

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.

## Talking to Adopted Children

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- Material Title:** **A Foster-Adoption Story: Angela and Michael's Journey: A Therapeutic Workbook for Traumatized Children**
- Author:** Regina M. Kupecky & Christine Mitchell *Children's Books* 2009 30
- A Foster-Adoption Story tells the story of a brother and sister experiencing abuse, neglect, multiple foster care moves, sibling separation, and eventually adoption. The goal of this workbook is to open the door to discuss difficult topics; issues like abuse, neglect, birth parents, and loyalty conflicts. It can be used as an aid in helping children heal; one that allows them to read about "kids like me". This workbook will be a useful therapeutic tool to help children process their experiences and grief along the path to healing.
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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: 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:** **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 Triangle, The**
- Author:** Arthur D. Sorosky, M.D. *Books* 1984 225 pages
- This book explores all aspects of the "adoption triad," from birth parents to adoptive parents to adoptees. It covers past and modern adoption practices and issues, and is full of real life stories from all parties of the triad. A large portion of this book is dedicated to how adoptees are affected by sealed or open records.
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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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## Talking to Adopted Children

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Material Title: **All About Ben: Helping Children with Attachment Issues to Understand Their Feelings**  
Author: Dorothy & Aileen Markham & O'Donnell *Children's Books* 5/21/2018 40

This reassuring story helps children aged 5+ with attachment issues to understand their feelings, open up to a caring adult and learn how to choose positive behaviours. Ben is made up of lots of different 'parts' - to name a few, he has happy, caring, angry, excited, hugging and yelling parts. Ben explains how all these parts are okay, and that a caring adult can help you to understand and manage them more easily.

This book also features activities to help children talk about their feelings, and a simple introduction to attachment theory for adults.

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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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Material Title: **Birthright: The Guide to Search and Reunion for Adoptees, Birthparents, and Adoptive Parents**  
Author: Jean A. S. Straus *Books* 1994 342 pages

This book is divided into two parts, "Search" and "Reunion." The author, an adoptee who located her birth family in 1988, addresses such issues as making the difficult decision to search, navigating the emotional turbulence of a reunion, dealing with the impact of the search on the adoptive parents, and more.

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Material Title: **Brief Chapter in My Impossible Life, A**  
Author: Dana Reinhardt *Children's Books* 2007 256

You can tell what really makes Simone different just by looking at her: she doesn't resemble anyone in her family. She's adopted. She's always known it, but she's never wanted to know anything about where she came from. She's happy with her family just as it is, thank you.

Then one day, Rivka calls, and Simone learns who her mother was—a 16-year-old, just like Simone. Who is Rivka? What does she want? Why is she calling now, after all these years? The answers lead Simone to deeper feelings of anguish and love than she has ever known and prompt her to question everything she has taken for granted about faith, the afterlife, and what it means to be a daughter.

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Material Title: **Caleb's Healing Story: An interactive story with activities to help children to overcome challenges arising from trauma, attachment issues, adoption, or fostering**  
Author: Kathleen & Tasha Chara & Lehner *Children's Books* 6/21/2016 144

Caleb invites you on a journey to learn about attachment and trauma in this interactive story and workbook intended for children (ages 5-14) and the adults who support them.

Caleb shares his own story about healing from his difficult early experiences, and encourages readers to join him in sharing their stories and completing the healing activities included in the book. Caleb's Healing Story identifies the common challenges that children who have experienced attachment or trauma issues will encounter and offers easy to use interventions in the form of activities and worksheets.

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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: **Coffee Can Kid, The\* (Children's Materials)**  
Author: Jan M. Czech *Children's Books* 2002 24 pages

This is a story about a story. Six-year old Annie asks her adoptive father to tell her again about her Korean birthmother and how she came to be adopted. While Annie listens to her father, the coffee can becomes, in her hands, alternately a drum, a shaker and a chest containing a dear treasure.

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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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## Talking to Adopted Children

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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: **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: **Facing up to Facebook: A survival guide for adoptive families**  
Author: Eileen Fursland *Books* 2010 97 pages

This book, published by the British Association for Adoption & Fostering (BAAF), examines the way the internet, social networking and other technologies are changing the landscape of adoption contact, search and reunion. It is the first UK guide to explore the many pressing questions and concerns facing adoptive parents: What do adoptive families, adopted children and birth families need to know about adoption in the Facebook age? How can they be equipped for new challenges? What do adoptive parents need to know about protecting privacy and security in the best interest of their children and wider family? How can adoptive parents manage the complex situations that arise from unauthorized and unmediated contact? What help and support is available?

This guide demystifies the technology behind social networking sites, provides a practical explanation of how they work and tackles key issues such as internet safety, privacy and identity protection. Facing up to Facebook provides a considerable amount of information, raises important questions and offers essential advice. Case studies and quotations enable others' experiences to be shared, and reveal the potential and very significant risks that some people have experienced. Although it does not provide any easy answers, the guide does include hard-won insights from adoptive parents and adoption workers who have had to face up to the impact of Facebook.

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Material Title: **Filling in the Blanks; A Guided Look at Growing Up Adopted**  
Author: Susan Gabel *Children's Books* 1980 149 pages

This lifebook/workbook is a tool for older children and adolescents to help them learn about being adopted. It is divided into four sections: My Birth Family, My Adoption Process, My Adoptive Family, and Myself.

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Material Title: **Finding a Family for Tommy**  
Author: Rebecca Daniel *Children's Books* 2009

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Material Title: **Finding the Right Spot; When Kids Can't Live with Their Parents**  
Author: Janice Levy *Children's Books* 2004 42 pages

When kids can't live with their parents, their feelings are complicated, confusing, and often chaotic. This beautifully illustrated story, for all such kids, regardless of the circumstances, offers children a chance to think about their feelings and understand them better. It also provides caregivers help in understanding the child's experience and a two-page "Note to Caregivers" by professionals for help in facilitating conversation.

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Material Title: **Flight of the Stork: What Children Think (and When) about Sex and Family Building**  
Author: Anne C. Bernstein *Books* 1994 269 pages

This is for parents who are uncertain about how to talk to their children about sensitive issues, including sex and adoption. Bernstein outlines developmental stages in terms that are easily understood and describes what children's capabilities and tendencies are at each level. The book is filled with interviews with children on the subjects first of sex and later adoption, and there are many concrete suggestions for words, and more importantly, approaches to use when talking to your children.

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## Talking to Adopted Children

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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: **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: **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: **Foster Care: One Dog's Story of Change**

Author: Julia Cook

*Children's Books*

2018

32

In this heartfelt story from the bestselling author of *My Mouth is a Volcano!*, Foster meets new friends and a kind foster mom who help him navigate the fears and feelings associated with going into foster care. Foster has lived with his mom and "sometimes dad" all of his life...until now. And like so many others entering foster care, he has more questions than answers and so many new feelings to deal with.

"I don't know what's going to happen to me. Will I end up being like Zeke? Will I have a new forever mom? Can I visit my mom once a week?"

"I have so much going on inside me right now. I feel angry, guilty, scared, hurt, and sad. But maybe the others are right. Maybe being here isn't so bad."

Written in an honest, approachable way, *Foster Care* will encourage children entering or already in foster care and help them understand they are not alone. Foster, Daisy, Zeke, Simpson, and Rex all have different circumstances which brought them to foster care. Together they talk through their stories and realize this is right where they need to be for now; under the caring watch of foster mom, Miss Beulah.

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# Talking to Adopted Children

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Material Title: **Gingerbread Girl, The**

Author: Joanna & Heather Forbes

*Children's Books*

2017

59 pages

Full of pizzazz and adventure, The Gingerbread Girl takes children on an explorative journey of emotions, survival challenges, and determination. Written from a trauma perspective, unlike the traditional Gingerbread Boy story, it has a different ending (SPOILER ALERT) that shows how even in the most challenging of situations, you can still remain in a place of personal power and confidence.

The Gingerbread Girl includes an in-depth social/emotional discussion guide written by Heather T. Forbes, LCSW. It is designed to be an example of how any traditional storybook can be used as a social/emotional learning experience for children. When we teach young children how to identify their emotional responses, they become better equipped to handle adversity and develop better self-regulatory skills that will serve them to remain in a place of power and control of their own actions.

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

Author: Robyn Gobbel

*CDs*

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

Author: Robyn Gobbel

*DVDs*

1hr 18min

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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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## Talking to Adopted Children

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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 Children Cope with Separation and Loss**

Author: Claudia Jewett Jarratt

*Books* 1982 226 pages

This step-by-step guide for any concerned adult offers warm advice, specific techniques and innovative ideas for helping children overcome the sadness, anger and anxiety resulting from divorce, death, absence, adoption, foster care, and sibling loss.

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Material Title: **How Do We Feel About Adoption? The Adoption Club Therapeutic Workbook on Feelings and Behavior**

Author: Regina Kupecky

*Children's Books* 10/21/2014 56

The children of The Adoption Club have lots of different feelings about adoption.

Michael was scared when he first met this adopted family, and was worried his adoptive family might not keep him. Other children talk about feeling happy, sad and angry, and how feeling can make them behave strangely. This workbook gives children a way to sort out feelings, discuss them and feel better.

Written for counsellors and therapists working with children aged 5-11, as well as adoptive parents, this workbook is designed to help children to explore their feelings and behavior. It is one of a set of five interactive therapeutic workbooks featuring The Adoption Club written to address the key emotional and psychological challenges adopted children often experience. Together, they provide an approachable, interactive and playful way to help children to learn about themselves and have fun at the same time.

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Material Title: **How I Was Adopted\* (Children's Materials)**

Author: Joanna Cole

*Children's Books* 1995 37 pages

Here, Samantha tells the story of how she was adopted, but it is also a story of how babies are born and how children grow, of what makes people different and what makes them the same, and it is a story about love and family.

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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 to Talk So Kids Will Listen and Listen So Kids Will Talk**

Author: Adele Faber

*Books* 2012 233 pages

Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach provided by the authors makes relationships with children of all ages less stressful and more rewarding. Their methods of communication - illustrated with delightful cartoons showing the skills in action - offer innovative ways to solve common problems.

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Material Title: **I Can Make This Promise**

Author: Christine Day

*Children's Books* 2019 272

All her life, Edie has known that her mom was adopted by a white couple. So, no matter how curious she might be about her Native American heritage, Edie is sure her family doesn't have any answers.

Until the day when she and her friends discover a box hidden in the attic—a box full of letters signed "Love, Edith," and photos of a woman who looks just like her.

Suddenly, Edie has a flurry of new questions about this woman who shares her name. Could she belong to the Native family that Edie never knew about? But if her mom and dad have kept this secret from her all her life, how can she trust them to tell her the truth now?

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## Talking to Adopted Children

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Material Title: **I Love You Like Crazy Cakes\* (Children's Materials)**  
 Author: Rose Lewis *Children's Books*      2002      23 pages

This book for very young children, warmly illustrated by Jane Dyer, tells the story of an American woman's adoption of a baby girl from a Chinese orphanage. All runs smoothly for both.

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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: **I'll Tell You When You Are Older Because... (CD)**  
 Author: Barry Chaffkin, April Dinwoodie and Doris Laurenceau *CDs*      8/62011      20 minutes

Presented by Barry Chaffkin, April Dinwoodie, and Doris Laurenceau of Changing the World One Child at a Time, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Children do best when they know the truth about their lives, but sharing difficult information is not easy. This workshop will give you the tools to discuss the most challenging situations (abuse, parental incarceration, death, HIV, incest, termination of parental rights) with children of all ages. Please bring your own challenging questions to the session. No topic is off limits!

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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: **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: **Jazzy's Quest: Adopted and Amazing!**  
 Author: Carrie Goldman *Children's Books*      6/7/2015      66

What makes you amazing? That's what Star-Wars-loving adoptee Jazzy Armstrong has to figure out before the big community talent show. Is she musical like her parents and sisters? Can she make dazzling flower arrangements like her birth mother, score goals on the soccer field like her birth brother, or is there something unique about Jazzy that is nothing like her families? Join Jazzy on her quest to discover just what makes her amazing!

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Material Title: **Jazzy's Quest: What Matters Most**  
 Author: Juliet Bond *Children's Books*      9/26/2016      104

What matters most to you? That's what Jazzy needs to figure out when faced with some tough decisions. Is what matters most being invited to the coolest birthday party in town? Is it competing in an amazing Star Wars contest? Or is it helping a friend in need? Join Jazzy on her quest to discover what matters most.

The second book in the groundbreaking Jazzy's Quest series, this compelling story explores friendship issues that are common in tween social circles, through the lens of 10-year-old adoptee, Jazzy Armstrong. Kids will relate to Jazzy's search for belonging at school and at home.

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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.

## Talking to Adopted Children

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Material Title: **Let's Learn About Adoption: The Adoption Club Therapeutic Workbook on Adoption and its Many Different Forms**  
Author: Regina Kupecky *Children's Books* 10/21/2014 48

There are many kinds of adoption -- and in this workbook the children of The Adoption Club find out about all of them!

The children of The Adoption Club are all different. There's Mary who was adopted from China by her single mum, Alice, who is still in touch with her birth parents in an 'open adoption'; siblings Angela and Michael who lived in different homes for many years but are now back together; Robert who loves to do stunts in his wheelchair; and Alexander who grew up with lots of children in a care home.

Written for counsellors and therapists working with children aged 5-11, as well as adoptive parents, this workbook is one of a set of five interactive therapeutic workbooks written to address the key emotional and psychological challenges they are likely to experience. They provide an approachable, interactive and playful way to help children to learn about themselves and have fun at the same time.

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Material Title: **Life Work With Children Who Are Fostered or Adopted**  
Author: Joy Rees *Books* 1/18/2018 120

This new book from life work expert Joy Rees explains the value of effective and meaningful life work with children who are fostered and adopted, and how best to carry this out.

This book will help social work professionals, foster carers and adopters to understand the many aspects of life work and to consider the important contributions they can all make to this task. Life work is about helping children to know and to understand their personal stories and the life experiences that have shaped them. Enabling children to reach their potential and achieve the best possible outcome is the common goal, and this is best achieved by using the collaborative approach to life work advocated in this book

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Material Title: **Lifestory Books**  
Author: ORPARC Staff *Information Packet* 2015 45 pages

This newly revised information packet is a thoughtful and thorough compilation of Lifestory Book material, designed to inspire both parents and professionals. The contents include articles, helpful tools, and resources.

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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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Material Title: **Lucy's Family Tree\* (Children's Materials)**  
Author: Karen Halvorsen Schreck *Children's Books* 2001 39 pages

In this illustrated older child's book, Lucy's family doesn't "match" and being different bothers her. A family tree project at school brings Lucy's feelings about her adoption into the open, and she begins to explore what really makes a family. As she comes to understand that being different is part of life, Lucy finds a way to make a family tree that celebrates her past as well as her present.

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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: **Mother for Choco, A\* (Children's Materials)**  
Author: Keiko Kasza *Children's Books* 1992 31 pages

This illustrated book tells the story of a motherless bird who searched for a mother from Africa to the Arctic. But all the animals he encountered reminded him that he didn't look like him so they couldn't be his mother. Finally he meets Mrs. Bear who hugs and kisses him and takes him home to her adopted family. They both realize that she is the perfect mother for Choco.

## Talking to Adopted Children

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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.

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

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Material Title: **Not Again, Little Owl**

Author: Vivien Norris

*Children's Books*

2018

Not Again, Little Owl is a therapeutic picture book for children who are moving from a temporary to a permanent family. It focuses on children who have had multiple transitions. This is not a fairy tale but a powerful and moving story which gets alongside the child's experience. It has been written for foster carers, adopters and professionals supporting children. 'Stories are such an important tool for helping children to understand and to feel understood. This is a delightfully illustrated story which will be of great help for children who unfortunately have to face moving too many times. Believing that the final family is permanent is so hard for these children.'

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Material Title: **Nothing Good Ever Happens to Me: An Adoption Love Story**

Author: Caroline Lindsay

*Books*

1996

106 pages

This true account of an adoption that took ten years to complete and was complicated by the intermittent presence of a father who refused to consent to his daughter's adoption is a moving and honest portrait of the struggles involved in adopting an older child.

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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: **Ocean Within, The**

Author: V.M. Caldwell

*Children's Books*

1999

275 pages

In this novel for adolescents, 11-year-old Elizabeth is the newest member of the big and boisterous Sheridan family. They try to make her feel at home, but Elizabeth stays apart. She knows from experience in foster homes that one day she'll be sent away. It's only a matter of time before a showdown between Elizabeth and the grandma she calls "Iron Woman" ensues.

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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: **Sam's Sister\* (Children's Material)**

Author: Juliet C. Bond

*Children's Books*

2004

27 pages

In this book, a mother explains to her five-year-old daughter that she will not be able to keep the "new baby growing in my tummy." Although its presentation of flawless characters and ideal circumstances might not seem typical, it deals sensitively with an issue not often addressed in adoption literature for children, and it is beautifully illustrated.

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Material Title: **Social networking and contact: How social workers can help adoptive families**  
Author: Eileen Fursland *Books* 2010 102 pages

This book, published by the British Association for Adoption & Fostering (BAAF), examines the way internet, social networking and other technologies are changing the landscape of adoption contact, search and reunion. It is the first UK guide to explore the many pressing questions and concerns facing social workers: What do practitioners need to know about adoption in the Facebook age? How can they be equipped for new challenges? What do social workers need to know about protecting privacy and security so that they can give advice to young people and their families? How can social workers manage the complex situations that arise from unauthorized and unmediated contact? What advice and support is available?

The guide demystifies the technology behind social networking sites, provides a practical explanation of how they work and tackles key issues such as internet safety, privacy and identity protection. It examines the challenges faced by all parties involved in contact and looks at balancing the adopted child's curiosity and need to know with the adoptive family's fears and concerns around security and disruption. Social networking and contact provides a significant amount of information, raises important questions and offers essential advice. Case studies and quotations enable others' experiences to be shared, and reveal the potential and very significant risks that some people have experienced. Although it does not provide any easy answers, the guide does include hard-won insights from adoption workers and adoptive parents who have had to face up to the impact of Facebook.

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Material Title: **Social networking and you**  
Author: Eileen Fursland *Children's Books* 2011 24 pages

This booklet for adopted and long-term fostered teenagers raises important questions about young people's use of social networking and offers practical advice on sharing information (or not) and staying safe online. It specifically addresses concerns about unexpected contact with birth family members, talking things through with adoptive parents and tracing birth relatives. The real-life experiences of adopted young people help bring the guide to life and challenge the reader to consider 'what happened next?'

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Material Title: **Sometimes It's Grandmas and Grandpas Not Mommies and Daddies**  
Author: Gayle Byrne *Children's Books* 2009 32 pages

Sometimes It's Grandmas and Grandpas shares a child's experience living with and being cared for by grandparents through the eyes of a cheerful and delightful little girl. Uplifting watercolor illustrations give extra warmth to this caring and loving story, to which a growing number of children can identify—over 4.5 million children in the United States are primarily cared for by a grandparent. Poignant moments expressing the child's curiosity and questions give way to comforting and playful exchanges at home with Nonnie and Poppy. Spending the day with this grandparent-led family, we see that it's not always Mommies or Daddies that care for children, and that's okay!

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Material Title: **SOMETIMES... A Story of Transition For Foster and Adopted Children**  
Author: Keri Vellis *Children's Books* 2017 24

A comforting book written for foster children, or for children who are not able to stay in their home and may be placed in a new home. Follow along with a timid foster child and a teddy bear as they learn about their new home. A transition like this can be scary and this book helps a child understand and feel safe along their journey, all while providing comfort and acceptance into their new environment. This book is an ideal tool to have available in social service agencies, law enforcement agencies, daycare and schools, as well as to have in a home library where foster children are living. Foster, resource, adopted and divorced families will find this book both helpful and inspirational!

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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: **Talking With Young Children About Adoption**  
Author: Mary Watkins *Books* 1993 241 pages

This book, for parents of children ages two to ten, discusses what to say to adopted children and when to say it. It also explores how kids respond to the concept of adoption, how they incorporate it into their make-believe play, and what worries they have.

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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 audiotope, Jamie Lee Curtis reads the story followed by a couple of songs.

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Material Title: **Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past**  
Author: Betsy Keefer *Books* 2000 223 pages

The goal of this book is to equip parents with the knowledge and tools they will need for a lifetime as they communicate with their adopted or foster child about the complex, troubling, and often painful aspects of his or her fragmented past. It is designed to meet the informational and practical needs of adoptive and foster parents of either domestic or international origin, with or without special needs. It is also intended for adoption professionals, mental health professionals, school teachers, and other professionals who work with adopted and foster children.

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Material Title: **Therapeutic Communication With Children: The Mutual Storytelling Technique**  
Author: Richard Gardner *Books* 1971 970 pages

Learn the techniques to use in storytelling to do therapy with children. Meticulous examples and research in working with children.

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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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Material Title: **Twice Upon-A-Time: Born and Adopted**  
Author: Eleanora Patterson *Children's Books* 1987 43 pages

Families are not all formed in the same way, but all children, even adopted ones, grew inside their birthmother before they were born. This picture book starts with a description of conception, pregnancy and birth. It then explains how a child enters a family through adoption. Twice Upon-a-Time helps adopted children to feel good about themselves and their families.

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Material Title: **Visiting Feelings**  
Author: Lauren Rubenstein *Children's Books* 2013 32 pages

Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, Visiting Feelings invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

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Material Title: **W.I.S.E. Up Powerbook\* (Children's Materials)**  
Author: Marilyn Schoettle *Children's Books* 2000 29 pages

This children's book from the Center of Adoption Support and Education, Inc. (C.A.S.E.) is intended to give your children and you the tools to cope with the sometimes discomfiting comments, both personal and general, you sometimes get from others. Learn how and when to (W)alk away, say (I)t's private, (S)hare, or (E)ducate. This booklet also comes with a 7-page (purple) Parent Guidebook to help parents use the Powerbook to teach their children these techniques.

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Material Title: **We See the Moon\* (Children's Materials)**  
Author: Carrie A. Kitze *Children's Books* 2003 30 pages

This book is designed to help adopted children talk and ask questions about their birthparents, using the moon as an imaginative tool to help them connect to their feelings. The book is affirming of both adoptive and birth families. Jinshan Peasant Paintings from China provide colorful illustrations.

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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: **When Something Terrible Happens: Children Can Learn to Cope with Grief**

Author: Marge Heegaard *Children's Books* 1992 32 pages

Creates ways for children to explore the fright, confusion, and insecurity caused by traumatic events in their lives. The 'Drawing Out Feelings' series has been designed to provide parents, educators and counselors with an organized approach to helping children cope with grief, family loss and change. A workbook to help children work out feelings about a traumatic event. Traumatic events in the lives of their families, friends or community leave children feeling confused, insecure and frightened. Recreating the event on paper reduces the child's terror and creates feelings of empowerment. Drawing puts the child in charge, providing the opportunity for exploring feelings. With the help of this book, nightmares and post-traumatic stress symptoms can be relieved.

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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: **Why Didn't She Keep Me? Answers to the Question Every Adopted Child Asks**

Author: Barbara Burlingham-Brown *Books* 1994 169 pages

These twenty stories from birth mothers in their own words might provide insight and reassurance to any adoptee. We might not know what your birthmother's story is, but here are some of the reasons why mothers have chosen adoption for their children.

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Material Title: **With You Always, Little Monday**

Author: Genevieve Cote *Children's Books* 2007 32 pages

Who is Little Monday's mommy? Is she Swan, Bear, or Chipmunk? What about Skunk? Little Monday asks nearly every animal in the forest, but he can't find his mommy anywhere. He's just about ready to give up. Then, late one night, Little Monday looks high into the sky and finally discovers her in a most unexpected place.

By weaving in the legend of the moon rabbit, this gentle story reminds us all that the bond between a parent and child is as far-reaching as the endless night sky