

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.

Foster Care, General

-
- Material Title: **3-D View of Foster, Kinship, and Adopted Children, A; Using the Bio-Psychosocial Model to Better Understand Children with Multiple Negative Impacts**
- Author: James Kagan *Books* 2011 130
- A 3-D View examines the "big picture" of troubled foster, kinship and adopted children. Eschewing a single, narrow perspective of these struggling children, the authors support a three-dimensional viewpoint. The 3-D approach integrates information from biological, psychological and social dimensions to furnish depth and breadth to the understanding and treatment of at-risk children. This book describes: Foster, kinship, and adopted children who have suffered from "multiple negative impacts" – e.g. prenatal exposure to drugs and/or alcohol, chronic child maltreatment ("complex trauma"), and a growing list of caregivers and placements. How damaging individual factors (negative impacts) add to and sometimes multiply the destructive influences of other factors. Use of the "bio-psycho-social model" for a more complete, integrated understanding of multiply impacted children and their mental health problems. Practical design of treatment plans and interventions for troubled foster, kinship and adopted children. 128 pages
-
- Material Title: **A Family Is a Family Is a Family**
- Author: Sara O'Leary *Children's Books* 2016 32
- When a teacher asks the children in her class to think about what makes their families special, the answers are all different in many ways — but the same in the one way that matters most of all.
- One child is worried that her family is just too different to explain, but listens as her classmates talk about what makes their families special. One is raised by a grandmother, and another has two dads. One is full of stepsiblings, and another has a new baby.
- As one by one, her classmates describe who they live with and who loves them — family of every shape, size and every kind of relation — the child realizes that as long as her family is full of caring people, her family is special.
-
- 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.
-
- Material Title: **Active Parenting: First Five Years**
- Author: Michael H. Popkin, PhD *Books* 2017 144 pages
- This guide teaches practical parenting skills that really work to help you make the most of your child's first five years. Written by one of the nation's foremost parenting experts, Dr. Michael H Popkin, in collaboration with university child development specialists, Active Parenting: First Five Years will help you nurture your child with a "just right" combination of freedom and nonviolent discipline.
- You'll learn about:
- what a baby's cry means
 - your child's growing brain
 - preventing tantrums and other problems
 - building a loving bond
 - caring for your child at different ages and stages
 - using mindfulness to keep your cool
 - 6 ways to prepare your child for school success
-
- Material Title: **ADHD, ADD & ODD (DVD)**
- Author: Foster Parent College *DVDs*
- This course explores diagnosis and treatments of ADHD, ADD, and ODD. The course discusses steps to help children with the disorder

Foster Care, General

Material Title: **Advocating for Children in Foster and Kinship Care: A Guide to Getting the Best out of the System for Caregivers and Practitioners**
Author: Mitchell Rosenwald *Books* 2010 272

This book is the first to provide strategies for effective advocacy and placement within the foster care and kinship care systems. It also takes a rare look at the dynamics of the foster and kinship relationship, not just among children and the agency workers and service providers who intervene on their behalf, but also between children and those who take in and care for them as permanency develops. Drawing on their experience interacting with and writing about the institution of foster care, Mitchell Rosenwald and Beth N. Riley have composed a unique text that helps practitioners, foster parents, and relative caregivers realize successful transitions for youth, especially considering the traumas these children may suffer both before and after placement.

Advocating for a child's best interests must begin early and remain consistent throughout assignment and adjustment. For practitioners, Rosenwald and Riley emphasize the best techniques for assessing a family's capabilities and for guiding families through the challenges of foster care. Part one details the steps potential foster parents and kinship caregivers must take, with the assistance of practitioners, to prepare themselves for placement. Part two describes tactics for successful advocacy within the court system, social service agencies, schools, and the medical and mental health establishments. Part three describes how to lobby for change at the agency and legislative levels, as well as within a given community. The authors illustrate recommendations through real-life scenarios and devote an entire chapter to brokering positive partnerships among practitioners, families, and other teams working to protect and transition children.

Material Title: **Aging Out: Bound and Determined**
Author: Roger Weisbert *DVDs*

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.

Material Title: **Aging Out: Declaration of Independence**
Author: Roger Weisberg and Vanessa Roth *DVDs*

Material Title: **Aging Out: Ready or Not**
Author: Roger Weisberg and Vanessa Roth *DVDs*

Material Title: **Aging Out: With No Direction Home**
Author: Roger Weisberg and Maria Finitzo *DVDs*

Thomas Hudson entered the system at 13 after being abused and attempting suicide. After years of fear and unhappiness, he's found some healing and now lives independently in a small apartment near his job.

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

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

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: **Back on Track: Information for Youth in Care (DVD)**
Author: DVD *DVDs* 2006 30 minutes

This DVD is a film for and about youth in care of the state child welfare system. It is mainly geared towards middle school and high school age youth. This was produced by Washington State Department of Social & Health Services.

Foster Care, General

Material Title: **Beating the Odds: Crime, Poverty, and Life in the Inner City**
Author: Robert P. McNamara *Books* 1999 191

This inspiring book shares the story of a young boy who overcame the obstacles of a neglectful home life, juvenile crime, and abusive foster parents to become a successful professional. The author offers insights gained from his sociology training to explain the complexities of juvenile gangs and deviant behavior.

Material Title: **Behavior With a Purpose: Thoughtful Solutions to Common Problems of Adoptive, Foster and Kinship Youth**
Author: Richard Delaney *Books* 2009 156

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

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

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

Material Title: **Blended Perspectives Meeting Training Video (DVD)**
Author: Seneca Family of Agencies *DVDs* 25 minutes

This video provides an example of the Blended Perspectives Meeting tool for the purpose of expanding permanency options for youth. At the center of this DVD is foster teen, Christina. Surrounding her are members of her foster and birth families, and her case worker, as they come together for a blended perspectives meeting in support of her future. They are able to identify an extended support system and address common goals and concerns as Christina approaches adulthood.

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

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

Material Title: **Caring for Babies with Prenatal Substance Exposure**
Author: Safe Babies Program *Information Packet* 2014 94

This booklet is a resource for parents and caregivers of babies who have been prenatally exposed to alcohol or other drugs. Information in this booklet was gathered from various sources, including parents, caregivers, professionals and published books and articles. The information in this booklet is about the daily care of babies aged birth to 12 months who may have been exposed to substances in the womb.

Material Title: **Children on Consignment; A Handbook for Parenting Foster Children and their Special Needs**
Author: Philip Michael Stahl *Books* 1990 128

Handbook for foster parents and those thinking about becoming foster parents. Provides practical guidance on how to care for and nurture a foster child, with special attention to the emotional impact that foster care placement has on children, and their special needs and problems from infancy through adolescence.

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.

Foster Care, General

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 hrs (5 discs)

Know That You Are Not Alone on This Journey

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 children 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: **Conversations with Bobby: From Foster Child to Corporate Executive**
Author: Robert J. Danzig *Books* 2007 160

Business Leader Bob Danzig never forgot his childhood in foster care. In *Conversations with Bobby*, he reconnects with the foster child he was so many years ago. What follows is a deeply personal story, which reveals how the challenges Bob faced growing up shaped his career and ultimately, seeded his success.

Includes CD

Material Title: **Counting Down: A Memoir of Foster Parenting and Beyond**
Author: Deborah Gold *Books* 2018 256

When Deborah Gold and her husband signed up to foster parent in their rural mountain community, they did not foresee that it would lead to a roller-coaster fifteen years of involvement with a traumatized yet resilient birth family. They fell in love with Michael (a toddler when he came to them), yet they had to reckon with the knowledge that he could leave their lives at any time.

In *Counting Down*, Gold tells the story of forging a family within a confounding system. We meet social workers, a birth mother with the courage to give her children the childhood she never had herself, and a father parenting from prison. We also encounter members of a remarkable fellowship of Appalachian foster parents—gay, straight, right, left, evangelical, and atheist—united by love, loss, and quality hand-me-downs.

Gold's memoir is one of the few books to deliver a foster parent's perspective (and, through Michael's own poetry and essays, that of a former foster child). In it, she shakes up common assumptions and offers a powerfully frank and hopeful look at an experience often portrayed as bleak.

Foster Care, General

Material Title: **Creating Compassionate Foster Care: Lessons of Hope from Children and Families in Crisis**
Author: Janet & Molly Mann & Kretchmar-Hendricks *Books* 2017 253 pages

"Every child's way of being can open doors to wisdom, compassion, and human connection. We need only to listen."

This is among the conclusions that the authors, one of whom is an experienced foster parent and the other a professor of developmental psychology, draw as a result of working with a diverse range of children and families. Inspired by their relationships with families in crisis, the authors began to rethink the traditional foster care models and developed an innovative practice that afforded birth parents the opportunity to reside, under supervision, with their children during evaluation and treatment. Drawing on over 20 years of work in foster care, along with current attachment research and theory, this book conveys the foster care experience with recommendations for improved models of care and intervention strategies.

Engaging case studies depict the challenging nature of determining the best outcome for a child and of supporting the adult's journey as a parent. Written in a narrative style and supported by in-depth research, this book will aid social workers and foster care professionals to better understand families in crisis and to further develop their practice.

Material Title: **Creating Sexual Safety in Adoption and Foster Care (2 CDs)**
Author: NACAC Conference *CDs* 2011 84 minutes

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

Material Title: **Culturally Competent Parenting (DVD)**
Author: Foster Parent College *DVDs* 2009

Dr. Tanya M. Coakley offers insight and practical solutions for the unique challenges faced by majority culture parents caring for minority culture children. The course focuses on helping children appreciate and maintain their cultural identity, building children's confidence in dealing with prejudice and racism, and advocating on behalf of children. The course also explores how a child's life experiences and the status of his culture influence the way he views and experiences the world. Dr. Coakley is a professor of Social Work at the University of North Carolina at Greensboro and a specialist in helping transcultural foster, kinship, and adoptive families.

Material Title: **Different Home, A* (Children's Materials)**
Author: John and Kelly Degarmo *Children's Books* 2014 48 pages

A sensitive picture book to help ease the anxieties of foster children aged 4 to 10 entering placement.

In *A Different Home*, Jessie tells us her story of being placed in foster care. At first she is worried and has lots of questions. The new home is not like her old home — she has a different bedroom, different clothes, and there's different food for breakfast. She also misses her family. When Jim and Debbie, her foster parents, answer her questions she begins to feel better and see that this different home is kind of nice.

Written in simple language and fully illustrated in color, this storybook is designed to help children in care, or moving into care, to settle in and answer some of the questions they may have. Accompanied by notes for adults on how to use the story with children, it will be a useful book for foster parents and caseworkers, as well as social workers, teachers and anyone else working with children in foster care.

Material Title: **Emancipated Youth Connections Project: Permanency Stories (DVD)**
Author: Seneca Family of Agencies *DVDs* 10 minutes

This video shares participants' experiences through the 2008 project, "Emancipated Youth Connections Projects." The purpose of the project was to develop a model of service to find permanency for 20 young adults (ranging in age from 17-39 years) who had left the foster care system without having permanent and unconditional lifelong connections to at least one adult. Many participants lost contact with siblings. Each participant was supported to make connections and reach out to birth family or other who are important to them. Each one had a unique experience with the process. A toolkit was developed as a result for this project and is available through the SENECA website.

Foster Care, General

Material Title: **Extraordinary Birds**

Author: Sandy Stark-McGinnis

Children's Books

2019

224

December believes she is a bird. The scar on her back is where her wings will sprout, and one day soon, she will soar away. It will not matter that she has no permanent home. Her destiny is in the sky.

But then she's placed with foster mom Eleanor, a kind woman who volunteers at an animal rescue and has secrets of her own. December begins to see that her story could end a different way – but could she ever be happy down on the ground?

In her arresting debut, Sandy Stark-McGinnis offers an inspiring story about family, friendship, and finding where you belong.

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

Author: Louis Sydney

Books

06/21/2014

218

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

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

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.

Material Title: **Family Diversity in Education: Foster Care, Kinship Care, Adoption and the Schools (2 CDs)**

Author: Shelly Linenberger and Emily Tracy

CDs

8/6/2011 30 minutes

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

Material Title: **Far from the Tree**

Author: Robin Benway

Children's Books

2019

400

Being the middle child has its ups and downs.

But for Grace, an only child who was adopted at birth, discovering that she is a middle child is a different ride altogether. After putting her own baby up for adoption, she goes looking for her biological family, including—

Maya, her loudmouthed younger bio sister, who has a lot to say about their newfound family ties. Having grown up the snarky brunette in a house full of chipper redheads, she's quick to search for traces of herself among these not-quite-strangers. And when her adopted family's long-buried problems begin to explode to the surface, Maya can't help but wonder where exactly it is that she belongs.

And Joaquin, their stoic older bio brother, who has no interest in bonding over their shared biological mother. After seventeen years in the foster care system, he's learned that there are no heroes, and secrets and fears are best kept close to the vest, where they can't hurt anyone but him.

Don't miss this moving novel that addresses such important topics as adoption, teen pregnancy, and foster care.

Foster Care, General

Material Title: **Finding a Family for Tommy**

Author: Rebecca Daniel

Children's Books

2009

Material Title: **For Your Own Good: A Child's Book about Foster Care**

Author: Doris Sanford

Children's Books

1993

28

Jerome and his younger brother stay in a foster home while their mother tries to recover from her substance abuse

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

Author: Caela Carter

Children's Books

2019

336 pages

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

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

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

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

Author: Kenneth Camp

Books

2016

191 pages

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

Material Title: **Foster Care Children; A Guide for Parents and Teachers**

Author: Anita and Richard Brozovich and Linda Chase Bosky

Books

2000

101

This booklet is written to acquaint interested persons with issues related to foster care in the hope that several positive things will occur:

-Potential foster care families and individuals will be able to make an informed decision about applying to become foster parents.

-School personnel and other agency personnel will better understand issues related to foster children.

-Individuals involved in foster care can use some of the ideas and procedures discussed in the booklet to add to the positive things they contribute to the care of foster children.

Material Title: **Foster Care Odyssey: A Black Girl's Story**

Author: Theresa Camer

Books

2002

255

The year is 1954. Abandoned by her teenage mother, a baby girl is left in the care of a charity in Buffalo, New York. The baby is black in a city and at a time in which blacks and whites have little to do with one another; the charity is an overwhelmingly white organization. Little Theresa Cameron is placed into this racially divided world. In this shattering account of her eighteen years as a ward of the state, Cameron takes us inside the life of a foster child. She shares with us her heartbreaking struggle to survive in a foster-care system where children's welfare often seemed the lowest priority.

Foster Care, General

Material Title: **Foster Care Survival Guide, The; The Essential Guide for Today's Foster Parents**
Author: John DeGarmo *Books* 2018 180

Foster parenting is often seen as a calling and a mission of love. At the same time, foster parenting can be both very difficult and exhausting. When caring for children who have suffered abuse, neglect, and traumas, foster parents face their own set of unique challenges each day. The Foster Care Survival Guide is a must have for today's foster parents. It is a guide to surviving the lifestyle of a foster parent filled with personal stories, practical tips and advice, and even humor and emotions. The Foster Care Survival Guide is an essential guide for both novice and experienced foster parents. Leading foster care expert Dr. John DeGarmo combines his own wisdom with that of fellow foster parents. Tackling issues such as helping children with disorders and anxieties, how to best manage the lifestyle of a foster parent, working with birth parents, getting the help you need, addressing your own marriage while caring for children in need, and balancing the needs of your biological children with your foster children, The Foster Care Survival Guide delivers experienced and sympathetic wisdom and advice that every foster parent, advocate, and professional needs today as they care for children in care.

Material Title: **Foster Care Therapist Handbook**
Author: Robert E. Lee and Jason B. Whiting *Books* 2008 480 pages

Divided into three parts, "The Culture and Environment of Foster Care," "Family Therapy Approaches," and "Important 'Other' Issues," this book, through 21 essays by experts in the field, focuses on the "relational therapy approach" which considers the whole relational environment for each child and endeavors to get all parts of it to work together for the child's sake.

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.

Material Title: **Foster Parenting Manual, The: A Practical Guide to Creating a Loving, Safe and Stable Home**
Author: John DeGarmo *Books* 160 pages

The Foster Parenting Manual is a comprehensive guide offering proven, friendly advice for novice and experienced parents alike.

Distilling many years' experience into one book, John DeGarmo combines his own wisdom with that of fellow foster parents. He describes what to expect from the process, how to access help and how to ensure the best care for your child. He tackles thorny issues such as children's use of the Internet and social media, managing contact with birth parents and how to support your child at school. Most importantly, he provides advice designed to help your child feel safe, secure and loved.

The Foster Parenting Manual offers seasoned, sympathetic advice that will be valued by foster parents and the professionals who support them.

Foster Care, General

Material Title: **Foster Parenting Toolbox, The**

Author: Kim Phagan-Hansel

Books

3/1/2012 446 pages

Finally, a comprehensive parenting book for foster families!

What do you need to meet the needs of the children in your care? Each child will be unique and require a different set of tools in your toolbox. The Foster Parenting Toolbox is 464 pages of incredibly helpful information. Over 100 foster parents in the trenches, case workers, social workers, CASAs, GALs and judges contributed to this book to help all those on the child's team understand and work better with the children who are entrusted to their care.

Covering topics from newborns to teens and everything in between, this book will help not only foster parents, but be beneficial to those who work with foster parents: case workers, social workers, judges, CASA's, GAL s and others.

There are many ways agencies and those who work with foster children are using this book including:

- Showcasing it at a Heart Gallery as a resource for foster/adopt families
- Using it in support groups for post adoption education
- Having CASA workers read it to understand the perspectives of all the people on the child's team
- Sharing it family to family as there are no other parenting books like this just for foster parents
- Reminding themselves why they chose to work in this field

Over 100 professionals contributed to this project

Edited by Kim Phagan-Hansel, the editor of Fostering Families Today Magazine, more than 100 contributors have helped weave a stunning tapestry of advice specifically for foster parents and the professionals and case workers who are on their foster child's team. This 464-page book is an extension of the trainings offered by individual states. It s a top of the nightstand resource that offers today s foster parents access to a wealth of useful information from professionals in the field and successful foster parents in the trenches. One of the most important features is the voice of foster youth, woven throughout the book. That presence is a constant reminder of why each of us is committed to doing what is called the toughest job you will ever love. This is a book you won t read all at once, but come back to again and again.

Chapters include

- Why Foster
- Perspectives
- Transitions
- Teamwork
- Birth Family Connections
- Loss, Grief, and Anger
- Attachment and Trust
- Trauma and Abuse
- Family Impact
- Discipline
- School Tools
- Parenting Teens
- Nurturing Identity
- Allegations
- Respite and Support
- Reunification, Adoption, and Beyond
- Resources, Recommended Readings and Index

It's an indispensable resource that no foster family, case worker, judge, CASA or GAL should be without.

CEU quizzes are available for each chapter and are included in the back of the book. Check with your agency for compliance.

Material Title: **Foster Parents Working with Birth Parents (DVD)**

Author: DVD

DVDs

2003

50 min

Dr. Vera Fahlberg talks with a panel of experienced foster parents about the issues of increased drug and alcohol related placements, the importance of communication with birth parents, and the need for early permanency planning. While the discussion focuses primarily on infant and preschool placements, the information on this tape can be applied to the care of foster children of all ages.

Foster Care, General

Material Title: **Free Verse**
Author: Sarah Dooley *Children's Books* 2017 368

When her brother dies in a fire, Sasha Harless has no one left, and nowhere to turn. After her father died in the mines and her mother ran off, he was her last caretaker. They'd always dreamed of leaving Caboose, West Virginia together someday, but instead she's in foster care, feeling more stuck and broken than ever.

But then Sasha discovers family she didn't know she had, and she finally has something to hold onto, especially sweet little Mikey, who's just as broken as she is. Sasha even makes her first friend at school, and is slowly learning to cope with her brother's death through writing poetry, finding a new way to express herself when spoken words just won't do. But when tragedy strikes the mine her cousin works in, Sasha fears the worst and takes Mikey and runs, with no plans to return. In this sensitive and poignant portrayal, Sarah Dooley shows us that life, like poetry, doesn't always take the form you intend.

Material Title: **From Chaos to Calm (2 CDs)**
Author: NACAC Conference *CDs* 8/4/11 30 minutes

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

Material Title: **From Place to Place (DVD)**
Author: Porch Productions *DVDs* 2011 80 minutes

Having recently aged out of foster care, Micah, Mandy & Raif face life with little support beyond their social worker, Matt. Raif falls in and out of love as many times as he jumps trains, Mandy tries to succeed at her education and Micah just can't stay out of jail. Mustering courage into action, Mandy and Raif travel to Capitol Hill to tell their stories and try to change the system that raised them for generations to come.

Material Title: **Great Gilly Hopkins, The**
Author: Katherine Paterson *Children's Books* 2004 160

Eleven-year-old Gilly has been stuck in more foster families than she can remember, and she's hated them all. She has a reputation for being brash, brilliant, and completely unmanageable, and that's the way she likes it. So when she's sent to live with the Trotters—by far the strangest family yet—she knows it's only a temporary problem.

Gilly decides to put her sharp mind to work and get out of there fast. She's determined to no longer be a foster kid. Before long she's devised an elaborate scheme to get her real mother to come rescue her. Unfortunately, the plan doesn't work out quite as she hoped it would...

Material Title: **Grief and Loss in the Care System (DVD)**
Author: Foster Parent College *DVDs*

Material Title: **Growing up in the Care of Strangers: The Experiences, Insights and Recommendations of Eleven Former Foster Kids**
Author: Waln & John Brown & Seita *Books* July 22, 2007 175 pages

Growing up in placement takes a toll, not just on the children in the foster care system but also on the professionals charged with their care. They all make critical decisions that can affect a child's life forever ... which is why this book plays a valuable role in foster care training.

The purpose of this book is to provide child welfare professionals' insightful feedback from foster care alumni who grew up in

Foster family
Kinship care
Orphanage
Group home
Juvenile justice
Adoptive and
Mental health placements.

These former foster children have chosen to reflect on their childhood experiences through the lens of adult professionals so that their unique knowledge might reach receptive minds looking to improve services to youth living in foster care.

Foster Care, General

Material Title: **Guardian Shift: Encouragement & Inspiration For Grandparents, Aunts, Uncles & Anyone Raising Other People's Children**

Author: Scott Amaral *Books* 2016 298

This shift affects nearly 8 million children in the USA currently. Guardian Shift will provide the platform for building awareness for this highly over-looked form of parenting. It delivers the much needed encouragement grandparents, aunts, uncles, and ANYONE raising other people's children need. While digging into the pages of Guardian Shift you will find tips and helps that you can apply to everyday life. In the Foreword you will hear from Dr. Laura W. Boyd, Ph.D., a national child welfare consultant who is working on both state and federal levels to create policy to help those raising other people's children. Guardian Shift addresses the emotional struggles and battles guardians deal with daily from other family members and the children in their care. Discover strategies to deal with the adjustment issues in a successful manner. Guardian Shift is also a great resource for all those friends and family members who are your direct support people. Guardian Shift shares real life stories from very young guardians to grandparents who are active in raising a second family in their golden years. You will read about adults who were raised in guardianship and hear how it impacted their lives forever. Guardian Shift will help you in developing a focus on the future. Find strategies to help you finish well. It will assist you in charting a course which can be put into an action plan navigating to the finish line. Guardian Shift encourages guardian parent and child alike to spend time developing family values and goals. Discover an emphasis on helping your child to raise the bar on decision making, bringing about better choices which leads to brighter tomorrows!

Material Title: **Guidebook for Raising Foster Children, A**

Author: Susan McNair Blatt *Books* 219 pages

Foster parents need wisdom to guide foster children to enable them to have a meaningful experience. This book, written by a pediatrician, with the help of foster parents, provides guidance and suggestions to maximize the experience for foster families and assist them in the process.

With the help of many foster parents, this book contains practical suggestions for those who care for foster children. It addresses many of the major and minor problems that may arise. This book contains easily understood discussions of those problems with practical suggestions for resolving them, including when to call in a professional. Although various trends in child welfare are discussed, it is important to note that this book does not aim at criticizing the system, but rather attempts to address the needs of the children going through the system. This book is intended as a resource for anyone involved with the foster care system and particularly families raising foster children.

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

Author: Janise Mitchell & Joe Tucci & Ed Tronick *Books* 2019 344

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

Material Title: **Helping Children Heal from Trauma: What Parents and Caregivers Need to Know (CD)**

Author: Sue Badeau *CDs* 8/5/2011 15 minutes

Presented by Sue Beadeau, Casey Family Programs, Pennsylvania at the 37th NACAC Conference 2011 in Denver, Colorado. Every child entering foster care has experienced some amount of trauma—if nothing else, removal from home and placement into care. Parenting a traumatized child can be challenging and stressful. The better a parent is equipped to cope with the emotional, behavioral, and verbal responses of children and youth to placement in foster care, the greater the child or youth's opportunity to heal. The presenter will engage participants in a discussion of the strengths and challenges of traumatized foster children and will share strategies for helping professionals and parents become more trauma-informed.

Material Title: **Holding Up the Earth**

Author: Dianne Gray *Children's Books* 2006 210

It has been eight years since Hope's mom died in a car accident. Eight years of shuffling from foster home to foster home. Eight years of trying to hold on to the memories that tether her to her mother. Now Sarah, Hope's newest foster mom, has taken her from Minneapolis to spend the summer on the Nebraska farm where Sarah grew up. Hope is set adrift, anchored only by her ever-present and memory-heavy backpack. Accustomed to the clamor of city life, Hope is at first unsettled by the silence that descends over the farm each night. But listening deeply, she begins to hear the quiet: the crickets' chirp, the windsong, the steady in and out of her own breath. Soon the silence is replaced by voices, like echoes sounding across time — the voices of girls who inhabited the old farmhouse before her. Reluctantly, Hope begins to stretch down roots in the earth and accept this new family as her own.

Foster Care, General

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: **House Safety (DVD)**
Author: Foster Parent College *Audiotapes*

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

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

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

Material Title: **Kalani's Story (DVD)**
Author: Epic Ohana, Inc. *DVDs* 18 minutes

This DVD follows former foster youth Kalani as he gives a first-hand story of how he was affected by his time in foster care, and as he reconnects with members of his family. Separated from his brother and parents at a young age, Kalani lived in ten different foster homes. He struggles to form an identity until he reunites with members of his birth family and other important people.

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.

Foster Care, General

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.

Material Title: **Kinda Like Brothers**
Author: Coe Booth *Children's Books* 2015 256

Jarrett doesn't trust Kevon. But he's got to share a room with him anyway. It was one thing when Jarrett's mom took care of foster babies who needed help. But this time it's different. This time the baby who needs help has an older brother -- a kid Jarrett's age named Kevon.

Everyone thinks Jarrett and Kevon should be friends -- but that's not gonna happen. Not when Kevon's acting like he's better than Jarrett -- and not when Jarrett finds out Kevon's keeping some major secrets. Jarrett doesn't think it's fair that he has to share his room, his friends, and his life with some stranger. He's gotta do something about it -- but what? From award-winning author Coe Booth, KINDA LIKE BROTHERS is the story of two boys who really don't get along -- but have to find a way to figure it out.

Material Title: **Kinship Care (DVD)**
Author: Foster Parent College *DVDs*

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

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

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

Material Title: **Knut: How One Little Polar Bear Captivated the World**
Author: Craig Hatkoff *Children's Books* 2007 40

When Knut was born, the first polar bear cub at the Berlin Zoo in more than thirty years, he was no bigger than a snowball and unable to care for himself. His mother, a rescued East German circus bear, didn't know how to take care of Knut and rejected him. Knut would have died if it weren't for Thomas Dorflein, a zookeeper who nurtured Knut, feeding him, sleeping with him, and giving him the love and attention Knut needed to thrive. But Thomas wasn't the only one who adopted Knut. The adorable little polar bear captured the world's attention, and now Knut is loved around the globe.

Material Title: **Lesbians and Gay Men as Foster Parents**
Author: Wendell Ricketts *Books* 1991 166 pages

Through facts, arguments and personal stories, Mr. Ricketts diffuses stereotypes and clearly shows both the need for and the goodness of lesbian and gay foster parents. This book will be of immense value to agency administrators, policy makers, social workers, and all members of the helping professions.

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

Foster Care, General

Material Title: **Little Book of Foster Care Wisdom, The: 365 Days of Inspiration and Encouragement for Foster Care Families**

Author: John Degarmo *Books* 2019 381 pages

Foster parenting is both a rewarding and a challenging job, a lifestyle of continuous learning and new experiences, and The Little Book of Foster Care Wisdom: 365 Days of Inspiration and Encouragement for Foster Care Families will be there to support you as you, in turn, support your foster children.

Filled with 365 days' worth of daily tips, inspirational quotes, and motivational short stories from a foster care expert, this book is a must-read for modern child-welfare advocates, adoptive parents, and foster parents. It provides inspirational content every day, including instructions, tips, anecdotes, and more.

Material Title: **Locomotion**

Author: Jacqueline Woodson *Children's Books* 2010 144

When Lonnie was seven years old, his parents died in a fire. Now he's eleven, and he still misses them terribly. And he misses his little sister, Lili, who was put into a different foster home because "not a lot of people want boys-not foster boys that ain't babies." But Lonnie hasn't given up. His foster mother, Miss Edna, is growing on him. She's already raised two sons and she seems to know what makes them tick. And his teacher, Ms. Marcus, is showing him ways to put his jumbled feelings on paper.

Told entirely through Lonnie's poetry, we see his heartbreak over his lost family, his thoughtful perspective on the world around him, and most of all his love for Lili and his determination to one day put at least half of their family back together. Jacqueline Woodson's poignant story of love, loss, and hope is lyrically written and enormously accessible.

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.

Material Title: **Mobility Mapping Training Video (DVD)**

Author: Seneca Family of Agencies *DVDs* 15 minutes

In this DVD Kevin Campbell demonstrates using Mobility Mapping with a youth in foster care. A foster teen shares his memories of childhood and kinship care as he is lead through the development of a map of important connections with the purpose of finding significant people from his past.

Material Title: **Murphy's Three Homes: A Story for Children in Foster Care* (Children's Materials)**

Author: Jan Levinson Gilman *Children's Books* 2009 29 pages

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

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

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: **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.'

Foster Care, General

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.

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.

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.

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

Author: Richard J. Delaney

Videotapes 1999 20 minutes

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

Material Title: **Parenting Someone Else's Child: The Foster Parents' How-To Manual**

Author: Ann Stressman

Books 2004 220 pages

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

Material Title: **Parents Wanted**

Author: George Harrar

Children's Books 2001 239 pages

Narrator, Andy Fleck, a 12-year-old with Attention Deficit Disorder has learned one set of rules from his birth dad (how not to get caught) and another from the kids at the state-run home (how to manipulate adults). Placed with foster parents who are looking to adopt, he has a chance to escape his past, but he can't keep himself from challenging every limit. He plays "mailbox baseball" with his dad's bat, gets in trouble at school, and, when his birth dad shows up looking for money, steals from his foster dad's wallet. So far his foster parents have refused to give up on him. But will he go too far? Humorous and touching, this is "a killer read" for kids 10 and up.

Material Title: **Pictures of Hollis Woods**

Author: Patricia Reilly Giff

Children's Books 2004 176

Hollis Woods
is the place where a baby was abandoned
is the baby's name
is an artist
is now a twelve-year-old girl
who's been in so many foster homes she can hardly remember them all.

When Hollis is sent to Josie, an elderly artist who is quirky and affectionate, she wants to stay. But Josie is growing more forgetful every day. If Social Services finds out, they'll take Hollis away and move Josie into a home. Well, Hollis Woods won't let anyone separate them. She's escaped the system before; this time, she's taking Josie with her. Still, even as she plans her future with Josie, Hollis dreams of the past summer with the Regans, fixing each special moment of her days with them in pictures she'll never forget.

Patricia Reilly Giff captures the yearning for a place to belong in this warmhearted story, which stresses the importance of artistic vision, creativity, and above all, family.

Foster Care, General

Material Title: **Pinballs, The**

Author: Betsy Byars

Children's Books

2004

144 pages

You can't always decide where life will take you—especially when you're a kid.

Carlie knows she's got no say in what happens to her. Stuck in a foster home with two other kids, Harvey and Thomas J, she's just a pinball being bounced from bumper to bumper. As soon as you get settled, somebody puts another coin in the machine and off you go again.

But against her will and her better judgment, Carlie and the boys become friends. And all three of them start to see that they can take control of their own lives. Ages 10 and up.

Material Title: **Plan for Tyrone, A* (Children's Materials)**

Author: Tamara and Chelsea Severance Evanson, MSW

Children's Books

2009

26 pages

A Plan for Tyrone was written for children between the ages of 5 and 11. It describes the process of transitioning from foster care to adoption. This beautifully illustrated booklet follows the story of a young elephant named Tyrone, his diverse family, and their experiences with the family group conferencing process. This book is written from the context of the child welfare system in Ontario, Canada describing family group conferences. However, this can still be applied to the local child welfare system as it still incorporates common terminology and child welfare professionals. This book can still be a helpful tool for adults in talking with young children about the transition from foster care to adoption along with the different roles people have in this process.

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

Author: Foster Parent College

DVDs

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

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

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

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

Author: Foster Parent College

Audiotapes

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

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

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

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

Author: Foster Parent College

DVDs

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

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

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

Foster Care, General

Material Title: **Practical Tools for Foster Parents**

Author: Lana Temple-Plotz, et. Al *Books* 2002 296 pages

This book is based on the Boys Town's "Common Sense Parenting" model and applying it to the role of a foster parent. The book focuses on building relationships with children, teaching them skills, and empowering them by teaching self-discipline and self-control. The book includes effective and research-based solutions for common concerns among foster parents.

Material Title: **Pup and Bear**

Author: Kate Banks *Children's Books* 2017 40 pages

This deeply emotional read-aloud about a lost wolf pup who is raised by a loving polar bear is sure to resonate with families – particularly non-traditional ones.

You are not my mother, said the wolf pup.

I am not your mother, said the polar bear, but I can cuddle you and keep you safe.

Here is a picture book that celebrates differences and promotes kindness, sure to resonate with the many fans of the beloved classic, *Mama Do You Love Me?* During the ice melt that follows an Arctic winter, a wolf cub finds himself spinning out to sea on a sheet of ice. He awakes lost and alone to an unfamiliar smell: a polar bear. And while the polar bear is not the wolf's mother, she takes him on her back to her den, where she feeds him, keeps him warm, and does everything a mother would do. Time passes, the cub grows into a wolf, and soon it's time for him to venture out into the wide world alone. Years later, the now grown wolf comes upon a tiny lost polar bear cub--and the cycle begins again. With poetic prose this beautiful picture book about the love and kindness of a stranger is sure to touch a deep chord, particularly with parents and children who have found each other in unexpected ways.

Material Title: **Quiet You Carry, The**

Author: Nikki Barthelmess *Children's Books* 2019 352

"Victoria Parker knew her dad's behavior toward her was a little unusual, but she convinced herself everything was fine—until she found herself locked out of the house at 3:00 a.m., surrounded by flashing police lights. Now, dumped into a crowded, chaotic foster home, Victoria has to tiptoe around her domineering foster mother, get through senior year at a new school, and somehow salvage her college dreams . . . all while keeping her past hidden. But some secrets won't stay buried—especially when unwanted memories make Victoria freeze up at random moments and nightmares disrupt her sleep. Even worse, she can't stop worrying about her stepsister Sarah, left behind with her father. All she wants is to move forward, but how do you focus on the future when the past won't leave you alone?"

Material Title: **Raise the Blue: The Practical and Humorous Guide to Foster and Kinship Care**

Author: Marcia Sindone *Books* 2004 397 pages

This book, by an experienced therapeutic foster parent, has chapters on discipline; fostering children age 0-6; fostering age 7-12; fostering teenagers; sexual abuse; protection plans and crisis plans; and more. Though its focus is foster care, it has much to offer adoptive families.

Material Title: **Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (DVD)**

Author: Vera Fahlberg *DVDs* 1992 70 min.

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

Material Title: **Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (VHS)**

Author: Vera Fahlberg *Videotapes* 1992 67 min

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

Material Title: **Regandoodle & Little Buddy; The True Story of a Labradoodle & His Toddler Best Friend**

Author: Sandi Swiridoff *Books* 10/2/2018 192

Told with warmth and a touch of humor by Reagan himself, fans of Regandoodle and Little Buddy hear the true story of how one adopted dog and an eleven-month-old foster child develop an unforgettable friendship.

Foster Care, General

Material Title: **Returnable Girl**
Author: Pamela Lowell *Children's Books* 2009 240

Abandoned. That's how Ronnie Hartman feels after her mother and Kenny, her mom's good-for-nothing boyfriend, move to Alaska, bringing Ronnie's two younger brothers with them and leaving her behind. Now thirteen years old, Ronnie has been "returned" from multiple foster homes because of her impulsive lying and stealing. Her latest foster mom, Alison, is Ronnie's very last chance—if she doesn't want to end up in some awful residential treatment center.

Meanwhile, Ronnie wants more than anything to fit in with the popular crowd, especially with the beautiful (but stuck-up) Paige. But when Ronnie betrays her only friend, a chubby outcast named Cat, she begins a pattern of deception that can only end in disaster. As Ronnie struggles to define herself, an important letter will present her with the most heart-wrenching decision of her life: to accept the woman who wants to adopt her, or to return to the mother who once abandoned her.

Material Title: **Road to Paris, The**
Author: Nikki Grimes *Children's Books* 2008 160

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

Material Title: **Saving F.A.C.E. Approach, The (2 CDs)**
Author: CD *CDs* 2008 90 minutes

This workshop will discuss how to find unconditionally committed permanent parents for teens using this three-pronged approach: friends, acquaintances, and community education.

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.

Material Title: **Seven Core Issues in Adoption and Permanency: A Comprehensive Guide to Promoting Understanding and Healing In Adoption, Foster Care, Kinship Families and Third Party Reproduction**
Author: Sharon Kaplan Roszia & Allison Davis Maxon *Books* 2019 472

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

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

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

Material Title: **Siblings in Adoption and Foster Care: Traumatic Separations and Honored Connections**
Author: Deborah N. Silverstein and Susan Livingston Smith *Books* 2008

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

Foster Care, General

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

Author: Foster Parent Library

Audiotapes

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

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

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

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: **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!

Material Title: **Speranza's Sweater**

Author: Marcy Pusey

Children's Books

2018

32

Speranza wears her sweater everywhere, hanging onto the last memories of her birth home, until it's threadbare. Like her unraveled sweater, Speranza must weave together a new story, bringing threads from her past and strands from her present, into a future of love, family, and the true meaning of home.

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.

Material Title: **Stellaluna**

Author: Janell Cannon

Children's Books

2018

48

Knocked from her mother's safe embrace by an attacking owl, Stellaluna lands headfirst in a bird's nest. This adorable baby fruit bat's world is literally turned upside down when she is adopted by the occupants of the nest and adapts to their peculiar bird habits. Two pages of notes at the end of the story provide factual information about bats.

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.

Foster Care, General

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: **Succeeding as a Foster Child: A Roadmap to Overcoming Obstacles and Achieving Success**

Author: Jamie Schwandt

Books

2014

66

Dr. Jamie Schwandt provides first-hand experience and in-depth research on the steps foster children must take to achieve success. These powerful lessons provide a roadmap for foster children to beat the stigma and pave their way to excellence. "I wish someone would have shared this insight with me when I was in foster care." This is a common contention by the author and research participants. This book is a shortcut to eliminating this feeling and steering directly towards action and results. This book will provide tools to overcome challenges as well as contribute to the knowledge foster children have about the great opportunities they have been afforded by simply being foster children. Life in foster care is a temporary solution, but success is permanent. Embrace this opportunity, take advantage of the vast of resources, be positive and succeed!

Material Title: **Success as a Foster Parent: Everything You Need to Know about Foster Care**

Author: National Foster Parent Association

Books

2009

272

Over 600,000 American children are in the foster care system each year-and the number is growing. So is the number of good-hearted people willing to become foster parents. But what does it take to become a foster parent? How does one begin? What about your own family? What does it cost?

Success as a Foster Parent has the answers to these basic questions and much more. Written by Rachel Greene Baldino, MSW, in association with the National Foster Parent Association, it is the first and only commercially available book to clearly explain the process of becoming a foster parent. Readers will learn:

- *The questions to ask before making the decision to be a foster caregiver
- *How to research local state and private agencies
- *The financial cost and the compensation
- *The challenges involved in caring for children from infants to teens, including physically and psychologically challenged kids
- *Issues relating to schools, birth parents, supervisory visits, vacations, and dozens of other factors
- *All about adoption

In addition to concrete information, there are dozens of moving stories drawn from interviews with veteran foster parents and tips about caregiving.

Foster Care, General

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

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

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

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

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

Material Title: **Telling It Like It Is: Foster Youth and Their Struggle for Permanency (DVD)**
Author: Seneca Family of Agencies *DVDs* 41 minutes

This video includes 10 different digital stories of former foster youth as they search to find a permanent connection.

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.

Material Title: **Tender Years, The: Toward Developmentally Sensitive Child Welfare Services for Very Young Children**
Author: Jill Duerr Berrick, B. Needell, R. Barth, and M. Jonson-Reid *Books* 1998 203 pages

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

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

Foster Care, General

Material Title: **Things I Want Most, The: The Extraordinary Story of a Boy's Journey to a Family of His Own**
Author: Richard F. Minitier *Books* *September 1, 1 273 pages*

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

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

Material Title: **Unconditional Commitment: The Only Love That Matters to Teens (DVD)**
Author: Pat and You Gotta Believe, Inc. O'Brien *DVDs* *2007 52 minutes*

There is a great need for prospective and current parents to become unconditionally committed to the children that they care for, particularly teenagers, in order to prevent disruptions in permanent family homes. The emphasis here is that every child in foster care needs one placement and one placement only, and the challenges to unconditional commitment are explored and addressed. This is the story behind the enormously successful older teen adoption agency, and includes many of the staff, foster and adoptive parents, along with the children they have taken into their hearts and lives.

Material Title: **Under the Foster Freak Tree**
Author: Kelley Hicken *Children's Books* *2018 117*

When fifteen-year-old Sefina Nafo is kicked out of her latest foster home, she gets separated from her little brothers. Now, she's the only brown kid in her new foster family as she navigates grief from her dad's death, her mom's addictions, and the school bully labeling her Foster Freak.

With the court date looming, Sefina comes up with a plan to reunite with her mom and brothers before it's too late. The biggest challenge is trying not to fall in love with her new foster family. As her relationship with foster mom Jen blossoms, Sefina must decide what "family" really means.

Material Title: **Very Happy Story, A: About a Foster Child**
Author: Linda M. Chase *Children's Books* *1998 24*

This children's story talks about a child in foster care and what happens when they are placed in a home for adoption. This gives a child an idea of what he/she can expect when they are placed in a foster home.

Material Title: **Visit, The**
Author: S. Latisha Herbert *Children's Books* *1991 20*

A story for children about living in foster care and meeting their brothers and sister that live in a different foster home. Latisha describes her excitement in preparing for a visit with her siblings, and then shares her sadness and disappointment because she knows it may be a long time until the next visit.

Material Title: **Waiting to Forget**
Author: Sheila Kelly Welch *Children's Books* *2011 170*

T.J. has always looked out for his little sister, Angela. When Momma used to go out and leave them home alone, he'd lock the door so they'd be safe, keep Angela entertained, and get out the cereal and milk for her. When Momma's boyfriend got angry at them, he'd try to protect Angela. Later, at their foster homes, T.J. was the only one who knew how to coax his little sister out of her bad moods. The only one who understood why she made origami paper cranes and threw them out the window. But now T.J. is sitting in the waiting room at the hospital, wondering if Angela, unconscious after a fall, will ever wake up.

Wondering, too, if he will ever feel at home with his and Angela's new parents—Marlene, who insists on calling him Timothy, and Dan, who seems to want a different son. Going back and forth between Now and Then, weaving the uncertain present with the painful past, T.J.'s story unfolds, and with the unfolding comes a new understanding of how to move forward.

Material Title: **Walk a Mile in My Shoes: A Book about Biological Parents for Foster Parents and Social Workers**
Author: Judith A. B. Lee *Books* *1989 77 pages*

The authors attempt to create an inclusive picture that takes into consideration the views and feelings of all persons involved in the lives of foster children so that foster parents and professionals can work more effectively with each other and with the child and his or her biological relatives.

Foster Care, General

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.

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.

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.

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.

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

Material Title: **Women Who Raised Me, The: A Memoir**
Author: Victoria Rowell *Books* 2008 352

Born as a ward of the state of Maine, the child of an unmarried Yankee blueblood mother and an unknown black father, Victoria Rowell beat the odds. The Women Who Raised Me is the remarkable story of her rise out of the foster care system to attain the American Dream—and of the unlikely series of women who lifted, motivated, and inspired her along the way.

From Agatha Armstead—a black Bostonian who was Victoria's longest-term foster mother and first noticed her spark of creativity and talent—to Esther Brooks, a Paris-trained prima ballerina who would become her first mentor at the Cambridge School of Ballet—The Women Who Raised Me is a loving, vivid portrait of all the women who would help Victoria transition out of foster care and into New York City's wild worlds of ballet, acting, and adulthood. Though Victoria would go on to become an accomplished television and film star, she still carried the burden of loneliness and anxiety, particularly common to those "orphans of the living" who are never adopted. Vividly recalled and candidly told, her story is transfixing, redemptive, heartbreaking, and, ultimately, inspiring.

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

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

Foster Care, General

Material Title: **Young Children and Foster Care: A Guide for Professionals**

Author: Judith A. Silver, Barbara J. Amster, and Trude Haecker *Books* 1999 509 pages

Infants and young children entering the child welfare system often have histories of abuse, neglect, and fragmented medical care. This book helps human services professionals meet these children's special needs as it proposes models for intervention and provides expert advice on often-overlooked aspects of care, including developmental and medical concerns, child advocacy, and early intervention services.