

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: **ADHD: A Teenager's Guide (CD)**

Author: James J Crist, PhD *CDs* 1996 28 minutes

For the teenager who is tired of hearing, "You're just lazy!" or "You can do better," this comprehensive guide to ADHD, narrated smartly by teens, features nearly everything teens might want to know about ADHD. Chapters address what ADHD is, teenagers with ADHD, treatments, getting through school and college, learning disabilities and ADHD, coping with depression, and life after school. Excellent!

Material Title: **Adopted and Wondering: Drawing Out Feelings**

Author: Heegaard Marge Eaton *Children's Books* 2007 40 pages

This art therapy book helps children cope with the emotional impact of adoption. Children can use this book's interactive exercises to realize that their birth parents were good people who loved them but were unable to give them a good home; understand that they were placed, rather than abandoned; and develop a strong sense of personal identity. The interactive drawing exercises help children explain in pictures what they are unable to say in words.

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: **Adopting Our Two Dads: A story about the Leffew Family \*(Children's Materials)**

Author: Luca Panzini *Children's Books* 2014 33 pages

Based on the true story of the Leffew family, daddy Brian, daddy Jay, Daniel and Selena, we follow them through the story of their adoption and learn how this family was formed. An increasing number of lesbian, gay, bisexual, and transgender (LGBT) couples are having children through surrogacy, co-parenting, donor and adoption. Every child deserves a book that reflects their lives. This book also shows that families come in many different combinations, and helps children from all backgrounds understand more about families with same-gendered parents.

Material Title: **Adoption is for always**

Author: Linda Walvoord Girard *Children's Books* 1986 32 pages

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 5-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 4-12 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 Cats Have Asperger Syndrome \*(Children's Materials)**

Author: Kathy Hoopmann *Children's Books* 2006 65 pages

Touching, humorous and insightful, this book evokes the joys and challenges of raising a child who is different. It leaves the reader with a sense of dignity, individuality and potential of people with Asperger Syndrome.

Material Title: **All Dogs Have ADHD \*(Children's Materials)**

Author: Kathy Hoopmann *Children's Books* 2009 65 pages

Absorbing and insightful, this book takes a refreshing approach to understanding ADHD. It combines humor with understanding to reflect the joys and challenges of raising a child who is different.

## Children's Materials

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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.

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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.

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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, & helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, & more.

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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 boy's 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.

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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.

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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.

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Material Title: **Baby Owl Lost Her Whoo\* (Children's Materials)**

Author: Cindy R. Lee *Children's Books* 2014 30 pages

Do you have a bossy child at home or a child obsessed with control? Professionals know that children become controlling when they are afraid. Parents who don't know this spend all their energy fighting for control and are left feeling frustrated, angry and confused. Baby Owl Lost Her Whoo teaches children WHY they need to let go of control. When left to manage on her own, Baby Owl freezes in the cold, eats only sweets and forgets to brush her beak! A book designed to teach concepts developed by Dr. Karyn Purvis, this story cleverly teaches children that parents are indeed in charge. When children know a safe loving adult is in charge, they can let go of control and spend their time laughing, playing and exploring.

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Material Title: **Bear Inside, The**

Author: Peter & Mark Molchan Mortola *Children's Books* 2016 30 pages

We all have a bear inside. Sometimes the bear will act in ways that can hurt others, biting someone at preschool, hitting our sibling, or using vicious words to attack someone on social media. Of course, we want our children to control this aggressive, inner bear. But sometimes, we need our bear to help us. We want our children to be appropriately assertive when confronted by a bully, when they are facing unhelpful peer pressure, or even when they are trying to score a goal in soccer. Clearly, coming to terms with "the bear inside" is important work for any growing child. This book was written to help children, parents, teachers, and counselors to do just that.

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## Children's Materials

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Material Title: **Becoming Naomi Leon**  
Author: Pam Munoz Ryan *Children's Books* 2005 272 pages

Naomi Soledad Leon Outlaw has had a lot to contend with in her young life, her name for one. Then there are her clothes (sewn in polyester by Gram), her difficulty speaking up, and her status at school as "nobody special." But according to Gram, most problems can be overcome with positive thinking. And with Gram and her little brother, Owen, Naomi's life at Avocado Acres Trailer Rancho in California is happy and peaceful...until their mother reappears after seven years of being gone, stirring up all sorts of questions and challenging Naomi to discover and proclaim who she really is.

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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.

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Material Title: **Being Adopted (Children's Materials)**  
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.

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Material Title: **Beneath the Mask: For Teen Adoptees: Teen and Young Adults Share Their Stories**  
Author: C.A.S.E. *Children's Books* 2018 95 pages

As a follow up to C.A.S.E. CEO and co-author Debbie Riley's signature book *Beneath the Mask: Understanding Adopted Teens*, written for clinicians and parents of teens, the C.A.S.E. Team has created this new companion workbook specifically for the teens themselves, featuring personal, heartfelt stories written by teen and young adult adoptees who graciously shared their feelings about their own adoption journeys. Filled with engaging exercises, journaling pages and thought-provoking activities, this workbook offers teen adoptees, their parents and the clinicians who support them a valuable resource.

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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.

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Material Title: **Best Best Colors - Los Mejores Colores\* (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.

Nate ama todos los maravillosos colores que ve en su vida cotidiana. Cuando su mamá Jean y su mamá Laura le preguntan acerca de su color favorito, se pregunta, "¿Cómo puedo elegir sólo uno?" Este maravilloso libro de imágenes le lleva a un viaje con Nate mientras él descubre que a él le pueden gustar un montón de diferentes colores y que puede tener un montón de diferentes amigos. Este libro es bilingüe, con palabras en Inglés y Español.

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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."

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Material Title: **Beyond Magenta: Transgender Teens Speak Out \*(Children's Materials)**  
Author: Susan Kuklin *Children's Books* 2014 176 pages

Author and photographer Susan Kuklin met and interviewed six transgender or gender-neutral young adults and used her considerable skills to represent them thoughtfully and respectfully before, during, and after their personal acknowledgment of gender preference. Portraits, family photographs, and candid images grace the pages, augmenting the emotional and physical journey each youth has taken. Each honest discussion and disclosure, whether joyful or heartbreaking, is completely different from the other because of family dynamics, living situations, gender, and the transition these teens make in recognition of their true selves.

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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.

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# Children's Materials

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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 reflects 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.

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Material Title: **Boy and a Bear: The Children's Relaxation Book, A**  
Author: Lori Lite *Children's Books* 1996 32 pages

This story of a young boy who encounters a polar bear while climbing a snow-covered mountain teaches children relaxation techniques to reduce stress, prepare for sleep, and improve self-confidence.

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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.

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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.

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Material Title: **Cory Stories: A Kid's Book About Living with ADHD\* (Children's Materials)**  
Author: Jeanne Kraus *Children's Books* 2005 28 pages

Cory has lots of stories to tell, and lots of ways to get organized, pay attention, calm down, remember things, make friends, and feel good about himself and life with ADHD. With a note to parents by Dr. Jane Annunziata.

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Material Title: **Cuando Estoy Triste**  
Author: Cornelia Maude Spelman *Children's Books* 2016 24 pages

Educar en la manera de identificar y controlar las emociones (especialmente las desagradables o temibles) es algo tan importante como otros muchos aspectos del aprendizaje. En este libro, la terapeuta Cornelia Maude Spelman utiliza un lenguaje sencillo y tranquilizador para que los niños aprendan a manejar sus sentimientos y a relacionarse con los demás. / Children will take comfort from Cornelia Maude Spelman's latest addition to her The Way I Feel series. Readers will recognize similar experiences in their own lives as this little guinea pig describes feeling sad when someone is cross or when something bad happens. Eventually our heroine realizes that feeling sad doesn't last forever.

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Material Title: **Cuando Sofía se Enoja, se Enoja de Veras... \*(Materiales 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.

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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.

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Material Title: **Day Jumoke Found His Name, The\*\* (Children's Materials)**  
Author: Jaiya John *Children's Books* 2016 110 pages

Once, there lived a boy with no name. Join him on a very special day as he and his dear sister go on an adventure to discover his name, and receive priceless life lessons along the way. This is the unillustrated story of an 8-year-old boy, living in quite a magical world, inside of a single, crystal-clear raindrop that fell 2,000 years ago onto the palm of a 3,000-year-old leaf, in the tree-top of an ancient tree, growing in an ancient land on a planet we call Earth, inside of a wide, wide universe.

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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.

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## Children's Materials

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Material Title: **Detective Punybutmighty and the Case of the Drool Monster \*(Children's Materials)**  
Author: Cheri Partain *Children's Books* 2015 34 pages

Introducing Detective Punybutmighty, who is here to answer all of the questions you or your child may have about adoption, especially open adoption. In the first story of this adoption series, Detective Punybutmighty explores the topic of infant adoption when his aunt and uncle adopt a baby through a domestic adoption agency. His witty humor and candid nature will have you laughing at every turn of this thought-provoking children's book that answers the difficult question, where did this baby come from and who does he belong to? The answers may surprise you!

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Material Title: **Doggie Doesn't Know No\* (Children's Materials)**  
Author: Cindy R. Lee *Children's Books* 2015 30 pages

It is soooooo hard for children to accept "no!" Parents frequently experience whining, back-talk and defiance when they deny their child's request. Children can learn to accept "no" smoothly by practicing and understanding the concept of "accepting no." While living on his own, little stray Doggie was able to do whatever he pleased and was never told "no." On a cold snowy day he was invited to live with a family in a warm cozy home. Doggie was told "no" many times as he learned the rules of the household! This darling book includes Parenting Tips for Parents and facilitates your child's ability to understand the concept of "accepting no."

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Material Title: **Eagle Eyes: A Child's Guide to Paying Attention\* (Children's Materials)**  
Author: Jeanne Gehret, M.A. *Children's Books* 1991 26 pages

Some of the most telltale signs of ADHD - impulsivity, distractibility, and hyperactivity as well as trouble sleeping - are all highlighted through this story of the frustrations and triumphs of ben, a child with ADHD.

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Material Title: **Elephant with Small Ears, The\* (Children's Materials)**  
Author: Cindy R. Lee, LCSW, LADC *Children's Books* 2016 32 pages

Elly's ears won't grow because she is so scared! Little elephants with small ears can get into all kinds of trouble when they can't hear their parents instructions. Find out how Elly's parents learn to help her feel safe so her ears can grow. The Elephant with Small Ears teaches the concept of "listening and minding" to your child while reminding parents about the importance of connecting with children to help them feel safe. Reading The Elephant with Small Ears with your child will help you and your child understand the importance of how traditional parenting techniques are not effective with children from hard places.

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Material Title: **Emma's Yucky Brother**  
Author: Jean Little *Children's Books* 2002 64 pages

Emma has always wanted a little brother. Now her family is adopting Max, and Emma is sure he will be the best brother ever. But Max has his own ideas. He thinks sisters are yucky, and that Emma is the yuckiest! Is this really what having a brother is all about? Emma learns that there is more to having a little brother than she had ever guessed -- and that in order to get the brother she wants, she must first learn to be the sister he needs.

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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

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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.

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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 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!

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## Children's Materials

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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.

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Material Title: **Family Book, The\* (Children's Materials)**

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.

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Material Title: **Fawn's Touching Tale: A story for children who have been sexually abused**

Author: Irene Wineman-Marcus and Agnes Wohl, LCSW, ACSW *Children's Books* 5/26/18 30

i. Introduction to Parents, School Personnel and Psychotherapists: There are many books aimed at the prevention of sexual abuse; few story books are geared for children that deal with the profound emotional aftermath. This book is unique because it offers the use of engaging animal protagonists, which allows the child to work through painful emotions in a less threatening and more effective manner. Among the most universal issues for the sexually abused child are: the mixed feelings toward the abuser, the dread and wish to be loved, the difficulties of disclosing the abuse, the fear of being blamed and/or of not being believed. The effects frequently culminate in a sense of vulnerability, damaged self-esteem, guilt and faulty defenses against the feelings of being hurt. This can lead to a wide range of self-destructive behavior in childhood and adulthood. This gentle, "child friendly", animal tale provides children with a story they can listen to again and again. Parents, psychotherapists and school professionals can use this book as a point of entry into complex feelings that the youngster, or any sexually abused person might experience. Our hope is that with the help of this book, the child will begin the process of healing and gradual resumption of his or her healthy psychological development.

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Material Title: **Feelings Book: The Care & Keeping of your Emotions, The**

Author: Lynda Madison *Children's Books* 2013 104 pages

This invaluable companion to *The Care & Keeping of You* received its own fresh update! The *Feelings Book* will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver's seat of your own emotions!

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Material Title: **Feelings\* (Children's Materials)**

Author: Aliko *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.

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Material Title: **Filling in the Blanks\* (Children's Materials)**

Author: Susan Gabel *Children's Books* 1980 149 pages

This lifebook/workbook is a tool for older children and adolescents to help them learn about being adopted. It is divided into four sections: My Birth Family, My Adoption Process, My Adoptive Family, and Myself.

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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.

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## Children's Materials

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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.

Descripción en español: Este DVD revisa los diferentes aspectos de la seguridad de un fuego o incendio con los niños (desde la perspectiva de un niño) y también se trata lo que hace un bombero, lo cual podría proveer un formato de identificar y tratar a otras clases de personas que ayudan y trabajan con los niños. Una familia adoptiva/familia de crianza podría utilizar esta información para comenzar una conversación del tema mayor de la seguridad personal.

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Material Title: **Forever Family, A: A book about adoption\* (Children's Materials)**  
Author: Roslyn Banish and Jennifer Jordan-Wong *Children's Books* 1992 41 pages

Recommended for children ages five to eight, this first-person photo essay tells the true story of Jennifer's experiences with foster parents, social workers, and getting used to the new life she leads with her adoptive family. This upbeat, loving, yet honest story has a picture book appearance that offers accessibility to beginning readers.

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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."

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Material Title: **Foster Care and Adoption: A Pathway to Understanding\* (Children's Materials)**  
Author: Heather Wilson *Children's Books* 2006 64 pages

This 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.

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Material Title: **Foster Care: One Dog's Story of Change**  
Author: Julia Cook *Children's Books* 4/3/18 32

▣ this heartfelt story from the bestselling author of *My Mouth is a Volcano!*, Foster meets new friends and a kind foster mom who help him navigate the fears and feelings associated with going into foster care. Foster has lived with his mom and "sometimes dad" all of his life...until now. And like so many others entering foster care, he has more questions than answers and so many new feelings to deal with.

"I don't know what's going to happen to me. Will I end up being like Zeke? Will I have a new forever mom? Can I visit my mom once a week?"

"I have so much going on inside me right now. I feel angry, guilty, scared, hurt, and sad. But maybe the others are right. Maybe being here isn't so bad."

Written in an honest, approachable way, *Foster Care* will encourage children entering or already in foster care and help them understand they are not alone. Foster, Daisy, Zeke, Simpson, and Rex all have different circumstances which brought them to foster care. Together they talk through their stories and realize this is right where they need to be for now; under the caring watch of foster mom, Miss Beulah.

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Material Title: **Getting a Grip on Add: A Kids Guide to Understanding and Coping With Attention Disorders**  
Author: Kim & Susan Frank & Smith *Children's Books* 1994 64 pages

Help children cope more effectively with ADD. Use the practical ideas in the second part to help them work out their own problems by doing the creative fun and practical projects.

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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.

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## Children's Materials

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Material Title: **Gingerbread Girl, The**  
Author: Joanna & Heather Forbes *Children's Books* 2017 59 pages

Full of pizzazz and adventure, The Gingerbread Girl takes children on an explorative journey of emotions, survival challenges, and determination. Written from a trauma perspective, unlike the traditional Gingerbread Boy story, it has a different ending (SPOILER ALERT) that shows how even in the most challenging of situations, you can still remain in a place of personal power and confidence.

The Gingerbread Girl includes an in-depth social/emotional discussion guide written by Heather T. Forbes, LCSW. It is designed to be an example of how any traditional storybook can be used as a social/emotional learning experience for children. When we teach young children how to identify their emotional responses, they become better equipped to handle adversity and develop better self-regulatory skills that will serve them to remain in a place of power and control of their own actions.

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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.

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Material Title: **Growing Up Adopted\* (Children's Materials)**  
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.

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Material Title: **Hands Are Not for Hitting\* (Children's Materials)**  
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.

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Material Title: **Happy Adoption Day\* (Children's Materials)**  
Author: John McCutcheon and JuliePaschiks *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.

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Material Title: **Healing Days: A Guide for Kids Who Have Experienced Trauma\* (Children's Materials)**  
Author: Susan Farber Straus *Children's Books* 2013 32 pages

Healing Days is a sensitive and reassuring story intended for children who have experienced trauma and covers feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens. A useful book to read with a parent or therapist, Healing Days emphasizes that children are not to blame for what happened, and that they can get help and look forward to a happy future. Kids will begin to understand their response to the trauma and learn some strategies for feeling safer, more relaxed, and more confident.

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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.

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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 is that all of the people in it love each other". This edition includes a retrospective by the author.

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## Children's Materials

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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.

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Material Title: **Henry The Hermit Crab: A Storybook-Workbook for Children With Attachment Issues \*(Children's Materials)**

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.

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Material Title: **Hootah's Baby\* (Children's Materials)**

Author: Joanne Green *Children's Books* 2012 32 pages

Most children have happy, untroubled childhoods. But not all. There are some who are placed in harm's way, if even temporarily, by their own parents' lack of parental skills. When that happens, often, the courts must step in, in the best interest of the child. But when that happens, it is the child who often does not understand the dynamics of this very complicated situation.

Hootah's Baby is an allegorical story about a mother owl whose life-style choices have made it impossible to be an effective mother. The community steps in to ensure the baby's safety. It is not about whether or not the mother loves her baby. It is all about mothering skills and the child's need to be safe.

Hootah's Baby is a tool to be used to help children of court-ordered relinquishment and/or state custody to understand the complex issues that have led to their current life situation. Helps are included for the adult who reads this book with these children to be able to assist them to open windows of communication that will help them understand basic truths: They are not at fault; the courts are not the bad guys; and their mothers do, in fact, love them. They simply cannot parent any child at that point in their lives.

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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.

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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.

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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.

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Material Title: **How My Family Came to Be - Daddy, Papa and Me\* (Children's Materials)**

Author: Andrew R. Aldrich and Mike Motz *Children's Books* 2003 22 pages

"The day I was born was a happy day."

Told with simple words and playful illustrations, this book clearly addresses for a young audience the changing makeup of families. The story grew out of the author's need to explain to his son how their family came to be and what "family" means. Narrated from the perspective of a school-aged child, the book shows how his family was created and that families are made up of people who love each other.

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## Children's Materials

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Material Title: **How To Be A Superhero Called Self-Control!**  
Author: Lauren Brukner *Children's Books* 2016 112 pages

Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers. Self-Control teaches children with emotional and sensory regulation difficulties aged approximately 4-7 how to calm themselves using self-massage, deep pressure, breathing exercises, and activities such as making an imaginary list and finding their own peaceful place. This illustrated book also features an appendix with photocopiable super power charts, reinforcers, and reminder tools to ensure that parents, teachers, and other professionals can support children in upholding superhero strategies even after the book has been read.

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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.

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Material Title: **I Am Utterly Unique: Celebrating the Strengths of Children with Asperger Syndrome and High-Functioning Autism \*(Children's Materials)**  
Author: Elaine Marie Larson *Children's Books* 2006 52 pages

Discover the unique characteristics and abilities of children with Asperger Syndrome and high-functioning autism from A to Z. This book, laid out in an A-to-Z format, celebrates the extraordinary gifts and unique perspectives that children with ASD possess. Each page of this playful alphabet book presents one of the children's many talents and abilities. The kid-friendly illustrations and clever text create a positive portrayal of children with ASD.

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Material Title: **I Miss My Foster Parents**  
Author: Stefon Herbert *Children's Books* 1991 36 pages

Stefon describes the fear and anxiety he feels when he and his sister Latisha leave their foster home and go to live with their new adoptive family.

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Material Title: **I'm Adopted! (Children's Materials)**  
Author: Shelley Rotner and Sheila M. Kelly *Children's Books* 2011 32 pages

Why was I adopted? What was it like where I was born? How did you find me?

Children have many questions about adoption. With a perceptive text and dynamic photographs, the creators of this book demystify adoption for young children and celebrate the joy that comes with adding to a family.

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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.

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Material Title: **I'm SO Mad! \*(Children's Materials)**  
Author: Robie H. Harris *Children's Books* 2005 24 pages

This engaging children's book takes the reader through a shopping trip at the grocery store and a child's frustration when she does not get everything she wants. A addendum by Linda Mayes, MD, at the book's end reads that, "Almost every store is a vast, undiscovered country for a young child, full of wonders at every turn. There as so many exciting possibilities that sometimes children can feel overwhelmed and can become overexcited and irritable." Find out how the mother handles her daughter's increasing frustration, and delight in the colorful illustrations.

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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.

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## Children's Materials

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Material Title: **In My Heart**

Author: Jo Witek

*Children's Books*

2014

32 pages

Happiness, sadness, bravery, anger, shyness . . . our hearts can feel so many feelings! Some make us feel as light as a balloon, others as heavy as an elephant. In My Heart explores a full range of emotions, describing how they feel physically, inside. With language that is lyrical but also direct, toddlers will be empowered by this new vocabulary and able to practice articulating and identifying their own emotions. With whimsical illustrations and an irresistible die-cut heart that extends through each spread, this unique feelings book is gorgeously packaged.

The Growing Hearts series celebrates the milestones of a toddler's emotional development, from conquering fears and expressing feelings to welcoming a new sibling.

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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

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Material Title: **Inside Out/ "Intensamente" (DVD) \*(Children's Materials)**

Author: Disney Pixar

*DVDs*

2015

35 minutes

Do you ever look at someone and wonder what's going on inside their head? Disney-Pixar's INSIDE OUT takes a rollicking journey into the mind to find the answer. Based in Headquarters, the control center of 11-year-old Riley's mind, five emotions are hard at work, led by lighthearted optimist Joy. She strives to make sure Riley stays happy as she operates alongside fellow emotions Fear, Anger, Disgust and Sadness. (Blu-Ray/DVD/Digital HD edition)

En Español: ¿Alguna vez miraron a alguien y se preguntaron qué tiene en la cabeza? La película "Intensa Mente" por Disney Pixar les llevará a un viaje tumultuoso por la mente para descubrir la respuesta. Las 5 emociones viven en la Sede Central, el centro de control dentro de la mente de Riley, desde donde la ayudan y aconsejan en su vida cotidiana.

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Material Title: **Is That Your Sister?: A True Story of Adoption\* (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.

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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 teaches them about boundaries and the difference between "good" and "bad" touches. Also discusses appropriate responses to unwanted touching . Also available in Spanish

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Material Title: **It's Tough to Be Gentle: A Dragon's Tale\* (Children's Materials)**

Author: Cindy R. Lee

*Children's Books*

2015

34 pages

Dex has the sweetest heart and the roughest touch. He breaks his toys, has difficulty with personal space, and has an energy level that idles on high! Dex deeply desires to play with a family of baby birds, but his request is denied until he can learn to be gentle and kind. Join this misunderstood dragon as he creatively learns how to have a gentle touch. It's Tough to Be Gentle: A Dragon's Tale, helps children understand the gentle and kind concept and the Teaching Tips for Parents provides parents with information on how they can empathize with a child similar to Dex. It's Tough to Be Gentle: A Dragon's Tale is designed to teach Trust Based Relational Intervention (TBRI ®) principles developed by Dr. Karyn Purvis and Dr. David Cross at the Institute of Child Development.

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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.

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Material Title: **Journey Through The Healing Circle: Video Series I (VHS)**

Author: Washington State Division of Social and Health Services

*Videotapes*

2000

For young people ages birth to 11: Please see series description, "Journey Through the Healing Circle." This video portrays the stories told in the first two books, "The Little Fox" and "The Little Mask" (see individually under those titles). It comes with a Discussion Guide and Video Overview.

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## Children's Materials

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Material Title: **Journey Through The Healing Circle: Video Series II (VHS)**  
Author: Washington State Division of Social and Health Services *Videotapes* 2000

For young people ages 12-22: Please see series description, "Journey Through the Healing Circle." This video portrays the stories told in the second two books, "Sees No Danger & Wanders Afar" and "Travels in Circles" (see individually under those titles above). It comes with a Discussion Guide and Video Overview.

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Material Title: **Jumpin' Johnny Get Back to Work: A Child's Guide to ADHD/Hyperactivity\* (Children's Materials)**  
Author: Michael Gordon, PhD *Children's Books* 1998 24 pages

This is a story about a boy who has trouble paying attention and keeping still even when he really tries. Along with his family and teacher, he finds that he has an Attention Deficit Hyperactivity Disorder (ADHD). The story is told by a youngster who truly struggles to achieve, but doesn't always meet with success or acceptance. Although he moves through the day experiencing frustration and embarrassment, he still maintains his sense of humor and spirit of determination.

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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.

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Material Title: **Kids Need to Be Safe: A Book for Children in Foster Care \*(Children's Materials)**

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.

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Material Title: **King & King & Family\* (Children's Materials)**

Author: Linda de Hann and Stern Nijland *Children's Books* 2004 28 pages

It's time for King Lee and King Bertie's royal honey-moon. Hippos, crocodiles, and snakes - oh my! Little do the regal travelers know that the jungle holds much more - perhaps even the secret to fulfilling their hearts's fondest wish for a family of their own.

Originally published in the Netherlands, King & King presents same-sex marriage as a viable, acceptable way of life within an immediately recognizable narrative form, the fairy tale.

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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.

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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.

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Material Title: **Learning to Slow Down and Pay Attention: A Book for Kids About ADHD\* (Children's Materials)**

Author: Kathleen Nadeau, PhD and Ellen B. Dixon, PhD *Children's Books* 2005 88 pages

Packed with practical tips, know-how, and fun, this friendly workbook just for kids has solutions for every situation - at home, at school, and with friends. Includes notes and resources for parents.

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## Children's Materials

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Material Title: **Let's Get This Straight: The Ultimate Handbook for Youth with LGBTQ Parents\* (Children's Materials)**

Author: Tina Fakhrid-Deen *Children's Books* 2010 176 pages

In *Let's Get This Straight*, Tina Fakhrid-Deen and COLAGE, a national movement of children, youth, and adults with one or more lesbian, gay, bisexual, transgender and/or queer (LGBTQ) parent/s, are on a mission to provide kids of LGBTQ parents with the tools they need to: become more self-aware and affirming; maintain healthy relationships with their parents; address discrimination and heterosexism and combat homophobia; discuss important questions about what it means to be part of an LGBTQ family; build strong self-esteem and sense of belonging; respond effectively when challenged about being in a sexual minority family; reduce the isolation, fear, shame, and confusion that can be associated with having gay parents.

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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.

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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).

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Material Title: **Little Bunnies Say Goodbye to Birth Mom\* (Children's Materials)**

Author: Sherri Malloy, PhD *Children's Books* 2005 26 pages

This powerfully moving book is for children facing termination of their parent's parental rights. This little book has been instrumental in touching the hearts of children ages 2 to 12, helping them to explore and release their feelings of grief and loss related to adoption and foster care. It could be a turning point in the life of your child.

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Material Title: **Little Fox, The: Fetal Alcohol Syndrome (CD-ROM)**

Author: Washington State Division of Social and Health Services *CD-ROMs* 2001

For children five years old and younger: Please see series description, "Journey Through the Healing Circle." This CD-ROM for children five years old and younger, provides a video-telling - in the style of Native American folklore - of the story of Stays in the Moment, a young fox with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

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

Author: Washington State Division of Social and Health Services *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.

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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.

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Material Title: **Little Mask, The: Fetal Alcohol Syndrome (CD-ROM)**

Author: Washington State Division of Social and Health Services *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.

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

Author: Washington State Division of Social and Health Services *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.

## Children's Materials

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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

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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.

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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.

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Material Title: **Manners\* (Children's Materials)**  
Author: Alike *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.

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Material Title: **Maybe Days: A book for children in foster care\* (Children's Material)**  
Author: Jennifer Wilgocki and Marcia Kahn Wright *Children's Books* 2002 32 pages

Will I live with my parents again? Will I stay with my foster parents forever? For children in foster care, the answer to many questions is often "maybe". Maybe Days addresses the questions, feelings, and concerns these children most often face. Honest and reassuring, it also provides basic information that children want and need to know, including the roles of various people in the foster care system and whom to ask for help.

An extensive afterword for adults caring for foster children describes the child's experience, underscores the importance of open communication, and outlines a variety of ways to help children adjust to the "maybe days" - and to thrive.

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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.

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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.

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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.

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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.

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## Children's Materials

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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.

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

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

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

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

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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.

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Material Title: **My Body, My Self for Boys\* (Children's Materials)**

Author: Lynda Madaras *Children's Books* 2007 92 pages

Aimed at 8 to 15 year old boys, this fact-filled journal and activity book makes it fun for boys to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games, and illustrations throughout, there are also journal pages and lots of personal stories addressing boys' concerns, experiences, and feelings during this new stage of their lives.

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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.

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Material Title: **My Brother's a World-Class Pain: A Sibling's Guide to ADHD/Hyperactivity\* (Children's Materials)**

Author: Michael Gordon, PhD *Children's Books* 1992 34 pages

Finally a book for the oft-forgotten group of those affected by ADHD: the brothers and sisters of ADHD children. While they frequently bear the brunt of the ADHD child's impulsiveness and distractibility, siblings usually are not afforded opportunities to understand the nature of the problem and to have their own feelings and thoughts addressed. This story about an older sister's efforts to deal with her active and impulsive brother sends the clear message to siblings of the ADHD child that they can play an important role in a family's quest for change.

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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.

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Material Title: **Not in Room 204: Breaking the Silence of Abuse\* (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.

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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.

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## Children's Materials

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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.

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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.

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Material Title: **Oh Brother!: Growing Up With a Special Needs Sibling**

Author: Natalie Hale *Children's Books* 2004 48 pages

An eleven-year-old girl finds ways to handle the unique challenges presented by her thirteen-year-old mentally disabled brother by looking for his good qualities and taking the rest in stride.

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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.

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Material Title: **On the Day You Were Born\* (Children's Materials)**

Author: Debra Frasier *Children's Books* 1991 40 pages

Debra Frasier's simple words and radiant collages celebrate the earth and extend an exuberant welcome to each member of our human family. Recommended for children age 1 and up, On the Day You Were Born affirms the special place each child holds in the world.

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Material Title: **Once I Was Very Very Scared**

Author: Chandra Ghosh Ippen *Children's Books* 2017 64 pages

A little squirrel announces that he was once very, very, scared and finds out that he is not alone. Lots of little animals went through scary experiences, but they react in different ways. Turtle hides and gets a tummy ache, monkey clings, dog barks, and elephant doesn't like to talk about it. They need help, and they get help from grown-ups who help them feel safe and learn ways to cope with difficult feelings. This story was written to help children and grown-ups understand how stress can affect children and ways to help them.

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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.

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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.

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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.

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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.

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## Children's Materials

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Material Title: **Out With It: Gay and Straight Teens Write About Homosexuality\* (Children's Materials)**  
Author: Youth Communication *Children's Books* 1996 113 pages

Young people today are aware of gays and lesbians in almost every area of their lives, yet they rarely get a chance to talk openly about it. Here, young people speak in their own voices about the myriad ways they encounter - and deal with - homosexuality. Their brave and honest work provides a point of departure for teen readers trying to make sense of some very complicated issues.

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Material Title: **Owen and Mzee: The True Sotry of a Remarkable Friendship\* (Children's Materials)**  
Author: Isabella and Craig Hatkoff, and Dr. Paula Kahumbu *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.

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Material Title: **Penguin and the Fine-Looking Fish, The\* (Children's Materials)**  
Author: Cindy R. Lee *Children's Books* 2015 38 pages

Sweet little penguin was separated from all that was familiar to him. This left him sad and confused. He began to be disrespectful to all those around him because his heart was filled with hurt. In this tender book, Penguin goes in search of a pet to love and love him back. He befriends a beautiful fish who takes him on a journey of healing as he discovers what it means to show respect to himself and others. Penguin and the Fine-Looking Fish will help teach your children the importance of showing respect and gets to the heart of why this concept is vital to engaging in healthy relationships.

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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.

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Material Title: **Place in My Heart, A \*(Children's Materials)**  
Author: Mary Grossnickle *Children's Books* 2004 32 pages

Charlie was adopted and he wonders about the same things that many adopted children think about. This book reassures children that it's okay to ask questions and gives parents an opportunity to discuss adoption, birthparents and the fact that our hearts are big enough to hold everyone we care about.

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Material Title: **Plan for Tyrone, A\* (Children's Materials)**  
Author: Tamara and Chelsea Severance Evanson, MSW *Children's Books* 2009 26 pages

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

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Material Title: **Putting on the Brakes Activity Book for Kids with ADD or ADHD\* (Children's Materials)**  
Author: Patricia O. Quinn, MD and Judith M. Stern, MA *Children's Books* 2009 90 pages

This workbook features activities that are comprehensive and cover practically every area in a kids' life that ADHD can affect: school (homework, test-taking, planning for projects, time management, making friends, proofreading, etc.); home (organization, taking medication, doing things step-by-step); behavior and emotional regulation (anger management, conflict resolution, learning from mistakes, relaxation techniques, etc.); health and nutrition (healthy foods, exercise, getting outside/green space, etc.); and self awareness/self-esteem (strengths and weaknesses, making friends, etc.). All of the information is presented to kids in fun, engaging activities that challenge their skills and empower them to strive to be their best. \*\*Parents are encouraged to make copies of activities in order to preserve longevity of book\*\*

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## Children's Materials

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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* 2001 67 pp

A guide for children and their parents, teachers and counselors to understanding and gaining control over attention deficit hyperactivity disorder.

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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
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Material Title: **Raily el Valiente**

Author: Jessica Sinarski *Children's Books* 2018 48 pages

Únete a nuestro héroe, el osito Raily, en la aventura de su vida donde aprende a ser valiente como un osito. Siempre ha sido valiente e inteligente, pero su viaje con criaturas buenas y grandes le ayudarán a abrir su corazón de maneras nuevas. ¡Este osito genial está listo para enfrentarse al desafío!

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Material Title: **Redo Roo, The\* (Children's Materials)**

Author: Cindy R. Lee, LCSW, LADC *Children's Books* 2015 34 pages

Sweet little Roo is full of energy and excitement which is more than fine when he is playing outside. But, when Roo is asked to sit still, be quiet and keep his hands to himself at school he runs into some not-so-fun trouble. Discover how Roo's teachers find creative solutions to helping Roo succeed in an environment that was not built for his energetic level of exploration. Reading The Redo Roo will help you and your child replace, time-outs, lectures and consequences with the "redo" parenting technique and help empower you to succeed.

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Material Title: **Riley the Brave**

Author: Jessica Sinarski *Books* 2018 40 pages

Riley the Brave is the story of a little bear with big feelings. Join this super-cool cub as he faces his fears with the animals who love him. Includes educational afterword for caring adults. "Big critters" can help the "cubs" in their lives as they read and re-read this playful and poignant children's book.

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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)!

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Material Title: **Safe Place for Caleb, A: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma**

Author: Kathleen & Paul Chara *Children's Books* Jan 1970 128 pages

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children.

The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented.

Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with attachment issues.

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## Children's Materials

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Material Title: **Sees No Danger & Wanders Afar: Fetal Alcohol Syndrome (CD-ROM)**

Author: Washington State Division of Social and Health Services *CD-ROMs* 2001

For young people ages 12-17: Please see series description, "Journey Through the Healing Circle." This CD-ROM for young people ages 12-17, provides a video-telling - in the style of Native American folklore - of the story of Sees No Danger and Wanders Afar, two young bears with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

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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.

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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.

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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."

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Material Title: **Sister for Matthew, A\* (Children's Materials)**

Author: Pamela Kennedy and Amy 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.

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Material Title: **Social networking and you**

Author: Eileen Fursland *Children's Books* 2011 24 pages

This booklet for adopted and long-term fostered teenagers raises important questions about young people's use of social networking and offers practical advice on sharing information (or not) and staying safe online. It specifically addresses concerns about unexpected contact with birth family members, talking things through with adoptive parents and tracing birth relatives. The real-life experiences of adopted young people help bring the guide to life and challenge the reader to consider 'what happened next?'

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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.

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Material Title: **Sometimes I'm Bombaloo**

Author: Rachel Vail *Children's Books* 2005 32 pages

Sometimes, Katie loses her temper. Sometimes she uses her feet and her fists instead of words. When Katie is this mad, she's just not herself. Sometimes, she's BOMBALOO. Being BOMBALOO is scary. But a little time- out and a lot of love calm BOMBALOO down and help Katie feel like Katie again!

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Material Title: **Sometimes It's Grandmas and Grandpas Not Mommies and Daddies**

Author: Gayle Byrne *Children's Books* 2009 32 pages

Sometimes It's Grandmas and Grandpas shares a child's experience living with and being cared for by grandparents through the eyes of a cheerful and delightful little girl. Uplifting watercolor illustrations give extra warmth to this caring and loving story, to which a growing number of children can identify—over 4.5 million children in the United States are primarily cared for by a grandparent. Poignant moments expressing the child's curiosity and questions give way to comforting and playful exchanges at home with Nonnie and Poppy. Spending the day with this grandparent-led family, we see that it's not always Mommies or Daddies that care for children, and that's okay!

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## Children's Materials

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Material Title: **Star, The: A story to help young children understand foster care\* (Children's Material)**  
Author: Cynthia Miller Lovell *Children's Books* 1999 16 pages

A delightfully simple, colorfully illustrated story. The Star is a must for young children and foster parents experiencing foster care for the first time. This book focuses on typical situations encountered in foster care and could easily be used for support group sessions.

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Material Title: **Story of Megan, The\* (Children's Materials)**  
Author: Daniel Gregg *Children's Books* 1980 15 pages

Megan is so anxious about the thought of being adopted that her tummy feels funny! She wonders what it means to be adopted, and what being part of a forever family will be like for her. When she meets the mom and dad who will adopt her she wonders "How can I fit into this family?" The Story of Megan addresses some of the questions and feelings that children may have when going into adoption.

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Material Title: **Story That Makes Me Special, The\*(Children's Materials)**  
Author: Peg Studaker and Judy Haines, Deb Contag Al-Aidy *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.

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Material Title: **Survival Guide for Kids with ADD or ADHD, The\* (Children's Materials)**  
Author: John F. Taylor, PhD *Children's Books* 2006 107 pages

Do you have a hard time paying attention or staying still? Do you sometimes get yelled at for talking in class or moving around? Do you often zone out? Lose assignments? Fall behind in school? Have trouble controlling your behavior? Maybe you have ADD or ADHD. These are labels grown-ups use to understand and help kids with these types of challenges. If you've been labeled ADD or ADHD, this book is for you.

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Material Title: **Survival Guide for Kids with LD (Learning Differences), The\* (Children's Materials)**  
Author: Gary Fisher, Phd and Rhoda Cummings, EdD *Children's Books* 2002

What is LD? Why do some kids have LD? Why is it hard for kids with LD to learn? Why do other kids sometimes tease kids with LD? What happens when kids with LD get out of school? If you are a kid with LD, you may have lots of questions like these. This book has many answers. It can help you understand LD better. It can also help you understand yourself better.

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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."

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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.

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Material Title: **Tear Soup: A Recipe for Healing after Loss\* (Children's Materials)**  
Author: Pat Schwiebert and Chuck DeKlyen *Children's Books* 2013 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.

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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.

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## Children's Materials

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Material Title: **Terrible Thing Happened, A: 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.

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Material Title: **There's a Nightmare in My Closet\* (Children's Materials)**

Author: Mercer Mayer *Children's Books* 1968 28 pages

A little boy anxiously awaits a nightmare he knows lives in his closet. when it finally appears, the little boy shoots it with his popgun. Looking more sheepish than terrifying, the nightmare starts to blubber, and the little boy realizes the nightmare isn't scary at all. He takes the nightmare by the hand and tucks it into bed. Silly and comforting, this is the perfect book to get rid of those bedtime bogeys.

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Material Title: **Travels in Circles: Fetal Alcohol Syndrome (CD-ROM)**

Author: Washington State Division of Social and Health Services *CD-ROMs* 2001

For young people ages 18-22: Please see series description, "Journey Through the Healing Circle." This CD-ROM for young people ages 18-22, provides a video-telling - in the style of Native American folklore - of the story of Travels in Circles, a young adult puffin with Fetal Alcohol Syndrome. Additional features include the text of the book and a guide for parents or others reading this book to children who have questions or concerns.

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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.

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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.

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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.

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Material Title: **Ultimate Guide to Grandmas and 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.

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Material Title: **Una Vez Tuve Mucho Mucho Miedo**

Author: Chandra Ghosh Ippen *Children's Books* 2017 64 pages

Una pequeña ardilla anuncia que una vez tuvo mucho mucho miedo. Descubre que no es el único animalito que se siente así. Muchos animalitos también han pasado por experiencias que les asustaban, pero reaccionan en distintas maneras. Tortuga se esconde y le duele la panza, Mono busca a alguien a quien abrazar, Perro ladra, y a Elefante no le gusta hablar de esas cosas. Todos necesitan apoyo, y lo reciben de adultos que les ayudan a sentirse seguros y a aprender maneras de afrontar sentimientos difíciles.

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Material Title: **Very Touching Book, A...for Little People and for Big People (Children's Materials)**

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.

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## Children's Materials

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Material Title: **Visiting Feelings**  
Author: Lauren Rubenstein *Children's Books* 2013 32 pages

Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, *Visiting Feelings* invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

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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 discomfiting 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.

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Material Title: **War that Saved My Life, The**  
Author: Kimberly Brubaker Bradley *Books* 2015 316 pages

Nine-year-old Ada has never left her one-room apartment. Her mother is too humiliated by Ada's twisted foot to let her outside. So when her little brother Jamie is shipped out of London to escape the war, Ada doesn't waste a minute—she sneaks out to join him.

So begins a new adventure of Ada, and for Susan Smith, the woman who is forced to take the two kids in. As Ada teaches herself to ride a pony, learns to read, and watches for German spies, she begins to trust Susan—and Susan begins to love Ada and Jamie. But in the end, will their bond be enough to hold them together through wartime? Or will Ada and her brother fall back into the cruel hands of their mother?

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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.

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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.

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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* 2007 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.

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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.

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Material Title: **What's Happening to Me? An Illustrated Guide to Puberty\* (Children's Materials)**  
Author: Peter Mayle and Arthur Robins *Children's Books* 1975 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.

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Material Title: **What's Happening to My Body? Book for Boys, The\* (Children's Materials)**  
Author: Lynda Madaras *Children's Books* 2007 231 pages

This book gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all boys ages 10 and up.

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## Children's Materials

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

Author: Lynda Madaras *Children's Books* 2007 255 pages

Written by an experienced educator and her daughter in a reassuring and down-to-earth style, this book gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up.

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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.

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Material Title: **When Nothing Matters Anymore: A Survival Guide for Depressed Teens\* (Children's Materials)**

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.

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Material Title: **When Sophie Gets Angry – Really, Really Angry ...\* (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

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Material Title: **Where Did I Come From?: The facts of life without any nonsense and with illustrations\* (Children's Materials)**

Author: Peter Mayle and Arthur Robins *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.

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Material Title: **Why Was I Adopted? The facts of adoption with love and illustrations (Children's Materials)**

Author: Carole Livingston *Children's Books* 1978 43 pages

This classic provides parents with a tool for helping their child understand the circumstances of their "birth" into an adoptive family. The book explains away much of the initial confusion, instills a feeling of uniqueness in an adopted child, and encourages open lines of communication with the adoptive parents. Full-color illustrations throughout.

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Material Title: **Wish\* (Children's Materials)**

Author: Matthew Cordell *Children's Books* 2015 48 pages

As an elephant couple embark on a life together, thoughts of children are far away-at first. But as the desire for a child grows, so do unexpected challenges. And it's only after thwarted plans and bitter disappointment that their deepest wish miraculously comes true.

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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.

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