

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: **Adopted and Wondering: Drawing Out Feelings*** (see comment about Children's Materials on Index page)

Author: Marge Eaton Heegaard *Children's Books* 2007 31 pages

This book, designed for adopted children 6-12 brings up issues faced by such children and leaves spaces for them to draw pictures in response to the issues brought up. It should be read by parents before it is given to their children.

Material Title: **Adoption Stories for Young Children*** (see comment about Children's Materials on Index page)

Author: Randall B. Hicks *Children's Books* 1995 43 pages

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 About Adoption: How Families Are Made & How Kids Feel About It*** (see comment about Children's Materials on Index page)

Author: Marc Nemiroff *Children's Books* 2004 43 pages

For children ages 4 to 12 adopted from any country, this book explores the what, how, and why of adoption, as well as many of the feelings kids experience as they grow up. And for parents, an extensive afterword discusses the unique practical and emotional dimensions of adopted children and their families, with suggestions for answering the most challenging questions.

Material Title: **All Kinds of Families*** (see comment about Children's Materials on Index page)

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*** (see comment about Children's Materials on Index page)

Author: Mel Levine *Children's Books* 1993 281 pages

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 mentioned.

Material Title: **Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know*** (see comment about Children's Materials on Index page)

Author: Marlin S. Potash, Ed.D. *Children's Books* 2001 261 pages

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*** (see comment about Children's Materials on Index page)

Author: Joanna Cole *Children's Books* 1988 86 pages

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*** (see comment about Children's Materials on Index page)

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.

Children's Materials

Material Title: **Beginnings: How Families Come to Be* (see comment about Children's Materials on Index page)**
Author: Virginia Kroll *Children's Books* 1994 29 pages

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.

Material Title: **Being Adopted**
Author: Stephanie Herbert *Children's Books* 1991 22 pages

This illustrated little children's book follows some of the steps in the life of an at-birth adoption through a first person narrative.

Material Title: **Benjamin Bear Gets a New Family* (see comment about Children's Materials on Index page)**
Author: Deborah Joy *Children's Books* 1988 40 pages

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* (see comment about Children's Materials on Index page)**
Author: Mary Zisk *Children's Books* 2001 29 pages

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* (see comment about Children's Materials on Index page)**
Author: Toni Morrison *Children's Books* 1999 10 pages

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 behavior.

Material Title: **Celebration of Family (Audiotape)**
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: **Coffee Can Kid, The* (see comment about Children's Materials on Index page)**
Author: Jan M. Czech *Children's Books* 2002 24 pages

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: **Cuando Sofía se enoja, se enoja de veras...* (solamente se puede recibir crédito para los Materiales para adultos, no para niños)**
Author: Molly Bang *Libros para niños* 1999 34 pages

Sofía, una niña que suele erupcionar como un volcán tal como cuando su hermana quiere jugar con su gorila de peluche, sale de la casa con furia después de varios incidentes similares. Ella va de paseo y sube un árbol para mirar al mundo, lo cual le tranquiliza a la niña. Este libro, adecuado para niños de 2 a 7 años de edad, no ofrece respuestas sino demuestra una familia que trata a su niña con respeto y tal vez sea una ayuda a un niño como Sofía para que se evalúe a sí mismo mejor. [Sophie, subject to sudden volcanic melt downs, such as when her sister wants to play with her stuffed gorilla, storms out the door after a series of such incidents. She goes for a walk and climbs a tree and looks out at the world, which calms her. This book for children ages 2-7, offers no solutions, but it shows a family who treats her with respect and it might help a child like Sophie to better look at herself.]

Material Title: **Day We Met You, The* (see comment about Children's Materials on Index page)**
Author: Phoebe Koehler *Children's Books* 1990 34 pages

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.

Children's Materials

Material Title: **Eagle Eyes: A Child's Guide to Paying Attention* (see comment about Children's Materials on Index page)**
Author: Jeanne Gehret *Children's Books* 1991 26 pages

This storybook with pictures tells of the frustrations and triumphs of Ben, a child with ADHD.

Material Title: **Emma's Yucky Brother* (see comment about Children's Materials on Index page)**
Author: Jean Little *Children's Books* 2001 61 pages

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

Material Title: **Fall of Freddie the Leaf, The* (see comment about Children's Materials on Index page)**
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 to grips with death and life.

Material Title: **Families Are Different* (see comment about Children's Materials on Index page)**
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 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 different!

Material Title: **Family Book, The* (see comment about Children's Materials on Index page)**
Author: Todd Parr *Children's Books* 2003 30 pages

This colorful picture book for very young children illustrates that there are many different kinds of families and that every family is special.

Material Title: **Feelings* (see comment about Children's Materials on Index page)**
Author: Alike *Children's Books* 1984 34 pages

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 34 pages.

Material Title: **Finding the Right Spot* (see comment about Children's Materials on Index page)**
Author: Janice Levy *Children's Books* 2004 42 pages

When kids can't live with their parents, their feelings are complicated, confusing, and often chaotic. This beautifully illustrated story, for all such kids, regardless of the circumstances, offers children a chance to think about their feelings and understand them better. It also provides caregivers help in understanding the child's experience and a two-page "Note to Caregivers" by professionals for help in facilitating conversation.

Material Title: **Forever Fingerprints* (see comment about Children's Materials on Index page)**
Author: Sherrie Eldridge *Children's Books* 2007 30 pages

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* (see comment about Children's Materials on Index page)**
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 clinician or caseworker in therapy with a child.

Children's Materials

Material Title: **Giant King, The* (see comment about Children's Materials on Index page)**
Author: Kathleen T. Pelley *Children's Books* 2003 30 pages

In this children's book, illustrated by Maurie J. Manning, young Rabbie makes beautiful wood sculptures. He works from his heart, carving "not what is, but what could be." When he goes to sell his carvings in a far-off town, he finds the townspeople besieged by a fierce and destructive giant. The people despair, but Rabbie suggests that if the giant were treated like a king, he might behave like one.

Material Title: **Goose* (see comment about Children's Materials on Index page)**
Author: Molly Bang *Children's Books* 1996 34 pages

This story for preschoolers through about grade 3 tells of a gosling raised by a family of woodchucks. But despite the best efforts of her family and friends, the goose feels different and sad. So she goes off into the world to learn what she can about herself, where she learns she can fly. She flies back home to her family, surprising everyone, even herself.

Material Title: **Growing Up Adopted**
Author: Maxine Rosenberg *Books* 1989 107 pages

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* (see comment about Children's Materials on Index page)**
Author: Martine Agassi *Children's Books* 2000 35 pages

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 together.

Material Title: **Happy Adoption Day* (see comment about Children's Materials on Index page)**
Author: John and Julie McCutcheon and Paschiks *Children's Books* 1996 24 pages

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.

Material Title: **Heart Knows Something Different, The: Teenage Voices from the Foster Care System* (see comment about Children's Materials on Index page)**
Author: Al Desetta *Children's Books* 1996 211 pages

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: **Henry The Hermit Crab: A Storybook-Workbook for Children With Attachment Issues**
Author: Deborah Berry Joy *Children's Books* 1998 12 pages

This illustrated booklet, preceded by a "Preface for Parents and Professionals" and followed by a "Workbook" to help kids create their own stories, tells of Henry, a hermit crab whose birth parents are unable to care for him, and how he withdraws into a series of shells to protect himself from the pain of abandonment. He eventually meets a family who can care for him and life gets better.

Material Title: **How I Became a Big Brother: An Adoption Story* (see comment about Children's Materials on Index page)**
Author: Dave Moore *Children's Books* 2008 19 pages

This is a simple adoption story told from the standpoint of a little boy whose biological parents decide to bring another child into the home through adoption. They prepare him for welcoming his new brother, and despite some early apprehension, he enthusiastically welcomes this newcomer into his family.

Material Title: **How I Was Adopted* (see comment about Children's Materials on Index page)**
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 and family.

Children's Materials

Material Title: **How it Feels to be Adopted*** (see comment about Children's Materials on Index page)
Author: Jill Krementz *Children's Books* 1982 105 pages

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*** (see comment about Children's Materials on Index page)
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 about doing it.

Material Title: **I'm Brown and My Sister Isn't*** (see comment about Children's Materials on Index page)
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*** (see comment about Children's Materials on Index page)
Author: Barrie Levy *Children's Books* 1993 106 pages

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: **In My Heart*** (see comment about Children's Materials on Index page)
Author: Molly Bang *Children's Books* 2006 32 pages

This warm, reassuring book with vividly colored illustrations and lettering has a mother telling her child how she thinks of that child and finds her/him in her heart in a wildly imaginative list of ways, times, places and circumstances over the course of a typical day. For children 4-8

Material Title: **Introduction to Independent Living in foster Care: Participants Workbook**
Author: Living Resources Independent *DVDs* 2002 47 pp

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Material Title: **Is That Your Sister?*** (see comment about Children's Materials on Index page)
Author: Catherine Bunin *Children's Books* 1992 31 pages

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*** (see comment about Children's Materials on Index page)
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*** (see comment about Children's Materials on Index page)
Author: Caroline Janover *Children's Books* 1988 99 pages

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* (see comment about Children's Materials on Index page)**
Author: DSHS Division of Licensed Resources Washington St *Children's Books* 2000 4 volumes

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 the "Books for Children and Adolescents" section of this list for more detail on each of the four books.

Material Title: **Journey Through The Healing Circle: Video Series I (VHS)**
Author: Division of Social and Health Services Washington St *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 Washington St *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* (see comment about Children's Materials on Index page)**
Author: Mel Levine *Children's Books* 1990 279 pages

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: **Kissing Hand, The* (see comment about Children's Materials on Index page)**
Author: Audrey Penn *Children's Books* 1993 27 pages

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

Material Title: **Koala for Katie, A* (see comment about Children's Materials on Index page)**
Author: Jonathan London *Children's Books* 1993 21 pages

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 them. Appropriate for ages 3-8.

Material Title: **Let's Talk About It: Adoption* (see comment about Children's Materials on Index page)**
Author: Fred Rogers *Children's Books* 1998 26 pages

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 (CD-ROM)**
Author: Division of Social and Health Services Washington St *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 questions or concerns.

Children's Materials

Material Title: **Little Fox, The: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)**
Author: Division of Social and Health Services Washington St *Children's Books* 2000 42 pages

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 Heroes FASD* (see comment about Children's Materials on Index page)**
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 them up the wall.

Material Title: **Little Heroes Sensory Integration and Behavior Problems in the Young Child**
Author: Cheryl, Linda, Lindsay, Alissa Pratt, Schwartz, Smith *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 behavioral problems.

Material Title: **Little Mask, The: Fetal Alcohol Syndrome (CD-ROM)**
Author: Division of Social and Health Services Washington St *CDs* 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: **Little Mask, The: Fetal Alcohol Syndrome* (see comment about Children's Materials on Index page)**
Author: Division of Social and Health Services Washington St *Children's Books* 2000 81 pages

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

Material Title: **Little Rat Sets Sail* (see comment about Children's Materials on Index page)**
Author: Monika Bang-Campbell *Children's Books* 2003 48 ppagesp

In this warmly illustrated (by Molly Bang) book, Little Rat has been signed up for sailing lessons but is unhappy about it because she is scared of the water. We see how, with encouragement, she learns to overcome her fear and even look forward to sailing. Ages 4-8

Material Title: **Long Journey Home, The* (see comment about Children's Materials on Index page)**
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 and trust.

Material Title: **Lucy's Family Tree* (see comment about Children's Materials on Index page)**
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* (see comment about Children's Materials on Index page)**
Author: Aliko *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 everyday situations. It is humorous and compelling.

Children's Materials

Material Title: **Me and My Volcano*** (see comment about Children's Materials on Index page)
Author: Deborah Hage *Children's Books* 1999 17 pages

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: **Mother for Choco, A*** (see comment about Children's Materials on Index page)
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: **Mulberry Bird, The: An Adoption Story*** (see comment about Children's Materials on Index page)
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.

Material Title: **My Body Is Private*** (see comment about Children's Materials on Index page)
Author: Linda Walvoord Girard *Children's Books* 1984 25 pages

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-forward but it avoids being alarmist.

Material Title: **My Body, My Self for Boys*** (see comment about Children's Materials on Index page)
Author: Lynda Madaras *Children's Books* 2000 92 pages

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*** (see comment about Children's Materials on Index page)
Author: Lynda Madaras *Children's Books* 2000 117 pages

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, and cramps to first periods, first bras, and first impressions.

Material Title: **No More Secrets for Me*** (see comment about Children's Materials on Index page)
Author: Oralee Wachter *Children's Books* 1983 47 pages

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 have encountered in their pasts.

Material Title: **Not in Room 204*** (see comment about Children's Materials on Index page)
Author: Shannon Riggs *Children's Books* 2007 29 pages

This beautifully illustrated (by Jaime Zollars) winner of the 2007 Oregon Book Award for children's literature focuses on the grade school classroom of Mrs. Salvador, who instills basic values such as honesty, neatness, and courteousness. The day after she talks to the class about reporting inappropriate touching, one of her students comes forward.

Children's Materials

Material Title: **Nutmeg Gets Cross* (see comment about Children's Materials on Index page)**
Author: Judith Foxon *Children's Books* 2002 22 pages

Ages 4-8 Nutmeg, a small red squirrel, adopted with his younger sister and brother, is having a hard day. It's his birthday and he gets a card from his birth mom, but his joy is mixed with anxiety and confusion. This story offers a practical way to identify, explore and understand painful feelings that are likely to surface following adoption - often triggered by seemingly happy events such as birthdays or contact with birth siblings, but also by problems at school such as bullying and being behind. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Material Title: **Ocean Within, The* (see comment about Children's Materials on Index page)**
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: **Oliver: A Story About Adoption* (see comment about Children's Materials on Index page)**
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* (see comment about Children's Materials on Index page)**
Author: Matthew Galvin *Children's Books* 1995 26 pages

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* (see comment about Children's Materials on Index page)**
Author: Shelley Cairo *Children's Books* 1985 22 pages

This short booklet with photographs introduces us to Jai, a Down Syndrome child, and his loving family.

Material Title: **Our Gracie Aunt* (see comment about Children's Materials on Index page)**
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 know.

Material Title: **Parents Wanted* (see comment about Children's Materials on Index page)**
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: **Perfect Spring, A* (see comment about Children's Materials on Index page)**
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 "feel" natural.

Material Title: **Putting on the Brakes: Young People's Guide to Understanding Attention Deficit Hyperactivity Disorder* (see comment about Children's Materials on Index page)**
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.

Children's Materials

Material Title: **Questions to ask yourself: A book for Kids like you who live with their Grandparents* (see comment about Children's Materials on Index page)**
 Author: Collaboration *Information Packets* 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* (see comment about Children's Materials on Index page)**
 Author: Margaret Brown *Children's Books* 1941 39 pages

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 adopted young person (ages 2 -8)!

Material Title: **Sees No Danger & Wanders Afar: Fetal Alcohol Syndrome (CD-ROM)**
 Author: Division of Social and Health Services Washington St *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 questions or concerns.

Material Title: **Sex Book, The* (see comment about Children's Materials on Index page)**
 Author: Jane Pavanell *Children's Books* 2001 196 pages

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* (see comment about Children's Materials on Index page)**
 Author: Deborah Moss *Children's Books* 1989 19 pages

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.

Material Title: **Sister for Matthew, A* (see comment about Children's Materials on Index page)**
 Author: Pamela and Amy Kennedy and Wummer *Children's Books* 2006 28 pages

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 contains phone numbers and web sites.

Material Title: **Story That Makes Me Special, The* (see comment about Children's Materials on Index page)**
 Author: Peg and Judy Haines, Deb Contag Al-Aidy Studaker *Information Packets* 07-1990 30 pages

"The Story That Makes Me Special" is only one part of a larger binder of material entitled "FAMILY PRESERVATION: The Second Time Around, A Curriculum for Adoptive Families" produced by the North American Council on Adoptable Children (NACAC). ORPARC received permission from NACAC to reproduce and distribute the "Lifebook" tab of this binder, under "PART II: Latency-Age Curriculum" Lifebook II-129, which is "The Story That Makes Me Special" by Peg Studaker, Judy Haines, and Deb Contag Al-Aidy and Illustrated by Michaelin Otis.

Material Title: **Tear Soup, a Recipe for Healing (DVD)**
 Author: DVD *DVDs* 2006 17 Min

TBA

Children's Materials

Material Title: **Tell Me Again About the Night I Was Born* (see comment about Children's Materials on Index page)**
Author: Jamie Lee Curtis *Children's Books* 1996 29 pages

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 songs.

Material Title: **There's a Nightmare in My Closet* (see comment about Children's Materials on Index page)**
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 his closet.

Material Title: **Travels in Circles: Fetal Alcohol Syndrome (CD-ROM)**
Author: Division of Social and Health Services Washington St *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 concerns.

Material Title: **Twice Upon A Time: Born and Adopted* (see comment about Children's Materials on Index page)**
Author: Eleanora Patterson *Children's Books* 1987 43 pages

Families are not all formed in the same way, but all children, even adopted ones, grew inside their birthmother before they were born. This picture book starts with a description of conception, pregnancy and birth. It then explains how a child enters a family through adoption. Twice Upon-a-Time helps adopted children to feel good about themselves and their families.

Material Title: **Two Birthdays for Beth* (see comment about Children's Materials on Index page)**
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: **Tye May and the Magic Brush* (see comment about Children's Materials on Index page)**
Author: Molly Bang *Children's Books* 1992 55 pages

This story, adapted from the Chinese by Molly Bang, tells of a poor, young orphan girl who wakes up one morning with a magic brush that can make whatever she paints real. She uses her new power to help the poor people of the village, which enrages the greedy emperor. He attempts to take the brush and imprison her, but his plan backfires. Eventually harmony is restored to the country side. Throughout, Tye May shows courage, kindness and wisdom.

Material Title: **Very Touching Book, A**
Author: Jan Hindman *Children's Books* 1983 50 pages

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* (see comment about Children's Materials on Index page)**
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 Powerbook to teach their children these techniques.

Material Title: **We See the Moon* (see comment about Children's Materials on Index page)**
Author: Carrie A. Kitze *Children's Books* 2003 30 pages

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.

Material Title: **We're Different, We're the Same* (see comment about Children's Materials on Index page)**
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.

Children's Materials

Material Title: **What if Someone I Know Is Gay? Answers to Questions About Gay and Lesbian People* (see comment about Children's Materials on Index page)**
Author: Eric Marcus *Children's Books* 2000 138 pages

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 about.

Material Title: **What is a Feeling?*** (see comment about Children's Materials on Index page)
Author: David Krueger *Children's Books* 1993 28 pages

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?*** (see comment about Children's Materials on Index page)
Author: Peter Mayle *Children's Books* 1994 50 pages

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, growth, and body image.

Material Title: **What's Happening to My Body? Book for Boys, The* (see comment about Children's Materials on Index page)**
Author: Lynda Madaras *Children's Books* 2000 231 pages

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* (see comment about Children's Materials on Index page)**
Author: Lynda Madaras *Children's Books* 2000 255 pages

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 hair, and much more.

Material Title: **What's the Big Secret?: Talking about Sex with Girls and Boys* (see comment about Children's Materials on Index page)**
Author: Laurie Krasny Brown *Children's Books* 1997 32 pages

With chapters entitled "How Do Boys and Girls Differ?"; "More About Girls' and Boys' Bodies;" and "Why Boys and Girls Differ: A Little Lesson in Reproduction," this children's book (pre-school-grade 3) with anatomically correct cartoon illustrations is intended to help parents talk about "where babies come from" in an enlightened way.

Material Title: **When Nothing Matters Anymore: A Survival Guide for Depressed Teens**
Author: Bev Cobain *Children's Books* 1998 149 pages

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 more information, advice, and support.

Material Title: **When Sophie Gets Angry – Really, Really Angry ...* (see comment about Children's Materials on Index page)**
Author: Molly Bang *Children's Books* 1999 34 pages

Sophie, subject to sudden volcanic melt downs, such as when her sister wants to play with her stuffed gorilla, storms out the door after a series of such incidents. She goes for a walk and climbs a tree and looks out at the world which calms her. This book offers no solutions to a child who rages, but it shows a family that treats her with respect and might help a child like Sophie to better look at herself. Ages 2-7

Material Title: **Where Did I Come From?*** (see comment about Children's Materials on Index page)
Author: Peter Mayle *Children's Books* 1977 43 pages

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.

Children's Materials

Material Title: **Zachary's New Home: A Story for Foster and Adopted Children* (see comment about Children's Materials on Index page)**

Author: Geraldine Blomquist

Children's Books

1990

30 pages

Zachary, a little kitten, is confused and concerned. He doesn't understand why he has to move from his first family to a foster family and then to an adoptive family. He is angry at the changes in his life. He thinks no one loves him. This comforting story, designed to be read to children aged 3 to 8, explores his emotions with appealing illustrations of animal characters. It may evoke strong emotions in children, so it is important that knowledgeable and concerned adults discuss these emotions and allow the child to explore his or her own feelings.