

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.

## Transitions

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

It's 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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Material Title: **Aging Out: Case Closed**  
 Author: Roger Weisbert *DVDs*

Keely Lopez is a 21-year old African American woman who aged out in 2002. She grew up on welfare, lost her mother to AIDS, a brother in a drug shooting, and her father to alcohol abuse. She finds and loses jobs, sinks into depression, becomes pregnant, and returns to welfare. The one thing she can control, she feels, is seeing that her child is never in foster care.

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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 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!

## Transitions

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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: **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: **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: **CWLA Standards of Excellence for Transition, Independent Living, and Self-Sufficiency Services**

Author: CWLA *Books* 2005 214 pages

Since the inception of its program of standards developments, CWLA has formulated a series of standards based on current knowledge, the developmental needs of children, and tested ways of meeting these needs effectively.

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Material Title: **Designing Rituals of Adoption: For the Religious and Secular Community**

Author: Mary Martin Mason *Books* 2002 86 pages

This book seeks to guide families in creating composite rituals to respect and honor everyone in the family and in the extended family whether they are known or unknown. It has sections on specific religious traditional rituals and a section on secular rituals that could help an adopted person feel that his or her life transitions and passages are honored and sacred.

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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: **Emma's Yucky Brother**

Author: Jean Little *Children's Books* 2002 64 pages

Emma has always wanted a little brother. Now her family is adopting Max, and Emma is sure he will be the best brother ever. But Max has his own ideas. He thinks sisters are yucky, and that Emma is the yuckiest! Is this really what having a brother is all about? Emma learns that there is more to having a little brother than she had ever guessed -- and that in order to get the brother she wants, she must first learn to be the sister he needs.

# Transitions

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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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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: **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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Material Title: **Goodbye, Friend! Hello, Friend!**  
Author: Cori Doerrfeld *Children's Books* 2019 40

Change and transitions are hard, but *Goodbye, Friend! Hello, Friend!* demonstrates how, when one experience ends, it opens the door for another to begin. It follows two best friends as they say goodbye to snowmen, and hello to stomping in puddles. They say goodbye to long walks, butterflies, and the sun...and hello to long evening talks, fireflies, and the stars. But the hardest goodbye of all comes when one of the friends has to move away. Feeling alone isn't easy, and sometimes new beginnings take time. But even the hardest days come to an end, and you never know what tomorrow will bring.

## Transitions

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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: **I Don't Understand Why: A Search for Meaning (DVD)**  
Author: Illinois State University *DVDs* 2005 12 minutes

This documentary shows interviews with Jimmy, an adopted child with behavior difficulties, at age 8 and later, in his twenty's when he has two kids of his own. He talks about the importance to him of his lifebook, which includes school reports and a letter from his birth mother, in helping him understand his past and form a positive sense of identity.

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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: **Kids Need to Be Safe: A Book for Children in Foster Care**  
Author: Julie Nelson *Children's Books* 2005 32 pages

Kid-all kids-need safe places to live, and safe places to play. For some kids, this means living with foster parents. Written especially for kids, this book can help children prepare for, understand, and accept foster care. Simple words and realistic color illustrations tell and show why some kids move to foster homes, what foster parents do, and how kids might feel during foster care.

This book offers hope and support for kids and adults. The first part is meant to be read and shared with children. The second part includes information and resources for adults who work to keep kids safe: parents, foster parents, social workers, teachers and caregivers.

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Material Title: **Kiss Goodbye, A**  
Author: Audrey Penn *Children's Books* 2008 32

Moving is hard on everyone, but especially children. Chester Racoon, whom readers have come to know and love through the New York Times bestseller *The Kissing Hand*, and its sequel, *A Pocket Full of Kisses*, is facing another dilemma common to the lives of many children; he and his family are moving. Young readers will love the way Chester says goodbye to his old home and learns that there are some exciting aspects to his new home.

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Material Title: **Kissing Hand, The\* (Children's Materials)**  
Author: Audrey Penn *Children's Books* 1993 27 pages

This warmly illustrated book for children, 4-8, tells of Chester Racoon, who doesn't want to go to school because it will take him away from his mother and his familiar world. His mother assures him that "we all have to do things we don't want to do," and offers a unique way for him to feel her love when she is away from him. It is not an adoption story, but it might be helpful to any child who is temporarily separated from home or loved ones.

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Material Title: **Maybe Days: A book for children in foster care**  
Author: Jennifer Wilgocki and Marcia Kahn Wright *Children's Books* 2002 32 pages

Will I live with my parents again? Will I stay with my foster parents forever? For children in foster care, the answer to many questions is often "maybe". *Maybe Days* addresses the questions, feelings, and concerns these children most often face. Honest and reassuring, it also provides basic information that children want and need to know, including the roles of various people in the foster care system and whom to ask for help.

An extensive afterword for adults caring for foster children describes the child's experience, underscores the importance of open communication, and outlines a variety of ways to help children adjust to the "maybe days" - and to thrive.

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Material Title: **My Family's Changing: A First Look at Family Break Up**  
Author: Pat Thomas *Children's Books* 1999 32

This unusual picture book for younger children explores the issue of divorce. The author of this book is a psychotherapist and counselor and helps children to face their fears, worries and questions when their family is going through a break-up. A special feature, "What About You?" sidebars appear frequently with questions directed at the child reading the book. The questions encourage children to explore their own feeling about the situation. Full color illustrations throughout.

# Transitions

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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: **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.

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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: **One for the Murphys**

Author: Lynda Mullaly Hunt

*Children's Books*

2013

256

Carley uses humor and street smarts to keep her emotional walls high and thick. But the day she becomes a foster child, and moves in with the Murphys, she's blindsided. This loving, bustling family shows Carley the stable family life she never thought existed, and she feels like an alien in their cookie-cutter-perfect household. Despite her resistance, the Murphys eventually show her what it feels like to belong--until her mother wants her back and Carley has to decide where and how to live. She's not really a Murphy, but the gifts they've given her have opened up a new future.

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Material Title: **Open Adoption Experience, The: A Complete Guide for Adoptive and Birth Families-from Making the Decision Through the Child's Growing Years**

Author: Lois Ruskai Melina

*Books*

1993

363 pages

This book offers a detailed discussion of the many advantages of open adoption as well as the common problems, helping adoptive and birth parents to know what to expect as the relationship unfolds and how other families have coped with the unexpected.

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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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## Transitions

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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: **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.

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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 Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People**  
Author: Stephen Glenn *Books* 1998 230 pages

No Parent or Educator Can Afford to Ignore This Groundbreaking Work!

Bestselling authors H. Stephen Glenn and Jane Nelsen have helped hundreds of thousands of parents raise capable, independent children with *Raising Self-Reliant Children in a Self-Indulgent World*. On its tenth anniversary, this parenting classic returns with fresh, up-to-date information to offer you inspiring and workable ideas for developing a trusting relationship with children, as well as the skills to implement the necessary discipline to help your child become a responsible adult.

Those who think in terms of leniency versus strictness will be surprised. This book goes beyond these issues to teach children to be responsible and self-reliant—not through outer-directed concerns, such as fear and intimidation, but through inner-directed behavior, such as feeling accountable for one's commitments. Inside, you'll discover how to instill character-building values and traits in your child that last a lifetime.

"During these turbulent days when families are in disarray and children are getting the short end of the stick, this book can be very helpful to parents who are struggling to bring up self-reliant children. Even after raising five of my own and becoming a grandfather for the seventh time, I got some new ideas out of it!"—Art Linkletter

"An inspiring, workable formula for developing closeness, trust, dignity, and respect . . . A real gem."—Becky Ridgeway, School Social Worker

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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: **Separation and Loss Issues for Foster and Birth Families (DVD)**  
Author: DVD *DVDs* 2003 20 minutes

The pain of separation and loss is the universal experience of every foster child. Dr. Fahlberg talks with foster parents, foster teenagers, and adults who spent their teen years in foster care. They offer insight on how to lessen the impact of transition and strengthen a child's relationship with both foster and birth parents. Includes: 14-page Discussion Guide and review quiz.

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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: **Star, The: A story to help young children understand foster care**  
Author: Cynthia Miller Lovell *Children's Books* 1999 16 pages

A delightfully simple, colorfully illustrated story. The Star is a must for young children and foster parents experiencing foster care for the first time. This book focuses on typical situations encountered in foster care and could easily be used for support group sessions.

## Transitions

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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: **Tango Makes Three, And\* (Children's Material)**  
Author: Justin Richardson and Peter Parnell *Children's Books* 2005 28 pages

This young children's story is based upon true events that occurred at the Central Park Zoo. Two male penguins, Roy and Silo, who became a couple, successfully adopt, incubate, hatch and nurture a fertile egg from another penguin couple. Her name is Tango. She is often seen in the company of her two proud fathers proving once again "that all kinds of love can create a family."

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Material Title: **Teenagers and Attachment: Helping Adolescents Engage with Life and Learning**  
Author: Andrea Perry *Books* 2009 224 pages

When children from insecure backgrounds become adolescents, the challenges they experience themselves and present for those around them can get a lot harder to sort out, before the teenager can fully integrate into society. These adolescents can quickly acquire 'bad kid' or 'anti-social' labels. They may form attachments by joining gangs, but in doing so, further alienate themselves from other more constructive options on offer. The contributors to this much needed book have all worked successfully on the front line with teenagers whose ability to make healthy relationships, or to find learning exciting or even possible, has been severely compromised by their past experiences of trauma, neglect and abuse. Each expert practitioner offers practical strategies, underpinned by attachment theory and their own extensive experience, to enable teachers, psychologists, therapists and social workers to reach out to young people in new ways, establishing genuine connection and real possibilities for learning and hope. Contents include: Attachment and adolescence-the key issues-Karl Heinz Brisch. Helping adolescents navigate transitions-Louise Bomber. Using an attachment approach in the classroom-Marie Delaney. Building authentic attachment relationships- Barbara Earl. Principles of attachment and intersubjectivity-Daniel A. Hughes. Supporting adolescent refugees-Sue Amey. Reaching teenage gang members-Camila Batmanghelidjh. Helping adolescents make the transition to university-Ann Heyno.

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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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Material Title: **Tiptoe into Kindergarten**  
Author: Jacqueline Rogers *Children's Books* 1999 40

This story about a preschooler's day in her big brother's kindergarten classroom is now in paperback!

Using oil pastels, watercolors, and inks in a loose and friendly painting style, Jacqueline Rogers lovingly depicts a curious preschooler who tiptoes into a kindergarten classroom. There, the little girl discovers a wonderful world of paints and puzzles, blocks and books.

The rhythmic text and warm, happy environment of TIPTOE INTO KINDERGARTEN welcome children who are fearful of kindergarten as well as those who are eager to begin.

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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: **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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## Transitions

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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: **Un Beso en Mi Mano (The Kissing Hand SPANISH VERSION)**

Author: Audrey Penn

*Libros para niños* 2006 32

Chester Raccoon y su madre, y las diferentes formas en que el amor nos hace sentir seguros y nos da la fuerza necesaria en un mundo que a veces nos asusta, son el punto focal de este libro para niños escrito e ilustrado con gran belleza. Un Beso en Mi Mano es un regalo maravilloso para el niño que entra a la escuela o que sale de campamento por primera vez, o para cualquier ocasión que le signifique una separación temporal de su hogar o de sus seres queridos.

Chester Raccoon and his mother, and the different ways in which love makes us feel safe and gives us the necessary strength in a world that sometimes scares us, are the focal point of this children's book written and illustrated with great beauty. A Kiss in My Hand is a wonderful gift for the child who enters school or leaves camp for the first time, or for any occasion that means a temporary separation from his home or loved ones.

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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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Material Title: **Welcome to Kindergarten**

Author: Anne F. Rockwell

*Children's Books* 2004 32

Join Tim as he visits his future kindergarten classroom and learns what he will be doing during his first year of school! He'll explore the reading, math, and art centers. Sit at the desk where he will practice writing, counting, and telling time. The classroom may look a little too big at first, but after finding out about all the fun ahead, it doesn't seem too big at all. In fact, it's just the right size.

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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's a Foster Family Anyway?**

Author: Martine Golden Inlay

*Children's Books* 2001 20

This book provides a much needed resource in helping children cope with the potentially traumatic experience of placement into foster care. It should be offered to all children making such a transition and may help to reduce some of the normal fear, confusion, and discomfort inherent in this experience.

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Material Title: **What's a Foster Family?**

Author: Anne Garboczi Evans

*Children's Books* 2015 32

Alex's an only child who's used to having Mommy and Daddy all to himself. So when his parents start doing foster care and little Malik joins their home, Alex's not so sure he's happy about sharing.

## Transitions

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Material Title: **When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving and Other Losses**  
Author: John W. James *Books* 2001 288

To watch a child grieve and not know what to do is one of the most difficult experiences for parents, teachers, and caregivers. And yet, there are guidelines for helping children develop a lifelong, healthy response to loss. In *When Children Grieve*, John W. James and Russell Friedman of the Grief Recovery Institute, along with psychotherapist Dr. Leslie Landon Matthews, have created a cutting-edge volume that will help free children from the false idea that they "shouldn't feel bad" and will empower them with positive, effective methods of dealing with loss. There are many life experiences that can produce feelings of grief in a child, everything from the death of a relative or a divorce, to more everyday experiences such as moving to a new neighborhood or losing a prized possession. Whatever the reason or the degree of severity if a child you love is grieving, the guidelines examined in this thoughtful book can make a difference. For example:

Listen with your heart, not your head. Allow all emotions to be expressed, without judgment, criticism, or analysis. Recognize that grief is emotional, not intellectual. Avoid the trap of asking your child what is wrong, for he or she will automatically say "Nothing."

Adults -- Go first. Telling the truth about your own grief will make your child feel safe in opening up about his or her own feelings.

Remember that each of your children is unique and each has a unique relationship to the loss event.

Be patient. Don't force your child to talk.

Never say "Don't feel sad" or "Don't feel scared." Sadness and fear, the two most common feelings attached to loss of any kind, are essential to being human.

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Material Title: **William Wobbly and the Mysterious Holey Jumper; A Story about Fear and Coping**  
Author: Sarah Naish *Children's Books* 2017 32

William Wobbly is having lots of wobbly feelings one morning but his mum is so busy that she doesn't notice.

William Wobbly's worries worsen when he notices small changes at school. "Where's my real teacher?!" he wonders. He hides under his desk and he chews holes into his jumper, but even that doesn't take the wobbly feelings away. Luckily, his mum is here to help him cope when he's afraid.

William Wobbly has many of the behavioural and emotional issues experienced by children who have suffered trauma and have attachment difficulties. This is a story for children aged 3-10 with problematic coping habits.

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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.