

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.

## Children's Materials

- Material Title: **A Mother for Choco**  
 Author: Keiko Kasza *Children's Books* 1992 31 pages  
 This illustrated book tells the story of a motherless bird who searched for a mother from Africa to the Arctic. But all the animals he encountered reminded him that he didn't look like him so they couldn't be his mother. Finally he meets Mrs. Bear who hugs and kisses him and takes him home to her adopted family. They both realize that she is the perfect mother for Choco.
- Material Title: **Adoption Stories for Young Children**  
 Author: Randall B. Hicks *Children's Books* 1995 43 pp  
 This book is told from the perspective of a five year old boy who introduces us to his many friends and neighbors. They come from different walks of life, but they have one thing in common – their families were all created through adoption. It explores common issues of interest to young children about adoption.
- Material Title: **All Kinds of Families**  
 Author: Norma Simon *Children's Books* 1976 34 pages  
 This illustrated (by Joe Lasker) children's book describes and shows different kinds of families and normalizes the many ways in which they are not all the same. The word adoption comes up only twice, but the message that it is not necessary to be like everyone else is amply communicated.
- Material Title: **All Kinds of Minds: A Young Student's Book About Learning Abilities and Disorders**  
 Author: Mel Levine *Children's Books* 1993 281pp  
 The first chapter introduces us to five young people with different "kinds of minds" (Attention Deficit, Reading Disorder, Memory Problems, Language Disorder, Social and Motor Skills Problems). The next five chapters each highlight, anecdotally, one of those kids, showing how his or her mind works. The final chapter provides practical information and techniques for children and the adults who work with them, in each of the categories
- Material Title: **Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know**  
 Author: Marlin S. Potash, Ed.D. *Children's Books* 2001 261 pp  
 Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, and helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, and much more.
- Material Title: **Asking About Sex and Growing Up: A Question and Answer Book for Boys and Girls**  
 Author: Joanna Cole *Children's Books* 1988 86 pp  
 This illustrated book is targeted at preteen boys and girls. Written in an easy to understand question-and-answer format, it addresses all aspects of sexuality from growth and development to sex and relationships. The aim of this book is to give children a healthy and accurate view of sexuality.
- Material Title: **At Home in this World ... A China Adoption Story**  
 Author: Jean MacLeod *Children's Books* 2003 15 pages  
 This book is a reflection of a pre-adolescent girl on what she knows of her adoption from China, and the strength she gains from her acceptance and experience. It addresses the underlying feelings and emotions that a China adoptee experiences and enables pre-teen readers to put their early lives into perspective, while emphasizing the supportive love that encircles them within their own families.
- Material Title: **Beginnings: How Families Come to Be**  
 Author: Virginia Kroll *Children's Books* 1994 29 pp  
 This Children's book, with warmly glowing illustrations by Stacey Schuett and upbeat, realistic dialogue by Virginia Kroll, exudes familial affection in sketches of six differently composed families.

## Children's Materials

- Material Title: **Being Adopted**  
 Author: Stephanie Herbert *Children's Books* 1991 22 pp  
 This illustrated little children's book follows some of the steps in the life of an at-birth adoption through a first
- Material Title: **Benjamin Bear Gets a New Family**  
 Author: Deborah Joy *Children's Books* 1988 40 pp  
 This children's book deals in story-book form with the feelings many children experience resulting from their birth parents' inability to provide for them, as well as feelings related to their subsequent adoption. Opportunities and guidelines for discussion are provided.
- Material Title: **Best Single Mom in the World, The: How I Was Adopted**  
 Author: Mary Zisk *Children's Books* 2001 29 pp  
 This illustrated book for very young children has an adopted child telling of how her mom tells her the story of the child's adoption from "far away across the ocean and over the mountains."
- Material Title: **Big Box, The**  
 Author: Toni Morrison *Children's Books* 1999 10 pp  
 This colorfully illustrated children's book tells, in rhyme, the story of three active children who "can't handle their freedom," and of the attempts of the teachers and neighbors "who loved them" to deal with their
- Material Title: **Celebration of Family (Cassette)**  
 Author: Audiotape *Audiotapes* 2001 45 Minutes  
 With a diverse assortment of artists and musical styles, this cassette speaks to the beauty of family and the special relation of parents to their children. Artists include John Lennon, Yoko Ono, Faith Hill, Sweet Honey in the Rock, Brenda Lee, Boyz II Men, Raffi, Victoria Jackson, and several more. Among the songs is "Happy Adoption Day" by John McCutcheon. Also available on CD.
- Material Title: **Celebration of Family (CD)**  
 Author: CD *CDs* 2001 45 minutes  
 With a diverse assortment of artists and musical styles, this CD speaks to the beauty of family and the special relation of parents to their children. Artists include John Lennon, Yoko Ono, Faith Hill, Sweet Honey in the Rock, Brenda Lee, Boyz II Men, Raffi, Victoria Jackson, and several more. Among the songs is "Happy Adoption Day" by John McCutcheon. Also available on Cassette.
- Material Title: **Coffee Can Kid, The**  
 Author: Jan M. Czech *Children's Books* 2002 24 pp  
 This is a story about a story. Six-year old Annie asks her adoptive father to tell her again about her Korean birthmother and how she came to be adopted. While Annie listens to her father, the coffee can becomes, in her hands, alternately a drum, a shaker and a chest containing a dear treasure.
- Material Title: **Day We Met You, The**  
 Author: Phoebe Koehler *Children's Books* 1990 34 pp.  
 This warmly illustrated book to be read to very young children tells a generic story of a mother and father's preparations for bringing an infant home to be adopted.
- Material Title: **Eagle Eyes: A Child's Guide to Paying Attention**  
 Author: Jeanne Gehret *Children's Books* 1991 26 pp  
 This storybook with pictures tells of the frustrations and triumphs of Ben, a child with ADHD.
- Material Title: **Emma's Yucky Brother**  
 Author: Jean Little *Children's Books* 2001 61 pp  
 Pictures by Jennifer Plecas. This booklet tells the story of Emma, who initially has a harder time getting used to the four year old younger brother her family has adopted than she had anticipated. Problems escalate, but the story ends with a satisfactory resolution for the two children. -- ages 4-8

## Children's Materials

- Material Title: **Fall of Freddie the Leaf, The**  
 Author: Leo Buscaglia *Children's Books* 1982 27 pages  
 This book, illustrated with color photographs, tells the story of Freddie, a leaf on a tree, and his companions, who change with the passing seasons and the coming of winter. It is intended to help children or anyone come
- Material Title: **Families Are Different**  
 Author: Nina Pellegrini *Children's Books* 1991 26 pages  
 Nico doesn't like looking different than her parents, who adopted her from Korea, until her mother points out that there are "different kinds of families . . .glued together" by love. Soon Nico starts to notice the differences in the families she sees. Now she doesn't feel so bad. She's just like everyone else – she's
- Material Title: **Feelings**  
 Author: Ailiki *Children's Books* 1984 34 pp  
 This picture-book for young children presents numerous one to two page scenarios that involve feelings. The pictures and the scenes they depict are compelling, and there is more content here than you might expect in
- Material Title: **Finding the Right Spot**  
 Author: Janice Levy *Children's Books* 2004 42 pp  
 When kids can't live with their parents, their feelings are complicated, confusing, and often chaotic. This beautifully illustrated story, for all such kids, regardless of the circumstances, offers children a chance to think about their feelings and understand them better. It also provides caregivers help in understanding the child's experience and a two-page "Note to Caregivers" by professionals for help in facilitating conversation.
- Material Title: **Forever Fingerprints**  
 Author: Sherrie Eldridge *Children's Books* 2007 30 pp  
 In the first children's book by the author of *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*, young, imaginative Lucie is excited to feel a baby moving in her Aunt Grace's tummy but it makes her understand her adoption story in a different way. She thinks about her birth parents and wonders why they didn't keep her. This gives Lucie's parents the chance to reinforce their love for her, to empathize with her feelings and to honor her past. The book, for ages 4-8, includes two pages of "Parent Tools and Activities."
- Material Title: **Foster Care and Adoption: A Pathway to Understanding**  
 Author: Heather Wilson *Children's Books* 2006 64 pp  
 The book is a unique interactive, illustrative and educational book created to help children de-mystify the process and their feelings as they move into foster care and adoption. It is an engaging tool to help children understand the people and steps involved in their transition to permanency. Ideally, the book is used by a
- Material Title: **Growing Up Adopted**  
 Author: Maxine Rosenberg *Books* 1989 107 pp  
 This striking collection of fourteen brief case studies, told in first person, is based on lengthy interviews with eight children and six adults, all of whom were adopted as children. The text is consciousness-raising, low-key, and highly readable. *Growing Up Adopted* is an illuminating resource for children and adults alike.
- Material Title: **Hands Are Not for Hitting**  
 Author: Martine Agassi *Children's Books* 2000 35 pp  
 In this book, children learn and practice fun and constructive things hands can do, such as playing sharing clapping, saying hello, etc. and many of the ways to handle strong feelings without hitting. Made to be read aloud, this book also includes a special section for adults that offers ideas to talk about and activities to do
- Material Title: **Happy Adoption Day**  
 Author: John and Julie McCutcheon and Paschiks *Children's Books* 1996 24 pp.  
 This illustrated book for young children is written in verse and presents images of a happy family who has adopted internationally. It is based on a song by John McCutcheon which can be found, among other songs, on the audiotape "Celebration of Family," which is also available in our library.

## Children's Materials

- Material Title: **Heart Knows Something Different, The: Teenage Voices from the Foster Care System**  
 Author: Al Desetta *Children's Books* 1996 211 pp  
 Divided into four sections, "Family," "Living in the System," "Who Am I," and "Looking to the Future," the more than three dozen personal narratives here were written by young people, ages 15 to 20, who have lived in the foster care system. These less often heard voices might provide insight to parents and professionals, and a sense of normalcy and community to adopted adolescents.
- Material Title: **How I Was Adopted**  
 Author: Joanna Cole *Children's Books* 1995 37 pages  
 Here, Samantha tells the story of how she was adopted, but it is also a story of how babies are born and how children grow, of what makes people different and what makes them the same, and it is a story about love
- Material Title: **How it Feels to be Adopted**  
 Author: Jill Krementz *Children's Books* 1982 105 pp  
 Nineteen young people present both the good and the bad sides of being adopted from an adolescent point of view--a personal and moving book to be read by children and parents.
- Material Title: **How To Do Homework Without Throwing Up**  
 Author: Trevor Romain *Children's Books* 1997 67 pp  
 Targeted at elementary and middle school children, this book emphasizes the importance of doing your homework. Through the use of jokes and cartoons, it teaches valuable homework skills such as how to make a homework schedule, how to get help with your homework, and especially how to get excited and motivated
- Material Title: **I'm Brown and My Sister Isn't**  
 Author: Robbie O'Shea *Children's Books* 2002 16 pages  
 In this book for very young children, illustrated by Matthew Ambre, we are exposed to the daily similarities and differences between an adopted boy of color and his older, white adopted sister.
- Material Title: **In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships**  
 Author: Barrie Levy *Children's Books* 1993 106 pp  
 This book is for teenagers who have questions about abusive dating relationships and what to do about them. Some of the information you'll find in this book includes: facts about dating violence; how you can tell if your relationship is abusive; and how to have a healthy relationship.
- Material Title: **Is That Your Sister?**  
 Author: Catherine Bunin *Children's Books* 1992 31 pp  
 This illustrated children's book tells about the feelings of a child who was adopted into a multiracial family and who explains adoption as a chosen way of life that is positive, compassionate and civilized.
- Material Title: **It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch**  
 Author: Lory Freeman *Children's Books* 1982 24 pages  
 This illustrated book for preschool children is just what its title implies. Also available in Spanish
- Material Title: **Josh: A Boy With Dyslexia**  
 Author: Caroline Janover *Children's Books* 1988 99 pp  
 In this book, Josh struggles to live down the stigma of his learning disability, dyslexia, and receive both respect and friendship from his peers. It includes information on the characteristics of dyslexia and a list of organizations that deal with learning disabilities.

## Children's Materials

- Material Title: **Journey Through the Healing Circle**  
 Author: DSHS Division of Licensed Resources *Children's Books* 2000 4 vols
- Four books, two videos, and four CD-ROMs: These materials are intended for children and young adults from birth to age 22 who live in homes impacted by fetal alcohol exposure and for their parents and caregivers. Each item can be examined by itself. The books are The Little Fox (ages birth to 5); The Little Mask (ages 6-11); Sees No Danger & Wanders Afar (ages 12-17); and Travels in Circles (ages 18-22). In each story, the challenges faced by children with FAS and alcohol related conditions are described and represented through animal characters at the respective stages of development. Through these characters we learn how drinking during pregnancy can cause FAS, how FAS is diagnosed, and the different types of health and developmental difficulties children and young adults may experience. The second section in each book provides practical information and advice for parents and caregivers. The videos, Series I and Series II, cover the same stories as the books and are told by Floyd Red Crow Westerman. Series I covers the first two books and Series II covers the second two books. The CD ROMs are the same as the videos but there is a separate one for each book title. Both videos and CD ROMs come with a discussion guide. Please order these titles separately. See
- Material Title: **Journey Through The Healing Circle: Video Series I (VHS)**  
 Author: Division of Social and Health Services *Videotapes* 2000
- For young people ages birth to 11: Please see series description, "Journey Through the Healing Circle." This video portrays the stories told in the first two books, "The Little Fox" and "The Little Mask" (see individually under those titles). It comes with a Discussion Guide and Video Overview.
- Material Title: **Journey Through The Healing Circle: Video Series II (VHS)**  
 Author: Division of Social and Health Services *Videotapes* 2000
- For young people ages 12-22: Please see series description, "Journey Through the Healing Circle." This video portrays the stories told in the second two books, "Sees No Danger & Wanders Afar" and "Travels in Circles" (see individually under those titles above). It comes with a Discussion Guide and Video Overview.
- Material Title: **Keeping A Head in School: A Young Student's Book About Learning Abilities and Disorders**  
 Author: Mel Levine *Children's Books* 1990 279 pp
- This student's book about learning abilities and learning disorders, written for adolescents and pre-adolescents, should appeal also to older and younger students. It attempts to empower students with learning disorders to advocate for themselves, to see themselves as resilient beings, to use adults effectively as resources, to deploy their strengths, and to preserve and cherish their own individuality.
- Material Title: **Koala for Katie, A**  
 Author: Jonathan London *Children's Books* 1993 21 pp
- When Katie receives a stuffed koala, she pretends she has adopted the bear just as her parents had adopted her. This sweet picture book helps young children understand the many ways their parents love and care for
- Material Title: **Let's Talk About It: Adoption**  
 Author: Fred Rogers *Children's Books* 1998 26 pp
- Mr. Rogers encourages open communication and acknowledges that difficult issues will arise. This provides a solid base for children learning about their backgrounds. As one might expect from Mr. Rogers, this is a gentle, matter-of-fact, and reassuring approach to the topic of adoption.
- Material Title: **Little Fox, The: Fetal Alcohol Syndrome**  
 Author: Division of Social and Health Services *Children's Books* 2000 42 pp
- For children five years old and younger: Please see series description, "Journey Through the Healing Circle." This illustrated book for children five years old and younger, tells the story - in the style of Native American folklore - of Stays in the Moment, a young fox with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to children who have questions or concerns.
- Material Title: **Little Fox, The: Fetal Alcohol Syndrome (CD-ROM)**  
 Author: Division of Social and Health Services *CD-ROMs* 2001
- For children five years old and younger: Please see series description, "Journey Through the Healing Circle." This CD-ROM for children five years old and younger, provides a video-telling - in the style of Native American folklore - of the story of Stays in the Moment, a young fox with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have

## Children's Materials

- Material Title: **Little Heroes FASD**  
 Author: Ira Chasnoff *Children's Books* 2003 32 pages  
 This booklet is about children who were born to mothers who used alcohol during pregnancy. Through story and pictures, it is meant to guide parents in talking with their children. In higher functioning children with FASD, these discussions can help them better understand their behavior and the way they feel about themselves. It can help brothers and sisters of a child with FASD be more tolerant of the behaviors that drive
- Material Title: **Little Heroes Sensory Integration and Behavior Problems in the Young Child**  
 Author: Cheryl, Linda, Lindsay, Alissa Pratt, Schwartz, *Children's Books* 2005 32 pages  
 This booklet is designed to help parents explain sensory integration and behavioral problems to their children. It is about a boy named Jeff who experiences many different sensory and behavior problems during preschool. It can also be used to help siblings in the family understand their own feeling about a new child in the home. The accompanying Parents' Guide provides a much fuller explanation of sensory integration and
- Material Title: **Little Mask, The: Fetal Alcohol Syndrome**  
 Author: Division of Social and Health Services *Children's Books* 2000 81 pp  
 For children ages 6-11: Please see series description, "Journey Through the Healing Circle." This illustrated book for children ages 6-11, tells the story - in the style of Native American folklore - of Little Mask and Best Day Ever, two young raccoons with Fetal Alcohol Syndrome. A second section is a guide for parents or others reading this book to children who have questions or concerns.
- Material Title: **Little Mask, The: Fetal Alcohol Syndrome (CD-ROM)**  
 Author: Division of Social and Health Services *CD-ROMs* 2001  
 For children ages 6-11: Please see series description, "Journey Through the Healing Circle." This CD-ROM for children ages 6-11, provides a video-telling - in the style of Native American folklore - of the story of Little Mask and Best Day Ever, two young raccoons with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.
- Material Title: **Long Journey Home, The**  
 Author: Richard Delaney *Children's Books* 1997 42 pages  
 This illustrated children's book tells the story of a young boy named Mayla. Separated from his mother by a raging flood, Mayla begins a perilous search to find her. This story is an adventure-with-a-message for any child who has suffered separation from loved ones. The Long Journey Home is all about love and loss, trauma
- Material Title: **Lucy's Family Tree**  
 Author: Karen Halvorsen Schreck *Children's Books* 2001 39 pages  
 In this illustrated older child's book, Lucy's family doesn't "match" and being different bothers her. A family tree project at school brings Lucy's feelings about her adoption into the open, and she begins to explore what really makes a family. As she comes to understand that being different is part of life, Lucy finds a way to make a family tree that celebrates her past as well as her present.
- Material Title: **Manners**  
 Author: Aiki *Children's Books* 1990 30 pages  
 This colorful and imaginative picture book for young children demonstrates the behavioral do's and don'ts of a host of every-day situations. It is humorous and compelling.
- Material Title: **Me and My Volcano**  
 Author: Deborah Hage *Children's Books* 1999 17 pp  
 This booklet for children makes an analogy between people who are angry and volcanoes. It explains that either one can let off steam in a nondestructive way or in an explosive, destructive way which hurts both the volcano (or the person) and everyone and everything nearby. It asks the child to draw pictures on almost every page to illustrate feelings behaviors and situations.
- Material Title: **Mulberry Bird, The: An Adoption Story**  
 Author: Ann Braff Brodzinsky *Children's Books* 1996 44 pages  
 Revised in 1996 from the 1986 version, and with color illustrations, this book tells the story of a mother bird whose best efforts to care for her young chick fall continually short of keeping him safe. So she goes to Owl who helps her find another family for her baby. He adapts well to the new environment, but he also deals with questions and issues related to his adoption.

## Children's Materials

- Material Title: **My Body Is Private**  
 Author: Linda Walvoord Girard *Children's Books* 1984 25 pp  
 Pictures by Rodney Pate. This book gives us glimpses into the day-to-day life of Julie, the prepubescent girl who is the book's narrator. Readers learn that there are welcome and unwelcome forms of touching, and how to tell someone when you are not comfortable with being touched or held. The message is pretty straight-
- Material Title: **My Body, My Self for Boys**  
 Author: Lynda Madaras *Children's Books* 2000 92 pp  
 Aimed at 8 to 15 year old boys, this book explores the changing body through quizzes, exercises, checklists, illustrations, and lots of personal stories from boys (and their fathers) about their growing-up concerns and experiences. It covers such topics as body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, and the emotional problems of puberty, diet, and health.
- Material Title: **My Body, My Self for Girls**  
 Author: Lynda Madaras *Children's Books* 2000 117 pp  
 This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples,
- Material Title: **No More Secrets for Me**  
 Author: Oralee Wachter *Children's Books* 1983 47 pp  
 This book, designed to help children avoid sexual abuse, presents four illustrated stories in which children encounter situations that make them feel uncomfortable. Each story offers appropriate examples of how children might respond in such difficult and confusing circumstances. This might serve as a tool for parents to teach their children how to respond in similar scenarios, or to help their children talk about events they might
- Material Title: **Ocean Within, The**  
 Author: V.M. Caldwell *Children's Books* 1999 275 pp  
 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
- Material Title: **Oliver: A Story About Adoption**  
 Author: Lois Wickstrom *Children's Books* 1991 32 pages  
 In this picture book for children, 4-8, Oliver, who is adopted, imagines a much better life living with his birth parents. He pictures them variously as firemen, scientists, astronauts and in other scenarios. Then his parents, who are not adopted, tell him that they used to imagine that they were adopted, dreaming about the exciting world their birthparents might be living. In the end, Oliver realizes that his life is pretty good as it is.
- Material Title: **Otto Learns About His Medicine: A Story About Medication for Hyperactive Children**  
 Author: Matthew Galvin *Children's Books* 1995 26 pp  
 This picture book tells of a hyperactive car who learns from a special mechanic about how "car medicine" can help him control his behavior.
- Material Title: **Our Brother Has Down Syndrome: An Introduction For Children**  
 Author: Shelley Cairo *Children's Books* 1985 22 pp  
 This short booklet with photographs introduces us to Jai, a Down Syndrome child, and his loving family.
- Material Title: **Our Gracie Aunt**  
 Author: Jacqueline Woodson *Children's Books* 2002 30 pages  
 Intended for kids age 5-9, this book, with expressive watercolor illustrations by Jon J Muth, tells the story of Johnson and his older sister Beebee, children whose mother has left many times before, but never for this many days. A Social worker comes and takes them to stay with their Aunt Gracie whom the children hardly

## Children's Materials

- Material Title: **Parents Wanted**  
 Author: George Harrar *Children's Books* 2001 239 pp  
 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"
- Material Title: **Perfect Spring, A**  
 Author: Lark Carrier *Children's Books* 1990 24 pages  
 This illustrated story for young children tells of a seabird couple who find an egg and hatch it along with their own. The egg they find hatches into a turtle. Both young listen to the lessons taught by the parents which apply equally to life in the air and life in the sea. This book takes a look at the similarities of parenting children born to you and adopted and yet gives the freedom to both young to explore the environments that
- Material Title: **Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder**  
 Author: Patricia Quinn *Children's Books* 1991 64 pp  
 A guide for children and their parents, teachers and counselors to understanding and gaining control over attention deficit hyperactivity disorder.
- Material Title: **Questions to ask yourself: A book for Kids like you who live with their Grandparents**  
 Author: Collaboration *Non-Return Items* 05-2005 18 Pages  
 ORPARC has this booklet as a PDF printable file. It was created with the assistance of:  
 -Aging and Disability Services of Multnomah County  
 -Lifespan Respite Care Network of Multnomah County  
 -Oregon Post Adoption Resource Center  
 -The Princess Royal Trust for Carers  
 -Nickey
- Material Title: **Runaway Bunny, The**  
 Author: Margaret Brown *Children's Books* 1941 39 pp  
 Mother rabbit tells the little bunny that no matter where he runs and hides, she will go to the ends of the earth to seek him out "because you are my little bunny!" What a great "claiming" message to read with your
- Material Title: **Sees No Danger & Wanders Afar: Fetal Alcohol Syndrome (CD-ROM)**  
 Author: Division of Social and Health Services *CD-ROMs* 2001  
 For young people ages 12-17: Please see series description, "Journey Through the Healing Circle." This CD-ROM for young people ages 12-17, provides a video-telling - in the style of Native American folklore - of the story of Sees No Danger and Wanders Afar, two young bears with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have
- Material Title: **Sex Book, The**  
 Author: Jane Pavanel *Children's Books* 2001 196 pp  
 This cartoon-illustrated book is a glossary/encyclopedia of terms and slang, realities and myths exposed, and questions and answers related to the sexes. It covers such topics as venereal diseases, pregnancy, arousal, birth control, body parts -- external and internal, puberty, sexual preferences, drugs, menstruation, abuse, masturbation, etc. etc. It is very thorough and up to date. It could be helpful for adolescents and parents in the fast changing world of slang, cyber sex, ecstasy type drugs and even diseases.
- Material Title: **Shelley: The Hyperactive Turtle**  
 Author: Deborah Moss *Children's Books* 1989 19 pp  
 This short picture book for very young readers follows Shelley through his ups and downs until a doctor helps him understand why and how he is different from the other turtles.

## Children's Materials

- Material Title: **Sister for Matthew, A**  
 Author: Pamela and Amy Kennedy and Wummer *Children's Books* 2006 28 pp.  
 This illustrated book tells of Mathew, a young boy whose parents decide to adopt a baby girl from China. At first Matthew doesn't know if he likes the idea. Things are fine the way they are, his friend has a little sister "and she was a pain." Furthermore, he worries that his parents are adopting because they aren't happy with him. Eventually he comes around and likes the idea of an adopted younger sister.
- Material Title: **Storm in my Brain, The: Kids and Mood Disorders (Bipolar Disorder and Depression)**  
 Author: CABF and DBSA *Non-Return Items* 2003 18 pages  
 This non-return booklet, produced by the Child & Adolescent Bipolar Foundation and the Depression and Bipolar Support Alliance, is beautifully illustrated by kids ages 6 to 18. It offers a practical and insightful look into mood disorders, answering the questions both kids suffering from one and their parents might ask. It
- Material Title: **Tell Me Again About the Night I Was Born**  
 Author: Jamie Lee Curtis *Children's Books* 1996 29 pp  
 In this picture book, illustrated by Laura Cornell, a young girl asks the parents who adopted her at birth to tell her about the night she was born. She shows from her continued questions that it is a cherished tale she knows by heart. On an accompanying audiotape, Jamie Lee Curtis reads the story followed by a couple of
- Material Title: **There's a Nightmare in My Closet**  
 Author: Mercer Mayer *Children's Books* 1968 28 pages  
 This smartly illustrated book for kids 4 to 8 presents one little boy's imaginary dealings with the "nightmare" in
- Material Title: **Travels in Circles: Fetal Alcohol Syndrome (CD-ROM)**  
 Author: Division of Social and Health Services *CD-ROMs* 2001  
 For young people ages 18-22: Please see series description, "Journey Through the Healing Circle." This CD-ROM for young people ages 18-22, provides a video-telling - in the style of Native American folklore - of the story of Travels in Circles, a young adult puffin with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or
- Material Title: **Twice Upon A Time: Born and Adopted**  
 Author: Eleanora Patterson *Children's Books* 1987 43 pp  
 Families are not all formed in the same way, but all children, even adopted ones, grew inside their birthmother before they were born. This picture book starts with a description of conception, pregnancy and birth. It then explains how a child enters a family through adoption. Twice Upon-a-Time helps adopted children to feel good
- Material Title: **Two Birthdays for Beth**  
 Author: Gay Lynn Cronin *Children's Books* 1995 28 pages  
 This illustrated children's book tells the story of Beth, a young girl whose mother tells her the story of her adoption, which puts the mistaken notion into Beth's head that she has two birthdays.
- Material Title: **Very Touching Book, A**  
 Author: Jan Hindman *Children's Books* 1983 50 pp  
 This book is intended to be read and shown to a child by a parent. Through pictures and words, it teaches appropriate and inappropriate touching. It is written on a child's level, but the cartoon like illustrations are anatomically correct to avoid confusion.
- Material Title: **W.I.S.E. Up Powerbook**  
 Author: Marilyn Schoettle *Children's Books* 2000 29 pages  
 This children's book from the Center of Adoption Support and Education, Inc. (C.A.S.E.) is intended to give your children and you the tools to cope with the sometimes discomfoting comments, both personal and general, you sometimes get from others. Learn how and when to (W)alk away, say (I)t's private, (S)hare, or (E)ducate. This booklet also comes with a 7-page (purple) Parent Guidebook to help parents use the
- Material Title: **We See the Moon**  
 Author: Carrie A. Kitzel *Children's Books* 2003 30 pp  
 This book is designed to help adopted children talk and ask questions about their birthparents, using the moon as an imaginative tool to help them connect to their feelings. The book is affirming of both adoptive and birth families. Jinshan Peasant Paintings from China provide colorful illustrations.

## Children's Materials

- Material Title: **We're Different, We're the Same**  
 Author: Bobbi Jane Kates *Children's Books* 1992 31 pages  
 This picture book, featuring cartoon depictions of Sesame Street Muppets and other characters, delivers the message that in many ways we are all different, and yet, in many ways we are all the same.
- Material Title: **What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People**  
 Author: Eric Marcus *Children's Books* 2000 138 pp  
 Aimed at teenagers, this book breaks down the stereotypes surrounding homosexuality. Written in question-and-answer form, the author answers real questions from real teenagers about everything from sex to religion. He pushes aside all of the myths and misinformation to help kids understand what being gay is really all
- Material Title: **What is a Feeling?**  
 Author: David Krueger *Children's Books* 1993 28 pp  
 This children's booklet with pictures uses familiar situations to help children put words to their wide range of feelings. When children can declare their feelings, they begin to embrace a whole new world.
- Material Title: **What's Happening to Me?**  
 Author: Peter Mayle *Children's Books* 1994 50 pp  
 This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation,
- Material Title: **What's Happening to My Body? Book for Boys, The**  
 Author: Lynda Madaras *Children's Books* 2000 231 pp  
 This comprehensive puberty education and health book targets 8 to 15 year old boys. It offers down-to-earth information on the body's changing size and shape, the growth spurt, reproductive organs, voice changes, body hair, puberty, and much more. This best-selling classic includes an introduction for parents.
- Material Title: **What's Happening to My Body? Book for Girls, The**  
 Author: Lynda Madaras *Children's Books* 2000 255 pp  
 This easy to read health book aimed at 8 to 15 year old girls provides factual information on all aspects of girls' transformation into womanhood. The introduction is for the parent, the book for the young girl. It addresses the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, body
- Material Title: **When Nothing Matters Anymore: A Survival Guide for Depressed Teens**  
 Author: Bev Cobain *Children's Books* 1998 149 pp  
 This book, by a cousin of rock star Curt Cobain, is her way of making sense of his suicide and reaching out to teens who are sad, discouraged, or depressed. Part 1 describes the causes and types of depression and the connection between depression, suicide, and drug and alcohol abuse. Part 2 discusses different kinds of professional treatment and how to stay healthy. Throughout the book are personal stories from teens who have dealt with depression, survival tips that can help you now and for the rest of your life, and resources for
- Material Title: **Where Did I Come From?**  
 Author: Peter Mayle *Children's Books* 1977 43 pp  
 For more than twenty years, this book has helped parents explain the facts of life to their curious children. It helps describe to young children how babies are really made. It is packed full of humorous illustrations and honest facts about love, sex, pregnancy, and the birth process.
- Material Title: **Zachary's New Home: A Story for Foster and Adopted Children**  
 Author: Geraldine Blomquist *Children's Books* 1990 30 pp  
 Zachary, a little kitten, is confused and concerned. He doesn't understand why he has to move from his first family to a foster family and then to an adoptive family. He is angry at the changes in his life. He thinks no one loves him. This comforting story, designed to be read to children aged 3 to 8, explores his emotions with appealing illustrations of animal characters. It may evoke strong emotions in children, so it is important that knowledgeable and concerned adults discuss these emotions and allow the child to explore his or her own