

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.

Transitions

Material Title: **Adopting the Older Child**

Author: Claudia Jewett *Books* 1978 289 pages

This book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family, giving practical, caring advice on how to handle each situation.

Material Title: **Adoption Parenting: Creating a Toolbox, Building Connections**

Author: Jean MacLeod and Sheena Macrae *Books* 2006 485 pages

Over 100 contributors have helped to weave this tapestry of advice for adoptive parents. It looks at FASD, trauma and PTSD, sensory integration, speech and language delays, and at ways to effectively parent a post-institutionalized child or a child who has experienced trauma. You may not read it all at once, but you'll come back to it again and again as your child's self-awareness develops and your awareness of how to help increases.

Material Title: **Best of Adopted Child, The: How Adoption Impacts Adoptive Parents**

Author: *Journals/Newsletters* 1998-Oct 2

This monthly newsletter for adoptive parents contains only one article per volume. Some article titles include: Teens feelings about adoption, Parents who adopt racially diverse children, Bipolar Disorder, Adoption reform, ADHD/ADD and more.

Material Title: **Best of Questions & Answers with Heather T. Forbes, LCSW, The (6 CDs)**

Author: Heather T. Forbes, LCSW *CDs* 2015 7 hours

This 6-disc audio CD set is a compilation of the very best Q&A Heather T. Forbes has done with parents through her online parenting classes over the past several years. This one-of-a-kind audio set contains seven hours of practical, effective, & loving solutions for foster, adopted, and traumatized children. Topics include abandonment, arguing, boundaries vs. consequences, chores, disobedience, emotional age, expectations, grieving, healing, hygiene, lying, medical trauma, medication, older children, opposition, overwhelm, parent anger, parent self-care, prenatal trauma, regulatory issues, relatives, shutting down, sibling rivalry, social issues, stealing, tantrums, texting, toddler issues, transitions, trauma and much more!

Material Title: **Children's Adjustment to Adoption: Developmental and Clinical Issues**

Author: David M. Brodzinsky *Books* 1998 116 pages

This book presents major issues that affect both the process and outcome of adoption for children and their parents. It offers extensive coverage of theory and research on children and families with clinical vignettes punctuating key points. A discussion of intervention and assessment issues that commonly arise in work with adoptees closes this volume.

Material Title: **Child's Journey Through Placement, A**

Author: Vera Fahlberg *Books* 1991 394 pages

This book provides a foundation of resources and tools to help professionals and parents support children as they move through the foster care system to adoption. At times it can focus on theory and practice but it helps families understand why kids move and how their moves affect them. This is considered a seminal work in the field containing practical and thoughtful information about special needs children. More current material on new neurological research and brain development was not available at the time this was written. However, this is still a valuable resource with insight on various aspects related to foster and adopted children.

Material Title: **Creating Ceremonies: Innovative Ways to Meet Adoption Challenges**

Author: Cheryl Lieberman and Rhea K. Bufferd *Books* 1999 123 pages

Rituals and ceremonies can help us cope with important transitions in our lives. The authors of this book offer ideas that parents can use and modify to create ceremonies in their adopted children's lives that will help them deal with celebration, transition, self-esteem, loss, fears, anniversaries and more.

Material Title: **Designing Rituals of Adoption: For the Religious and Secular Community**

Author: Mary Martin Mason *Books* 2002 86 pages

This book seeks to guide families in creating composite rituals to respect and honor everyone in the family and in the extended family whether they are known or unknown. It has sections on specific religious traditional rituals and a section on secular rituals that could help an adopted person feel that his or her life transitions and passages are honored and sacred.

Transitions

Material Title: **Eden's Secret Journal: The Story of an Older Child Adoption* (Children's Materials)**
Author: Brenda McCreight *Children's Books* 2003 59 pages

This fictional journal's title character is a 13-year-old, adopted at age 10, who is writing the journal because her therapist told her to. She talks about her years in foster care, her substance abusing birth parents, and her adoptive parents. Her life is far from perfect, but it is getting better and we learn how she feels about things in her world. Author, Brenda McCreight is a Child & family therapist with more than 20 years experience.

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.

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

Over time, all families change. Sometimes, when families have big problems, they need to change so kids will be safe.

A child's family might change from a birth family to a foster family or an adoptive family. That kind of change can be hard on kids. They may believe that the change is their fault. They may worry about their birth parents, and they may wonder if they can trust the new adults in their life.

This book can help children and families through this difficult change. The first part is meant to be read and shared with children. Simple words and realistic color illustrations tell and show why some kids get foster parents or new adopted moms or dads. The second part includes information and resources for adults who work to keep kids safe: parents and other family adults, foster parents, social workers, teachers, and caregivers.

With the support of caring adults, children who experience termination of parental rights can move from the pain of the past to the promise of the future.

Material Title: **Finding the Right Spot* (Children's Materials)**
Author: Janice Levy *Children's Books* 2004 42 pages

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

Material Title: **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.

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.

Transitions

Material Title: **Help! I've Been Adopted* (Children's Material)**

Author: Brenda McCreight

Children's Books

2010

83 pages

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

Material Title: **I Don't Understand Why: A Search for Meaning (DVD)**

Author: Illinois State University

DVDs

2005

12 minutes

This documentary shows interviews with Jimmy, an adopted child with behavior difficulties, at age 8 and later, in his twenty's when he has two kids of his own. He talks about the importance to him of his lifebook, which includes school reports and a letter from his birth mother, in helping him understand his past and form a positive sense of identity.

Material Title: **Joining New Families: A Study of Adoption and Fostering in Middle Childhood**

Author: David Quinton

Books

1998

243 pages

Based on a study of 61 children who were placed, between the ages of 9 and 10, with adoptive or long-term foster families, this book focuses on the problems and strengths the children brought to their new families, how the families coped, and factors associated with stable, secure placements.

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.

Material Title: **Kissing Hand, The* (Children's Materials)**

Author: Audrey Penn

Children's Books

1993

27 pages

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

Material Title: **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.

Material Title: **Multiple Transitions: A Young Child's Point of View on Foster Care and Adoption (VHS)**

Author: Michael Trout

Videotapes

1997

16 minutes

Young children who have experienced an important loss often express that loss through their behavior, rather than with words. This tape is an attempt to translate the behavior of foster children into words an adult might understand. Visually, it is simply a series of words on the screen. There is music in the background and occasionally a child will voice the words that are displayed. That's it, but the words are powerful and the picture they paint is both sad and enlightening. Anyone who works with such children might benefit from this interpretation of the expression of their loss.

Transitions

Material Title: **Nurturing Adoptions: Creating Resilience after Neglect and Trauma**
Author: Deborah Gray *Books* 2012 457 pages

This state of the art guide for parents and professionals helping children affected by neglect and trauma demonstrates not only the effects on brain and emotional development of neglect and trauma and how to recognize them, but also approaches at home and at school that encourage these children to flourish. Although its focus is weighted toward the professional, this book is an excellent companion piece to Gray's other book, *Attaching in Adoption*, and it should be a source of enlightenment for parents as well.

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

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

Material Title: **Open Adoption Experience, The (Audiotape)**
Author: Lois Melina *Audiotapes* 1993 3 hours

This abridged version of the book, "The Open Adoption Experience", read by the authors, will help adoptive and birth parents know what to expect as the relationship unfolds.

Material Title: **Open Adoption Experience, The: A Complete Guide for Adoptive and Birth Families-from Making the Decision Through the Child's Growing Years**
Author: Lois Ruskai Melina *Books* 1993 363 pages

This book offers a detailed discussion of the many advantages of open adoption as well as the common problems, helping adoptive and birth parents to know what to expect as the relationship unfolds and how other families have coped with the unexpected.

Material Title: **Parenting Your Internationally Adopted Child: From Your First Hours Together Through the Teen Years**
Author: Patty Cogen *Books* 2008 412 pages

Though written with international adoptions in mind, this book has much that is relevant to domestic adoptions as well, including bonding; development of a positive self image; telling the child's story from the child's point of view; handling sleep problems, meal time problems, and resistance to house rules; etc.

Material Title: **Raising Adopted Children**
Author: Lois Melina *Books* 1998 370 pages

This 1998 update of the classic handbook on issues faced by adoptive families examines the child's physical, emotional and psychological development at every age. It also has chapters on special topics such as the multiracial family, serious behavior problems and single parent adoption.

Material Title: **Rituals in Adoption (Audiotape)**
Author: Lois Melina *Audiotapes* 1993 57 minutes

This tape helps families understand the importance of rituals and how to create them. It helps families design meaningful rituals for significant events from ceremonies of mourning to entrustment of a child to adoptive parents.

Material Title: **Rituals in Adoption (CD)**
Author: Lois Melina *CDs* 1993 57 minutes

This tape helps families understand the importance of rituals and how to create them. It helps families design meaningful rituals for significant events from ceremonies of mourning to entrustment of a child to adoptive parents.

Material Title: **Separation and Loss Issues for Foster and Birth Families (DVD)**
Author: DVD *DVDs* 2003 20 minutes

The pain of separation and loss is the universal experience of every foster child. Dr. Fahlberg talks with foster parents, foster teenagers, and adults who spent their teen years in foster care. They offer insight on how to lessen the impact of transition and strengthen a child's relationship with both foster and birth parents. Includes: 14-page Discussion Guide and review quiz.

Material Title: **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.

Transitions

Material Title: **Talking With Young Children About Adoption**
Author: Mary Watkins *Books* 1993 241 pages

This book, for parents of children ages two to ten, discusses what to say to adopted children and when to say it. It also explores how kids respond to the concept of adoption, how they incorporate it into their make-believe play, and what worries they have.

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

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

Material Title: **Tender Healing (DVD)**
Author: Spaulding for Children *DVDs* 1997 40 minutes

A Video Curriculum for Foster, Adoptive and Kinship Care Parents, with Drs. Vera Falhberg, Richard Delaney and Joseph Crumbley. This DVD features three segments designed to help parents and professionals better understand issues related to helping troubled children. The three components include: Part 1: Helping Children Make Transitions; Part 2: Helping Children Build Attachments; and, Part 3: Effective Strategies for Discipline Designed for parents caring for children in the child welfare system who have been abused or neglected.

Material Title: **The Open-Hearted Way to Open Adoption: Helping Your Child Grow Up Whole**
Author: Lori Holden and Crystal Hass *Books* 5/22/15 228

Prior to 1990, fewer than five percent of domestic infant adoptions were open. In 2012, ninety percent or more of adoption agencies are recommending open adoption. Yet these agencies do not often or adequately prepare either adopting parents or birth parents for the road ahead of them! The adult parties in open adoptions are left floundering.

There are many resources on why to do open adoption, but what about how? Open adoption isn't just something parents do when they exchange photos, send emails, share a visit. It's a lifestyle that may feel intrusive at times, be difficult or inconvenient at other times. Tensions can arise even in the best of circumstances. But knowing how to handle these situations and how to continue to make arrangements work for the child involved is paramount. This book offers readers the tools and the insight to do just that. It covers common open-adoption situations and how real families have navigated typical issues successfully. Like all useful parenting books, it provides parents with the tools to come to answers on their own, and answers questions that might not yet have come up.

Through their own stories and those of other families of open adoption, Lori and Crystal review the secrets to success, the pitfalls and challenges, the joys and triumphs. By putting the adopted child at the center, families can come to enjoy the benefits of open adoption and mitigate the challenges that may arise.

More than a how-to, this book shares a mindset, a heartset, that can be learned and internalized, so parents can choose to act out of love and honesty throughout their child's growing up years, helping that child to grow up whole.

Material Title: **Toddler Adoption: The Weaver's Craft**
Author: Mary Hopkins-Best *Books* 2012 247 pages

Most often, children are joining their permanent, adoptive families past the age of infancy but not yet as "older children." This book covers many aspects of adopting and parenting these young children: the decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. Until now, few written resources have been available to discuss this special age -- the toddler.

Material Title: **Transitions: Moving Children With Sensitivity**
Author: Kris Villanueva and Judy Miller *Non-Return Items* 2007 60 pages

This information packet contains a variety of materials to assist both caseworkers and families in preparing a child for transitions. It includes suggested activities to build attachment and age specific transition checklists to be prepared by the child's caregiver to assist the new family in learning about the child.

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.

Transitions

Material Title: **Welcome Home: A Guide for Adoptive, Foster and Treatment Foster Parents**
Author: Christopher Alexander *Books* 2005 289 pages

This book directs parents in a wide variety of stages of caring for children brought into their lives. It begins with preparation beforehand, moves into the settling in stage with the establishment of relationships and expectations, and the last half of the book addresses a variety of emotional issues typically faced by adoptive and foster parents.

Material Title: **Welcoming a New Brother or Sister Through Adoption**
Author: Arleta James *Books* 2013 338 pages

Welcoming a New Brother or Sister through Adoption is a comprehensive yet accessible guide that describes the adoption process and the impact of adoption on every member of the family, including the adopted child. It prepares families to have realistic expectations and equips them with knowledge to deal with a host of situations that may arise, addressing difficult questions head-on.

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.