

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Medical Issues

Material Title: **Best of Questions & Answers with Heather T. Forbes, LCSW, The (6 CDs)**
 Author: Heather T. Forbes, LCSW *CDs* 2015 7 hours

This 6-disc audio CD set is a compilation of the very best Q&A Heather T. Forbes has done with parents through her online parenting classes over the past several years. This one-of-a-kind audio set contains seven hours of practical, effective, & loving solutions for foster, adopted, and traumatized children. Topics include abandonment, arguing, boundaries vs. consequences, chores, disobedience, emotional age, expectations, grieving, healing, hygiene, lying, medical trauma, medication, older children, opposition, overwhelm, parent anger, parent self-care, prenatal trauma, regulatory issues, relatives, shutting down, sibling rivalry, social issues, stealing, tantrums, texting, toddler issues, transitions, trauma and much more!

Material Title: **Caring for Your Adopted Child: An Essential Guide for Parents**
 Author: Elaine Schulte *Books* 2019 212

With knowledge and compassion, *Caring for Your Adopted Child* offers the wisdom that adoptive parents need to provide the best possible care for their children. Whether a child joins a family through domestic adoption, international adoption, or foster care, he or she may have needs that require additional consideration.

The coauthors, both adoptive parents, weave professional and personal experiences with essential information on:

- Partnering with a pediatrician before adoption
- Helping a child transition into a family
- Understanding health issues and conditions that are more prevalent in children who are adopted
- Supporting a child's emotional health and attachment
- And promoting positive adoption conversation as a child matures

This comprehensive resource offers trusted parenting advice from a leading adoption medicine expert and the American Academy of Pediatrics, focusing on the physical and emotional well-being of adopted children.

Material Title: **Chris Dreams BIG**
 Author: Chris Dudley, and Chris Love-Dudley *Children's Books* 2009 38

Chris loved being a kid! He also loved dreaming of his plan to one day play professional basketball. Life was pretty good! But one morning Chris woke up and found that he was facing the biggest challenge of his life. Chris had to decide if he was going to let his new found condition end his dream or find the courage to keep playing the game he loves! *Chris Dreams BIG* is a triumphant story of a boy who overcomes adversity. Chris learns a valuable lesson when he discovers that he is not the only person facing challenges. His life is forever changed when he realizes that challenges do not always have to keep you from doing the things you love.

Material Title: **Diagnostic Conundrums (2 CDs)**
 Author: John Sobraske *CDs* 8/6/2011 2 hours

Presented by John Sobraske, adoption psychotherapist, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Rather than describing specific diagnoses, this session looks at the issue of diagnosis in general. The speaker will cover the use and misuse of labels, such as bipolar and reactive attachment disorder, and the need to understand how various influences interact (like developmental delays, identity issues, and chemical exposure in utero) and to determine, in individual cases, which factors are salient and which are not. Finally, the session will help parents become expert advocates who maintain a whole picture of their child and resist diagnostic fragmentation by specialists.

Material Title: **FASD & Other Drug Effects; Featuring Eileen Devine, LCSW**
 Author: Robyn Gobbel *DVDs* 1 hr 16 min

We know that prenatal exposure to alcohol and other drugs kill cells in the developing brain, affecting myelination and organization of the structure, function, and neurochemistry of the brain. Our experience also tells us that many children who have confirmed or suspected prenatal exposure to alcohol and drugs struggle behaviorally. Why is this, exactly? Additionally, why do the standard, commonly accepted parenting techniques fail when applied to these children? And, most importantly, what can parents and providers do to support these children differently (and more successfully)?

Material Title: **Fragile X Syndrome: Medical and Educational Approaches Toward Intervention (Audiotape)**
 Author: Randy Jenssen Hagerman *Audiotapes* 1994 90 minutes

This 90-minute audio cassette contains a discussion of medical and educational approaches toward the treatment of individuals with Fragile X Syndrome. This discussion includes a framework for understanding sensory integration theory as it applies to the child's functional roles as family member, student and member of the community.

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Material Title: **Getting to Dry: How to Help your Child overcome Bedwetting**
Author: Max Maizels *Books* 1999 272

More than four million children over the age of five wet the bed. For most, time will solve the problem - eventually. But how long will "eventually" be, and at what cost to parents' frayed nerves or to the child's self-esteem? Parents can speed up the clock and children can wake up dry. The experts at the country's leading center for treating childhood enuresis - the Try for Dry program at Children's Memorial Hospital, Chicago - offer proven techniques that bring bedwetting to a happy end. They cover the pros and cons of wetting alarms, drug therapies, biofeedback treatment, and changes in diet and sleeping schedules, and they provide friendly advice on how to replace punishment and shame with awards and praise. With diaries, calendars, and other visual aids that help the child share responsibility for a solution, this authoritative book gets parents and children over a most frustrating hurdle.

Material Title: **I'm Deaf, and It's Okay**
Author: Lorraine Asetline *Children's Books* 1986 40

A young boy describes the frustrations caused by his deafness and the encouragement he receives from a deaf teenager that he can lead an active life.

Material Title: **Medication Madness: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 46 minutes

There is no magic pill to resolve trauma for anyone, especially for our children. Dr. Federici explains why simply medicating symptoms is ineffective and how we have not only medicated our children to toxic levels but how we have endangered them with toxic combinations of medications. Learn more about how medications can be used at conservative levels in order to help bring children back to being functional in a family to foster greater levels of healing.

Material Title: **Moses Goes to a Concert**
Author: Isaac Millman *Children's Books* 1998 40

Moses and his school friends are deaf, but like most children, they have a lot to say. They communicate in American Sign Language, using visual signs and facial expressions. This is called signing. And even though they can't hear, they can enjoy many activities through their other senses. Today, Moses and his classmates are going to a concert. Their teacher, Mr. Samuels, has two surprises in store for them, to make this particular concert a special event.

Isaac Millman tells Moses's story in pictures and written English, and in American Sign Language (ASL), introducing hearing children to the signs for some of the key words and ideas. At the end of the book are two full conversations in sign language and a page showing the hand alphabet.

Material Title: **Once Upon a Potty, Girl**
Author: Alona Frankel *Children's Books* 1999 48

Thanks to their timeless words and beloved images, *Once Upon a Potty -- Boy* and *Once Upon a Potty -- Girl* are being discovered and used by a new generation of parents. These two books, with their phenomenal staying power, target and meet the needs of an obviously perpetual market.

Material Title: **Paddington Bear Goes to the hospital**
Author: Michael Bond *Children's Books* 2001 40

Oh, no! Paddington Bear has hurt his arm, and he's having trouble remembering just how it happened. The Browns are worried enough to take Paddington on his first trip to the hospital. From the moment he arrives on a stretcher with wheels, which he thinks is "very good value:" to the end of his overnight stay, Paddington takes it all in with curiosity and wonderment ... along with a little apprehension! But the kind nurses and doctors, and even the patients themselves, help Paddington see that the hospital isn't as scary a place as it first seems. At the end of this gentle, reassuring story, Paddington's arm is set straight and so is Paddington when he discovers that even the hospital food isn't as bad as he thought it would be!

Material Title: **Parenting the Medically Fragile/Drug Affected Infant (VHS)**
Author: *Videotapes* 2 hours

This video contains significant information regarding the biological history and symptoms of alcohol/ drug affected infants, interventions that can be used with such medically fragile children, and the poignant story of one child impacted for life by the use of alcohol/ drugs during fetal development. The tape consists of an expert talking about these issues, and though the information is accurate and useful, some viewers may not find the presentation very engaging.

Material Title: **Raising Resilient Rascals 2008: Disc 3 (DVD)**
Author: DVD *DVDs* 2008 3 hours

This disk includes the following presentations from the 2008 conference: "Interventions for the Fetal Alcohol Spectrum" with Julia Bledsoe; "Psychiatric Medication Treatments and Their Place in Adoption Medicine" with Margaret Cashman; and a Sleep Discussion & Panel led by Margaret Cashman.

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Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 3 (DVD)**
Author: DVD *DVDs* 2010 3 hours

Disc 3 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "The Importance of Self-Care for Parents," presented by Deborah D. Gray, MSW, MPA; "Emerging Pathogens," presented by Cynthia Kertesz, M.D.; "Raising the Rascally Teenager," presented by Paulette Caswell, MSW.

Material Title: **Raising Your Spirited Child**
Author: Mary Kurcinka *Books* 1991

Spirited kids are, in fact, simply "more"--by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. Distinguished here from hyperactive children, Mary Sheedy Kurcinka offers parents emotional support and proven strategies for handling their spirited child.

Material Title: **Seeing Voices: A Journey into the World of the Deaf**
Author: Oliver W. Sacks *Books*

Like *The Man Who Mistook His Wife for a Hat*, this is a fascinating voyage into a strange and wonderful land, a provocative meditation on communication, biology, adaptation, and culture. In *Seeing Voices*, Oliver Sacks turns his attention to the subject of deafness, and the result is a deeply felt portrait of a minority struggling for recognition and respect--a minority with its own rich, sometimes astonishing, culture and unique visual language, an extraordinary mode of communication that tells us much about the basis of language in hearing people as well. *Seeing Voices* is, as Studs Terkel has written, "an exquisite, as well as revelatory, work."

Material Title: **Straight Talk about Psychiatric Medications for Kids**
Author: Timothy E. Wilens *Books* 2010 264 pages

Dr. Timothy Wilens provides essential guidance for parents facing tough choices about whether or not to give a child medication for emotional or behavioral problems. Packed with frequently asked questions, examples, and charts, the book explains which medications are prescribed for kids and why; their effects on health, emotions, and school performance; how to maximize the benefits; and when to consider other treatments instead. A special 2005 supplement advises parents on the issues surrounding the FDA "black box" warning on SSRIs for depression in children and teenagers.

Material Title: **Straight Talk About Psychiatric Medications for Kids (Fourth Edition)**
Author: Timothy & Paul Wilens & Hammerness *Books* 4/22/2016 342

Is medication the right choice for treating your child's emotional or behavioral problems? How can you be confident that he or she has been properly diagnosed? What do you need to know to get the most benefits from medication treatment, with the least risk? From leading child psychiatrists Timothy Wilens and Paul Hammerness, this book has already empowered many tens of thousands of parents to make tough decisions and become active, informed managers of their children's care. With clarity and compassion, it explains how medications work; their impact on kids' emotions, personality, school performance, and health; the pros and cons of specific treatment options; and much more. In addition to parents, teachers and other school professionals will find this book an ideal reference.

New in the Fourth Edition:

Extensively revised to include the latest information about medications and their uses, the fourth edition is even more accessible, and includes pullouts, bulleted lists, and "take home points" highlighting critical facts.

Material Title: **Substance-Exposed Infants (DVD)**
Author: Foster Parent College *DVDs* 2010

Each year more than 400,000 infants are born in the U.S. who were prenatally exposed to illegal substances. Parental drug use is a factor in the placement of the majority of children in foster or kinship care. Dr. Robert Nickel, professor of pediatrics and developmental pediatrician, and Susan Edelstein, MSW, executive director of TIES for Adoption/UCLA discuss the issues and challenges surrounding the care of these infants. This course also covers effects of legal and illegal drugs, risks and protective factors, medical and developmental issues, and parenting strategies.

Material Title: **Talking Back to Ritalin**
Author: Peter R. Breggin *Books* 1998 356 pages

This looks at the current state of drug use to treat ADHD in this country is divided into four parts. "Ritalin, Amphetamine And Other Stimulant Drugs" describes the medical and psychological ideology and reality behind the use of these drugs. "Attention Deficit-Hyperactivity Disorder (ADHD)" addresses medical and psychological theory and practice in diagnosing this ubiquitous problem. "The Politics Of The ADHD/Ritalin Lobby" reveals "Who's Behind All This." And "How We Can Help Our Children" offers solutions.

Material Title: **Uncommon Voyage: Parenting a Special Needs Child**
Author: Laura Kramer *Books* 2001 245 pages

This book is a true story of one woman's journey from innocence and denial to enlightenment and empowerment. Through detailed journaling, Kramer recounts the steps she and her family have taken since her son was diagnosed with cerebral palsy in 1984.

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Material Title: **We Adopted Five Special-Needs Foster Kids: The Inspiring True Story of How an Absolutely Crazy Idea Led to One Very Big, Happy Family**

Author: Ann Ellsworth *Books* 2019 288

In 2008, Ann and Dan made the life-altering decision to start a family. In their mid-forties and inspired by various stories that they had heard, the couple decided to adopt special needs children through foster care. Not wanting to separate siblings, Ann and Dan's family eventually grows to seven, first with the adoption of Jimmy and Ruby, and then Jason, Susie, and Anthony.

But, the transition was not without its challenges. The children, aged five to ten years old, had been neglected, abused, and diagnosed with behavioral, cognitive, medical, and psychiatric conditions, none of which could be treated medically. Their first months in their new home were intense, overwhelming, and on occasion, violent. With numerous outbursts and incidents, Ann and Dan's patience and resolve were constantly tested. But slowly, when surrounded with stability, warmth, compassion, and love, the children settled in and became a family.

Poignant and heartfelt, *We Adopted Five Special-Needs Foster Kids* is for any reader who has ever been part of a family.

Material Title: **Wetting & Soiling: Foster Parent College (DVD)**

Author: DVD *DVDs* 2004 42 minutes

With abused and neglected children, the toilet can become a battleground of emotional upset and rebellion - as well as a window into a child's past. This course examines five types of problems: wetting as an emotional outlet, wetting as self-defense, classic wetting problems, soiling and smearing feces, constipation and withholding stools. Includes discussion guide and questionnaire.

Material Title: **Young Children and Foster Care: A Guide for Professionals**

Author: Judith A. Silver, Barbara J. Amster, and Trude Haecker *Books* 1999 509 pages

Infants and young children entering the child welfare system often have histories of abuse, neglect, and fragmented medical care. This book helps human services professionals meet these children's special needs as it proposes models for intervention and provides expert advice on often-overlooked aspects of care, including developmental and medical concerns, child advocacy, and early intervention services.