

Issue five of Foster journal (2018) takes its title from the conference of that year, *Realising potential in foster care*.

In her article based on her conference keynote presentation, Dr Helen Gogarty explores the important role of the child's exploration system in developing resilience, and the secure base (maintained by caregivers) which facilitates such exploration and play. She also examines the challenges that can arise for adolescent children in care as they navigate their way into adulthood.

In 'Building resilience through families for children in care', Róisín Farragher outlines how resilience is not static or fixed but which is a dynamic process, influenced by the different environments that children live and learn in, and the many relationships that they have.

Drawing on national and international research, Eavan Brady and Professor Robbie Gilligan identify the complex reasons why some children in care are not achieving their full potential in education and identify some of the strategies and supports needed to help in counteracting obstacles and challenges. Anne McCluskey, who is a foster carer and (now-retired) school principal, also highlights the need to proactively support children in care in education. She identifies how the lack of coherent policies within education for children who are in State care is failing children.

In her article, Dr Teresa Brown explores 'the changing landscape of care' and offers the perspective that, in particular, fear of litigation and fear of allegation are shaping our engagement with each other, and with the young people in our care.

Professor Caroline McGregor and her colleagues at Tusla – Child and Family Agency and the UNESCO Child and Family Research Centre at NUI Galway present findings from the study, 'Outcomes for permanence and stability for children in long-term care in Ireland', which was carried out between 2008 and 2013. Dr Valerie O'Brien and Cahal McHale set out a proposal to (the then) Minister for Children and Youth Affairs, Dr Katherine Zappone, TD, for a Working Party on Foster Care, as a contribution to the ongoing debate on the future direction of foster care in Ireland.

Jim Cantwell offers practical information and tools for working with the symptoms of trauma in children and young people and Marianne Dwyer describes practical ways in which we can 'de-stressify', and gives helpful pointers for taking care of ourselves and developing our own resilience.