

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.

## Adoption, General

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Material Title: **20 Things Adoptive Parents Need to Succeed**  
 Author: Sherrie Eldridge *Books* 2009 249 pp

The author of "Twenty Things Adopted Kids Wish their Adoptive Parents Knew," here goes beyond those insights and shifts her focus to parents, offering encouragement and hope. She shares proven strategies and the moving narratives of nearly one hundred adoptive families, helping parents gain a deeper understanding of what is normal, both for their children and themselves.

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Material Title: **3-D View of Foster, Kinship, and Adopted Children, A; Using the Bio-Psychosocial Model to Better Understand Children with Multiple Negative Impacts**  
 Author: James Kagan *Books* 2011 130

A 3-D View examines the "big picture" of troubled foster, kinship and adopted children. Eschewing a single, narrow perspective of these struggling children, the authors support a three-dimensional viewpoint. The 3-D approach integrates information from biological, psychological and social dimensions to furnish depth and breadth to the understanding and treatment of at-risk children. This book describes: Foster, kinship, and adopted children who have suffered from "multiple negative impacts" - e.g. prenatal exposure to drugs and/or alcohol, chronic child maltreatment ("complex trauma"), and a growing list of caregivers and placements. How damaging individual factors (negative impacts) add to and sometimes multiply the destructive influences of other factors. Use of the "bio-psychosocial model" for a more complete, integrated understanding of multiply impacted children and their mental health problems. Practical design of treatment plans and interventions for troubled foster, kinship and adopted children. 128 pages

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Material Title: **A Family Is a Family Is a Family**  
 Author: Sara O'Leary *Children's Books* 2016 32

When a teacher asks the children in her class to think about what makes their families special, the answers are all different in many ways — but the same in the one way that matters most of all.

One child is worried that her family is just too different to explain, but listens as her classmates talk about what makes their families special. One is raised by a grandmother, and another has two dads. One is full of stepsiblings, and another has a new baby.

As one by one, her classmates describe who they live with and who loves them — family of every shape, size and every kind of relation — the child realizes that as long as her family is full of caring people, her family is special.

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Material Title: **A Kid of Their Own**  
 Author: Megan Lambert Dowd *Children's Books* 2020 32 pages

Rooster Clyde has just settled in and found his voice when everyone demands that he take his hard-earned crow down a notch so as to not disturb newcomer Rowdy. That doesn't sit well with Clyde. Neither does the fact that motherly goose Roberta seems to have taken the new animals' side. The farm community learning to deal with a young member of the group is the main story in text and is paired with a wordless story in illustrations that shows Farmer Jay and Farmer Kevin getting ready for their adopted child to arrive on the farm.

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Material Title: **Achieving Long Term Success in Adoption**  
 Author: ORPARC Staff *Information Packet* 2006 45 pages

This compilation of articles reprinted here by permission from a variety of periodicals provides a broad look at techniques and family characteristics that have been associated with long term success in the raising of adopted children. It provides guidelines to consider when difficulties arise.

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Material Title: **ADHD in Adolescents: Diagnosis and Treatment**  
 Author: Arthur Robin *Books* 1998 435 pages

This book, written for "psychologists, physicians, social workers, educators, and other professionals," is about, not only the facts of the disorder, but also its nature and the proper means of clinically evaluating it. And just as important, if not more so, he tells professionals what to do to be of help to these youth, their families, and their educators.

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Material Title: **ADHD, ADD & ODD (DVD)**  
 Author: Foster Parent College *DVDs*

This course explores diagnosis and treatments of ADHD, ADD, and ODD. The course discusses steps to help children with the disorder

# Adoption, General

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Material Title: **Adoptalk**

Author:

*Journals/Newsletters 999-Spring*

This semi-annual newsletter is published by the North American Council on Adoptable Children. (NACAC) The publications have articles that pertain specifically to NACAC news, upcoming conferences, and services as well as some articles about general adoption issues.

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Material Title: **Adopted (DVD)**

Author: Barb Lee

*DVDs*

*2008 80 minutes*

This DVD, by first-time director Barb Lee, reveals the grit rather than the glamour of transracial adoption, going deep into the intimate lives of two well-meaning families and showing us the subtle challenges they face. One family is just beginning the process of adopting a baby from China, the other family's Korean daughter is now 32 years old. Prompted by her adoptive mother's terminal illness, she tries to create the bond they never had. The results are riveting, unpredictable and telling. While the two families are at opposite ends of their respective journeys, their stories converge to show us that love alone isn't enough to make a family work.

Includes the companion DVD, "Adopted: We Can Do Better", with more than two hours of experts' advice to help families clarify their intentions, cope with grief, identify themselves as a mixed-race family, foster identity for their transracial adopted children, and become educated about the politics of international adoption.

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Material Title: **Adopted Adolescent, The (Audiotape)**

Author: Lois Melina

*Audiotapes*

*1993 60 minutes*

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption," which covers pre-school, the middle years, and adolescence, this tape deals with the adolescent years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Child in Middle Childhood", offer more details on discussing adoption with children pre-school and ages 7-11 respectively.

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Material Title: **Adopted and Wondering: Drawing Out Feelings**

Author: Marge Eaton Heegaard

*Children's Books*

*2007 40 pages*

This art therapy book helps children cope with the emotional impact of adoption. Children can use this book's interactive exercises to realize that their birth parents were good people who loved them but were unable to give them a good home; understand that they were placed, rather than abandoned; and develop a strong sense of personal identity. The interactive drawing exercises help children explain in pictures what they are unable to say in words.

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Material Title: **Adopted Child in Middle Childhood, The (Audiotape)**

Author: Lois Melina

*Audiotapes*

*1990 79 minutes*

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption", which covers pre-school, the middle years, and adolescence, this tape deals with the 7-11 years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Adolescent", offer more details on discussing adoption with children pre-school and 12-18 respectively.

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Author: Lois Melina

*CDs*

*1993 79 minutes*

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption", which covers pre-school, the middle years, and adolescence, this tape deals with the 7-11 years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Adolescent", offer more details on discussing adoption with children pre-school and 12-18 respectively.

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Material Title: **Adopted Child in the Classroom, The (Audiotape)**

Author: Lois Melina

*Audiotapes*

*1990*

This presentation is designed for parents to give to teachers to help them be more sensitive to the needs of adopted children and to consider adoptive family issues when designing lesson plans and assignments.

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## Adoption, General

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Material Title: **Adopted: The Ultimate Teen Guide (It Happened to Me)**  
Author: Suzanne Buckingham Slade *Children's Books* 2013 232 pages

Adopted: The Ultimate Teen Guide enables young adults to explore their feelings as they read the personal experiences of other adopted teens. Through these stories, adopted teens can learn how others have resolved some of their adoption issues, and gain powerful insights from those who have experienced some of their same frustrations, struggles and concerns.

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Material Title: **Adoptee Survival Guide: Adoptees Share Their Wisdom and Tools, The**  
Author: Lynn Grubb *Books* 2015 220 pages

30 adoptee authors provide support, encouragement and understanding to other adoptees in facing the complexities of being adopted, embarking on search and reunion, fighting for equal access to identifying information, navigating complex family relationships with the latest technology, and surviving it all with a sense of humor.

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Material Title: **Adopting and Advocating for the Special Needs Child: A Guide for Parents and Professionals**  
Author: L. Anne Babb *Books* 1997 222 pages

Completely frank and remarkably compassionate, this detailed, comprehensive guide is designed to be used by adoption professionals and adoptive parents, to help them get started, keep going, and locate whatever additional information and support they need. It covers such key topics as how to manage finances, advocate within the educational system, and cope when things go wrong. Tables, checklists, and frequent references to additional resources add value to this informed advice to adoptive parents.

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Material Title: **Adopting the Older Child**  
Author: Claudia *Books* 1978 289 pages

This book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family, giving practical, caring advice on how to handle each situation.

Hundreds of thousands of children in this country are without permanent homes right now, waiting in foster homes and institutions for families who could adopt them. Here, in "a book that workers and parents have been waiting for" nationally known family counselor and adoptive parent Claudia Jewett explains just what is in store for those who decide to open their hearts to a waiting child.

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Material Title: **Adoption and Ethics: Adoption and Assisted Reproduction Vol. 4**  
Author: Madelyn Freundlich *Books* 97 pages

The growing use of assisted reproduction, including sperm donation, gamete donation, and surrogate motherhood, has raised a number of ethical issues in common with adoption, including parties' legal and social roles, anonymity, and concerns related to the growing role of money and power of market forces.

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Material Title: **Adoption and Healing: Proceedings of the international conference on Adoption and Healing**  
Author: New Zealand Adoption and Healing Trust *Books* 1997 352 pages

Until perhaps the 1970s, adoption was generally regarded in Western countries as beneficial to all parties involved. It was seen as a one-off event, after which life for the adopting family was assumed to carry on as normal. Over the past 20 years, this attitude has altered significantly. It has become obvious that adoption is a lifelong process. Although many adoptions have benefited those involved, others, notably some birth mothers and adopted people, have experienced a range of psychological and emotional problems. Some of these problems have commonalities with known areas of treatment, some may require a specific and different approach. This book contains papers presented to an international conference held in June 1997 in Wellington, Aotearoa New Zealand on issues resulting from the adoption experience. The authors include many of the leading professional authorities in the adoption field from Holland, the U.S., the U.K., and Australia, as well as New Zealand.

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Material Title: **Adoption and Loss: The Hidden Grief**  
Author: Evelyn Burns Robinson *Books* 2003 223 pages

What becomes of women who give up their children for adoption? Why do so many adopted people feel such a strong desire to seek out their families of origin? In what ways are families with adopted children different from other families? This book, written by a birth mother, provides the answers to these questions and many others.

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Material Title: **Adoption and the Family System**  
Author: Miriam Reitz, PhD, and Kenneth W. Watson *Books* 1992 320 pages

The authors utilize family systems theory to construct a practical treatment approach for working with families on the myriad issues and interrelationships that surround adoption. The model described is broadly inclusive of all families linked by the adoption triangle. This book offers an entirely new approach to evaluation and treatment designed specifically for families linked in adoption.

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## Adoption, General

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Material Title: **Adoption at the Movies; A Year of Adoption-Friendly Movie Nights to Get Your Family Talking**  
Author: Addison Cooper *Books* 1/19/17 288

Get your family talking about adoption with the ultimate collection of films to help the whole family to explore their feelings in a fun and safe way.

With a film for each week of the year, Addison Cooper has compiled the best movies, new and old, for family-friendly viewing. Among those featured are Finding Dory, Frozen, Paddington, Teenage Mutant Ninja Turtles, Kung Fu Panda, Star Wars, Divergent, The Blind Side and I am Sam. Carefully selected, the movies included will help families to comfortably talk about important adoption-related topics. They are accompanied by descriptions of the themes and ideas to get the conversations started. Helping all members of the family to explore both the pain and joy of adoption, they cover a range of issues which can arise such as culture, identity, control, and reunification. With something for everyone - from kids, to teens, to grown-ups - this is a must-have for all adoptive families.

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Material Title: **Adoption Healing: A Path to Recovery**  
Author: Joe Soll *Books* 2000 189 pages

In this book, the author, a psychotherapist, lecturer, former university professor, founder and director of Adoption Crossroads, Adoption Counseling Center, and New York State Adoption Agency Task Force, and himself an adoptee, presents the world of adoption from his own unique perspective, offering myths, facts, exercises, and quotes to augment chapters on a wide range of adoption related issues.

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Material Title: **Adoption is a Family Affair! What Relatives and Friends Must Know**  
Author: Patricia I. Johnston *Books* 2001 145 pages

This book gives information for relatives and friends about who can adopt, why they consider adoption, the process, and how kids understand adoption as they develop. It addresses concerns, fears, and questions that friends and relatives have when someone they care about decides to adopt.

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Material Title: **Adoption is for always**  
Author: Linda Walvoord Girard *Children's Books* 1986 32 pages

Although Celia reacts to having been adopted with anger and insecurity, her parents help her accept her feelings and celebrate their love for her by making her adoption a family holiday.

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Material Title: **Adoption Life Cycle, The: The Children and Their Families Through the Years**  
Author: Elinor Rosenberg *Books* 1992 188 pages

This book is for anyone involved in the adoption experience – adoptees, adoptive parents, birth parents and professionals. It provides a framework for understanding the important developmental tasks which span the lifetimes of all those involved.

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Material Title: **Adoption Mystique, The**  
Author: Joanne Wolf Small *Books* 2007 181 pages

Much of what's been written and said about adoption—the definitions, myths, interpretations, and so on—was generated by non-adopted persons, and often without benefit of adopted person's input. This book was written by an adopted person who hopes to paint a picture of the social welfare system that contrasts with the traditional view and sheds a new light on the situation.

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Material Title: **Adoption Nation: How the Adoption Revolution Is Transforming America**  
Author: Adam Pertman *Books* 2000 312 pages

Pertman, an adoptive father and former journalist for The Boston Globe, combines research and personal anecdotes in this overview of the trends and cultural ramifications of adoption. His views: families should be "out" about their adoptive status; children should be told they were adopted as early as possible; all members of the adoption "triad" (birth parents, child and adoptive parents) should try to stay in close communication; and much more.

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Material Title: **Adoption Parenting: Creating a Toolbox, Building Connections**  
Author: Jean MacLeod and Sheena Macrae *Books* 2006 485 pages

Its the What to Expect for adoptive families! Over 100 contributors have woven a stunning tapestry of advice for adoptive parents. Parenting adopted children requires understanding the extra layer and this book helps in that understanding. Appropriate for the newly created family or the more experienced, Adoption Parenting looks at stumbling blocks to good parenting and standard parenting practices that aren't appropriate for adopted children. It looks at the core issues all members of the adoption triad face, and at how it affects standard parenting challenges like sleeping through the night, discipline, and attachment. Adoption Parenting covers specific challenges families have faced: dealing with grief and loss, FASD, Trauma and PTSD, Sensory Integration, Speech and Language delays, and ways to effectively parent a post-institutionalized child or a child who has experienced trauma in their journey to you.

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## Adoption, General

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Material Title: **Adoption Resource Book, The: Everything You Ought to Know About Creating an Adoptive Family**  
Author: Lois Gilman *Books* 1998 546 pp

With the heart of an adoptive mother and the eye of a journalist, Lois Gilman navigates the often complicated but ultimately fulfilling world of adopting a child.

This practical, wise, and encouraging book contains all the information a couple or an individual needs to investigate adoption alternatives, arrange for and complete a successful adoption, and raise an adoptive family. Beginning with a broad overview of options for both domestic and foreign adoption, the author provides details about agencies, home studies, paperwork, and legal issues. Also covered are procedures for agency and independent adoptions as well as concerns about intercountry adoption, special-needs children, preparing for a child's arrival, and longer term questions about the impact of adoption on your family over the years.

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Material Title: **Adoption Resources for Mental Health Professionals**  
Author: Pamela Grabe *Books* 1990 348 pages

This revised edition is a valuable resource for professionals who find their diagnoses, assessment, and counseling of foster children misleading because they employ criteria based on experiences of non-adoptive children. The 23 contributors include professionals with extensive teaching and practical experience in the field.

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Material Title: **Adoption Stories for Young Children\* (Children's Materials)**  
Author: Randall B. Hicks *Children's Books* 1995 43 pages

This book is told from the perspective of a 5-year-old boy who introduces us to his many friends and neighbors. They come from different walks of life, but they have one thing in common – their families were all created through adoption. It explores common issues of interest to young children about adoption.

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Material Title: **Adoption Wisdom: A Guide to the Issues and Feelings of Adoption**  
Author: Marlou Russell *Books* 1996 185 pages

This book combines quotations from birth parents, adoptive parents and adoptees with brief observations from the author, a psychologist and adoptee, herself, in reunion with her birth family. In chapters with such titles as "The Adoption Triad," "Basic Truths of Adoption," "Loss and Grief in Adoption," "Search and Reunion," "Before Choosing Adoption," and others, this book sheds a unique light on the world of adoption through the commentary of those who live that world every day.

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Material Title: **Adoption: Making it Last (DVD)**  
Author: U.S. Department of Health and Human Services *DVDs* 16 minutes

This DVD provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

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Material Title: **Adoption: Making It Last (VHS)**  
Author: U.S. Department of Health and Human Services *Videotapes* 16 minutes

This video provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

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Material Title: **Adoptive Parent Intentional Parent**  
Author: Stacy Manning *Books* 2013 249 pages

This book is meant to offer hope. I offer you my story among others so that you will truly understand that you are not alone on this journey. This book is meant to offer peace. I offer you a formula to follow that will aid you in building and maintaining the safety net your child needs to be able to truly heal. This book is meant to offer knowledge. I offer you knowledge about the hurdles you will face; knowledge truly is power. If used intentionally, it will aid you in changing lives. This book is meant to offer clarity. I offer you techniques that help you gain self awareness so that you can more easily move some of your obstacles out of the way. This book is meant to offer support. I offer you tools that will enable you to be the intentional parent you need to be.

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Material Title: **Advanced Parenting: Understanding Trauma and Activities That Heal (CD)**  
Author: Kay Dechario and Kelly Winters *CDs* 8/6/2011 15 minutes

Presented by Kay Dechario and Kelly Winters of the Center for Child and Family Therapy, Colorado at the 37th NACAC Conference 2011 in Denver, Colorado. This session offers an overview of trauma (definitions, causes, and current perspectives) while focusing on issues that affect adoptive families. The presenters will cover behavioral challenges, school difficulties, and family regulation, and will present activities that enrich attachment, and brain development, and create change. Attendees will be able to begin implementing tools immediately.

## Adoption, General

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Material Title: **After Adoption: A Manual for Professionals Working With Adoptive Families**  
Author: J.P. Bourguignon, Jean-Pierre and Watson *Books* 1987 60 pages

Aimed primarily toward mental health professionals who work with adoptees and their families, this manual addresses the differences between adoptive and biological families, identifies needs of adoptive families, and discusses diagnostic assessment of families following placement and factors to be considered in planning therapeutic intervention.

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Material Title: **After Adoption: The Needs of Adopted Youth**  
Author: Jeanne A. Howard and Susan Livingston Smith *Books* 2003 139 pages

The authors examine more than 1,000 adoptive families to find out how they are functioning years after the adoption. They analyze risk and resiliency factors associated with adjustment and examine differences in adoptions by kin, foster parents, and those matched with children for the purpose of adoption. "After Adoption" will help child welfare professionals to develop post adoption services to sustain and strengthen adoptive families and to better prepare parents and children for adoption.

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Material Title: **After Adoption: Training Guide**  
Author: J.P. Bourguignon *Books* 1987 18 pages

This guide is intended to be used in conjunction with "After Adoption: A Manual for Professionals Working with Adoptive Families." The "Manual" is designed for training adoption workers, mental health professionals, and educational professionals.

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Material Title: **All About Adoption: How to deal with questions of your past\* (Children's Materials)**  
Author: Anne Lanchon *Children's Books* 2006 89 pages

Adopted teens may be in a unique situation, but Lanchon, without trivializing it, assures them, "When all is said and done, you're no weirder than anyone else. You're adopted, your friends aren't, so what?" Written in an informal, conversational style, this illustrated guide covers an adopted child's traditional worries and concerns, such as establishing identity and living with overprotective parents.

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Material Title: **All Kinds of Families\* (Children's Materials)**  
Author: Norma Simon *Children's Books* 1976 34 pages

This illustrated (by Joe Lasker) children's book describes and shows different kinds of families and normalizes the many ways in which they are not all the same. The word adoption comes up only twice, but the message that it is not necessary to be like everyone else is amply communicated.

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Material Title: **Another Place at the Table**  
Author: Kathy Harrison *Books* 2003 224 pages

Kathy Harrison has been a foster parent for more than thirteen years, hosting almost a hundred children. This book is an account of many of those placements; it is an invitation into her busy home and the lives of her ever-changing crew of troubled children. The stories that arise within this narrative are not all happy or easy, but they are compelling and very real.

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Material Title: **Answering Your Child's Questions About Adoption (Audiotape)**  
Author: Lois Melina *Audiotapes* 1990 80 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, Making Sense of Adoption, which covers pre-school, the middle years, and adolescence, this tape deals with the pre-school years.

Two other tapes, The Adopted Child in Middle Childhood and The Adopted Adolescent, offer more details on discussing adoption with children ages 7-11 and 12-18.

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Material Title: **Are We There Yet? The Ultimate Road Trip: Adopting & Raising 22 Kids!**  
Author: Hector & Sue Badeau *Books* 04/2013 416

Come along with Hector and Sue Badeau on their ultimate road trip adopting and raising 22 children, from diverse backgrounds with many special needs. Like any road trip, their story has twists and turns, detours and surprises. You'll be inspired, laugh out loud and shed tears as you share their experiences in foster care and adoption, coping with teenage pregnancies, addictions, unimaginable accomplishments and raw moments of grief after the untimely deaths of three beloved sons. Are We There Yet is an entertaining story which also imparts nuggets of parenting wisdom for any parent or grandparent. It is packed with spiritual truths and life lessons for teachers, social workers, pastors and others who care about vulnerable children and families in our world today.

## Adoption, General

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Material Title: **Attaching in Adoption: Practical Tools for Today's Parents**  
Author: Deborah D. Gray *Books* 2002 362 pages

This "how to" and "why to" guide, considers ways to balance families, giving attention to all family members, protecting the development of siblings, and maintaining a family with high self-esteem. Filled with vignettes drawn from over 10,000 hours counseling adopted children, this book addresses building emotional intelligence and concludes with ways parents can build family, peer, and professional support for themselves and for their child.

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Material Title: **Attachment: How Ours Impacts Theirs (Audio)**  
Author: Robyn Gobbel *DVDs* 2017 83 minutes

When we offer our children experiences in secure attachment, we provide them an optimal foundation for healthy relationships and mental health. This webinar will clearly explain how attachment is directly related to regulation (and dysregulation) in the nervous system, identify common characteristics of the different attachment patterns- while emphasizing that attachment is so much more than behavior, as well as provide a starting point for how you might begin to shift your own attachment patterns.

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Material Title: **Attachment: How Ours Impacts Theirs (Video)**  
Author: Robyn Gobbel *DVDs* 2017 83 minutes

When we offer our children experiences in secure attachment, we provide them an optimal foundation for healthy relationships and mental health. This webinar will clearly explain how attachment is directly related to regulation (and dysregulation) in the nervous system, identify common characteristics of the different attachment patterns- while emphasizing that attachment is so much more than behavior, as well as provide a starting point for how you might begin to shift your own attachment patterns.

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Material Title: **Ayuda Para Billy [Help for Billy]**  
Author: Heather Forbes *Libros en español* 2018 229

"Ayuda para Billy" es un manual pragmático que ayuda a guiar a las familias y a los educadores que están trabajando con niños que han enfrentado el trauma. El libro por Heather Forbes, basado en los conceptos de la neurociencia de las emociones y el comportamiento, provee estrategias lógicas, comprensivas, y detalladas para educadores y padres. Este libro es fácil de leer y explica y ayuda a comprender la verdadera naturaleza en cuando a las experiencias que afectan el cerebro y el aprendizaje. Es un libro vital para cualquier persona que trabaja con niños en la sala de la escuela.

"Help for Billy" is a pragmatic manual to help guide families and educators who are struggling with traumatized children. Based on the concept of the neuroscience of emotions and behavior, Heather Forbes provides detailed, comprehensive, and logical strategies for teachers and parents. This easy to read book, with tables, outlines and lists, clears the way for a better understanding of the true nature regarding traumatic experiences affecting the brain and learning. It is a must read for anyone working with a child in the classroom.

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Material Title: **Baby Owl Lost Her Whoo\* (Children's Materials)**  
Author: Cindy R. Lee *Children's Books* 2014 30 pages

Do you have a bossy child at home or a child obsessed with control? Professionals know that children become controlling when they are afraid. Parents who don't know this spend all their energy fighting for control and are left feeling frustrated, angry and confused. Baby Owl Lost Her Whoo teaches children WHY they need to let go of control. When left to manage on her own, Baby Owl freezes in the cold, eats only sweets and forgets to brush her beak! A book designed to teach concepts developed by Dr. Karyn Purvis, this story cleverly teaches children that parents are indeed in charge. When children know a safe loving adult is in charge, they can let go of control and spend their time laughing, playing and exploring.

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Material Title: **Baby, We Were Meant for Each Other: In Praise of Adoption**  
Author: Scott Simon *Books* 2010 193 pages

In this warm, funny and wise new book, NPR's award-winning and beloved Scott Simon tells the story of how he and his wife found true love with two tiny strangers from the other side of the world. It is a book of unforgettable moments: When Scott and Caroline get their first thumb-sized pictures of their daughters, when the small girls are placed in their arms, and all the laughs and tumbles along the road as they become a real family.

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Material Title: **Beautiful: A Poetic Celebration of Displaced Children**  
Author: Jaiya John *Books* 2014 192 pages

The many fictional voices of displaced children in Beautiful are inspired by youth Jaiya John has worked with over a lifetime. This second edition contains 8 NEW POEMS. Beautiful is much more than a source of inspiration. Its words reveal the majesty and vulnerability of all children. Beautiful is an empowerment anthem for youth, a resource for those who love, care for, and work with these purposeful souls. Child light shines through these pages, asserting the demand of our young for their dignity, while portraying their limitless power to heal, grow, and flourish. A poetic companion to Jaiya John's Reflection Pond, Beautiful is the kind of treasure we polish repeatedly, its truth seeping into our compassion. Struggle and triumph. Solitude and belonging. A journey of sunflowers toward the sun of selfhood. In these pages we find Beauty born.

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## Adoption, General

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Material Title: **Becoming Patrick: A Memoir**

Author: Patrick McMahon *Books* 2011 310 pages

When Pat McMahon risks the love of the mother who raised him by seeking out the mother who gave him away, he transforms from a mild-mannered engineer into a frenetic detective. After he overcomes the challenges of existential angst, bureaucratic roadblocks and unemployment, the phone call to his first mother releases a torrent of long-buried feelings. During a sometimes turbulent long-distance unfolding, he absorbs her shocking revelation and comes out as gay once again. Their eventual reunion creates a profound bond, even as he navigates waves of conflicting emotions, merges past with present, and embarks on a new future rooted in truth and insights into the universal quest for identity and human connection.

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Material Title: **Behavior With a Purpose: Thoughtful Solutions to Common Problems of Adoptive, Foster and Kinship Youth**

Author: Richard Delaney *Books* 2009 156

Provides a practical understanding of and clinically relevant interventions for common problems of youth in adoptive, foster and kinship homes. Specific attention is placed on food hoarding, wetting, defiance, lying, stealing, and negative attention seeking behavior. The book also explains how the positive intent of adoptive, foster and kinship parents can often work at cross purposes with the motivations of the child. Numerous case examples illustrate the dynamics of a problem. The book firmly endorses the healing power of the family and is written from a strengths-based perspective.

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Material Title: **Being Adopted: The Lifelong Search for Self**

Author: David Brodzinsky *Books* 1992 193 pages

This book, based on Eric Erikson's seven stage life cycle model, will open doors for adoptees who at one time or another have wondered why they felt a particular way and had no place to turn for the answer. \* There is a hard cover and a paperback.

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Material Title: **Beneath the Mask: For Teen Adoptees: Teen and Young Adults Share Their Stories**

Author: C.A.S.E. *Children's Books* 2018 95 pages

As a follow up to C.A.S.E. CEO and co-author Debbie Riley's signature book Beneath the Mask: Understanding Adopted Teens, written for clinicians and parents of teens, the C.A.S.E. Team has created this new companion workbook specifically for the teens themselves, featuring personal, heartfelt stories written by teen and young adult adoptees who graciously shared their feelings about their own adoption journeys. Filled with engaging exercises, journaling pages and thought-provoking activities, this workbook offers teen adoptees, their parents and the clinicians who support them a valuable resource.

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Material Title: **Best of Adopted Child, The: How Adoption Impacts Adoptive Parents**

Author: *Journals/Newsletters* 1998-Oct 2

This monthly newsletter for adoptive parents contains only one article per volume. Some article titles include: Teens feelings about adoption, Parents who adopt racially diverse children, Bipolar Disorder, Adoption reform, ADHD/ADD and more.

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Material Title: **Best of Adopted Child: For Parents Adopting Older Children**

Author: Lois Melina *Journals/Newsletters* 983 to 199

This collection of articles from 1983 to 1991 includes pieces on issues specific to adopting older children, such as the effect on siblings, the need for a support network, discussing puberty, etc.

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Material Title: **Best of Adopted Child: For Waiting or New Adoptive Parents**

Author: Lois Melina *Journals/Newsletters* 982 to 199.

This collection of articles from 1982 to 1993 includes pieces on rituals to enhance the sense of family, bonding and attachment, and paradoxes and problems around disclosing your child's adoption.

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Material Title: **Best of Adopted Child: How Adoption Impacts Adoptive Parents**

Author: Lois Melina *Journals/Newsletters* 983 to 199.

This collection of articles from "Adopted Child" 1983 to 1994 includes pieces on infertility issues, midlife issues, the need for a support network, and the needs of African-American adoptive parents.

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Material Title: **Best of Adopted Child: Issues Children Face in School**

Author: Lois Melina *Journals/Newsletters* 982 to 199.

This collection of articles from "Adopted Child" from 1982 to 1994 includes pieces on teasing, disclosing the adoption, hyperactivity, attitudes toward academics, and learning disabilities.

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Material Title: **Best of Pact Press, The: Talking with Kids about Adoption**

Author: Collection *Journals/Newsletters* 43 pages

This 43-page booklet contains 12 articles previously printed in the Pact Press on talking to kids about such things as sex, grief, self-esteem, being adopted older, lifebooks and more.

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## Adoption, General

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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!

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Material Title: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors (CD)**  
Author: Heather T. Forbes, LCSW *CDs* 2008 5 hours

This second volume of Beyond Consequences, Logic, and Control offers even more empowering examples and more practical applications. It addresses seven behaviors rooted in fear including poor social skills, demanding behaviors, self-injury, defensive attitudes, no conscience, homework battles, and chores. This audio book includes current research on the brain and how it affects behavior, giving you scientific explanations of why children misbehave. This audio book is for all parents who seek to love unconditionally.

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Material Title: **Birth Family and Adoptive Family Relationships (CD)**  
Author: adoptioncds.com *CDs* 2002

This session includes discussions about creating a photo resume, networking to locate a birth family, sensitive handling of phone calls, the first meeting, a cooperative agreement to outline future contact, and understanding the process from the birth family's and the adoptive family's perspectives. It also includes what to expect when working with a birth parent with a mental health history and/or drug or alcohol addiction.

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Material Title: **Birth of an Adoptive, Foster or Stepmother, The: Beyond Biological Mothering Attachments**  
Author: Barbara Waterman *Books* 2004 227 pp

Adoptive, foster and stepmothers, like biological mothers, find their lives completely changed by motherhood although they are not always granted the rights and privileges accorded to those who give birth. Barbara Waterman explores the common experiences that are shared by all those who enter the motherhood portal. She highlights the importance of wider family, community and professional support for non-biological parents and primary care-givers of both genders, and their children. A stepmother herself and a practicing psychologist, Waterman's writing is illustrated throughout with vignettes of children and parents from a range of backgrounds. She shows the important ways in which a non-biological attachment is both more similar to and more different from a biological attachment than is currently understood. In doing this, Waterman broadens the notion of the 'traditional' family, and offers a positive alternative to the myth of the perfect mother. All kinds of step-, adoptive and foster families and those coming into contact with them will find this thoroughly researched and personal book an indispensable guide. Barbara Waterman earned her doctorate in Psychological and Social Relations from Harvard University in 1975. After working through not being able to conceive a child herself and several unsuccessful attempts to adopt, Dr. Waterman became a stepmother to twelve-year-old twin daughters over a decade ago. She has a private consultation and psychotherapy practice in Oakland, California.

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Material Title: **Boy Who Wanted a Family, The**  
Author: Shirley Gordon *Children's Books* 1982 96

Explores the hopes, fears, and experiences of a young boy and his new mom during the one-year waiting period before he can be legally adopted.

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Material Title: **Brothers and Sisters in Adoption**  
Author: Arleta James *Books* 2009 480 pages

Adding a child with a history of neglect or trauma to a family that already has children cannot be a seamless transition. The expectations of everyone involved must be realistic. The new child will need special attention and services that may take away time and attention from the already resident kids; family life is likely to be turned topsy-turvy until appropriate counseling and supports are in place; relationships will change. Here are insights and practical tools to help newly configured families prepare, and mobilize to meet the practical, physical and emotional needs of all family members.

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Material Title: **Building the Foundation of the Family: How Relationship Strengthening Helps Adoptive Families Thrive (2 CDs)**  
Author: Katheryn Trujillo and Richard Delaney *CDs* 8/6/2011 55 minutes

Presented by Kathryn Trujillo of The Adoption Exchange, Colorado and Richard Delaney of Hawaii Behavioral Health, Texas at the 37th NACAC Conference 2011 in Denver, Colorado. This interactive workshop will share data, stories, and lessons learned from the Colorado Coalition of Adoptive Families' five-year federal demonstration grant that focused on strengthening couples' relationships as part of post-adoption services. Join us for great discussion, videos from our project, and resources for offering parent support in your community. The workshop demonstrates how emphasis on supporting parents as a couple is a wise investment.

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## Adoption, General

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Material Title: **Can I Tell You About Adoption?; A Guide for Friends, Family, and Professionals**  
Author: Anne Braff Brodzinsky *Children's Books* 8/28/2013 56

Meet Chelsea - a young girl who was adopted. Chelsea invites you to learn about adoption from her perspective and introduces us to two friends of hers who were also transracially adopted. Chelsea and her friends help children understand what it means to be adopted, the experiences and challenges that follow the adoption process, and how they can help.

Accessible and informative, this illustrated book is an ideal introduction to adoption for children aged 7+ and is a great tool for encouraging discussions for families, teachers and professionals working with adopted children.

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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.

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Material Title: **Casebook: Adoption**  
Author: Jerry L. Johnson and George Grant *Books* 2005 122 pages

This entry from the Allyn and Bacon Casebook Series is intended for therapists and students studying to become therapists. It begins with a chapter that introduces a "Multi-Systemic Approach to Practice" followed by four chapters, each of which walks the student through an actual case with questions for the student to answer and commentary every step of the way.

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Material Title: **Children's Adjustment to Adoption: Developmental and Clinical Issues**  
Author: David M. Brodzinsky *Books* 1998 116 pages

This book presents major issues that affect both the process and outcome of adoption for children and their parents. It offers extensive coverage of theory and research on children and families with clinical vignettes punctuating key points. A discussion of intervention and assessment issues that commonly arise in work with adoptees closes this volume.

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Material Title: **Child's Journey Through Placement, A**  
Author: Vera Fahlberg *Books* 1991 394 pages

This book provides a foundation of resources and tools to help professionals and parents support children as they move through the foster care system to adoption. At times it can focus on theory and practice but it helps families understand why kids move and how their moves affect them. This is considered a seminal work in the field containing practical and thoughtful information about special needs children. More current material on new neurological research and brain development was not available at the time this was written. However, this is still a valuable resource with insight on various aspects related to foster and adopted children.

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Material Title: **Clinical and Practice Issues in Adoption: Bridging the Gap Between Adoptees Placed as Infants and as Older Children**  
Author: Victor Groza and Karen F. Roseberg *Books* 1998 165 pages

This book is intended for all those affected by and interested in adoption. The contents are written by a variety of experts in the adoption field and examine topics such as treatment issues for adoptees placed at different ages, search and reunion, ethics, infertility, shared identity issues, and the ongoing need for adoption support.

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Material Title: **Closure: A Documentary About Adoption (DVD)**  
Author: Bryan Tucker *DVDs* 2013 16 minutes

Angela, an African-American woman, was raised by a Caucasian couple in a large, multiracial family in Washington State. She was adopted at the age of one from foster care in the state of Tennessee, under the terms of a closed adoption. As Angela grew older it became apparent that the unanswered questions about her birth story would continue to haunt her if she did not attempt to find some answers. Filmed and edited by her husband Bryan, this documentary follows Angela for two years during the search for her birth family. Several twists and surprising revelations ultimately lead Angela and her family across the country to her place of birth. It is here where Angela comes face to face with her birth mother for the first time, and meets family members who had never known she was even born - including her birth father.

## Adoption, General

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Material Title: **Coco & Olive: The Color of Love**

Author: Michelle Madrid-Branch

*Children's Books*

2019

33

Explore the colors of love and the beauty of family diversity with Coco & Olive, a doggie mother and daughter pair who come together through adoption. Filled with imaginative characters and stunning illustrations, this is a story about finding home, not in a building, but within each other's hearts. *Coco & Olive: The Color of Love* is a 1st place winner of the 2019 Royal Dragonfly Award, recognizing excellence in children's literature. Written by international adoptee and mother-by-adoption, Michelle Madrid-Branch.

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Material Title: **Communicating with the Adopted Child**

Author: Miriam Komar

*Books*

1991

271 pages

This book focuses on the importance of family conversation and the power of speech in providing both information and emotional support to the adopted child. Utilizing examples drawn from interview, case studies, and extensive correspondence, as well as from leading studies in the fields of psychology, sociology, and social work, Dr. Komar's book gives a reassuring perspective on some of the most troubling issues of adoption.

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Material Title: **Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption**

Author: Mike Berry

*Books*

2017

215 pages

Adopting or fostering a child brings its own unique set of challenges only another parent facing the same uphill climb could possibly understand. From parenting children with traumatic pasts, to dealing with attachment issues, to raising a child with special needs, it can sometimes be a struggle just getting through the day.

Mike Berry knows the loneliness and isolation you can easily feel in your particular parenting role—because he's been there. He's still there, and he wants to give you the hope and encouragement you so desperately need.

There are plenty of how-to guides out there on parenting, but this one-of-a-kind book is specifically designed to address your needs as a parent of an adopted or foster child. With a refreshing dose of honesty, empathy, and care, you'll discover you are definitely not alone on your journey and God has a very special plan for you and your family.

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Material Title: **Connected Child, The**

Author: Karyn Purvis and David R. Cross, PhD

*Books*

2007

234 pages

Written by two research psychologists specializing in adoption and attachment, this book is intended to help adoptive parents build bonds of affection and trust with their adopted child, effectively deal with any learning or behavioral disorders, and discipline their child with love without making him or her feel threatened.

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Material Title: **Courageous Love: Instructions for Creating Healing Circles for Children of Trauma for Grandparents Raising Grandchildren**

Author: Laura Montane Bailey

*Books*

2013

325 pages

Raising grandchildren can be challenging for many reasons. Often, the children have experienced complicated family dynamics, heartbreaking loss, abuse, and neglect - all of which may affect their emotions, behavior, and development. In *Courageous Love*, author Laura Montane Bailey draws on both professional and personal experience to offer grandparents the hero status they deserve and the encouragement they need, to continue to fight for the lives of the grandchildren they love. This book explores the devastating impact of trauma to brain development and function, and provides instructions for helping grandchildren to experience Post Traumatic Growth rather than Post Traumatic Stress Disorder. Bailey presents the idea of the Healing Circles to provide what traumatized children need most: Safety, basic needs, and structure. Family gatherings that create identity and foster a sense of belonging. Clear rules, authority agreements and non-toxic relationships. These Healing Circles provide a protective structure that becomes the container for joy, empathy, and love, a powerful combination for delivering hope and healing to children of trauma. Bailey discusses the three key responsibilities of raising grandchildren in a high tech, high stress, unpredictable world: take care of yourself, un-break the hearts of your grandchildren, and re-wire their brains for success. Presenting easy-to-understand solutions, *Courageous Love* gives grandparents the tools and confidence they need to run this parenting marathon.

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Material Title: **Creating Ceremonies: Innovative Ways to Meet Adoption Challenges**

Author: Cheryl Lieberman and Rhea K. Bufferd

*Books*

1999

123 pages

Rituals and ceremonies can help us cope with important transitions in our lives. The authors of this book offer ideas that parents can use and modify to create ceremonies in their adopted children's lives that will help them deal with celebration, transition, self-esteem, loss, fears, anniversaries and more.

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Material Title: **Creating Felt Safety (Audio-Part 1 of 2)**

Author: Robyn Gobbel

*DVDs*

2017

74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

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## Adoption, General

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Material Title: **Creating Felt Safety (Audio-Part 2 of 2)**

Author: Robyn Gobbel *DVDs* 2017 52 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

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Material Title: **Creating Felt Safety (Video-Part 1 of 2)**

Author: Robyn Gobbel *DVDs* 2017 74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

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Material Title: **Creating Felt Safety (Video-Part 2 of 2)**

Author: Robyn Gobbel *DVDs* 2017 52 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

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Material Title: **Creating Sexual Safety in Adoption and Foster Care (2 CDs)**

Author: NACAC Conference *CDs* 2011 84 minutes

This material is a recording from the NACAC Conference in August 2011. Presented by Wayne Duehn, School of Social Work, University of Texas at Arlington (retired). In this session, workers will develop knowledge and skills to help parents address the needs of adopted children who have been sexually abused. Discover how to enable parents to create a healing milieu to counteract the negative impact of trauma on a child's psychosocial and cognitive development, and to enhance positive self-esteem. Learn how to help adoptive families become the central ingredient in their children's recovery.

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Material Title: **Creating Your Child's Village (VHS)**

Author: Ed-Net Series *Videotapes* July 15, 1997 1 hour

Panelists Renee Daniel Hershey, the Co-Director of Kinship House in Portland, Dr. Charlene Sabin, a behavioral pediatrician, and Lynn Hackleman, an adoptive mother of uncommon drive and focus cover such topics as how to prioritize your child's needs, how to interview, hire and fire the people who work with you and your child, how to work with school personnel, who makes up your child's village and why you are that village's chief. The panelists speak on these and other topics and answer questions from viewers who called in during this live presentation.

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Material Title: **Current Thinking in Special Needs Adoption**

Author: Spaulding for Children *Books* 1996 77 pages

This booklet discusses core issues in adoption, trends related to the adoption of children of color, adoption recruitment, transracial adoption, assessment and intervention in post legal adoption services, and the collaboration necessary to provide these services.

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Material Title: **Dare to Love Yourself: Music, Meditations and Affirmations for Emotional Wellness (CD)**

Author: Heather T. Forbes, LCSW *CDs* 2010 15 minutes

This 2-part CD set is designed to be your resource for finding peace and happiness in your life. This unique resource will help you move from a place of pain, frustration, and overwhelm to happiness, harmony, and joy. Included are meditations to help distance yourself from negative emotions, affirmations to move you to the next level of thinking positively and an all new soundtrack created specifically to enhance your experience and healing.

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Material Title: **Dark Matter of Love, The (DVD)**

Author: Sarah McCarthy *DVDs* 2013 33 minutes

Masha, an eleven year old Russian girl, learns to love her adoptive American family. Masha is adopted along with five year old twins Marcel and Vadim. Can this family form the bonds of attachment and thrive in their adoption? They are aided by Professor Emeritus Dr. Robert Marvin, who has spent a lifetime developing a program to help children learn to love. An encouraging movie, the audience has the honor of watching the Diaz family triumph.

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Material Title: **Day We Met You, The\* (Children's Materials)**

Author: Phoebe Koehler *Children's Books* 1990 34 pages

This warmly illustrated book to be read to very young children tells a generic story of a mother and father's preparations for bringing an infant home to be adopted.

## Adoption, General

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Material Title: **Dear Wonderful You, Letters to Adopted & Fostered Youth**  
Author: Diane René Christian *Books* 2014 176 pages

"Dear Wonderful You, Letters to Adopted & Fostered Youth" is a powerful book filled with thoughtful and inspiring letters. This anthology was written by a global community of adult adoptees and adults who were fostered. Each letter was penned to the upcoming generation of adopted and fostered youth. The mission of "Dear Wonderful You" is for all adopted or fostered youth to feel embraced and guided by the incredible letters contained inside. The writers' want every young reader to know they have a network of support who "get it," "get them," and have been in their shoes

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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.

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Material Title: **Dialogues About Adoption: Conversations Between Parents and Their Children**  
Author: Linda Bothun *Books* 1994 216 pages

This book offers comfort and support to adoptive families who want to know how other families have handled adoption issues. Each chapter is introduced with examples of generally accepted developmental information followed by dialogues placed chronologically based on the age of the child when that conversation took place. The real-life anecdotes and experiences shed much-needed light on this complex subject.

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Material Title: **Drowning With My Hair On Fire: Insanity Relief for Adoptive Parents**  
Author: Ce Eshelman, LMFT *Books* 2016 344

Relief for Adoptive Parents of Traumatized, Attachment-Challenged Children. . . Drowning with My Hair on Fire is a lifeline for adoptive parents trying to navigate the choppy waters of raising adopted children from difficult beginnings. Author Ce Eshelman's beautiful heart really shines through in the hundreds of letters to parents to read each day when needing hope, inspiration, advice, direction, reminders, or practical help. She deeply understands them and the chaos of their lives and families because she was there, but is now able to give them the wisdom culled from reading every book on the subject, attending hundreds of seminars and workshops, years of her own therapy, and fearlessly facing her own mistakes. If you are raising a traumatized, attachment-challenged child, Ce is the friend you want, and this is the book you need. "Ce is the real deal. She's one of those rare gems who deeply cares about the people she serves. She is willing to freeze frame and blow up her mistakes for you to see so you can avoid the same pitfalls. She then points to the path of secure attachment. The book itself is a secure base you can return to again and again when things get difficult at home." -Jennifer Olden, LMFT, Certified EFT Therapist

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Material Title: **Eden's Secret Journal: The Story of an Older Child Adoption\* (Children's Materials)**  
Author: Brenda McCreight *Children's Books* 2003 59 pages

This fictional journal's title character is a 13-year-old, adopted at age 10, who is writing the journal because her therapist told her to. She talks about her years in foster care, her substance abusing birth parents, and her adoptive parents. Her life is far from perfect, but it is getting better and we learn how she feels about things in her world. Author, Brenda McCreight is a Child & family therapist with more than 20 years experience.

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Material Title: **Effective Adoption Support Groups for Families (2 CDs)**  
Author: Ardell Brackley, Michelle Hirst and Bernadette Hicks *CDs* 8/5/2011 28 minutes

Presented by Ardell Brackley and Michelle Hirst of Children's Friend & Service, and Bernadette Hicks of Adoption Rhode Island at the 37th NACAC Conference 2011 in Denver, Colorado. This training will explore the effect of support groups on both adoptive and pre-adoptive parents and the children in their care. Come learn how supportive it is for a family to meet with others who are having the same experiences and feelings. We'll discuss how separate parent and child support groups help parents and children stay together and work through the hard times.

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Material Title: **Effective Strategies for Severe Behaviors in Adopted and Foster Children (3 DVDs)**  
Author: Bryan Post and Gizane Indart, PsyD, LPC *DVDs* 4 hours

Bryan Post and Dr. Gizane Indart provide clear cut understanding of the root of severe behaviors most frequently identified by parents and caregivers as troublesome and specific step by step strategies to eliminating these behaviors and creating healing and peace in your home. Learn why even adoption at birth is traumatic. Gain life changing insights to why your children act out, and what you can do to help them succeed. Leave fear-based parenting behind you!

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## Adoption, General

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Material Title: **Emma's Yucky Brother\* (Children's Materials)**

Author: Jean Little *Children's Books* 2001 61 pages

Pictures by Jennifer Plecas. This booklet tells the story of Emma, who initially has a harder time getting used to the four year old younger brother her family has adopted than she had anticipated. Problems escalate, but the story ends with a satisfactory resolution for the two children. -- ages 4-8

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Material Title: **English American, The**

Author: Alison Larkin *Books* 2008 336 pages

When Pippa Dunn, adopted as an infant and raised "terribly British," discovers that her birth parents are from the American South, she finds that "culture clash" has layers of meaning she'd never imagined. This funny, poignant debut novel sprung from stand-up comic and British stage regular, Larkin's semi-autobiographical and highly acclaimed one-woman show of the same title.

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Material Title: **Exploring Adoptive Family Life: The Collected Papers of H. David Kirk**

Author: H. David Kirk *Books* 1988 155 pages

Few social scientists have so persistently investigated a single facet of human life. Even fewer have presented such complex ideas and important findings in clear, engaging, and readily understandable language. This book is a log of Kirk's long journey of discovery. Adoption of minority children, female preference, stress and the adopted child, child development and the application of the "best interest of the child" are explored.

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Material Title: **Exploring The Lifetime Issues Of Adoption (VHS)**

Author: Montana Post Adoption Center, Inc. *Videotapes* 1992 47 minutes

This video is in four parts. "Growing Up Adopted" shows six adopted teens expressing the positive and negative feelings they have about being adopted. In "Open Adoption Alliances," a pregnant teen adoptee decides to place her baby in an open adoption. There is also a discussion about older children and open adoptions. In "Parenting Plus," adoptive and foster families discuss separation, loss and out-of-home placement. And in "Making and Maintaining Connections," adult adoptees meet their birthparents and discuss their thoughts on search, reunion and the future.

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Material Title: **Facilitating Meaningful Contact in Adoption and Fostering; A Trauma-Informed Approach to Planning, Assessing, and Good Practice**

Author: Louis Sydney *Books* 06/21/2014 218

Most children who are fostered or adopted have some level of contact with their birth family -- whether face-to-face or by letter -- yet most of the time the psychological impact of contact on the child isn't considered.

This book explores what attachment, neuroscience and trauma tell us about how contact affects children, and shows how poorly executed contact can be unhelpful or even harmful to the child. Assessment frameworks are provided which take the child's developmental needs into account. The authors also outline a model for managing and planning contact to make it more purposeful and increase its potential for therapeutic benefit. The book covers the challenges presented by the internet for managing contact, unique issues for children in kinship care, problems that arise when adoptive parents separate and many other key issues for practice.

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Material Title: **Families at Risk: A guide to understanding and protecting children and care providers involved in out-of-home or adoptive care**

Author: Jodee Kulp *Books* 1993 399 pages

This book offers an almost encyclopedic look at the difficult task of raising children who have a relationship with the child welfare system. Filled with quotes, charts, lists, illustrations, anecdotes and insight, it is intended as a guide through the maze of hoops, barriers and pitfalls that surrogate families and out-of-home children face.

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Material Title: **Families Change: A Book for Children Experiencing Termination of Parental Rights\* (Children's Material)**

Author: Julie Nelson *Children's Books* 2006 32 pages

Over time, all families change. Sometimes, when families have big problems, they need to change so kids will be safe.

A child's family might change from a birth family to a foster family or an adoptive family. That kind of change can be hard on kids. They may believe that the change is their fault. They may worry about their birth parents, and they may wonder if they can trust the new adults in their life.

This book can help children and families through this difficult change. The first part is meant to be read and shared with children. Simple words and realistic color illustrations tell and show why some kids get foster parents or new adopted moms or dads. The second part includes information and resources for adults who work to keep kids safe: parents and other family adults, foster parents, social workers, teachers, and caregivers.

With the support of caring adults, children who experience termination of parental rights can move from the pain of the past to the promise of the future.

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## Adoption, General

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Material Title: **Family Diversity in Education: Foster Care, Kinship Care, Adoption and the Schools (2 CDs)**  
Author: Shelly Linenberger and Emily Tracy *CDs* 8/6/2011 30 minutes

Presented by Shelly Linenberger & Emily Tracy of The Adoption Exchange, Colorado at the 37th NACAC Conference 2011 in Denver, Colorado. Children in adoptive, foster, and kinship families have unique experiences and needs—often founded on separation, grief, loss, and trauma. These needs and experiences can negatively affect their development and ability to learn and feel safe in a school setting. Families and child advocates can educate the schools and partner with them to reduce potentially traumatic school assignments, uncaring remarks, educational gaps, and conflicts.

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Material Title: **Family Diversity in the Classroom: The Adopted Child-DVD**  
Author: ORPARC *DVDs* 1990 20

Through conversations with adopted children, their families, and education professionals, this video demonstrates ways to address family issues in the classroom that are helpful to adopted children and respectful of their unique sensibilities. It focuses on three observations: certain class assignments can be traumatic for adopted children; adoptive families need teachers as partners; and certain adoption terms can be painful to adopted children and their families.

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Material Title: **Family of Adoption, The**  
Author: Joyce Maguire Pavao *Books* 1998 124 pages

This popular book provides a broad framework for thinking about adoption because it considers the entire family system -- birth parents, adoptive parents, adoptees and other family members. By feeling empathy for all members of the extended family, everyone involved can grow, learn and heal.

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Material Title: **Family Therapy Magazine: May/June 2004**  
Author: Periodical *Periodicals* ay/June 200 8 articles

This issue of Family Therapy Magazine, a journal of the American Association for Marriage and Family Therapy, is dedicated to "Adoption Trends and the Role of Family Therapy." It contains eight articles on adoption. The magazine can be checked out of the ORPARC library just as books or tapes can. Contact us by phone or email if you would like to borrow a copy of this unique issue.

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Material Title: **Finding Inner Peace when Coping with Special Needs and Difficult Children (CD)**  
Author: NACAC Conference 2006 CD *CDs* 2006 90 minutes

Transform chaos into calm by taking care of yourself while coping with difficult and special needs children. Learn ancient principals of mindfulness (how to live in the moment) and how to find peace, even in the face of a screaming child and other turmoil. This workshop is based on A Cry for Light: A Journey into Love, a book about a mother who finds inner peace while seeking help for her emotionally disturbed adopted son.

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Material Title: **First Person Plural (VHS)**  
Author: Deann Borshay Liem *Videotapes* 2000 1 hour

This award winning documentary tells the story of its writer, producer, director, Deann Borshay Liem, who in 1966, was adopted by an American family and sent from Korea to her new home in California. Along the way, the memory of her birth family was nearly obliterated by time and misinformation, but recurring dreams led her to discover the truth: her Korean mother was very much alive. Bravely uniting her biological and adoptive families, Borshay Liem's heartfelt journey makes First Person Plural a poignant essay on family, loss, and the reconciling of two identities.

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Material Title: **First Steps for Strengthening Adoptive Families (DVD)**  
Author: DVD *DVDs* 2006 20 minutes.

This DVD can be viewed independently by parents, or as part of a pre-adoptive or post-adoptive curriculum to educate parents, or to educate adoption staff about the important role of attachment, attunement and regulation in strengthening adoptive families. Whether a child was adopted abroad or domestically, early in life or as an older child, recently or several years ago, this DVD can help parents strengthen connections with their adopted child.

Study Guide available. Please request Guide when requesting DVD.

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Material Title: **First Steps for Strengthening Adoptive Families: Tools and Techniques for Meeting the Needs of Your Adopted Child Study Guide**  
Author: Melissa and Todd Nichols *Books* 2007 53 pages

The First Steps Study Guide is designed in workbook format and supplements learning from the DVD. The guide contains an outline of the information on the DVD, as well as new information. There's room to take notes while viewing the DVD, and all new exercises not included in the DVD. (description is from publisher at [www.familyattachment.com](http://www.familyattachment.com))

## Adoption, General

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Material Title: **For Black Girls Like Me**

Author: Mariama Lockington

*Books*

2019

336 pages

In this lyrical coming-of-age story about family, sisterhood, music, race, and identity, Mariama J. Lockington draws on some of the emotional truths from her own experiences growing up with an adoptive white family.

I am a girl but most days I feel like a question mark.

Makeda June Kirkland is eleven years old, adopted, and black. Her parents and big sister are white, and even though she loves her family very much, Makeda often feels left out. When Makeda's family moves from Maryland to New Mexico, she leaves behind her best friend, Lena— the only other adopted black girl she knows— for a new life. In New Mexico, everything is different. At home, Makeda's sister is too cool to hang out with her anymore and at school, she can't seem to find one real friend.

Through it all, Makeda can't help but wonder: What would it feel like to grow up with a family that looks like me?

Through singing, dreaming, and writing secret messages back and forth with Lena, Makeda might just carve a small place for herself in the world.

For Black Girls Like Me is for anyone who has ever asked themselves: How do you figure out where you are going if you don't know where you came from?

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Material Title: **For Love of a Child: Stories of Adoption**

Author: Lisa Meadows Garfield

*Books*

2005

154 pages

After beginning with her own story (she's an adoptive mom, a birth grandmother, and the sister of an adoptee), Garfield lets the other 19 contributors to this collection tell their own stories. We hear from all members of the triad, including a birthfather, and extended family members. There are international, domestic, kinship, infant, older child, sibling group, and open adoptions, and adoptive parents who gave birth after adopting.

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Material Title: **Forever Family, A: A book about adoption\* (Children's Materials)**

Author: Roslyn Banish and Jennifer Jordan-Wong

*Children's Books*

1992

41 pages

Recommended for children ages five to eight, this first-person photo essay tells the true story of Jennifer's experiences with foster parents, social workers, and getting used to the new life she leads with her adoptive family. This upbeat, loving, yet honest story has a picture book appearance that offers accessibility to beginning readers.

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Material Title: **Forever Fingerprints\* (Children's Materials)**

Author: Sherrie Eldridge

*Children's Books*

2007

30 pages

In the first children's book by the author of *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*, young, imaginative Lucie is excited to feel a baby moving in her Aunt Grace's tummy but it makes her understand her adoption story in a different way. She thinks about her birth parents and wonders why they didn't keep her. This gives Lucie's parents the chance to reinforce their love for her, to empathize with her feelings and to honor her past. The book, for ages 4-8, includes two pages of "Parent Tools and Activities."

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Material Title: **Forever Parents: Adopting Older Children**

Author: James E. Kloeppel

*Books*

1995

120 pages

Forever Parents is the personal story of one family and their four children, ranging in age from four to nine at the time of adoption. Despite the parents' preparation and good intentions, the children's first months at home were more difficult than expected. This is the story of people learning to live with and love one another through the creation of a family.

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Material Title: **Forever, or a Long, Long Time**

Author: Caela Carter

*Children's Books*

2019

336 pages

From rising star Caela Carter, author of *My Life with the Liars*, comes a captivating and heartfelt story about siblings who learn that love can never be divided, only multiplied. This middle grade novel is an excellent choice for tween readers in grades 5 to 6, especially during homeschooling. It's a fun way to keep your child entertained and engaged while not in the classroom.

Flora and her brother, Julian, don't believe they were born. They've lived in so many foster homes, they can't remember where they came from. And even now that they've been adopted, Flora still struggles to believe that they've found their forever home.

So along with their new mother, Flora and Julian begin a journey to go back and discover their past—for only then can they really begin to build their future.

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## Adoption, General

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**Material Title: Forming Adoptee and Adoptive Family Identity: Psychological and Communication Perspectives (3 CDs)**

Author: Gregory Keck and Robert Ballard

CDs

8/4/2011 23 minutes

Presented by Gregory Keck of the Attachment and Bonding Center of Ohio and Robert Ballard of the University of Waterloo, Ontario at the 37th NACAC Conference in Denver, Colorado. This workshop will examine identity formation for adoptees and their families. In addition to discussing identity formation in general, the presenters will explore the unique features of adoptee identity development. They will also cover how adoptee identity may be affected by the separation and individuation process in adolescence, how families influence and are influenced by these issues, and the difficulties some adoptees experience due to their having multiple identities.

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**Material Title: Foster and Adoptive Parenting: Authentic Stories that will Inspire and Encourage Parenting With Connection**

Author: Kenneth Camp

Books

2016 191 pages

As a foster or adoptive parent, do you feel overwhelmed or alone? Do you try to parent with connection, but end up discouraged to point of giving up? You want to parent with connection, but when you are in the middle of the chaos, it's not always easy to remember what you learned from a book or in a class. Maybe you do remember and apply them the best you can, but you see little or no change. You might even feel that things get worse. You begin to feel less connected to your child, and you worry that the relationship will never improve. This encouraging and inspirational book will give you hope to keep parenting with connection to help your wounded child heal. In *Foster and Adoptive Parenting* you will find:- Reinforcement of parenting with connection techniques- Real life experiences from the author's family and other families - Tips and advice from professional counselors and an occupational therapist via podcast links- Vulnerable and insightful conversations between the author and his wife via podcast links- Helpful recommended books and videos found throughout the book These tips, resources, and stories will help you:- Find inspiration and encouragement to keep on parenting with connection- Learn practical ways to apply parenting with connection principles- Pay attention to what you as a parent bring to the relationship- Focus on taking care of yourself so you can help your child heal You made the decision to foster or adopt your child. Engage in this book and you will find help, encouragement, and support needed to parent that child with connection successfully.

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**Material Title: Foster Care and Adoption: A Pathway to Understanding**

Author: Heather Wilson

Children's Books

2006 64 pages

This is a unique interactive, illustrative and educational book created to help children de-mystify the process and their feelings as they move into foster care and adoption. It is an engaging tool to help children understand the people and steps involved in their transition to permanency. Ideally, the book is used by a clinician or caseworker in therapy with a child.

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**Material Title: From Chaos to Calm (2 CDs)**

Author: NACAC Conference

CDs

8/4/11 30 minutes

This item is a recording from the 37th NACAC Conference. Presented by Juli Alvarado, coaching for LIFE! in Colorado. Sometimes in adoption, all goes well and as planned. Sometimes we parents are faced with challenges we could never have anticipated. Parenting children with disruptive behaviors and attachment challenges often leave us feeling scared, frustrated, hopeless, and sometimes even helpless. Join a fellow foster/adoptive parent, therapist, consultant, and trainer for this educational, motivational, and inspirational workshop that will provide you with the tools necessary to transition your home from chaos to calm today!

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**Material Title: From Fear to Love**

Author: B. Bryan Post

Books

2010 114

Bryan Post speaks to parents about the challenges they face when dealing with behaviors that are often present for adopted children. He helps parents understand the impact of early life trauma and the impact of interruptions in the attachment process. In his compassion for parents and children he offers hope and solutions for the challenges families face. Many parents of adopted children express their fear not only for their child's present behaviors, but for what will become of them in the future. Bryan's straightforward, clear-cut approach has created peace and healing for hundreds of families; families who once operated in fear, are now experiencing love.

There are occasional references to God.

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**Material Title: Get Real**

Author: Betty Hicks

Children's Books

2006 184 pages

In this adolescent novel, 13-year-old best friends Dez and Jil are each a little envious of the other's parents – Dez's parents run a sloppy, chaotic household while the adopted Jil's keep a neat, orderly one. Jil becomes obsessed with meeting her birth mother and does so, eventually spending holidays and weekends with her new family which includes a 10-year-old half sister. Problems ensue, lessons are learned, and life is lived.

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**Material Title: Goose\* (Children's Materials)**

Author: Molly Bang

Children's Books

1996 34 pages

This story for preschoolers through about grade 3 tells of a gosling raised by a family of woodchucks. But despite the best efforts of her family and friends, the goose feels different and sad. So she goes off into the world to learn what she can about herself, where she learns she can fly. She flies back home to her family, surprising everyone, even herself.

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## Adoption, General

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Material Title: **Great Behavior Breakdown, The**

Author: Bryan Post

*Books*

2009

164

The Great Behavior Breakdown identifies 27 of the most problematic, serious, and challenging behaviors that parents face, broken them down, and provided step-by-step guidance and insight for transforming your family conflict immediately. This is a must-read book for any parent or professional working with children who have seemingly uncontrollable behavior. Common diagnoses for such children are Reactive Attachment Disorder, Oppositional Defiant Disorder, Bi-Polar Disorder, Conduct Disorder, Attention Deficit Hyperactivity Disorder, Depressive Disorder, and Autism Spectrum Disorder.

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Material Title: **Grief in Adopted Children (DVD)**

Author: Robyn Gobbel

*DVDs*

1hr 18min

Adoption always begins with loss. Grief is inherent, although when and how children experience, express, and process their grief varies substantially. When adoptive parents, professionals, therapists and other helpers honor the grief inherent in adoption and understand the complexities of this loss, we open ourselves up to being more fully present for children to process these losses.

Grief can feel uncomfortable, confusing, and overwhelming. It can be hard to see our children hurting or to know how to be open for conversations without projecting our feelings onto them.

This one-hour webinar will cover:

The losses inherent in adoption

Grief related to adoption, specifically ambiguous loss

Understanding why children grieve for abusive and neglectful families

How to support children through intense feelings

How to notice if our own feelings may be triggered or preventing us from being fully present for our children

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Material Title: **Growing Up Adopted**

Author: Maxine Rosenberg

*Books*

1989

107 pages

This striking collection of fourteen brief case studies, told in first person, is based on lengthy interviews with eight children and six adults, all of whom were adopted as children. The text is consciousness-raising, low-key, and highly readable. Growing Up Adopted is an illuminating resource for children and adults alike.

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Material Title: **Handbook of Adoption: Implications for Researchers, Practitioners, and Families**

Author: Rafael Javier, et al

*Books*

2007

536 pages

Although most mental health and behavioral health professionals have encountered adoption triad members—birth parents, adoptive parents, and adopted persons—in their clinical practice, the vast majority have had no formal or informal training on adoption issues. The Handbook of Adoption is the first text designed for mental health practitioners to specifically address the many dimensions of adoption-related issues which can and do affect adoption triad members, specifically in the United States.

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Material Title: **Handbook of Therapeutic Care for Children, The**

Author: Janise Mitchell & Joe Tucci & Ed Tronick

*Books*

2019

344

This innovative book brings together a wide range of therapeutic approaches, techniques and models to outline recent developments in the practice of supporting children in out-of-home care. It sheds light on the significance of schools, sports and peer relationships in the lives of traumatized children. It also draws particular attention to the vital importance of taking into account children's cultural heritage, and to the growing prevalence of relative care.

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Material Title: **Healing Power of the Family, The: An Illustrated Overview of Life with the Disturbed Foster or Adopted Child**

Author: Rick Delaney

*Books*

1997

112 pages

In a warm and humorous style, Delaney identifies common behavioral/emotional problems observed in maltreated children, and offers several sample family-based interventions which reflect the creativity often needed to explore non-traditional means of addressing acting out behaviors and fostering attachments. Delaney addresses behaviors such as lying, bedwetting, stealing, fire setting, vandalism, cruelty to animals, inappropriate toileting, sexualized behaviors, defiance, insatiable neediness, tantrumming, and running away.

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# Adoption, General

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Material Title: **Healthy Touch (DVD)**

Author: TCU Institute of Child Development *DVDs* 2008 51 minutes

Touch is a universal language - more dynamic and powerful than any other form of communication. More than an integral part of everyday life; touch is essential to our very existence. The Healthy Touch DVD explores the importance of touch, particularly as a tool for promoting healing and developing deeper connections between parents of children. It features child development experts, Dr. Karyn Purvis and Dr. David Cross, founders of the TCU Institute of Child Development, and renowned researcher, Dr. Tiffany Field, Director of the Touch Research Institute at the University of Miami Miller School of Medicine, among other renowned experts. This nearly 50-minute video also explores research about touch and offers practical ways to add healthy touch in our lives on a daily basis.

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Material Title: **Help for Billy**

Author: Heather T. Forbes, LCSW *Books* 2012 198 pages

"Help for Billy" is a pragmatic manual to help guide families and educators who are struggling with traumatized children. Based on the concept of the neuroscience of emotions and behavior, Heather Forbes provides detailed, comprehensive, and logical strategies for teachers and parents. This easy to read book, with tables, outlines and lists, clears the way for a better understanding of the true nature regarding traumatic experiences affecting the brain and learning. It is a must read for anyone working with a child in the classroom.

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Material Title: **Help! I've Been Adopted**

Author: Brenda McCreight *Children's Books* 2010 83 pages

When a child or youth is placed for adoption, it is a time of joy and excitement and it presents the child with the opportunity to experience what it is like to truly belong to a loving, stable family. However, for many adoptees, the first few months in a new adoptive placement are also a time of confusion and even more change in a lifetime of loss, unpredictability, and unanswered questions. "Help - I've Been Adopted!" will answer many of the questions that new (and long time placed) adoptees have about their lives. This book presents issues such as "Why do birth parents give up or lose their children?", "What is attachment and how does it affect my life?" "How do adoptive parents get matched to a child?" "Who makes all the decisions about a child's life" and more. This book is full of helpful suggestions to promote discussion between the adoptive parents and the child, and it will help social workers and counselors gain a new perspective on how to support the early stages of an adoption placement.

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Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Audio)**

Author: Robyn Gobbel *DVDs* 2017 96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

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Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Video)**

Author: Robyn Gobbel *DVDs* 2017 96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

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Material Title: **Honestly Adoption: Answers to 101 Questions About Adoption and Foster Care**

Author: Mike Berry & Kristin Berry *Books* 2019 208

If you are considering adoption or foster care or are already somewhere in this difficult and complicated process, you need trusted information from people who have been where you are.

Mike and Kristin Berry have adopted eight children and cared for another 23 kids in their nine-year stint as foster parents. They aren't just experts. They have experienced every emotional high and low and encountered virtually every situation imaginable as parents. Now, they want to share what they've learned with you.

Get the answers you need to the following questions, and many more:

Should I foster parent or adopt? How do I know?

What is the first step in becoming an adoptive or foster parent?

What are the benefits of an open versus closed adoption?

How and when do I tell my child that he or she is adopted?

How do I help my child embrace his or her cultural and racial identity?

Honestly Adoption will provide you with practical, down-to-earth advice to make good decisions in your own adoption and foster parenting journey and give you the help and hope you need.

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# Adoption, General

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Material Title: **House Safety (DVD)**

Author: Foster Parent College

*Audiotapes*

House safety and compliance with state regulations for foster homes are discussed by Michael F. Quinn, M.A., social worker and foster family agency supervisor. Michael shares his 25 years of experience in the field of residential foster and group home care as he takes viewers on a virtual tour of a typical foster home. A sample room-by-room home inspection checklist, highlighting common foster home regulations, is among the handouts included for downloading by course participants.

At the end of this course, you will be able to:

- list the reasons for conducting a self-guided home inspection
- describe how to conduct a self-scout walk-through home inspection
- identify common household hazards
- list strategies for keeping interior and exterior locations safe for children

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Material Title: **How it Feels to be Adopted**

Author: Jill Krementz

*Children's Books*

1982

105 pages

Nineteen young people present both the good and the bad sides of being adopted from an adolescent point of view--a personal and moving book to be read by children and parents.

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Material Title: **How Sprinkle the Pig Escaped the River of Tears; A Story About Being Apart from Loved Ones**

Author: Anne & C.C. Alicia Westcott & Hu

*Children's Books*

11/21/2017

40

Sprinkle the pig has moved to a new house, with a new family, but he misses his old family. On his first day at school his classmate yells at him, and everything gets too much. He cries and cries, and soon the tears become a river and carry him away! Wise monkey spots Sprinkle, but he is too far away. Can he help Sprinkle to find hidden strengths to survive the river of tears?

This therapeutic picture book is written to help children aged 4-10 and adults to talk about being separated from or losing loved ones, and explores how difficult experiences can affect how your body feels and reacts to things. It is followed by easy to read advice for adults on how to help your child.

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Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 1 of 2)**

Author: Robyn Gobbel

*DVDs*

2016

83 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

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Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 2 of 2)**

Author: Robyn Gobbel

*DVDs*

2016

72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

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Material Title: **How to Talk About the Hard Truths in Adoption (Video-Part 1 of 2)**

Author: Robyn Gobbel

*DVDs*

2016

83 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

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Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 1 of 2)**

Author: Robyn Gobbel

*DVDs*

72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

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## Adoption, General

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Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 2 of 2)**  
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

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Material Title: **I Love You from the Edges: Lessons from Raising Grandchildren**  
Author: Karen Best Wright *Books* 2014 124 pages

I Love You from the Edges is Karen's love story of raising her young granddaughters for several years, letting them capture her heart, her life, and her soul, and then having to give them back - resulting in a painful, yet spiritual journey of love, healing, and reunion. Along with her story, she includes suggestions on the "how's, what's and why's" one should consider when beginning the journey of raising someone else's child. Included is the health and wellness assessment program Karen designed specifically for grandparents and relatives raising children.

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Material Title: **I Love You Rituals**  
Author: Becky Bailey *Books* 11/21/2000 208

I Love You Rituals offers more than seventy delightful rhymes and games that send the message of unconditional love and enhance children's social, emotional, and school success. Winner of a 1999 Parent's Guide Children's Media Award, these positive nursery rhymes, interactive finger plays, soothing games, and physically active can be played with children from infancy through age eight. In only minutes a day, these powerful rituals:

Prime a child's brain for learning

Help children cope with change

Enhance attention, cooperation, and self-esteem

Help busy families stay close

Affirm the parent-child bond that insulates children from violence, peer pressure, and drugs, and much more.

Easy to learn and especially effective in stressful situations, I Love You Rituals gives parents, grandparents, caregivers, and teachers inspiring tools to help children thrive.

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Material Title: **I Miss My Foster Parents**  
Author: Stefon Herbert *Children's Books* 1991 36 pages

Stefon describes the fear and anxiety he feels when he and his sister Latisha leave their foster home and go to live with their new adoptive family.

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Material Title: **I Wished for You: An Adoption Story**  
Author: Marianne Richmond *Children's Books* 2008

"Mama," said Barley. "Tell me again how I'm your wish come true."

Thus begins this beautiful story for adoptive families. I Wished for You: An Adoption Story follows a conversation between a little bear named Barley and his Mama as they curl up in their favorite cuddle spot and talk about how they became a family. Barley asks Mama the kinds of questions many adopted children have, and Mama lovingly answers them all.

With endearing prose and charming watercolor illustrations, I Wished for You is a cozy read that affirms how love is what truly makes a family.

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Material Title: **I Wonder...Teenagers Talk About Being Adopted (VHS)**  
Author: Families Adopting in Response *Videotapes* 1996 45 minutes

Fourteen adopted teenagers respond to such topics as "difficult times," "special memories," "birth families," "transracial/transcultural issues," "how much they think about adoption," and others. The range of answers is certain to provide insight and compassion to anyone who interacts with adopted people.

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Material Title: **I Wonder...Teenagers Talk About Being Adopted (DVD)**  
Author: Families Adopting In Response F.A.I.R. *DVDs* 1996 45 Minutes

Fourteen adopted teenagers respond to such topics as "difficult times," "special memories," "birth families," "transracial/transcultural issues," "how much they think about adoption," and others. The range of answers is certain to provide insight and compassion to anyone who interacts with adopted people.

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Material Title: **Implementing the Fostering Connections Act in Your State (CD)**  
Author: Joe Kroll *CDs* 2010 90 minutes

Parents and young people have shaped significant federal legislation recently, including the Fostering Connections to Success and Increasing Adoptions Act. This session will help you be part of implementing the Fostering Connections Act in your state—estimating how much your state will receive when it increases adoptions and places previously non-IV-E eligible children for adoption.

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## Adoption, General

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Material Title: **In My Heart\* (Children's Materials)**

Author: Molly Bang *Children's Books* 2006 32 pages

This warm, reassuring book with vividly colored illustrations and lettering has a mother telling her child how she thinks of that child and finds her/him in her heart in a wildly imaginative list of ways, times, places and circumstances over the course of a typical day. For children 4-8

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Material Title: **In on it: What Adoptive Parents Would Like You to Know About Adoption; a Guide for Relatives and Friends**

Author: Elisabeth O'Toole *Books* 10/6/2010 184

In On It contains helpful advice and instructive anecdotes from adoptive parents, adult adoptees, adoption professionals, and the friends and relatives of already established adoptive families. The author, an adoptive parent herself, has written an informative, friendly and very useful adoption guide that informs and enlightens readers even as it offers them a warm welcome into adoption.

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Material Title: **Inside Kinship Care: Understanding Family Dynamics and Providing Effective Support**

Author: David Pitcher *Books* 2014 245 pages

This book takes an in-depth look at what goes on 'inside' kinship care. It explores the dynamics and relationships between family members that are involved in kinship care, including mothers, grandparents, siblings and the wider family. Chapters also discuss issues such as safeguarding, assessment, therapy, encouraging permanence, placement breakdown, support groups and cultural issues. The final part of the book looks at kinship care from an international perspective, with examples from New Zealand, Australia, South Africa and the United States.

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Material Title: **Instant Mom**

Author: Nia Vardalos *Books* 2014 282

"Some families are created in different ways but are still, in every way, a family."

Writer and star of My Big Fat Greek Wedding, Nia Vardalos firmly believed she was supposed to be a mom, but Mother Nature and modern medicine had put her in a headlock. So she made a choice that shocked friends, family, and even herself: with only fourteen hours' notice, she adopted a preschooler.

Instant Mom is Vardalos's poignant and hilarious true chronicle of trying to become a mother while fielding nosy "frenemies" and Hollywood reporters asking, "Any baby news?" With genuine and frank honesty, she describes how she and husband Ian Gomez eventually found their daughter . . . and what happened next. Vardalos explores innovative ways to conquer the challenges all new moms face, from sleep to personal grooming, and learns that whether via biology, relationship, or adoption—motherhood comes in many forms.

The book includes laugh-out-loud behind the scenes Hollywood anecdotes, plus an Appendix on how to adopt worldwide. Vardalos will donate proceeds from the book sales to charities.

Vardalos candidly shares her instant motherhood story that is relatable for all new moms (and dads!)

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Material Title: **Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma**

Author: Debra, Cathy Schweitzer and Stefanie Armstron Wesselmann *Books* 2014 130 pages

Children traumatized in their attachment relationships by abuse and neglect, hospitalizations, or out-of-home placements experience intense hurt, fear, and mistrust. The deep emotional pain often manifests as defiance and aggression, even after the environment has change through adoption, foster care, guardianship, or resolution of issues in the home. A treatment that integrates EMDR and family therapy provides hope and healing for hurt children and their families. This practical guide provides specialized parenting strategies to support the treatment, designed to help heal the past, integrate the emotional and logical regions of the child's brain, and nurture a healthy, happier child.

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Material Title: **Is That Your Sister?: A True Story of Adoption\* (Children's Materials)**

Author: Catherine Bunin *Children's Books* 1992 31 pages

This illustrated children's book tells about the feelings of a child who was adopted into a multiracial family and who explains adoption as a chosen way of life that is positive, compassionate and civilized.

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Material Title: **Issues Facing Adoptive Mothers of Children with Special Needs (CD)**

Author: Heather T. Forbes, LCSW *CD-ROMs*

If you're a mother struggling with post-adoption issues, this audio CD is for you! It will speak your language and help you to see that you're really not going crazy! Based on the research of Heather T Forbes, LCSW, which appeared in Journal of Social Work in 2003 , this CD set will open your eyes to common challenges moms face with post-adoption. The CD set is full of fascinating information, scientifically researched and presented in an interesting and informative manner.

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## Adoption, General

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Material Title: **Ithaka: A Daughter's Memoir of Being Found**  
Author: Sarah Saffian *Books* 1998 302 pages

The author tells the story of her own adoption including a reversal of the usual adoption narrative: her biological parents sought her out. Her journey to a reunion with her biological parents and siblings raises many difficult questions that adoptees face. Her thoughtful inquiry reveals new ways of looking at the ties that bind us to each other and finally make us who we are.

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Material Title: **Joining New Families: A Study of Adoption and Fostering in Middle Childhood**  
Author: David Quinton *Books* 1998 243 pages

Based on a study of 61 children who were placed, between the ages of 9 and 10, with adoptive or long-term foster families, this book focuses on the problems and strengths the children brought to their new families, how the families coped, and factors associated with stable, secure placements.

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Material Title: **Journey of the Adopted Self: A Quest for Wholeness**  
Author: Betty Jean Lifton *Books* 1994 328 pages

From the author of *Lost and Found*, this book is a story of one adopted child's search for a sense of self, beginning when she first learns she is adopted at age 7. Lifton illustrates that this search is a lifelong process for the adopted child.

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Material Title: **Joys and Challenges of Raising Adopted Children, The (CD)**  
Author: Lois Melina *CDs* 1990 55 minutes

Families formed by adoption have unique experiences not shared by families formed by birth. This tape describes the sometimes difficult and subtle ways adoption challenges families and provides opportunities for growth.

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Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Audio)**  
Author: Robyn Gobbel *DVDs* 2017 75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

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Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Video)**  
Author: Robyn Gobbel *DVDs* 2017 75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

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Material Title: **Keeping Your Adoptive Family Strong**  
Author: Gregory and L. Keck & Gianforte *Books* 5/21/2015 208

Welcoming a new child into the home through adoption is a life-altering experience -- for the child, the parents, and everyone else in the family. Expectations and realities often differ dramatically, and adjusting to the change can be difficult and emotionally painful. Since the majority of children available for adoption today are in the system as the result of abuse and neglect, parents must acknowledge the fact they these young innocents will carry their trauma with them into their new homes. A willingness to address the not-so-easy, didn't-see-that-coming aspects of adoption is the first step toward building a strong family. A valuable resource for parents and professionals, this book provides useful strategies for facing the challenges posed by adopted children. The inclusion of real stories from real people adds heart and encouragement, offering hope for the future of the entire family.

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Material Title: **Keys To Parenting An Adopted Child (Second Edition)**  
Author: Kathy Lancaster *Books* 2009 181 pages

Adoptive parents will find information and advice on preparing for placement, bonding with an adopted child, transracial and international adoptions, coping with a child's health or learning problems, and many more.

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## Adoption, General

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Material Title: **Kinship Care (DVD)**

Author: Foster Parent College

*DVDs*

Joseph Crumbley, D.S.W. explores issues specific to kinship care. The course focuses on some of the unique problems and stressors related to this type of care. Dr. Crumbley offers caregivers insights and steps on kinship parenting, and he provides general steps for parents to consider when parenting these special foster children. Supplemental handouts are included.

At the end of this course, you will be able to:

identify two reasons for the increase in children in kinship and relative care  
identify three reasons why kinship/relative care is positive for the child  
state three challenges faced by kinship providers  
identify clinical issues or fears that can impact the behavior of a child in kinship care  
list strategies for helping a child develop respect for, trust in, and loyalty to the kinship family  
list ways to acknowledge a child's feelings and develop positive, appropriate ways to communicate  
identify steps for involving all family members in developing a plan for the child

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Material Title: **Koala for Katie, A\* (Children's Materials)**

Author: Jonathan London

*Children's Books*

1993

21 pages

When Katie receives a stuffed koala, she pretends she has adopted the bear just as her parents had adopted her. This sweet picture book helps young children understand the many ways their parents love and care for them. Appropriate for ages 3-8.

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Material Title: **Laughter and Parenting: The Importance of Laughter When Nothing Seems Funny (CD)**

Author: NACAC Conference 2006 CD

*CDs*

2006

90 minutes

Laughing is one of the healthiest things one can do when facing the deep stresses of parenting and life in general. This workshop demonstrates how to bring more laughter into both home life and work life, particularly in areas that were previously viewed as not particularly funny.

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Material Title: **Learning the Dance of Attachment**

Author: Holly Van Gulden

*Books*

2010

122 pages

Material Title: **Legendary: A Tribute to Those Who Honorably Serve Devalued Children**

Author: Jaiya John

*Books*

2014

207 pages

Legendary is Jaiya John's celebration of teachers, social service professionals, advocates, caregivers, counselors, mentors, and the like. Those compassionate souls who honorably serve youth devalued by society due to material poverty, heritage, language, family separation; or challenges with learning, behavior, mental health, or physical ability. Here are poetic stories to awaken your spirit, massage your heart, and remind you of the reasons you do this work. Your service touches lives, and miracles are born. Your grace endures forever. Are you experiencing compassionate fatigue, vicarious trauma, burnout, disillusionment, doubt, lack of appreciation and support, lost direction, fear, emptiness? You deserve relief. Legendary is well water drawn from the very soul of your compassionate endeavor, offered back to you in your own yearning voice. Come here and drink to your replenishment. Regain your spark of purpose. Word by word, renew your wholeness, your humanity, and your vital health. Take a dose daily. Soon, you will be breathing freely again, like the first time you answered your sacred calling.

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Material Title: **Little Bunnies Say Goodbye to Birth Mom\* (Children's Materials)**

Author: Sherri Malloy, PhD

*Children's Books*

2005

26 pages

This powerfully moving book is for children facing termination of their parent's parental rights. This little book has been instrumental in touching the hearts of children ages 2 to 12, helping them to explore and release their feelings of grief and loss related to adoption and foster care. It could be a turning point in the life of your child.

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Material Title: **Little Heroes: Foster Care and Adoption\* (Children's Materials)**

Author: Kristin Condon & Tracy Crabb

*Children's Books*

2003

32 pages

This issue focuses on two brothers, Robert and Philip, in the welfare system and their tale of new homes and separation. Little Heroes can help brothers and sisters of a new child in the family be more tolerant of the emotional turmoil of adoption, as well as help them accept the new sibling's behaviors that frustrate them and contribute to conflict in sibling relationships.

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Material Title: **Lost and Found: The Adoption Experience**

Author: Betty Jean Lifton

*Books*

2009

302 pages

For nearly three decades this book has topped recommended readings list for those who seek to understand the effects of adoption - including adoptees, adoptive parents, birth parents, and their friends and family. With new material on the controversies concerning adoption, artificial insemination, and newer reproductive technologies, it continues to add to the discussion on this important topic.

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## Adoption, General

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Material Title: **Love Like No Other, A: Stories from Adoptive Parents**  
Author: Pamela Kruger and Jill Smolowe *Books* 2005 254 pages

Twenty leading writers, all adoptive parents, offer evocative, sometimes provocative, personal essays that have the liveliness and immediacy of prose fiction. Categorized in four sections, "Reflections on Birth Parents;" "Encounters with the unexpected;" "Variations on Family;" and "Personal Transformations," these essays reflect the diversity of adoption in America.

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Material Title: **Love Me, Feed Me: The Adoptive Parent's Guide to Ending the Worry About Weight, Picky Eating, Power Struggles and More**  
Author: Katja Rowell, MD *Books* 2012 283 pages

Love Me, Feed Me is a relationship-building, practical guide to help fostering and adoptive families enjoy family meals and raise children who eat a variety of foods and grow to have the body that is right for them. Grounded in science, but made real with the often heart-breaking and inspiring words of parents who have been there, Dr. Katja Rowell helps readers understand and address feeding challenges, from simple picky eating to entrenched food obsession, oral motor and developmental delays, "feeding clinic failures," and more.

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Material Title: **Making Sense of Adoption**  
Author: Lois Melina *Books* 1989 245 pages

This "Parent's Guide" offers "many examples of ways to present difficult information in a sensitive manner -- sensitive to the child's needs, to the birthparents' struggles, and to the adoptive parents' perspective."

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Material Title: **May the Circle Be Unbroken: An Intimate Journey into the Heart of Adoption**  
Author: Lynn C. Franklin *Books* 1998 276 pages

A poignant memoir of a woman who reunited with a child she gave up for adoption and a no-nonsense book that gives readers an intelligent and well-informed approach to adoption. The two are woven seamlessly into a complex and engaging story that is, in fact, many stories from many people that form a complete picture of the varied and often fulfilling experience of adoption.

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Material Title: **Medications, Behavioral Management and Child Welfare**  
Author: J.P. Bourguignon *Books* 1990 71 pages

This book describes indications and contra-indications for medications prescribed to treat behavioral problems in "systems children."

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Material Title: **Microscope with a Wide-Angle Lens, The: A Complete Look at Your Adopted Child Using a Bio-Psycho-Social Model (2 CDs)**  
Author: James Kagan and Richard Delaney *CDs* 852011 28 minutes

Presented by James Kagan, pediatrician/psychiatrist, Colorado and Richard Delaney of Hawaii Behavioral Health, Texas at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop will address how the bio-psycho-social assessment of troubled adopted children and youth permits adoptive parents to be better advocates, more informed treatment team members in working with helping professionals, and more knowledgeable observers and caregivers of their children.

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Material Title: **Model Post Adoption Service Programs (2 CDs)**  
Author: NACAC Conference 2006 CD *CDs* 2006 3 hours

Panelists representing four states with effective post-adoption programs discuss the services they offer families. Each program model will be discussed, including successes, challenges and lessons learned. The presenters will also explore adoptive families' needs and which services have the most value for families.

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Material Title: **More Than Love (VHS)**  
Author: *Videotapes* 1992 67 min

This video shares intimate glimpses of families who have grown up together through the joys and challenges unique to adoption: fantasies, lingering grief over infertility, living with a child's inherited biological traits, sibling rivalry, search wishes and fears, how and when to talk openly about adoption, and more. It helps adoptive parents deal with their own and their children's adoption issues at various stages of development and includes a 32 page guidebook for adoptive parents.

This video comes with the booklet "More Than Love: A Guidebook."

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Material Title: **Mulberry Bird, The: An Adoption Story\* (Children's Materials)**  
Author: Ann Braff Brodzinsky *Children's Books* 1996 44 pages

Revised in 1996 from the 1986 version, and with color illustrations, this book tells the story of a mother bird whose best efforts to care for her young chick fall continually short of keeping him safe. So she goes to Owl who helps her find another family for her baby. He adapts well to the new environment, but he also deals with questions and issues related to his adoption.

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## Adoption, General

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Material Title: **Murphy's Three Homes: A Story for Children in Foster Care\* (Children's Materials)**  
Author: Jan Levinson Gilman *Children's Books* 2009 29 pages

Being a pup in foster care is awfully confusing. What's Murphy to do when he's taken away from his family and placed in a new home, with new people, new pets, and... new everything? As he moves from one house to another, Murphy begins to understand all his sad and angry feelings and finds ways to cope. Eventually, he discovers what it means to be a "good luck" dog as he jumps and barks his way into a comfortable spot in his new home.

\*Note to Parents: Author Jan Levinson Gilman, PhD, discusses the emotional experience of children who are in foster care, and provides caregivers with information on how to help kids cope with the difficulties of being placed in multiple homes.

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Material Title: **My New Family: A First Look at Adoption**  
Author: Pat Thomas *Children's Books* 2003 32

Children are sometimes upset to discover that they have been adopted. This book helps them understand how lucky they are to have to have loving, adoptive parents—and how lucky their parents are to have them! A First Look At... is an easy-to-understand series of books for younger children. Each title explores emotional issues and discusses the questions such difficulties invariably raise among kids of preschool through early school age. Written by a psychotherapist and child counselor, each title promotes positive interaction among children, parents, and teachers. The books are written in simple, direct language that makes sense to younger kids. Each title also features a guide for parents on how to use the book, a glossary, suggested additional reading, and a list of resources. There are attractive full-color illustrations on every page. (Ages 4-7)

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Material Title: **My New Mom & Me**  
Author: Renata Galindo *Books* 2016 32 pages

Told from the point of view of a puppy who is adopted by a cat, this gentle and reassuring tale is perfect for very young readers and listeners. When the puppy comes to live with his new mom, he is nervous. After all, his mom has stripes and he doesn't. But his mom says she likes that they look different, and soon the puppy likes it, too. (And who cares what anyone else thinks!) The puppy's new mom does all the things other parents do. She plays with him, takes care of him, and sometimes even makes him mad! But that's okay, because when he's feeling sad, she knows just what to say.

"A gentle, comforting story about nontraditional families."--Booklist

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Material Title: **New Legs: Seven Core Adoption Poems**  
Author: Penny Callan Partridge *Books* 1999 14 pages

This booklet contains seven poems, each related to one of the "Seven Core Issues of Adoption" described by Sharon Kalplan Roszia and Deborah Silverstein – loss, rejection, guilt and shame, grief, identity, intimacy, and control. Partridge, herself an adoptee and an adoptive parent, is a frequent speaker at adoption conferences and has published other books of adoption poetry.

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Material Title: **Not Always Happy: An Unusual Parenting Journey**  
Author: Kari Wagner-Peck *Books* 2017 256

While most people meet their child for the first time in a delivery room, some parents have to meet their child in the reception area of an administrative building.

Not Always Happy is a humorous and sharp chronicle about adopting and raising a son with Down syndrome from the Maine foster care system. The author quickly learns that life is best lived by expecting the unplanned when she makes the decision to become a parent in her late forties. As her unconventional family moves along in this life, she and her husband are less aware they are raising an atypical child or an adopted child. They are raising their child, and their family struggles with the same universal themes that any family goes through.

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Material Title: **Nutmeg Gets Adopted**  
Author: Judith Foxon *Children's Books* 2001 22 pages

(Ages 4-8) A little squirrel goes to live with a new family because his birth mother cannot keep him safe. This book encourages children to explore their own stories and understand some of the painful memories they might have of their early life. Illustrated by Sarah Rawlings, it is intended to be read to children by their adoptive parents. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

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Material Title: **Older Child Adoption**  
Author: Grace Robinson *Books* 1998 170 pages

The chapters in Part 1 of this book deal with specific issues faced by some older adopted kids, such as grief, trauma, sexual abuse, provocative behavior, etc. Part 2 deals with different family dynamics. Laced with interviews and stories, it presents a realistic picture of the challenges and opportunities that adoptive parents of older children face.

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## Adoption, General

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Material Title: **One Kid At a Time: A Single Dad, A Boy in Foster Care, And an Adoption**

Author: Jake Dekker

Books

248 pages

This true, heartwarming story reveals that miracles occur in everyday life. Danny had no chance. His mother abandoned him. His father in prison didn't know him. His grandmother beat him so badly that the doctors couldn't count the bruises. He lived nonstop days of unending anxiety, loneliness and terror. Ordered into foster care, the system isolated, drugged and betrayed him. Jake lived the good life. Warm friendships, plenty of money and freedom to do what he enjoyed. From the outside he had the perfect existence. But inside he longed for a child.

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Material Title: **Open Adoption, Open Hearts (2 CDs)**

Author: Terri Kirby, Lisa Rankins, Jennifer and M. Gerrits

CDs

8/4/2011 27 minutes

Presented by Terri Kirby, adoptive parent, Lisa Rankins, birth mother, Jennifer Gerrits of the Saint John Adoptive Parents Association, New Brunswick, and Michelle Gerrits, adoptee, New Brunswick at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop profiles two families' open adoption experiences. A birth mother and the woman who adopted her son will share their journey, which began on opposite sides of a courtroom. They developed a strong bond and learned about love, trust, patience, and understanding. In the second story, a parent and an adopted teen share how they gradually opened an adoption from foster care. The presentation will include practical information for parents considering connecting with their children's birth family.

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Material Title: **Open-Hearted Way to Open Adoption: Helping Your Child Grow Up Whole, The**

Author: Lori Holden and Crystal Hass

Books

2015

228

Prior to 1990, fewer than five percent of domestic infant adoptions were open. In 2012, ninety percent or more of adoption agencies are recommending open adoption. Yet these agencies do not often or adequately prepare either adopting parents or birth parents for the road ahead of them! The adult parties in open adoptions are left floundering.

There are many resources on why to do open adoption, but what about how? Open adoption isn't just something parents do when they exchange photos, send emails, share a visit. It's a lifestyle that may feel intrusive at times, be difficult or inconvenient at other times. Tensions can arise even in the best of circumstances. But knowing how to handle these situations and how to continue to make arrangements work for the child involved is paramount. This book offers readers the tools and the insight to do just that. It covers common open-adoption situations and how real families have navigated typical issues successfully. Like all useful parenting books, it provides parents with the tools to come to answers on their own, and answers questions that might not yet have come up.

Through their own stories and those of other families of open adoption, Lori and Crystal review the secrets to success, the pitfalls and challenges, the joys and triumphs. By putting the adopted child at the center, families can come to enjoy the benefits of open adoption and mitigate the challenges that may arise.

More than a how-to, this book shares a mindset, a heartset, that can be learned and internalized, so parents can choose to act out of love and honesty throughout their child's growing up years, helping that child to grow up whole.

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Material Title: **Our Own: Adopting and Parenting the Older Child**

Author: Trish Maskew

Books

1999

252 pages

An Adoptive Mother draws on her own experiences, extensive research, and interviews with adoptive families, adult adoptees, and professionals to create a memorable collection of practical tips, advice and real-life stories on older child adoption.

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Material Title: **Out of Home Placement Issues with Adopted Youth (2 CDs)**

Author: Deborah Cave, Lacey Berumen and Lori Ross

CDs

8/4/2011 22 minutes

Presented by Deborah Cave of the Colorado Coalition of Adoptive Families, Lacey Berumen of NAMI Colorado, and Lori Ross of the Midwest Foster Care & Adoption Association, Missouri at the 37th NACAC Conference 2011. Join this advanced, interactive discussion about what happens when an adopted child or youth needs support that cannot be provided in the home. Far too often, parents are investigated, have a child protective case opened, need to relinquish parental rights, or are otherwise treated like the enemy. In this discussion, we'll explore how to address this challenging problem.

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Material Title: **Owen and Mzee: The True Sotry of a Remarkable Friendship\* (Children's Materials)**

Author: Isabella and Craig Hatkoff, and Dr. Paula Kahumbu

Children's Books

2006

29 pages

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Material Title: **Parent 2 Parent: A Mentoring Program (VHS)**

Author: Richard J. Delaney

Videotapes

1999

20 minutes

In this tape, Rick Delaney and four foster parents discuss the spiritual and practical benefits of foster and adoptive parent mentoring. This video and its companion guidebook, "Safe Passage," provide a glimpse at what is possible when experienced adoptive parents mentor relatively inexperienced parents who have just embarked on their journey with troubled adoptive children.

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## Adoption, General

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Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys**  
Author: Gregory Keck, PhD *Books* 2009 220 pages

Your adopted adolescent proclaims, "I can't wait until I turn eighteen so I can leave!" And you celebrate your future liberation. If this scenario is too familiar, you're not alone. And you've chose the right resource for parenting strategies, tips, new suggestions, and insights to manage tough situations in your family. Dr. Gregory Keck - adoptive parent, psychologist, and adoption expert - helps you understand and appreciate the complicated journey that adopted adolescents face. And once you understand your role in their journey, you will be more effective in your role as a parent.

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Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys**  
Author: Gregory C Keck *Books* 2009 240 pages

In his newest release, Dr. Gregory C. Keck offers new insights and parenting strategies relative to adolescents, especially adopted adolescents. Parents will find humor and relief as they realize their role in their child's journey in the adoption process.

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Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys (2 CDs)**  
Author: Gregory Keck *CDs* 8/5/2011 25 minutes

Presented by Gregory Keck of the Attachment and Bonding Center of Ohio at the 37th NACAC Conference 2011 in Denver, Colorado. Filled with information about typical adolescent development, this session explores how adopted adolescents may deal with developmental issues such as separation and individuation, identity formation, and sexuality. Parents will gain insight into how to help an adolescent make transitions, and professionals will get information they need to work with adopted adolescents and their families.

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Material Title: **Parenting Adopted Teenagers: Advice for the Adolescent Years**  
Author: Rachel Staff *Books* 2015 256 pages

Full of valuable, grounded advice, this guide will help parents to understand the impact of early trauma on a child's development and the specific nature of the changes that occur during adolescence. With tips for coping with common problems, it combines first-hand accounts from professionals, parents and teenagers themselves. It also covers essential topics such as: family and peer relationships, developing healthy intimate relationships, emerging identity issues, and contacting birth family.

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Material Title: **Parenting Someone Else's Child: The Foster Parents' How-To Manual**  
Author: Ann Stressman *Books* 2004 220 pages

Stressman, who has parented over 100 foster children and adopted four, offers a broad range of perspectives with chapters on the impact of social class; the importance of a support system; fostering or adopting older children; using strengths, dealing with weaknesses; system issues/establishing working relationships; dealing with "failure"; and more.

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Material Title: **Parenting Your Adopted Child: A Complete and Loving Guide**  
Author: Stephanie Siegel *Books* 1989 234 pages

From infancy through the teenage years and beyond, this book serves as a practical manual. For each stage of adoption, it provides advice on how to handle the issues of adoption including special needs adoption, special situations, and common questions.

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Material Title: **Parenting Your Adopted Older Child**  
Author: Brenda McCreight *Books* 2002 199 pages

With such chapters as "Attachment," "Loss and Grief," "False Allegations of Abuse," "Maintaining Your Married or Single Lifestyle," "Avoiding Power Struggles," "Self-Esteem for You and Your Child," and many more, this handbook has something for just about any; family who has adopted a child older than two years either domestically or internationally.

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Material Title: **Parenting Your Internationally Adopted Child: From Your First Hours Together Through the Teen Years**  
Author: Patty Cogen *Books* 2008 412 pages

Though written with international adoptions in mind, this book has much that is relevant to domestic adoptions as well, including bonding; development of a positive self image; telling the child's story from the child's point of view; handling sleep problems, meal time problems, and resistance to house rules; etc.

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Material Title: **Penguin and the Fine-Looking Fish, The\* (Children's Materials)**  
Author: Cindy R. Lee *Children's Books* 2015 38 pages

Sweet little penguin was separated from all that was familiar to him. This left him sad and confused. He began to be disrespectful to all those around him because his heart was filled with hurt. In this tender book, Penguin goes in search of a pet to love and love him back. He befriends a beautiful fish who takes him on a journey of healing as he discovers what it means to show respect to himself and others. Penguin and the Fine-Looking Fish will help teach your children the importance of showing respect and gets to the heart of why this concept is vital to engaging in healthy relationships.

## Adoption, General

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Material Title: **People They Brought Me, The: Poems in the Adoption Community**

Author: Penny Partridge *Books* 2009 92 pp

Poet Penny Callan Partridge has selected 14 adoption themed poems and paired them with short essays describing the unique way each poem brought some person into her life. The poems and the stories take the reader down some of the less travelled roads of the adoption world. All members of the adoption constellation will find enlightenment, warmth and beauty in this slim volume. An additional five poems are added without essays.

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Material Title: **Perfect Spring, A\* (Children's Materials)**

Author: Lark Carrier *Children's Books* 1990 24 pages

This illustrated story for young children tells of a seabird couple who find an egg and hatch it along with their own. The egg they find hatches into a turtle. Both young listen to the lessons taught by the parents which apply equally to life in the air and life in the sea. This book takes a look at the similarities of parenting children born to you and adopted and yet gives the freedom to both young to explore the environments that "feel" natural.

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Material Title: **Perspectives on a Grafted Tree: Thoughts for those touched by adoption**

Author: Patricia Irwin Johnston (compiler) *Books* 1983 138 pages

This book of poetry contains the work of 65 authors from 22 states and four foreign countries and includes poetry from birth parents, adoptive parents, adoptees and other members of families expanded by adoption. The poems are arranged in eight sections, "Beginnings and Endings," "The Grafting," "Reactions," "Attachment," "Motherspeakings," "Identities," "Reflections," and "Benediction."

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Material Title: **Playful Interaction: Unlocking the Mysteries of Nurturing Human Relationships (DVD)**

Author: TCU Institute of Child Development *DVDs* 2009 6 minutes

Play puts the fun in fundamental - central to a child's well-being now and in the future. Through play, children learn to develop the social and emotional skills they need to succeed in life. Playful Interaction, featuring child development experts, Dr. Karyn Purvis and Dr. David Cross, along with other child development experts, outlines the importance of play and provides practical examples of playful interaction from The Institute of Child Development's Hope Connection Summer Camp.

This DVD highlights the importance of playful interactions, especially children with histories of trauma, abuse, or neglect. The practical examples through The Institute of Child Development's Hope Connection Summer Camp show how playful interactions: promote attachment through attuning and engaging the child, disarm fear responses, teach problem solving skills, teach self-regulation skills, teach social skills, can correct children and connect after correcting.

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Material Title: **Positive Parenting, Part 1: Cooperation, Tracking, and Encouragement (DVD)**

Author: Foster Parent College *DVDs*

In this class, host Sarada Thomas introduces three positive parenting techniques: Cooperation, or making effective requests; Tracking problem behaviors; and Encouragement, or rewarding desirable behaviors. The class includes ideas for dealing with children who resist positive parenting techniques.

At the end of this course, you will be able to:

- describe the key components of effective requests
- know why and how to track problem behaviors
- explain how to encourage good behaviors
- understand when it is time to alter your strategy

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Material Title: **Positive Parenting, Part 2: Setting Limits and Behavior Contracts (DVD)**

Author: Foster Parent College *Audiotapes*

In this class, host Sarada Thomas introduces two more positive parenting techniques. The first segment, Setting Limits, shows how to create and introduce household rules and explains the benefits of having household rules. The second segment explains how to create effective Behavior Contracts, how to present them in a way that will encourage children to comply, and how to work with kids who resist.

At the end of this course, you will be able to:

- understand the value in allowing children to help make the rules
- explain why rules are important
- know how to write an effective behavior contract
- offer appropriate rewards for cooperation
- know how to cope with resistance from a child

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## Adoption, General

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**Material Title: Positive Parenting, Part 3: Time Out, Privilege Removal, and Extra Chores (DVD)**

Author: Foster Parent College

*DVDs*

In this final class in the series, host Sarada Thomas explains three techniques to use in more challenging situations. Time-outs offer children a break from the situation so they can calm down and regroup. Removing Privileges can be more effective with older children, who will understand the connection between their behavior and what they lost. Assigning Extra Chores teaches that an unpleasant task is the reward for negative behaviors.

At the end of this course, you will be able to:

use time-outs in an organized, effective way  
know how to be fair in removing privileges  
know appropriate ways to allow the privilege to be regained  
explain the potential pitfalls in assigning extra chores  
know when to avoid one of these parenting techniques

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**Material Title: Post Adoption Family Therapy: A Practice Manual**

Author: Cheryl Prew

*Books*

1990

40 pages

This resource book provides current information about the unique challenges adoptive families face, describes the Protective Bonding Cycle and its role in the attachment process, and presents a treatment model utilizing six innovative solution-focused intervention techniques that work with adoptive families.

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**Material Title: Post-Adoption Blues, The: Overcoming the Unforeseen Challenges of Adoption**

Author: Dr. Karen J. Foli and John R. Thompson

*Books*

2004

225 pages

Drawing on their own experience as adoptive parents as well as interviews with dozens of adoptive families and experts in the field, Drs. Foli and Thompson help parents address the stress and depression that can follow an adoption by focusing on adjusting their expectations of themselves, their child, and others in their world.

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**Material Title: Power of the Mind, The: Affirmations for Regulation (2 CDs)**

Author: Heather T. Forbes, LCSW

*CDs*

2013

37 minutes

The question for every parent, ultimately becomes, "How do I stay regulated amid dysregulation?" We have the answer! Based on the work of Dr. Art Martin, these affirmations are designed to shift you back into a place of love, acceptance, and forgiveness. These two audio CDs include affirmations such as: Affirmations to Reinstalling Love; Affirmations to Reclaim Personal Power; Affirmations for Regulation; Affirmations to Acknowledge Effective Parenting; Affirmations to Release Anger and Yelling Patterns; Affirmations to Release Reaction to Aggression; and Affirmations to Release Reaction to Lying and Stealing. Musical tracks for relaxation complete this set of CDs. Listen to an affirmation or two - or more - daily and begin to live in a state of regulation. Join Heather T. Forbes, LCSW as she talks you through a powerful and insightful discovery of a new reality.

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**Material Title: Preparing for the Teen Years (Audiotape)**

Author: Gregory Keck

*Audiotapes*

February 26, 2001

5 hours

Dr. Keck addresses a Portland audience of adoptive parents and adoption professionals to talk about some of the unique issues that surface for families when adopted children go through adolescence, including discipline, school, etc.

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**Material Title: Preparing Youth for Adult Life (VHS)**

Author: Ed-Net Series

*Videotapes*

1996

2 hours

A panel consisting of a therapist, an agency director, and an adoptive/foster parent discuss developmental issues for youth ages 11-30, with a focus on the additional developmental tasks adopted and foster youth face. The video will challenge adoptive parents to re-evaluate their views on defining family, honoring birth family connection, educating the community, understanding the tasks and steps that assist youth in moving into adulthood, and the wisdom of independent living at a particular age. This video is intended for parents of adolescents and young adults.

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**Material Title: Privilege of Youth, The: A Teenager's Story**

Author: Dave Pelzer

*Books*

2004

209 pages

This book covers the adolescent period in Pelzer's life that is not addressed in his other biographical accounts. The ups, the downs, the growth in that period of a ragged life.

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**Material Title: Promoting Successful Adoptions: Practice With Troubled Families**

Author: Susan Livingston Smith and Jeanne Howard

*Books*

1999

254 pages

This book, written for social workers and other professionals, focuses on adoptive families after finalization. The authors incorporate the findings of their own unique research project on troubled adoptive families with other empirical research, theory, and practice knowledge. Using case examples, detailed case histories, and various practice strategies, the authors offer a clear and well-documented overview of the topic.

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## Adoption, General

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Material Title: **Psychology of Adoption, The**  
Author: David M. Brodzinsky *Books* 1990 347 pages

This highly technical book explores theoretical perspectives on adoption adjustment, research and clinical issues, as well as social policy and casework issues in adoption. It brings together the work of researchers and practitioners in the fields of psychiatry, developmental and clinical psychology, and social work in the field of adoption.

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Material Title: **Raily el Valiente**  
Author: Jessica Sinarski *Children's Books* 2018 48 pages

Únete a nuestro héroe, el osito Raily, en la aventura de su vida donde aprende a ser valiente como un osito. Siempre ha sido valiente e inteligente, pero su viaje con criaturas buenas y grandes le ayudarán a abrir su corazón de maneras nuevas. ¡Este osito genial está listo para enfrentarse al desafío!

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Material Title: **Raising Adopted Children; Revised Edition: Practical Reassuring Advice for Every Adoptive Parent**  
Author: Lois Ruskai Melina *Books* 1998 370 pages

This 1998 update of the classic handbook on issues faced by adoptive families examines the child's physical, emotional and psychological development at every age. It also has chapters on special topics such as the multiracial family, serious behavior problems and single parent adoption.

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Material Title: **Raising Resilient Rascals 2008: Disc 1 (DVD)**  
Author: DVD *DVDs* 2008 3 hours

This disk includes the following presentations from the 2008 conference: "The Nature and Nurture of the Brain" with Julian Davies; "The Dichotomy of Foster Care Adoption" with Paulette Caswell; and "Raising Resilient Rascals in a Raging Rambunctious World" – on sensory processing – with Stephen T. Glass.

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Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 1 (DVD)**  
Author: DVD *DVDs* 2010 1rs. 30 min.

Disk 1 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Turbulence and Instrument Calibration: Early Childhood Mental Health & Development in Adoption," presented by Kristie Baber, MSW, LICSW; "Sleep and Adoption" presented by Julian Davies, MD.

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Material Title: **Real Life Heroes Life Storybook**  
Author: Richard Kagan *Books* 2017 236 pages

Real Life Heroes Life Storybook, 3rd Edition is a resourceful tool for children with traumatic stress. The resiliency-centered format and structure of the volume is coupled with treatment and sessions outlined in the Real Life Heroes Toolkit for Treating Traumatic Stress in Children and Families. This updated edition uses a creative arts approach, encouraging children to work with dependable adults to develop autobiographies through a wide range of activities, including drawings, music, movies, and narrative. By helping children feel protection from adversity and stressors that exist in everyday life, this workbook gives children a sense of value that can promote transformation of troubled children from victims into tomorrow's heroes.

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Material Title: **Real Parents, Real Children: Parenting the Adopted Child**  
Author: Holly Van Gulden *Books* 1993 279

This title, which covers all aspects of adoption, argues that whatever happened, whenever it took place, and for whatever reasons, children in need of adoption have become separated from their birth parents and their genetic roots. Though writing for the adoptive parent, the authors have produced a book that will also be useful for professionals working with adoptive families. One fear among expectant parents is whether they and their child will be close. Adoptive parents ask, "Can I love an adopted child the same as I would a birth child?" Beginning with bonding of child to parent, the authors do a fine job on the developing child, covering early infancy through adolescence. Leading authority Van Gulden offers practical advice for parents on how to talk with their children about adoption and how to help them through the rougher times of growing up adopted. Highly recommended for academic and public libraries with strong reader interest in this area.

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Material Title: **Real Sisters Pretend**  
Author: Megan Lambert Dowd *Books* 2016 32 pages

Safe in the knowledge that adoption has made them "forever family," stepsisters Mia and Tayja improvise an imaginary adventure with a joyful homecoming to a real home with their two moms.

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## Adoption, General

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Material Title: **Redo Roo, The**  
Author: Cindy Lee *Children's Books* 8/21/2015 34

Sweet little Roo is full of energy and excitement which is more than fine when he is playing outside. But, when Roo is asked to sit still, be quiet and keep his hands to himself at school he runs into some not-so-fun trouble. Discover how Roo's teachers find creative solutions to helping Roo succeed in an environment that was not built for his energetic level of exploration. Reading The Redo Roo will help you and your child replace, time-outs, lectures and consequences with the "redo" parenting technique and help empower you to succeed. This story is one of eight children's books written by Cindy R. Lee and is designed to teach concepts developed by Dr. Karyn Purvis and Dr. David Cross at the Institute of Child Development. Proceeds are being donated to HALO Project and the Institute of Child Development.

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Material Title: **Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (DVD)**  
Author: Vera Fahlberg *DVDs* 1992 70 min.

From "The Dr. Vera Fahlberg Collection" with 9-page viewer's manual: Troubled kids from troubled backgrounds often bring deep-seeded problems to their new homes. However, foster and adoptive parents can prepare themselves by developing an effective re-education plan. In this informative video, Dr. Fahlberg discusses how to overcome a child's resistance to change and provide both personal and social relearning experiences.

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Material Title: **Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (VHS)**  
Author: Vera Fahlberg *Videotapes* 1992 67 min

From "The Dr. Vera Fahlberg Collection" with 9-page viewer's manual: Troubled kids from troubled backgrounds often bring deep-seeded problems to their new homes. However, foster and adoptive parents can prepare themselves by developing an effective re-education plan. In this informative video, Dr. Fahlberg discusses how to overcome a child's resistance to change and provide both personal and social relearning experiences.

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Material Title: **Reflection Pond: Nurturing Wholeness in Displaced Children**  
Author: Jaiya John *Books* 2007 228 pages

Jaiya John has shared time with thousands of uprooted children through his global work. Reflection Pond is a compassionate guide, a looking glass for what these youth have whispered into his spirit. They have shared their need for reflection ponds: people, places, and experiences through which their own beauty and purpose are reflected back to them. In sensitive prose, Jaiya John draws from the natural world around us to unveil the magical inner life of children and youth. Here is a revelatory positioning of the human mirror. In its face we glimpse magnificence.

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Material Title: **Riley the Brave (Children's Materials)**  
Author: Jessica Sinarski *Books* 2018 40 pages

Riley the Brave is the story of a little bear with big feelings. Join this super-cool cub as he faces his fears with the animals who love him. Includes educational afterword for caring adults. "Big critters" can help the "cubs" in their lives as they read and re-read this playful and poignant children's book.

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Material Title: **Rituals in Adoption (CD)**  
Author: Lois Melina *CDs* 1993 57 minutes

This cd helps families understand the importance of rituals and how to create them. It helps families design meaningful rituals for significant events from ceremonies of mourning to entrustment of a child to adoptive parents.

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Material Title: **Rosie's Family: An Adoption Story**  
Author: Lori Rosove *Children's Books* 2001 32

Rosie's Family is a story about belonging in a family regardless of differences. Rosie is a beagle who was adopted by schnauzers. She feels different from the rest of her family and sets forth many questions that children who were adopted may have.

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Material Title: **Sacred Connections: Stories of Adoption**  
Author: Mary Ann Koenig *Books* 2008 128 pages

This book of 24 biographical essays tells a variety of adoption stories from all points of the triad. Some of the people profiled are well known in the national and international adoption communities; others are not. But none of their stories are ordinary. It is graced not only by Koenig's eloquent prose, but also by the crisp, revealing, black and white photography of Niki Berg.

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## Adoption, General

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Material Title: **Sacred Work of Grandparents Raising Grandchildren, The**  
Author: Elaine Williams *Books* 8/5/11 201 pages

The Sacred Work of Grandparents Raising Their Grandchildren is the first book that contains answers and stories to address these unique issues and challenges—from one grandparent to another. You'll enjoy the practical suggestions on how grandchildren can manage and solve some of their own problems, while learning how to cope with your own distinctive life challenges.

As a parenting grandparent, a kinship caregiver, a teacher, or a social service worker, you must read this book for invaluable insight. No other book takes on the complex challenges that parenting grandparents face with such depth and truth. How relieved and grateful you'll be for the inspiration, knowledge and wisdom by the time you reach the conclusion!

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Material Title: **Safe Parenting (DVD)**  
Author: Foster Parent College *DVDs*

Material Title: **Safe Place for Caleb, A: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma**  
Author: Kathleen & Paul Chara *Books* Jan 1970 128 pages

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children.

The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented.

Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with attachment issues.

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Material Title: **Science of Parenting Adopted Children, The; A Brain-Based, Trauma-Informed Approach to Cultivating Your Child's Social, Emotional and Moral Development**  
Author: Arleta James *Books* 2019 272

Many adoptees join their new families after having endured multiple traumatic experiences, which interrupts their development. Bringing together the latest research in brain science with the field of attachment, this book considers how the two can be linked to help children in healing both the brain and the heart.

Laying out the many factors that can affect a child's mental health, it shows how parents can help to improve the development of a delayed child. Accessibly explaining cutting-edge neuroscience for parents, it gives the information needed to help with a traumatised child's social, emotional and moral development.

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Material Title: **Second Best (VHS)**  
Author: Warner Brothers *Videotapes* 1993 05 minutes

Graham (William Hurt) is a shy man who must find the courage to reach for happiness. James is a young boy, scarred by childhood tragedy and torn between loyalty to his convict father and his growing attachment to Graham. Together, Graham and James discover families aren't born, they're made - one risk, one joy, one act of trust at a time. Released in theaters, Rated PG-13.

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Material Title: **Secret Thoughts of an Adoptive Mother**  
Author: Jana Wolff *Books* 2000 163 pages

Wolff, whose interracial, open adoption of an infant at birth is the source of this volume's content, shares her experiences with wit and fearless honesty. She addresses such personal fears and questions as: What if I don't like the kid I get? Will my child ever feel like mine? Why am I so sad when I'm supposed to be so happy? Are people staring, or am I paranoid? Will she want him back? What if I want to return him?

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## Adoption, General

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Material Title: **Secrets of Successful Adoptive Parenting, The; Practical Advice and Strategies to Help with Emotional and Behavioral Challenges**

Author: Sophie Ashton *Books* 7/21/2016 338

Sharing the secrets that will enable you to face the challenges of adoptive parenting with confidence, Sophie Ashton offers tips and strategies which have worked for her family. She discusses preparing for the journey ahead, parenting with empathy, facilitating your child's attachment, helping your child feel listened to, and providing structure and consistency in order to successfully integrate your child into your family and go on to have a stable happy family life.

An honest and reassuring account of what it can really be like to be an adoptive parent, this practical hands-on guide will help you prepare for the highs and lows of being a parent and give your child and your family the best chance to flourish.

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Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Audio)**

Author: Robyn Gobbel *DVDs* 2016 76 minutes

This one hour webinar will give you an overview of the powerful work of Dr. Kristin Neff, the world's leading researcher on self-compassion. I'll give you a quick overview while also speaking directly to how self-compassion can help parents like you—parents in the trenches, barely keeping their head above water as they work to care for a child who has been impacted by trauma. One awesome thing about self-compassion is that there are lots of resources you can access after the webinar to help you grow and solidify a self-compassion practice.

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Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Video)**

Author: Robyn Gobbel *DVDs* 2016 76 minutes

This one hour webinar will give you an overview of the powerful work of Dr. Kristin Neff, the world's leading researcher on self-compassion. I'll give you a quick overview while also speaking directly to how self-compassion can help parents like you—parents in the trenches, barely keeping their head above water as they work to care for a child who has been impacted by trauma. One awesome thing about self-compassion is that there are lots of resources you can access after the webinar to help you grow and solidify a self-compassion practice.

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Material Title: **Seven Core Issues in Adoption and Permanency: A Comprehensive Guide to Promoting Understanding and Healing In Adoption, Foster Care, Kinship Families and Third Party Reproduction**

Author: Sharon Kaplan Roszia & Allison Davis Maxon *Books* 2019 472

Based on a hugely successful US model, the Seven Core Issues in Adoption is the first conceptual framework of its kind to offer a unifying lens that was inclusive of all individuals touched by the adoption experience.

The Seven Core Issues are Loss, Rejection, Shame/Guilt, Grief, Identity, Intimacy, and Mastery/Control. The book expands the model to be inclusive of adoption and all forms of permanency: adoption, foster care, kinship care, donor insemination and surrogacy. Attachment and trauma are integrated with the Seven Core Issues model to address and normalize the additional tasks individuals and families will encounter.

The book views the Seven Core Issues from a range of perspectives including: multi-racial, LGBTQ, Hispanic, Asian, Native American, African-American, International, openness, search and reunion, and others. This essential guide introduces each Core Issue, its impact on individuals, offering techniques for growth and healing.

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Material Title: **Seven Core Issues in Adoption, The (DVD)**

Author: Sharon Kaplan Roszia & Deborah N. Silverstein *DVDs* 1989 2 hours

Adoption is a lifelong, inter-generational process, which unites birth parents, adoptees and adoptive parents forever. It triggers seven lifelong issues for all triad members -- grief, rejection, guilt, loss, identity, control, and intimacy. Recognizing these similarities, triad members and professionals can reduce the adversarial nature of adoption and improve understanding.

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Material Title: **Siblings in Adoption and Foster Care: Traumatic Separations and Honored Connections**

Author: Deborah N. Silverstein and Susan Livingston Smith *Books* 2008

Contributors address not only the importance of nurturing sibling bonds and mental health strategies to support those relationships, but also the legal rights of siblings to be together, as well as issues in international adoptions. Emerging and standing programs to encourage and facilitate adoptions that keep siblings together are featured, as are programs that at least enable them to stay in contact. "Theory and research, practice guidelines, and stories, are all explored." The contributing authors include educators, clinicians, researchers, practitioners, psychologists, and youth.

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## Adoption, General

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Material Title: **Sleep Problems (DVD)**

Author: Foster Parent Library

*Audiotapes*

When a child has a sleep problem, a parent has a sleep problem too. In this course, Dr. Richard Delaney examines four types of sleep problems in children: fears about sleeping alone, frequent waking and roaming, nightmares and night terrors, and sleep problems and depression. He gives parents insights into the possible reasons for their child's problem behavior, and follows up with some practical and immediate steps they can take to deal with their child's particular type of problem behavior.

At the end of this course, you will be able to:

identify four types of sleep problems in children  
describe the difference between nightmares and night terrors  
state when to seek professional/medical help for a child with sleep problems  
describe the warning signs of depression in children  
list general guidelines that can help a child with sleep problems

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Material Title: **Small Feats: Unsung Accomplishments & Everyday Heroics of Foster & Adoptive Parents**

Author: Richard Delaney

*Books*

2003

82 pages

This book describes the results achieved by the daily, one-step-at-a-time, life-long commitment demonstrated by foster and adoptive parents. It examines how raising troubled foster or adoptive children results in costs – both psychological and emotional – to the family.

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Material Title: **Small Town, Big Miracle: How love came to the least of these**

Author: W.C. Martin

*Books*

2007

146

On one memorable day, while Bishop W. C. Martin and his wife, Donna, were in prayer together, God gave them a one-word message: "Adopt!" They were called to carry out literally James 1:27: "Religion that is pure and undefiled before God, the Father, is this: to visit orphans . . . in their affliction."

Over the next five years, the Martins would adopt four kids, including two with special needs. And though they didn't make adoption a "cause" at that time, the members of their church of 200 soon caught the same vision. The church has now adopted 72 children and counting. Includes an 8-page black-and-white photo insert.

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Material Title: **So, You're Raising Your Grandkids!: Tested Tips, Research, & Real-Life Stories To Make Your Life Easier**

Author: Harriet Hodgson

*Books*

2018

178 pages

You may be one of these grandparents and it's a role you never expected. Willing as you are to assume this role, you have some questions. How will I find the energy for this? Is my grandchild normal? What if I "blow it?" Each day, you look for ways to make life easier.

Help has arrived. This inspiring self-help book for grandparents raising grandchildren will:

- Help ease your worries and guilt
- Offer tips for creating a grandfamily
- Give methods for improving grandparent-grandchild communication
- Suggest ideas for how you can connect with your grandchild's school
- Provide child development information
- Recommend approaches to help your grandchild set goals
- Stress the importance of having fun together
- Offer ideas of how to foster your grandchild's hopes and dreams.

So, You're Raising Your Grandkids blends Harriet Hodgson's unbelievable grandparenting story with recent research and findings. It comes from her 21 years of caregiving experience, including seven years of raising her twin grandkids. Each chapter ends with What Works, proven tips for grandparents raising grandkids. At the end, you'll cheer for all the loving grandparents—including you—who are putting grandchildren first.

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## Adoption, General

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Material Title: **Song for Lost Angels, A: How Daddy & Pappa Fought to Save Their Family**

Author: Kevin Fisher-Paulson

*Books*

227 pages

This book tells the intimate history of a family of two men plus triplets that came together suddenly one day, and thrived for a year before being torn apart by groundless prejudice. San Francisco author Kevin Fisher-Paulson tells this riveting story with grace, dignity, and a surprisingly generous dose of humor. A Song for Lost Angels takes the discussion of gay marriage to the next level, where the rights and struggles of gay parents and their kids can be openly recognized. This family history will make you laugh, cry, and sometimes sputter with outrage, even as it redefines what Americans call "family values." Originally published by Fearless Books, this Second Edition has been updated with a new selection of photos. A German edition is published by Edition Spuren. Finalist, LGBT Category, 2015 Benjamin Franklin Awards, Independent Book Publishers Association Finalist, GBLT Category and Finalist, Memoirs Category, 2015 Next Generation Indie Book Awards

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Material Title: **Story of Megan, The\* (Children's Materials)**

Author: Daniel Gregg

*Children's Books*

1980

15 pages

Megan is so anxious about the thought of being adopted that her tummy feels funny! She wonders what it means to be adopted, and what being part of a forever family will be like for her. When she meets the mom and dad who will adopt her she wonders "How can I fit into this family?" The Story of Megan addresses some of the questions and feelings that children may have when going into adoption.

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Material Title: **Stretch-Mark My Heart**

Author: Niki Tschirgi

*Books*

2018

118 pages

Beginning with infertility and one couple's struggle with building their family, Stretch-mark My Heart dives headlong into the fragmented world of the US foster care system. Following the adoption journey of Matt and Niki Tschirgi (pronounced Sure-Gee), this book lays the groundwork from start to finish regarding what it takes to have a child permanently placed in your home for adoption. Through fostering, private adoption, open adoption, and foster-to-adopt, Niki recounts the lonely and grievous road of infertility, her and her husband's decision-making process to choose adoption, the hard work and perseverance to get licensed to be foster parents, and the finalization of six adoptions.

Discover how the Tschirgis became a blended family over the course of six years and doubled their family size while moving from Washington to Texas. Stretch-mark My Heart will immerse you in the complicated process of accepting and loving into your home children who were born out of trauma, abuse, and neglect. See how each child was uniquely meant to be a part of this family. Travel along this bumpy yet inspiring road and explore many facets of adoption, including sibling-group, multiracial, infant, and older-child adoption. Although heartbreak, trials, and the unknown are present throughout this book, triumph, miracles, unconditional love, and belonging overshadow the pain and loss of infertility, as well as the brokenness inherent in being a child in foster care. Stretch-mark My Heart will help you understand the intricate and detailed plan that God had for a family to be built together by the power of choice... the choice of adoption.

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Material Title: **Supporting Adoptees through Search and Information Seeking (CD)**

Author: Susan Cutler Egbert

*CDs*

8/5/2011

15 minutes

Presented by Susan Cutler Egbert, Utah State University at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop will help adoptees, adoptive parents, and adoption professionals understand the developmental issues involved in search and information-seeking from the perspective of adopted persons. In addition, participants will explore adopted persons' motivations and expectations with regard to search and search outcomes, and gain practical ideas for supporting all members of the adoption triad as they search.

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Material Title: **Supporting An Adoption**

Author: Pat Holmes

*Books*

1982

21 pages

Written for friends and relatives, this booklet explains how they can be sensitive and helpful to the prospective or current adoptive family.

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Material Title: **Supporting Foster and Adoptive Families Through Crisis (2 CDs)**

Author: Jayne Schooler and Betsy Keefer Smalley

*CDs*

8/5/2011

2 hours

Presented by Jayne Schooler & Betsy Keefer Smalley of the Institute for Human Services, Ohio at the 37th NACAC Conference 2011 in Denver, Colorado. When a child who has experienced abuse, neglect, or trauma enters a foster or adoptive family, the family will be transformed. Most often, this transformation is positive for the whole family. Occasionally, however, the challenge of keeping the child in the home feels insurmountable. This interactive workshop addresses what happens in these foster/adoptive families and how workers can be prepared to guide families from the pain to the other side. This workshop tackles tough and realistic issues faced by families and helps professionals fully understand these issues. Participants will leave the workshop with practical tools to help families assess the impact of fostering or adopting and find strategies to overcome a crisis.

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Material Title: **Swings Hanging from Every Tree: Daily Inspirations for Foster & Adoptive Parents**

Author: Susan Stone

*Books*

2001

373 pages

Arranged chronologically, there is a page for each day of the year. Each page contains a quotation and either a story from an adoptive or foster life or a poem or words to live by. Encouraging, inspirational, humorous words from people who have been touched by the life.

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## Adoption, General

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Material Title: **Tackling the tough stuff: a home visitor's guide to supporting families at risk**  
Author: Angela M., Stephan A. Viehweg Tomlin *Books* 2016 228 pages

Home visits with at-risk families present unique, complex challenges that professionals must be ready to address with skill and sensitivity. The problem-solving framework in this practical guide will help home visitors manage their on-the-job challenges--and support and empower vulnerable families of children birth to 3.

The authors' PAUSE framework (Perceive, Ask, Understand, Strategize, and Evaluate) walks home visitors through the entire process of addressing problems, from recognizing a difficult situation to evaluating the chosen action steps. Readers will learn how to apply the framework in real-world situations as they:

- partner with parents to understand their perspectives
- take direct action to help solve key challenges (self-regulation, sleeping problems, feeding issues, biting and hitting, meltdowns, cooperating and following directions, fears and separation anxiety)
- skillfully blend relationship-based and reflective practice approaches
- understand what's behind children's challenging behaviors
- work sensitively with families facing difficult situations, including domestic violence, substance abuse, and mental illness
- set appropriate boundaries with families
- use self-care strategies to address symptoms of burnout

Readers will get a wealth of practical materials, including helpful sample dialogues and reproducible materials on exploring challenging behaviors, discussing difficult topics, helping parents improve their skills, and more. (Reproducible materials are included in this book and are available online.) With this essential guide, home visitors will provide effective support for at risk families--and equip them with skills they'll use long after the visit is over.

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Material Title: **Talking To Your Child About Adoption (fifth printing)**  
Author: Patricia Dorner *Books* 1991 28 pages

From infancy through the teen years, this comprehensive jewel guides adoptive parents as they learn about adoption issues and how to comfortably discuss them. The emphasis is on adoption as an ongoing process benefiting from open lines of communication.

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Material Title: **TBRI Pocket Guide, A: Trust-Based Caregiving**  
Author: TCU Institute of Child Development *Books* 2012 18 pages

\*\*Recommended to accompany the DVD titles "Trust-Based Parenting" or "TBRI for Teens".\*\*

This convenient, pocket-sized guide to the basic principles of Trust-Based Relational Intervention® is an ideal reference for caregivers and professionals seeking to use TBRI® to meet the needs of children and youth from "hard places." Included are practical strategies for Empowering, Connecting, and Correcting through activities, reflective questions, and sample situations and responses.

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Material Title: **Tell Me Again About the Night I Was Born\* (Children's Materials)**  
Author: Jamie Lee Curtis *Children's Books* 1996 29 pages

In this picture book, illustrated by Laura Cornell, a young girl asks the parents who adopted her at birth to tell her about the night she was born. She shows from her continued questions that it is a cherished tale she knows by heart. On an accompanying audiotape, Jamie Lee Curtis reads the story followed by a couple of songs.

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Material Title: **Tender Healing (DVD)**  
Author: Spaulding for Children *DVDs* 1997 40 minutes

A Video Curriculum for Foster, Adoptive and Kinship Care Parents, with Drs. Vera Falhberg, Richard Delaney and Joseph Crumbley. This DVD features three segments designed to help parents and professionals better understand issues related to helping troubled children. The three components include: Part 1: Helping Children Make Transitions; Part 2: Helping Children Build Attachments; and, Part 3: Effective Strategies for Discipline Designed for parents caring for children in the child welfare system who have been abused or neglected.

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## Adoption, General

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Material Title: **Tender Years, The: Toward Developmentally Sensitive Child Welfare Services for Very Young Children**

Author: Jill Duerr Berrick, B. Needell, R. Barth, and M. Jonson-Reid *Books* 1998 203 pages

Today most children entering the child welfare system are very young, and, in most large states, infants are the largest group of children entering foster care each year. Social service systems are typically not designed for very young children, however, and therefore fail to serve their special needs. This shortcoming is significant because protecting very young children from physical harm is not enough; they must also be protected from developmental harm.

The *Tender Years* is the first textbook to address this critical situation. Beginning with an overview of child development theory, it examines child abuse reporting patterns and discusses placement in foster care, reunification, and adoption. It also looks at public child welfare practice, featuring vivid examples of the children and families served by this system. The authors analyze the differences between the foster care experiences of very young children and those of older children, with special emphasis on the way the child welfare system deals with infants. Based on a significant body of evidence regarding young children's unique affective, physical, and cognitive development, this text illuminates the interrelationship of child welfare practice, child development outcomes, and public policy. The authors offer a fundamental framework for decision-making in child welfare when young children are involved, and recommend specific changes in policy and practice aimed at moving the system toward greater developmental sensitivity.

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Material Title: **The Adoption Reader: Birth Mothers, Adoptive Mothers, and Adopted Daughters Tell Their Stories**

Author: Susan Wadai-Ells *Books* 1995 272 pages

With eloquence and conviction, more than thirty birth mothers, adoptive mothers and adopted daughters explore what is a deeply emotional, sometimes controversial and always compelling experience that affects millions of families and individuals. These personal essays and stories are informed by the contemporary adoption movement and raise timely issues that illustrate its complexity, among them: open and closed adoption, cross-cultural adoption, the birth record debate, the experience of biracial adoptees, adoption by lesbian couples, and the search for identity.

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Material Title: **Therapeutic Parenting Essentials: Moving from Trauma to Trust**

Author: Sarah Naish *Books* 2019 320

All families of children affected by trauma are on a journey, and this book will help to guide you and your family on your journey from trauma to trust.

Sarah Naish shares her own experiences of adopting five siblings. She describes how to use therapeutic parenting - a deeply nurturing parenting style - to overcome common challenges when raising children who have experienced trauma. The book describes a series of difficult episodes for her family, exploring both parent's and child's experiences of the same events - with the child's experience written by a former fostered child - and in doing so reveals the very good reasons why traumatized children behave as they do. The book explores the misunderstandings that grow between parents and their children, and provides comfort to the reader - you are not the only family going through this!

Full of insights from a family and others who have really been there, this book gives you advice and strategies to help you and your family thrive.

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Material Title: **Things I Want Most, The: The Extraordinary Story of a Boy's Journey to a Family of His Own**

Author: Richard F. Minitier *Books* September 1, 2017 273 pages

Since his removal from an abusive home, eleven-year-old Mike had been placed with a dozen foster families and institutions. Medication could not control his defiant, violent behavior. The overwhelming conclusion: nothing more could be done. Mike was labeled severely emotionally disturbed and a hopeless case by the children's home in which he lived. When Richard and Sue Minitier, who'd raised six children of their own, read his file they found no indication that Mike even wanted help. Then, almost by accident, they came across a single sheet of blue paper labeled "The Things I Want Most." Beneath that headline, written in a child's sprawling, smudgy scrawl, were the words: "A Family, A Fishing Pole, A Family." They decided to take him in.

Portraying the unpredictability, frustration, and heartbreak of everyday life with a bright but uncontrollable child scarred by abuse, *The Things I Want Most* is the engaging and earnest story of the Minitiers' first year with Mike. Despite the broken windows, attention demands, temper tantrums, and even fires, Mike and his new family survived their difficult first year together. Sustained by prayer, imagination, and the love of other family members (not the least of whom was Mike himself), they managed to turn the challenges into changes. Drawing readers into the hearts and minds of the Minitier family, *The Things I Want Most* is a testament to the reserves of strength and love it took to convince Mike that it just might be possible to have what he wanted most--a loving family.

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Material Title: **Through Moon and Stars and Night Skies**

Author: Ann Turner *Children's Books* 1992 32

A little boy living in a distant country is lonely. He needs a bed of his own, a room of his own, a house of his own -- and most of all, a momma and poppa of his own. But he must travel far to get them. He must fly for a day and a night through blue skies and clouds and stars before he comes to a place he can call home... with his loving new adopted family.

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## Adoption, General

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Material Title: **Toddler Adoption: The Weaver's Craft**

Author: Mary Hopkins-Best

*Books*

2012 247 pages

Most often, children are joining their permanent, adoptive families past the age of infancy but not yet as "older children." This book covers many aspects of adopting and parenting these young children: the decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. Until now, few written resources have been available to discuss this special age -- the toddler.

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Material Title: **Touched by Adoption: Stories, Letters and Poems**

Author: Nancy A. Robinson

*Books*

1999 338 pages

Together, these stories, letters and poems, compiled by Nancy Robinson, from adoptees, adoptive parents, and birth parents weave a rich tapestry of adoptive life from the diverse perspective of all sides of the triad. They include images of international adoption, life in foster care, search, reunion, loss and grief and affirmation. There is much here for anyone who is touched by adoption.

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Material Title: **Transitions: Resources for Caregivers and Professionals to Support Thoughtful Transitions for Foster and Adopted Youth**

Author: ORPARC Staff

*Non-Return Items*

2018 50 pages

This information packet contains a variety of materials to assist both caseworkers and families in preparing a child for transitions. It includes suggested activities to build attachment and age specific transition checklists to be prepared by the child's caregiver to assist the new family in learning about the child.

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Material Title: **Trauma Doesn't Tell Time (Audio-Part 1 of 2)**

Author: Robyn Gobbel

*DVDs*

83 minutes

In the first year or so after adoption, it's easy for adoptive parents to remember what a difficult journey their child has been through. As time passes, parents expect their children's challenging behaviors, anxiety, and mistrust to fade away. And oftentimes, they do. Despite years in a safe and loving home- children adopted after traumatic beginnings still feel and act as though they are stuck right in the middle of their trauma. Up-to-date information about your child's brain and the latest understanding in memory processing theory will help provide you with new empathy and understanding about why your child is 'flipping their lid.'

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Material Title: **Trauma Informed Approach to Behaviors in the Classroom (Audio)**

Author: Robyn Gobbel

*DVDs*

2017 78 minutes

Steeped in science yet easy to understand, this webinar will clearly articulate WHY traditional classroom behavior management systems (level systems, color charts, stop lights, etc.) don't work for children with a history of trauma and what teachers can do instead. This trauma-informed approach uses elements of the familiar color system so your child's teacher doesn't feel overwhelmed at having to start from scratch.

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## Adoption, General

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Material Title: **Trauma-Informed Adoption Practices: The Healing Power of Adoptive Families (3 CDs)**

Author: NACAC Conference *CDs* 8/4/2011 45 minutes

This material is a recording from the 37th NACAC Conference in August 2011. Presented by Wayne Duehn of the School of Social Work, University of Texas at Arlington and Sherry Anderson of Three Rivers Adoption Council in Pennsylvania. This workshop will expose the cutting edge of recent findings related to the effects of trauma on the neurobiology of the developing brain. This information forms the basis for developing trauma-informed treatment strategies that provide safety, a sense of belonging, and resiliency, while also promoting recovery. Participants and listeners receive tools that guide the process of trauma resolution and gather tips to use with families.

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Material Title: **Treewalker's Gift: Overcoming the Fear of Being Loved**

Author: Erma S. Brundidge, MS *Books* 2014 101 pages

A true story of a 6 year old girl's journey from abuse, neglect, and shame to a path of Truth guided by the Great Spirit. The gentleness of her Grandfather's lessons taught along the paths through the meadow and by the flowing stream gave her strength to continue through the emotional pain she would inevitably walk back into. Author Erma Brundidge is a foster and adoptive family trainer who spends time speaking to groups about the effects of trauma on children and their future lives and relationships. She was a family therapist for 27 years before retiring and dedicating her life to giving a new understanding to foster and adoptive parents on how their words and actions impact the children they care for.

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Material Title: **Tribal Customary Adoption: Achieving Culturally Appropriate Permanency FOR American Indian Children (CD)**

Author: Nancy Currie *CDs* 2010 90 minutes

California's Tribal Customary Adoption (TCA) bill was signed into law in October 2009. TCA allows Indian children and families to realize the permanency and support of adoption without terminating parental rights. The work-shop will provide insight into CA's history, purpose, and potential challenges, and will explore how to implement TCA at tribal, county, and state levels and how TCA will affect private agencies.

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Material Title: **Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior (2 DVDs)**

Author: TCU Institute of Child Development *DVDs* 2011 35 minutes

**\*\*Suggested to accompany "A TBRI Pocket Guide: Trust-Based Caregiving".\*\***

This DVD set offers in-depth training for parents of children with trauma-based behavioral issues. The Trust-Based Relational Intervention (TBRI) is an intervention model created by developmental psychologists Dr. Karyn Purvis and Dr. David Cross, founders of the Institute of Child Development at Texas Christian University. It is based on more than a decade of research and hands-on work with vulnerable children and their families. Dr. Purvis coined the phrase "children from hard places" to describe children who have experienced abuse, neglect, abandonment and/or trauma in early development. Their survival behaviors can be confusing, frustrating, and difficult to manage even for the most patient and loving parents.

This video features Drs. Purvis & Cross coaching families through real-life, problem-solving scenarios. They demonstrate proven, practical skills and strategies for applying TBRI Empowering, Connecting and Correcting Principles to everyday life to build a stronger parent-child connection, which leads to better behavior. Parents from around the world praise TBRI for giving them hope in times of crisis and lifelong solutions that can benefit the entire family.

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Material Title: **Twenty Life-Transforming Choices Adoptees Need to Make**

Author: Sherrie Eldridge *Books* 2003 270 pages

For adoptees, the past is full of mixed emotions. There's joy and sadness, confusion and relief. Often, difficult and inescapable questions can linger well into adulthood. These questions include: Does my birth mother still think about me? Why was I given up? Was I unworthy for some reason? These feelings are common for many adoptees, even if they grew up in an open, loving adoptive home, they still may be asking some of these questions. The final question that needs to be asked is this: "Will I choose to heal?"

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Material Title: **Twenty Things Adopted Kids Wish Their Adoptive Parents Knew**

Author: Sherrie Eldridge *Books* 1999 211 pages

This book, written by a woman who was adopted, herself, gives voice to children's unspoken concerns and shows adoptive parents how to free their kids from feelings of fear, abandonment and shame. Eldridge reveals twenty complex emotional issues you must understand to nurture the child you love.

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## Adoption, General

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Material Title: **Twice Born: Memories of an Adopted Daughter**  
Author: Betty Jean Lifton *Books* 1977 281 pages  
An account of one adoptee's search and reunion with her birth parents.

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Material Title: **Unconditional Commitment: The Only Love That Matters to Teens (DVD)**  
Author: Pat and You Gotta Believe, Inc. O'Brien *DVDs* 2007 52 minutes  
There is a great need for prospective and current parents to become unconditionally committed to the children that they care for, particularly teenagers, in order to prevent disruptions in permanent family homes. The emphasis here is that every child in foster care needs one placement and one placement only, and the challenges to unconditional commitment are explored and addressed. This is the story behind the enormously successful older teen adoption agency, and includes many of the staff, foster and adoptive parents, along with the children they have taken into their hearts and lives.

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Material Title: **Understanding Adoption (Audiotape)**  
Author: Lois Melina *Audiotapes* 1993 64 minutes  
This presentation answers many of the fundamental questions prospective and new adoptive parents have about raising adopted children: How do children and parents "bond" or form attachments in adoptive families? Do adopted children have more psychological problems? Should adopted children have contact with their birth families? When and how should children be told they were adopted?

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Material Title: **Unlit Path, An**  
Author: Deborah Hannah *Books* 2006 272 pages  
What happens when love is not enough? A true story of one family's journey, although tragic, it raises awareness to the inherent risks and rewards of adoption and foster care.

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Material Title: **Untangling Disorganized Attachment (Audio-Part 1 of 2)**  
Author: Robyn Gobbel *DVDs* 2017 72 minutes  
This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

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Material Title: **Untangling Disorganized Attachment (Video-Part 2 of 2)**  
Author: Robyn Gobbel *DVDs* 2017 58 minutes  
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## Adoption, General

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Material Title: **Voice for Adoption: The Adoptive Family Portrait Project (2009)**  
Author: Voice for Adoption *Periodicals*

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Material Title: **War I Finally Won, The**  
Author: Kimberly Brubaker Bradley *Children's Books* 2017 400

When Ada's clubfoot is surgically fixed at last, she knows for certain that she's not what her mother said she was—damaged, deranged, crippled mentally as well as physically. She's not a daughter anymore, either. Who is she now?

World War II rages on, and Ada and her brother, Jamie, move with their guardian, Susan, into a cottage with the iron-faced Lady Thorton and her daughter, Maggie. Life in the crowded home is tense. Then Ruth moves in. Ruth, a Jewish girl, from Germany. A German? Could Ruth be a spy?

As the fallout from war intensifies, calamity creeps closer, and life during wartime grows even more complicated. Who will Ada decide to be? How can she keep fighting? And who will she struggle to save?

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Material Title: **Wasn't love supposed to be enough? Biographies of a Long-Term Adoptive Parent Support Group and Services for Adoptive Families**  
Author: Barbara D. VanSlyck, Et. Al *Books* 1998 342 pages

This book chronicles the life experiences of several families who have participated in a support group for adoptive families. It contains a compilation of information and advice for families and professionals who are touched by adoption. There is also general information on support groups including a chapter on adopted youth groups.

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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.

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Material Title: **Welcome Home: A Guide for Adoptive, Foster and Treatment Foster Parents**  
Author: Christopher Alexander *Books* 2005 289 pages

This book directs parents in a wide variety of stages of caring for children brought into their lives. It begins with preparation beforehand, moves into the settling in stage with the establishment of relationships and expectations, and the last half of the book addresses a variety of emotional issues typically faced by adoptive and foster parents.

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## Adoption, General

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Material Title: **Welcoming a New Brother or Sister Through Adoption**  
Author: Arleta James *Books* 2013 338 pages

Welcoming a New Brother or Sister through Adoption is a comprehensive yet accessible guide that describes the adoption process and the impact of adoption on every member of the family, including the adopted child. It prepares families to have realistic expectations and equips them with knowledge to deal with a host of situations that may arise, addressing difficult questions head-on.

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Material Title: **What Do I Say Now?: Answers For Awkward Questions And Comments About Adoption**  
Author: Carol Bick *Books* 2015 62 pages

The book identifies many common awkward questions or comments posed to adoptive parents and adoptees and offers suggested responses and useful strategies for engaging in productive conversations. Separate sections address comments made between children, questions from children to adults, and comments or questions between adults.

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Material Title: **When Friends Ask About Adoption: Question and Answer Guide**  
Author: Linda Bothun *Books* 1996 88 pages

For parents, teachers and other professionals as well as kids, this booklet not only provides sensitive, down-to-earth answers to kid's questions, but it will also educate adults about the complexities and joys of adoption.

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Material Title: **Who am I?: And Other Questions of Adopted Kids**  
Author: Charlene C. Giannetti *Children's Books* 1999 95

With advice from experts and quotes from adopted teens, offers objective and reassuring responses to children seeking answers to their questions about being adopted.

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Material Title: **Whole Life Adoption Book, The: Realistic Advice for Building a Healthy Adoptive Family**  
Author: Jayne Schooler and Thomas C. Atwood *Books* 2008 210 pages

This book offers encouragement and practical information to help you respond to your adopted child's unique struggles and your own feelings of inadequacy or frustration. It addresses such issues as attachment, adjustment and identity and provides "ten essential success factors for healthy adoptive families."

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Material Title: **Wild Within: How Rescuing Owls Inspired a Family**  
Author: Melissa Hart *Books* 2014 312 pages

Every page sparkles with vivid imagery and wit in this beautifully written memoir of parallel pursuits. Wild Within is, above all, about the power of love - romantic, animal, and parental - to save lives and fulfill dreams.

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Material Title: **Wisdom from Adoptive Families: Joys and Challenges in Older Child Adoption**  
Author: Kris Kittle, PhD and Kelly Reed, PhD *Books* 2017 278

Find real-world help and advice from those who've lived it - how to handle both the good parts and difficulties of adopting an older child - and managing wants, needs, expectations, difficulties, and successes. If you've adopted an older child or are considering it, this is an absolute must-read. The practical wisdom of been-there adoptive parents can bring help and hope to anyone looking for answers in managing older child adoption.

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Material Title: **Wish\* (Children's Materials)**  
Author: Matthew Cordell *Children's Books* 2015 48 pages

As an elephant couple embark on a life together, thoughts of children are far away-at first. But as the desire for a child grows, so do unexpected challenges. And it's only after thwarted plans and bitter disappointment that their deepest wish miraculously comes true.

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Material Title: **Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families**  
Author: Jayne Blatt *Books* 2009 269

Why don't our children return our love? What are we not understanding? What are we failing to do? These questions can trouble the minds of adoptive parents caring for wounded, traumatized children. Families often enter into the adoption experience with high expectations for themselves and their children but are quick to discover that these hopes are not realistic. This book addresses those unmet expectations and offers validation and solutions for the challenges that arise when parenting deeply traumatized or emotionally disturbed children.

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## Adoption, General

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Material Title: **Zachary's New Home: A Story for Foster and Adopted Children\* (Children's Materials)**  
Author: Geraldine Blomquist *Children's Books* 1990 30 pages

Zachary, a little kitten, is confused and concerned. He doesn't understand why he has to move from his first family to a foster family and then to an adoptive family. He is angry at the changes in his life. He thinks no one loves him. This comforting story, designed to be read to children aged 3 to 8, explores his emotions with appealing illustrations of animal characters. It may evoke strong emotions in children, so it is important that knowledgeable and concerned adults discuss these emotions and allow the child to explore his or her own feelings.