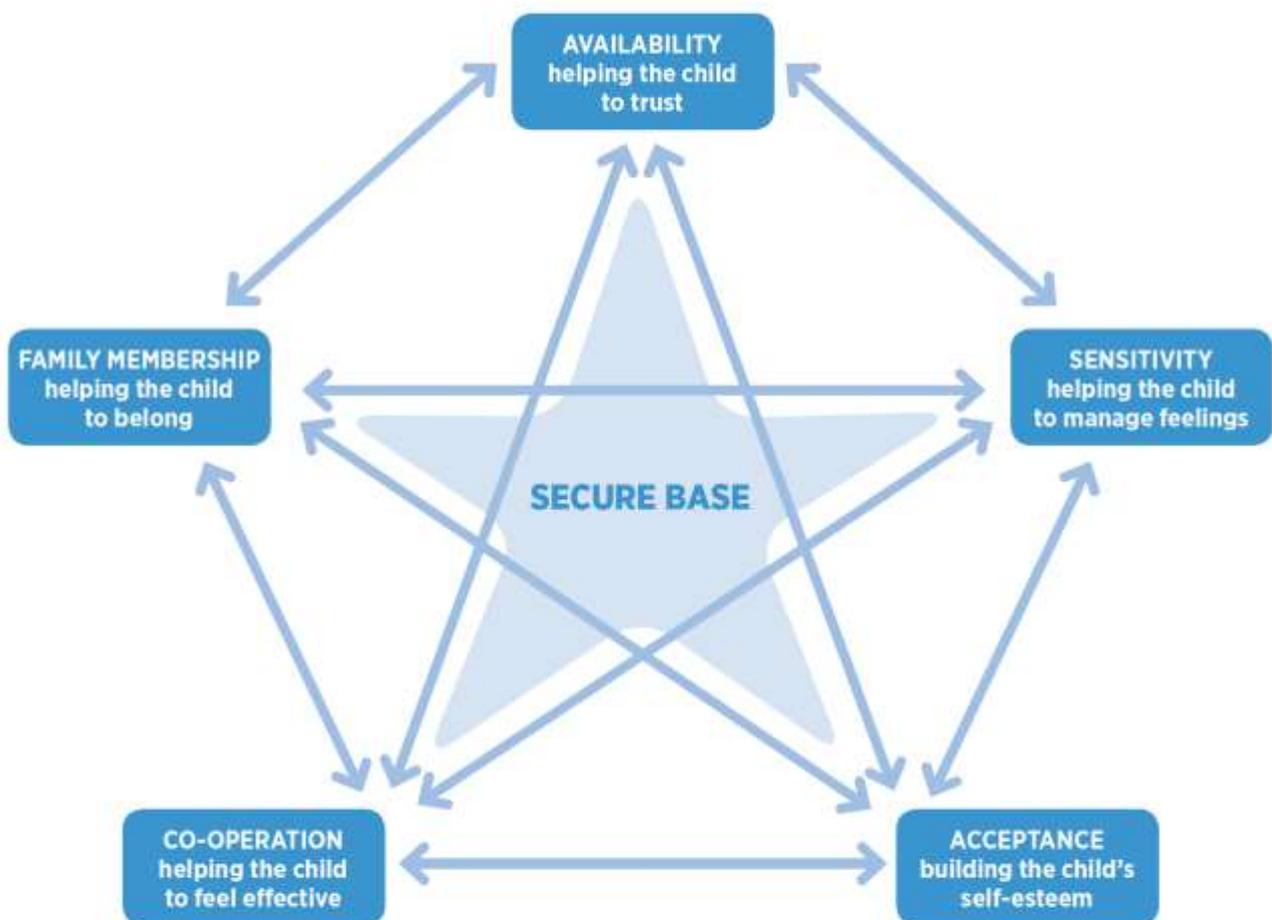


Safer Caring: A New Approach supplementary resources (2017)

Chapter 7: Creating a secure base: the key to safer caring

The secure base model

Safer Caring: A New Approach describes the importance of providing a secure base for children and references the work of Gillian Schofield and Mary Beek in 2005 and 2006. Since then, Schofield and Beek have further developed this model and its application in foster care.



The Fostering Network's [The Skills To Foster](#) pre-approval training introduces prospective foster carers to Schofield and Beek's secure base model. In *The Skills to Foster Handbook*, it explains how addressing each of the five key aspects of care-giving can not only help children recover from difficult experiences but also promote the strengths they have within themselves and enhance their overall development and welfare. These are:

- Availability – helping the child to trust.
- Sensitivity – helping the child to manage feelings.
- Acceptance – building the child's self-esteem.
- Co-operation – helping the child to feel effective.
- Family membership – helping the child to belong.

Note: The secure base diagram above is from Schofield, G and Beek, M (2014) *Promoting Attachment and resilience: a guide for foster carers and adopters on using the secure base model*, BAAF.