

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.

Faith-Inspired

Material Title: **Amber's Voice!: Navigating Through a Difficult Conversation with a young child about Sexual Abuse**

Author: Amber Latimore *Children's Books* 2020 30

This is not your ordinary children's book! This book gives parents and caregivers a gentle way of having a discussion about sexual abuse, just by reading about Amber's story. In this book, you will learn all about Amber's likes and dislikes, and will be able to engage in conversation with your little ones by asking them questions throughout the book. Inside this book is information for parents and caregivers to look over and understand about sexual abuse.

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.

Material Title: **B is for Breathe; The ABCs of Coping with Fussy and Frustrating Feelings**

Author: Melissa Munro Boyd *Children's Books* 2019 32

From the letter A to the letter Z, B is for Breathe celebrates the many ways children can express their feelings and develop coping skills at an early age. Fun, cute, and exciting illustrations, this colorful book teaches kids simple ways to cope with fussy and frustrating emotions. This book will inspire kids to discuss their feelings, show positive behaviors, and practice calm down strategies.

Material Title: **Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond**

Author: Debra W. Haffner, MPH *Books* 2001 222 pages

In this book, the author confronts issues such as peer pressure, dating and parties, alcohol and drugs, sexual harassment, abstinence, and much more. The book is broken down to provide specific information particular to each age group from middle school to high school and beyond. It is packed with helpful exercises and an extensive appendix of additional resources. In addition, a supportive foreword is written by the author's own teenage daughter.

Material Title: **Boundaries, A Guide for Teens; How to build relationships that protect your personal space and respect your feelings - Spiritual Version**

Author: Val J. Peter & Tom David *Children's Books* 2000 100

This book invites teens to examine their lives and relationships within a religious context. It begins by helping you define what physical, emotional, spiritual, and sexual boundaries are. Stories of other teens illustrate how personal space and feelings can be either respected or violated in relationships with others.

The book's journal format encourages you to reflect on and record feelings about your own relationships. Do people respect your boundaries? Has anyone ever made you feel uncomfortable in some way? Have you ever felt manipulated, intimidated, or mistreated by someone you regarded as a friend? How can you get a friendship that has gone wrong back on track?

Use Boundaries: A Guide for Teens to help assess your relationships with family, friends, classmates, and God. Learn how to build close and satisfying friendships while guarding against being used or abused by others. Learn what it takes for you to be a good friend in return.

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.

Faith-Inspired

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.

Material Title: **Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption (AUDIO)**
Author: Mike Berry *CDs* 2018 5 discs

Know That You Are Not Alone on This Journey

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Material Title: **Don't look at Me: A Child's Book about Feeling Different**
Author: Doris Sanford *Children's Books* 1986 28

After being called stupid and fat by the kids at school, Patrick learns that he is special in his own right and does not have to see himself as others do

Material Title: **Embracing the Journey: A Christian Parents' Blueprint to Loving Your LGBTQ Child**
Author: Greg McDonald & Lynn McDonald *Books* 2019 256

A sympathetic, compassionate, and inspiring guide for parents, from the founders of one of the first Christian ministries for parents of LGBTQ children.

Greg and Lynn McDonald had never interacted with members of the LGBTQ community until they discovered that their son was gay—and without resources or support, they had no idea how to handle this discovery. At first they tried to “fix” him, to no avail. But even in the earliest days of their journey, the McDonalds clung to two absolutes: they would love God, and they would love their son.

This book follows the McDonald family's journey over the next twenty years, from a place of grief to a place of gratitude and acceptance that led the McDonalds' to start one of the first Christian ministries for parents of LGBTQ children. Based on their experience from counseling and coaching hundreds of struggling Christian parents, they offer tools for understanding your own emotional patterns and spiritual challenges. They also help you experience a deeper relationship with God while handling difficult or unexpected situations that are out of your control. You will discover tested principles, patterns, and spiritual lessons that can change the way we all see our families, and help Christians at large think though Christ-like ways to respond to the LGBTQ community.

Written in an unvarnished, honest, reassuring, and relatable voice, this is a practical guide for parents and a roadmap to learning to love God, the people He created, and the church, even when they seem to be at odds.

Material Title: **Five Love Languages of Children, The (2 CDs)**
Author: Gary Chapman and Ross Campbell, MD *CDs* 1997 45 minutes

Read by Gary Chapman, the author describes five “love languages” and suggest that your child has one primary “language” with which he or she expresses love and understands it from you. The “languages” are physical touch, words of affirmation, quality time, gifts, and acts of service. One should become familiar with all five since a child can communicate and understand love in other “languages” than his or her primary one and the primary language may change many times.

Faith-Inspired

Material Title: **Full Esteem Ahead: 100 Ways to Teach Values and Build Self-Esteem for All Ages**
Author: Diana Loomans *Books* 1994 335

A collection of ideas and techniques designed to make family life enjoyable and help children develop a strong sense of self-worth includes such topics as setting family goals, creative conflict resolution, and ways to have fun together.

Material Title: **Girls on Track: A Parent's Guide to Inspiring Our Daughters to Achieve a Lifetime of Self-Esteem and Respect**
Author: Molly Barker *Books* 2004 256

During adolescence, if a girl isn't careful, she can fall into a trap called the Girl Box—a place where the way she looks is more important than who she is, where having a boyfriend is worth giving up a piece of her identity. This is a very serious problem, one that can lead to substance abuse, eating disorders, early sexual contact, and depression. Now Molly Barker, founder of the dynamic Girls on the Run® exercise program, has created a ten-week self-esteem-building plan that will instill resiliency in young girls and enhance their emotional, social, physical, mental, and spiritual health. The activities and lessons are designed for parents and girls to do together.

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.

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.

Material Title: **It Happened to Me: A Teen's Guide to Overcoming Sexual Abuse**
Author: William Lee Carter *Children's Books* 2002 182

Whether sexual abuse happens in early childhood or just before leaving home, most trauma survivors find that the teenage and early adult years are crucial for their recovery. With the right kind of support, it's then that they have the motivation and capacity for insight that will let them begin the process of healing.

This workbook is written for teen girls and those who treat them. Simple, effective exercises help girls learn about the different aspects of trauma, share the thoughts and emotions of other survivors, clarify their own ideas and beliefs, and explore new ways of feeling and relating. Author William Lee Carter is a psychologist who works with sexually abused teens on a daily basis, and his approach is positive and sensitive to the needs and feelings of this age group. The exercises he provides focus on giving girls the strength and confidence they need to reshape their self-image, connect with others in healthy ways, and develop the skills they need to realize their full potential.

Faith-Inspired

Material Title: **Keep the Doors Open: Lessons Learned from a Year of Foster Parenting**
Author: Kristin Berry *Books* 2020 224

As a teenager, Kristin Berry had heard all the horror stories surrounding foster care and adoption—abuse, neglect, rejection, anger, and misunderstandings. But instead of closing her heart, God opened it wide.

This is Kristin's honest, unvarnished story of some of her experiences as a foster parent of twenty-three children over the course of nine years.

What she learned is that living in a foster home is like living with a revolving door. You never know who will arrive or who you will have to say goodbye to. Leaving the door open means there will be heartache and pain, but also adventure and unexpected joy. Kristin and her husband, Mike, have been through it all in their unique parenting journey.

If you have ever wondered what it's really like to be a foster parent, this book will help you gain a true understanding of the everyday trials and triumphs these moms and dads face. It will also inspire you to consider opening your door...and to leave it wide open.

Material Title: **Levels of Engagement & Trauma-Informed Care; Are You Connecting or Distancing? Master Lecture Series**
Author: Karyn Purvis *DVDs* 2015 53 Minutes

Dr. Karyn Purvis, Rees-Jones Director of the TCU Institute of Child Development, offers practical examples taken from real-life, hands-on experiences, to bring insight to the issues of Structure vs. Nurture. This lecture teaches caregivers the IDEAL Response (c), which emphasizes how to avoid Distancing Strategies that hurt more than help, and how to embrace Connecting Strategies that can lead to trusting relationships and more positive outcomes.

Material Title: **Little Mask, The: Fetal Alcohol Syndrome* (Children's Materials)**
Author: Washington State Division of Social and Health Services *Children's Books* 2000 81 pages

For children ages 6-11: Please see series description, "Journey Through the Healing Circle." This illustrated book for children ages 6-11, tells the story - in the style of Native American folklore - of Little Mask and Best Day Ever, two young raccoons with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to children who have questions or concerns.

Material Title: **No Sugar Coating: The Coffee Talk You Need About Foster Parenting**
Author: Jillana Goble *Books* 2019 89

No Sugar-Coating is a warm, straight-up guide that reads like a conversation with a knowledgeable friend. It is filled with practical suggestions interwoven with compelling narrative rooted in foster parenting experience. No Sugar-Coating offers valuable insight for those eager to learn more about foster parenting as well as an anchoring for those who have already welcomed vulnerable children through their front door.

Material Title: **Nurturing Adoptions: Creating Resilience after Neglect and Trauma**
Author: Deborah Gray *Books* 2012 457 pages

This state of the art guide for parents and professionals helping children affected by neglect and trauma demonstrates not only the effects on brain and emotional development of neglect and trauma and how to recognize them, but also approaches at home and at school that encourage these children to flourish. Although its focus is weighted toward the professional, this book is an excellent companion piece to Gray's other book, Attaching in Adoption, and it should be a source of enlightenment for parents as well.

Material Title: **Please Come Home: A Book About Divorce and Learning and Growing**
Author: Doris Sanford *Children's Books* 1985 30

A young girl deals with the emotions of her parents' divorce.

Material Title: **Promoting Healthy Attachments: Hands-On Techniques to Use with Your Clients**
Author: Deborah Gray *Books* 2019 307

This book is a hands-on, practical guide to successful attachment-oriented interventions with parents and children who present with a variety of issues, from trauma to depression to anger. It begins with an understanding of attachment's role in stress regulation and relationships. With the basics examined, the book takes a deep dive into the practicalities of clinical work. The book lays out a detailed behavioral checklist for each attachment pattern (secure, avoidant, ambivalent, disorganized). This checklist provides a rich source of interventions for therapists. The author includes sensory-base interventions and how to use body-based methods. Play that strengthens attachments is also discussed.

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!

Faith-Inspired

Material Title: **Raising Your Children's Children: Help for Grandparents Raising Grandkids**
Author: Martha Evans Sparks *Books* 2011 160

Sometimes, people mess up. They get addicted to drugs or alcohol, abandon their child, or just leave. This book is for those who want to step in and help, specifically the grandparents of those abandoned. Over six million children live in grandparent-headed households in the United States today. The number continues to rise. More than 80% of these cases occur because of drug or alcohol addiction. Grandparents raising grandchildren occurs in all ethnic and socio-economic groups. But where do you start? There's court proceedings, lawyer bills, sometimes hospital bills, and not to mention emotional needs of the children and grandparents alike. *Raising Your Children's Children* is a first reader of fast, accurate answers to sudden questions from the world of child neglect and abuse, court proceedings, custody arrangements, and drug addiction grandparents never knew existed. Your world may have just changed drastically, but you're not alone. Let us help.

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.

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.

Material Title: **Something Must Be Wrong With Me: A Boy's Book about Sexual Abuse**
Author: Doris Sanford *Children's Books* 1993 28

Dino is sexually abused by his coach. With the help of his mother, therapists, and lawyers, he understands what happened.

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.

Material Title: **Teaching Proactive Strategies; Learning to Speak Amygdala**
Author: Karyn Purvis *DVDs* 2015 1hr 17mins

Dr. Karyn Purvis, Rees-Jones Director of the TCU Institute of Child Development, examines relationships and connection—the core of Trust-Based Relational Intervention (TBRI). In this presentation, Dr. Purvis lays out various teaching strategies for mentoring a child's brain to a place of redevelopment, positive change and more regulated behavior by meeting the child's physical, attachment, and sensory needs. What matters most is consistent support from adults who can help children feel safe and connected as they learn self-regulation.

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.

Faith-Inspired

Material Title: **Wavy, Curly, Kinky: The African American Child's Hair Care Guide**

Author: Deborah R. Lilly

Books

2005

168

Your hands-on guide to the best care for your child's hair

Now taking care of your child's hair can be fun, easy, and trouble-free! In *Wavy, Curly, Kinky*, renowned stylist Deborah Lilly shows parents the best ways to style and maintain African American boys' and girls' hair from infancy to the preteen years. She presents clear, easy-to-follow hair care guidelines for the three different types of African American hair and gives you expert recommendations for the best products and techniques for each hair type.

Featuring step-by-step instructions, photographs, illustrations, and a helpful question-and-answer section, this comprehensive, user-friendly guide shows you how to: Determine your child's hair texture Get up to speed on hair care basics from washing to combing to braiding Press, relax, or texturize hair Weigh the pros and cons of cutting your child's hair Train, nurture, and manage problem hair

Keep your child's hair healthy and looking great with *Wavy, Curly, Kinky*—and transform hair care time from a chore to a fun, bonding experience for both you and your child!

Material Title: **When Dinosaurs Die: A Guide to Understanding Death**

Author: Laurene Krasny Brown

Children's Books

1996

32

Straightforward and compassionate, *When Dinosaurs Die* explains death, dying, and coping with grief and loss in simple and accessible language for young kids and families.

No one can really understand death, but to children, the passing away of a loved one can be especially perplexing and troublesome. This is true whether the loss is a classmate, friend, family member, or pet. Here to offer advice and reassurance are the wise dinosaurs from *Dinosaurs to the Rescue*, *Dinosaurs Divorce*, *Dinosaurs Travel*, and *Dinosaurs Alive and Well*. This succinct and thorough guide helps dispel the mystery and negative connotations associated with death. This helpful book provides answers to kids' most-often asked questions and also explores the feelings we may have regarding the death of a loved one, and the ways to remember someone after he or she has died.

Satisfying and comprehensive, this indispensable book is a comforting aid to help all children through a difficult time in their lives.

Material Title: **You're Parenting Again? What You Should Know About Raising Your Grandchildren**

Author: Lary D. Lamb

Books

2017

144

Grandparents raising their grandchildren are a new demographic emerging at a staggering rate because the parents are either unwilling or incapable of raising their own children. The rationale for this work is derived from the challenges this author and his wife have because of parenting their grandchildren. The research for this project has the value to offer support, wisdom, hope, and perspective for those who are parenting again as grandparents. Opportunities abound to lead grandchildren in a direction where they never would have gone had grandparents resisted the selfless act of parenting again.

This project will be approached using surveys with specific questions from other grandparents who are raising their grandchildren. The survey will assist in assembling the reasons behind this new and emerging trend of parenting. The resources gathered from this project will help grandparents embrace their new role in life.