Oregon Post Adoption Resource Center Category List

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 Terrible Thing Happened: A story for children who have witnessed violence or trauma* (Children's Materials)**

Author: Margaret Holmes *Children's Books* *2000* *28 pages*

This gently told and tenderly illustrated story of a young raccoon who sees something terrible, is for children ages 4-8 who have witnessed any kind of violent or traumatic episode. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers suggestions for helping traumatized children, including a list of sources that focus on specific events.

Material Title: **Adopted and Wondering: Drawing Out Feelings* (Children's Materials)**

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* (Children's Materials)**

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* (Children's Materials)**

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* (Children's Materials)**

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* (Children's Materials)**

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* (Children's Materials)**

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: **Antonio's Card* (Children's Material)**

Author: Rigoberto González *Children's Books* *2005* *31 pages*

Antonio has two mother figures which makes it difficult to explain to his classmates. During Mother's Day card making time and after school, when his mom's partner picks him up, Antonio doesn't know how to deal with peer pressure. He is teased often and this confuses him because he loves his moms and his family. This book nicely portrays one boys struggle to fit in without hurting anyone's feelings. The book is written in English and Spanish on each page. The love in the story overpowers the basic illustrations. A feel good read.

Children's Materials

Material Title: **Asking About Sex and Growing Up: A Question and Answer Book for Boys and Girls* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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 Best Colors* (Children's Material)**
Author: Eric Hoffman *Children's Books* *1998* *26 pages*

Nate loves all of the wonderful colors he sees in his everyday life. When his Mamma Jean and Mamma Laura ask him about his favorite color, he wonders, "How can I choose just one?" This delightful picture book takes you on a journey with Nate as he figures out that he can like a lot of different colors and have a lot of different friends. This book is bilingual with words in English and Spanish.

Material Title: **Best Single Mom in the World, The: How I Was Adopted* (Children's Materials)**
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* (Children's Materials)**
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: **Blue Day Book for Kids, The (Children's Material)**
Author: Bradley Trevor Greive *Children's Books* *2005* *44 pages*

Perfect for those downer days when your child needs a pick-me-up. It pairs animal photographs and inspirational thoughts. The deceptively simple, imaginative story line relfects a child's sensibility about the symptoms, causes, and cures for those time when children feel tired, grumpy, left out, or think that nothing ever goes as they planned.

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.

Children's Materials

Material Title: **Coffee Can Kid, The* (Children's Materials)**
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: **Daddy, Papa, and Me* (Children's Materials)**
Author: Lesléa Newman *Children's Books* *2009* *17 pages*

This hard back book child sized book written for very young children presents a family with two fathers engaged in everyday parenting activities.

Material Title: **Day We Met You, The* (Children's Materials)**
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.

Material Title: **Eagle Eyes: A Child's Guide to Paying Attention* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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!

Children's Materials

Material Title: **Families Change: A Book for Children Experiencing Termination of Parental Rights* (Children's Material)**
Author: Julie Nelson *Children's Books* *2006* *32 pages*

Over time, all families change. Sometimes, when families have big problems, they need to change so kids will be safe.
A child's family might change from a birth family to a foster family or an adoptive family. That kind of change can be hard on kids. They may believe that the change is their fault. They may worry about their birth parents, and they may wonder if they can trust the new adults in their life.
This book can help children and families through this difficult change. The first part is meant to be read and shared with children. Simple words and realistic color illustrations tell and show why some kids get foster parents or new adopted moms or dads. The second part includes information and resources for adults who work to keep kids safe: parents and other family adults, foster parents, social workers, teachers, and caregivers.
With the support of caring adults, children who experience termination of parental rights can move from the pain of the past to the promise of the future.

Material Title: **Family Book, The* ()**
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* (Children's Materials)**
Author: Aliki *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* (Children's Materials)**
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: **Fire Safety for Young Children (DVD)**
Author: DVD *DVDs* *2006* *10 minutes*

The DVD offers both English and Spanish versions. It reviews different aspects of fire safety with children (from a child’s perspective) and also discusses what a firefighter does, which could also provide a segue to identify and discuss other kinds of helpers work with a child. It could be used with a child by a resource family or professional to begin a discussion of the larger topic of personal safety.

Material Title: **Forever Fingerprints* (Children's Materials)**
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* (Children's Materials)**
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.

Material Title: **Giant King, The* (Children's Materials)**
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.

Children's Materials

Material Title: **Goose* (Children's Materials)**
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: **Happy Adoption Day* (Children's Materials)**
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* (Children's Materials)**
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: **Heather Has Two Mommies* (Children's Material)**
Author: Lesléa Newman *Children's Books* *2009* *25 pages*

This is a "special twentieth anniversary edition of the classic children's book with the enduring message that will appeal to readers of all ages and backgrounds: the most important thing about any family if that all of the people in it love each other". This edition includes a retrospective by the author.

Material Title: **Help! I've Been Adopted* (Children's Material)**
Author: Brenda McCreight *Children's Books* *2010* *83 pages*

When a child or youth is placed for adoption, it is a time of joy and excitement and it presents the child with the opportunity to experience what it is like to truly belong to a loving, stable family. However, for many adoptees, the first few months in a new adoptive placement are also a time of confusion and even more change in a lifetime of loss, unpredictability, and unanswered questions. "Help - I've Been Adopted!" will answer many of the questions that new (and long time placed) adoptees have about their lives. This book presents issues such as "Why do birth parents give up or lose their children?", "What is attachment and how does it affect my life?" "How do adoptive parents get matched to a child?" "Who makes all the decisions about a child's life" and more. This book is full of helpful suggestions to promote discussion between the adoptive parents and the child, and it will help social workers and counselors gain a new perspective on how to support the early stages of an adoption placement.

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* (Children's Materials)**
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.

Children's Materials

Material Title: **How I Was Adopted* (Children's Materials)**
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.

Material Title: **How it Feels to be Adopted* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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: **Is That Your Sister?* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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: **Kids Need to Be Safe: A Book for Children in Foster Care**
Author: Julie Nelson *Children's Books* *2005* *32 pages*

Kid-all kids-need safe places to live, and safe places to play. For some kids, this means living with foster parents. Written especially for kids, this book can help children prepare for, understand, and accept foster care. Simple words and realistic color illustrations tell and show why some kids move to foster homes, what foster parents do, and how kids might feel during foster care.
This book offers hope and support for kids and adults. The first part is meant to be read and shared with children. The second part includes information and resources for adults who work to keep kids safe: parents, foster parents, social workers, teachers and caregivers.

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

This warmly illustrated book for children, 4-8, tells of Chester 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* (Children's Materials)**
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.

Children's Materials

Material Title: **Let's Talk About It: Adoption* (Children's Materials)**
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: **Let's Talk About Living with a Grandparent (Children's Material)**
Author: Susan Kent *Children's Books* *2000* *22 pages*

Provides narratives of different children's experiences in living with a grandparent, along with explaining the various reasons why. It covers how relationships can change including what the benefits and difficulties can be for children and their grandparent(s).

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.

Material Title: **Little Fox, The: Fetal Alcohol Syndrome* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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

Children's Materials

Material Title: **Long Journey Home, The* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
Author: Aliki *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* (Children's Materials)**
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: **Mom and Mum are Getting Married!* (Children's Material)**
Author: Ken Setterington *Children's Books* *2004* *24 pages*

"When Rosie finds out that her two mothers are planning to get married, she has only one worry…will she get to be a flower girl?" This children's book features "a joyful celebration of love and family in a changing world". This is a book for early elementary age children.

Material Title: **Mommy, Mama, and Me* (Children's Material)**
Author: Lesléa Newman *Children's Books* *2009* *17 pages*

This hard back child sized book written for very young children presents a family with two mothers engaged in everyday parenting activities.

Material Title: **Mother for Choco, A* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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.

Children's Materials

Material Title: **My Body, My Self for Boys* (Children's Materials)**
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* (Children's Materials)**
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 Excuse 4 Abuse (DVD) * (Children's Materials)**
Author: DVD *DVDs*

This DVD is designed to be shown to young people as an adjunct to a presentation about personal safety and whom a child can call/tell if the child is experiencing abuse. It includes a Public Service Announcement about reporting abuse along with a music video with the same message.

Material Title: **No More Secrets for Me* (Children's Materials)**
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* (Children's Material)**
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.

Material Title: **Nutmeg Gets Adopted* (Children's Materials)**
Author: Judith Foxon *Children's Books* *2001* *22 pages*

(Ages 4-8) A little squirrel goes to live with a new family because his birth mother cannot keep him safe. This book encourages children to explore their own stories and understand some of the painful memories they might have of their early life. Illustrated by Sarah Rawlings, it is intended to be read to children by their adoptive parents. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Material Title: **Nutmeg Gets Cross* (Children's Materials)**
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* (Children's Materials)**
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.

Children's Materials

Material Title: **Oliver: A Story About Adoption* (Children's Materials)**
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: **One Dad, Two Dads, Brown Dad, Blue Dads* (Children's Material)**
Author: Johnny Valentine *Children's Books* *1994* *27 pages*

This humorous book for elementary age children uses the concept of blue dads to introduce the idea of how there are similarities among all dads even if they are a different color. It allows a child to examine differences in light of how people still share common traits.

Material Title: **Otto Learns About His Medicine: A Story About Medication for Hyperactive Children* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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: **Owen and Mzee: The True Sotry of a Remarkable Friendship* (Children's Materials)**
Author: ISABELLA AND CRAIG, AND DR. PAULA KAHUMBU H *Children's Books* *2006* *29 pages*

Material Title: **Parents Wanted* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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*(Children's Materials)**
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* (Children's Material)**
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* (Children's Materials)**
Author: Jane Pavanel *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* (Children's Materials)**
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: **Sissy Duckling, The* (Children's Material)**
Author: Harvey Fierstein *Children's Books* *2002* *37 pages*

In this story for young children, the main character, a juvenile duck named Elmer, enjoys such non-traditional activities as baking and puppet shows and as a result he becomes the object of bullying and ridicule, even by his father, until an event occurs that changes the way the rest of the duck population views Elmer. The reviews of this children's book describe this as "an incredibly empowering book for boys who've felt different or picked on" and "a parable in which individuals succeed when they stay true to themselves."

Material Title: **Sister for Matthew, A* (Children's Materials)**
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: **Something to Tell the Grandcows (Children's Materials)**
Author: Eileen Spinelli *Children's Books* *2004* *31 pages*

This is an enjoyable book to read with your child. Emmadine the cow decides that chasing crows from the barn and swatting horseflies is not an exciting story to tell her grandcows. She decides to join Admiral Richard E. Byrd on his expedition to the South Pole where she has many adventures.

Children's Materials

Material Title: **Story That Makes Me Special, The*(Children's Materials)**
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: **Tango Makes Three, And* (Children's Material)**
Author: Justin Richardson and Peter Parnell *Children's Books* *2005* *28 pages*

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

Material Title: **Tear Soup: A Recipe for Healing After Loss (DVD)* (Children's Material)**
Author: DVD *DVDs* *2006* *17 Min*

The Tear Soup video was produced in a documentary style format. All of the original illustrations from the picture book created by Taylor Bills were filmed in digital format. The pictures were then edited together with the voice of Mary McDonald-Lewis as the story teller and then cleverly mixed with an original score of music and all of the sounds that fill Grandy s day to day life.
This story is written in the style of a children's book, and indeed it could be shared with young children, but it appears to be directed at adults as well. Using the extended metaphor of making soup for processing grief, the authors and illustrator offer a wide ranging approach to the process from many possible perspectives.

Material Title: **Tear Soup: A Recipe for Healing after Loss* (Children's Materials)**
Author: Pat and DeKlyen, Chuck Schwiebert *Children's Books* *1999* *51 pages*

This book, illustrated by Taylor Bills, is written in the style of a children's book, and indeed it could be shared with young children, but it appears to be directed at adults as well. Using the extended metaphor of making soup for processing grief, the authors and illustrator offer a wide ranging approach to the process from many possible perspectives. It is followed by two pages of on-line support sites.

Material Title: **Tell Me Again About the Night I Was Born* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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.

Children's Materials

Material Title: **Tye May and the Magic Brush* (Children's Materials)**
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: **Ultimate Guide to Grandmas & Grandpas, The (Children's Material)**
Author: Sally Lloyd-Jones *Children's Books* *2008* *30 pages*

This is an enjoyable book to read with your children about fun and sometimes silly things to do with grandmas and grandpas.

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* (Children's Materials)**
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 discomforting 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* (Children's Materials)**
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* (Children's Materials)**
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* (Children's Materials)**
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?* (Children's Materials)**
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?* (Children's Materials)**
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* (Children's Materials)**
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.

Children's Materials

Material Title: **What's Happening to My Body? Book for Girls, The* (Children's Materials)**
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* (Children's Materials)**
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 …* (With CD)(Children's Materials)**
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?* (Children's Materials)**
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.

Material Title: **Zachary's New Home: A Story for Foster and Adopted Children* (Children's Materials)**
Author: Geraldine Blomquist *Children's Books* *1990* *30 pages*

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