

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.

## Pre-Adoption

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Material Title: **Adopting a Toddler: What Size Shoes Does She Wear?**  
 Author: Denise Harris Hoppenhauer *Books* 2002 192 pages

This book dubs itself "A Comprehensive Guide to Toddler Adoption," and that's a pretty accurate description. Intended for those planning to adopt, it covers different types of adoption (domestic, international, ...) and offers ideas for every part of the process, including chapters on naming your child, baby showers, wardrobe, child safety, mealtime, bath time, toilet training, and much more. Though much of this book focuses on pre-adoption, there is also post-adoption information.

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Material Title: **Best of Adopted Child: For Waiting or New Adoptive Parents**  
 Author: Lois Melina *Journals/Newsletters* 1982 to 1993.

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

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Material Title: **Instant Mom**  
 Author: Nia Vardalos *Books* 2014 282

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

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

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

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

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

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Material Title: **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: **Open Adoption, Open Hearts (2 CDs)**  
 Author: Terri Kirby, Lisa Rankins, Jennifer and M. Gerrits *CDs* 8/4/2011 27 minutes

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

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Material Title: **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.

## Pre-Adoption

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Material Title: **Supporting An Adoption**

Author: Pat Holmes

*Books*

1982

21 pages

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

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Material Title: **With Eyes Wide Open: A Workbook for Parents Adopting International Children Over Age One**

Author: Margi Miller

*Books*

1996

155 pages

Although this series of intellectual and emotional exercises in workbook format is intended for those about to adopt internationally, much of the book is relevant to the adoption of any child over the age of one, especially a transracial adoption. It addresses acting out, adjustment issues, testing, culture shock, separating from caretakers, bonding to a rejected child, and consequences of early childhood rejection.