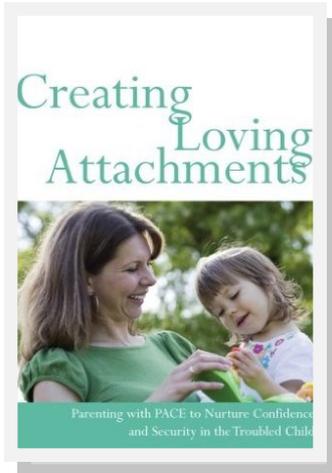


# ADULTS READING LIST



## **Creating Loving Attachments, Dan Hughes and Kim Golding, 2012**

All children need love, but for troubled children, a loving home is not always enough. Children who have experienced trauma need to be parented in a special way that helps them feel safe and secure, builds attachments and allows them to heal. Playfulness, acceptance, curiosity and empathy (PACE) are four valuable elements of parenting that, combined with love, can help children to feel confident and secure. This book shows why these elements are so important to a child's development, and demonstrates to parents and carers how they can incorporate them into their day-to-day parenting. Real life examples and typical dialogues between parents and children illustrate how this can be done in everyday life, and simple stories highlight the ideas behind each element of PACE. This positive book will help parents and carers understand how parenting with love and PACE is invaluable to a child's development, and will guide them through using this parenting attitude to help their child feel happy, confident and secure.

ISBN 978-1849052276

£15

## **What Every Parent Needs to Know: The incredible effects of love, nurture and play on your child's development, Margot Sunderland, 2007**

"Explains the science without losing sight of the realities of raising a child." Mother and Baby

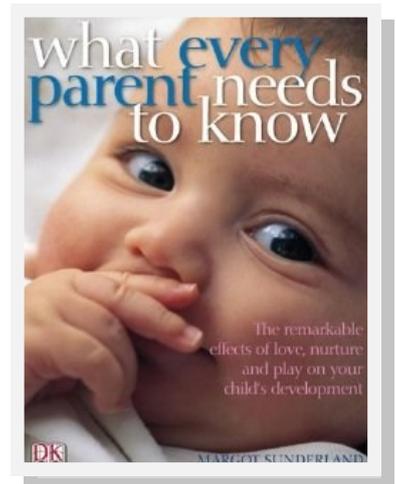
It's time to re-write the rule book on raising a child. Based on over 700 scientific studies into children's development, award-winning author and child psychotherapist Dr. Margot Sunderland explains how to develop your child's potential to the full.

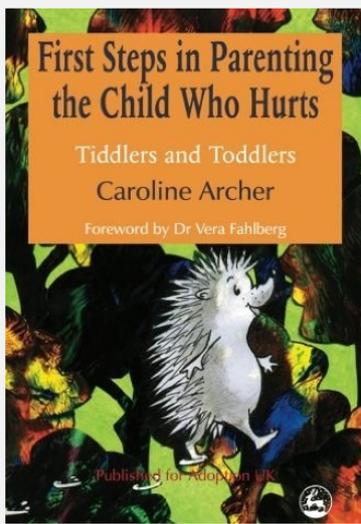
Find out the truth about popular childcare tactics, how touch, laughter and play build emotional wellbeing for life, and the strategies for effectively dealing with temper tantrums and tears.

Essential for any parent: a practical parenting book which give you the facts, not the fiction, on the best way to bring up your child.

ISBN 978-1405320368

£10





### **First Steps in Parenting the Child Who Hurts: Tiddlers and Toddlers, Caroline Archer, 1999**

This text approaches attachment and developmental issues arising when the child is in your care. It offers practical, sensitive guidance through the dark areas of separation, loss and trauma in early childhood. It reassures that no problem faced as a result of the child's early experiences is insignificant or undeserving of a solution. Neither is the reader patronized by assumptions that some matters should already be common knowledge. It sets out purposefully to encourage confidence and thereby to enable enjoyment of the young life in your care.

ISBN 978-1853028014

£15

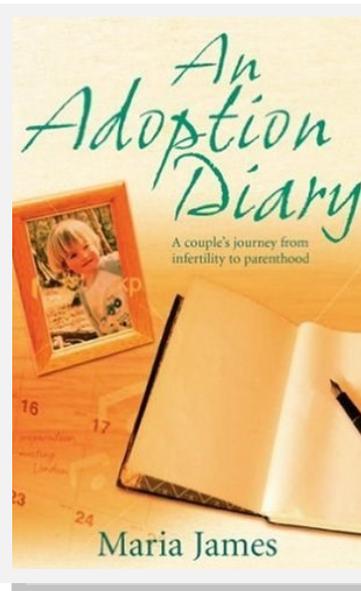
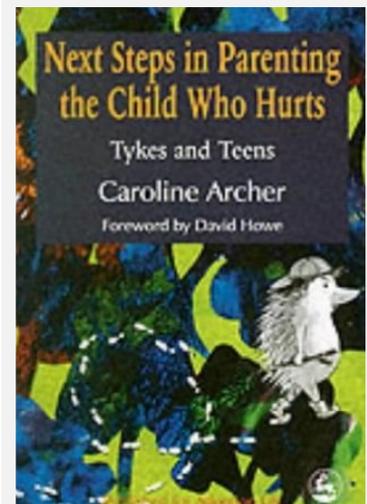
### **Next Steps in Parenting the Child Who Hurts: Tykes and Teens, Caroline Archer, 1999**

This volume follows on from the First Steps book and continues the challenging journey through childhood and into adolescence. In essence this is a book about love and the ability to express it towards the adopted child, despite persistent and often extreme tests of that love.

The author explains the effects of early emotional trauma and reviews specific sensitive situations that commonly arise, emphasising that only the parent will know what action is right for their own particular family and set of circumstances.

ISBN 978-1 85302 802 1

£15



### **An Adoption Diary, Maria James, 2006**

This is a family's personal and emotional account of adopting a child that will be of interest to anyone who has ever considered, or is considering, adoption. Written from the point of view of the adoptive parent this moving real life account chronicles every aspect of the adoption process from the moment when the decision to adopt is made. It covers the assessment procedure, the workshops, the heartache of months of waiting, and the final match with a three-year-old boy who lives over 300 miles away! The author talks openly and honestly of the difficulties of a long distance adoption, describes the very hard times as well as the numerous joyful times, explores what it feels like when an adoption finally happens and charts the first few months of new family life. This book is the first in a new series entitled "Our Story" which aims to provide an insight into the highs and lows of adoption and fostering through the real life experiences of a wide range of individuals and families. As well as being deeply personal accounts, the stories published in this series are inspirational, illustrative and instructive.

ISBN 978-1 903699 21 8

£8.95





### **Adopting a child, Jenifer Lord, 2013**

With over 60,000 copies already sold, this beginner's guide is the book for anyone who is thinking of adopting a child. Now in its 10th edition, the guide has been fully revised and updated to take into account all new legislation and initiatives to the end of 2013, including the Adoption and Children Act 2002. It provides essential information and helps explain the process involved in adopting a child or children.

Using a question and answer format, it describes: why children need adoption; the kinds of children who are looking for new families; the reasons why people adopt; what sort of people adoption agencies are looking for and why; the legal aspects and the costs of adopting both in the UK and overseas; intercountry adoption; and the adoption of stepchildren. It includes a comprehensive list of regional agencies – both local authority and voluntary – throughout the UK, plus other useful addresses and suggestions for further reading. The addresses and contact details have been updated for 2013. Brought to life with photographs and the experiences of people who have been through the adoption process themselves, this book is essential reading for anyone considering adoption.

ISBN 978 1 910039 01 4

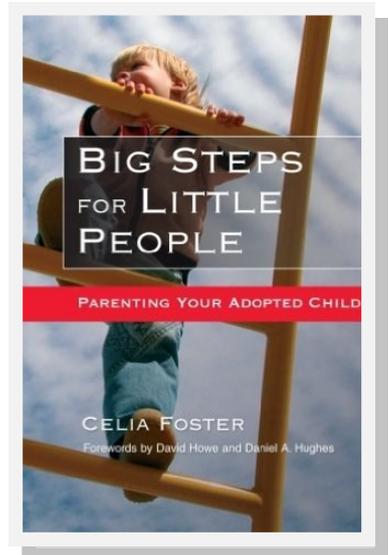
£8.95

### **Big Steps for Little People: Parenting Your Adopted Child**

This book is full of the techniques that we have used successfully over the years. Many we have adapted to suit their needs and many we have made up ourselves. What we have become particularly good at is not giving up!' A mother of two adopted children, Celia Foster wrote Big Steps for Little People as a personal 'insider's guide' to parenting adopted children. Drawing on the hard-won wisdom gained in her own family life, the book offers a thoughtful account of life with adopted children and examines the issues that many adoptive families encounter, including the development of children with attachment problems and how to tackle behavioural difficulties. It combines real-life anecdotes with suggestions and strategies that other parents can put to use. This book will be a great comfort and help to all adoptive families and offers insights for the professionals who work with them.

ISBN 978-1843106203

£14



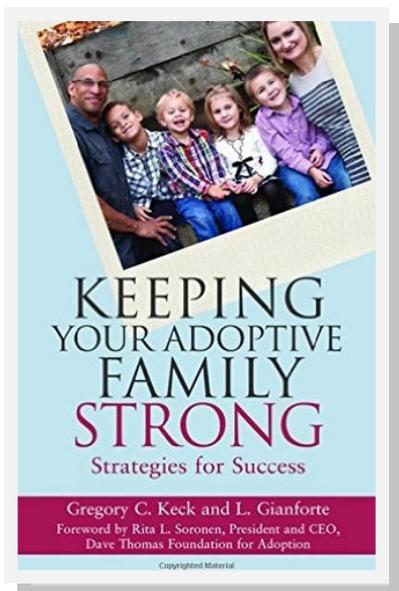
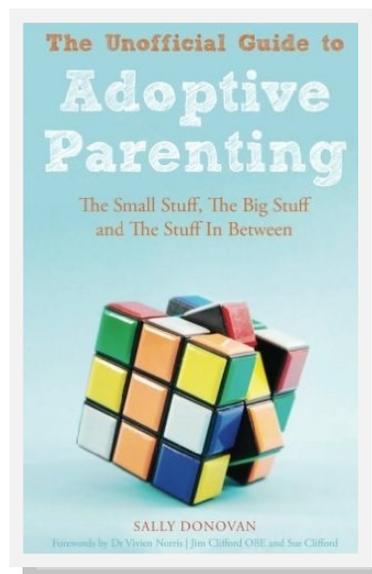
## **The Unofficial Guide to Adoptive Parenting. (The Small Stuff, The Big Stuff and The Stuff in Between!)**

**Sally Donovan, 2014**

This is another book about adoptive parenting. Probably not the kind of parenting you hear about in training, or read about in text books, but the real stuff: dynamic, messy, baffling adoptive parenting, rooted in domestic life. Adoptive parent Sally Donovan combines her knowledge of trauma and attachment gleaned from training courses and therapeutic parenting experts with her lived experience of parenting two traumatised children and bridges the gap between the two. She offers realistic advice on how to be 'good enough' in the face of both day-to-day and more bewildering challenges responding to meltdowns, overcoming anxieties about changes to established routines and, most importantly, how to be a strong parent who can protect and nurture your adopted child. This is another book about adoptive parenting, but it is unlike any other book you have read on adoptive parenting read it, weep, laugh and learn.

ISBN 978-1849055369

£12.99



## **Keeping Your Adoptive Family Strong: Strategies for Success, Gregory C Keck, 2012**

Welcoming a new child into the home through adoption is a life-altering experience-for the child, the parents, and everyone else in the family. Expectations and realities often differ dramatically, and adjusting to the change can be difficult and emotionally painful. Since the majority of children available for adoption today are in the system as the result of abuse and neglect, parents must acknowledge the fact they these young innocents will carry their trauma with them into their new homes. A willingness to address the not-so-easy, didn't-see-that-coming aspects of adoption is the first step toward building a strong family. A valuable resource for parents and professionals, this book provides useful strategies for facing the challenges posed by adopted children. The inclusion of real stories from real people adds heart and encouragement, offering hope for the future of the entire family.

ISBN 978-1849057844

£12.99

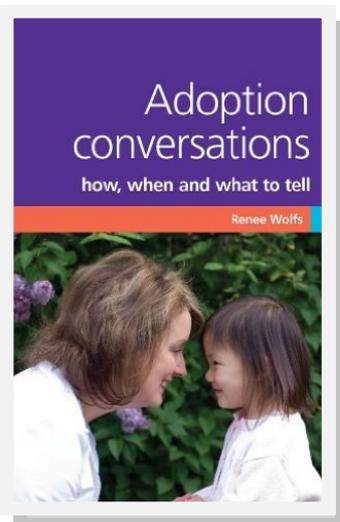
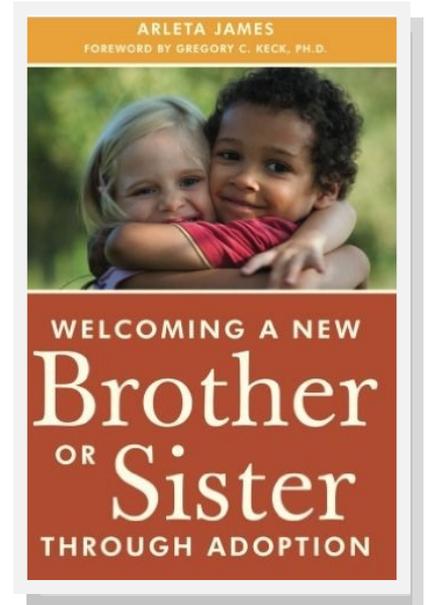


### **Welcoming a New Brother or Sister Through Adoption, Arleta James, 2013**

Adoption is a big step which can change the whole dynamics of the family. It is crucial that parents understand the impact it has when new sibling relationships are forged and an adoptee becomes a part of the family. '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: 'Did we make the right choice by adopting', 'How is this affecting our 'typical' children', 'Will our adopted son or daughter heal' are explored and solutions discussed in detail. All this is accompanied with real life stories and direct quotes from children, which make it a realistic and insightful resource. This book is vital reading for adoptive families and professionals who work with them including social workers, counsellors and psychologists.

ISBN 978-1849059039

£14.99



### **Adoption conversations, Renee Wolfs , 2008**

What, when and how to tell. This in depth practical guide explores the questions adopted children and likely to ask, with suggestions for helpful explanations and age appropriate answers. Although the guide focuses primarily on the needs and questions of children adopted from abroad. The practical advice is applicable to any adopted child

ISBN 978-1 905664 35 1

£12.95

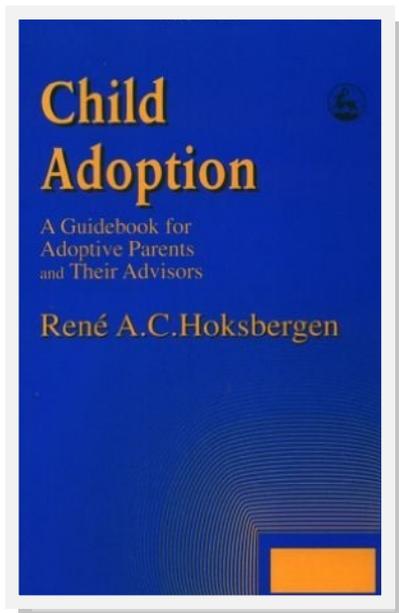
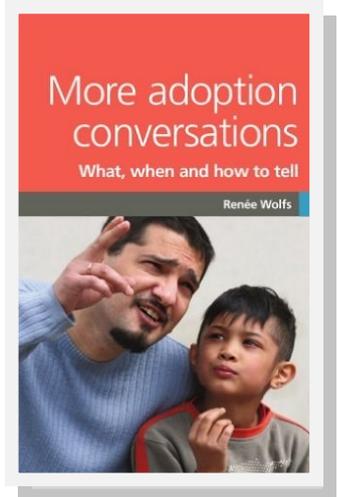


### **More Adoption conversations, Renee Wolfs , 2010**

This in depth practical guide explores the problems that adopted teenagers ( up to 18 years old) are likely to confront and provides suggestions for helpful solutions and achievable communication methods. Brimming with advice and ideas it will help parents discuss the known—or unknown – aspects of the adopted teenagers' history and be well equipped to communicate difficult issues.

ISBN 978-1 905664 96 2

£12.95



### **Child Adoption: A Guidebook for Adoptive Parents and Their Advisors, R.A.C. Hoksbergen , 1996**

Child Adoption is a straightforward, concise and comprehensive guide which adoptive parents and the professionals who advise them will find invaluable. R.A.C. Hoksbergen covers the practical and emotional issues and possible problems which affect child and parents in adoption, such as: \* preparation of the family and the child \* adopting from different races or cultures, and dealing with discrimination \* helping the child adjust to school \* discussing the adoptive status with the child. This handbook provides much-needed information so that everyone involved in the adoption process can make educated and fully thought-out decisions. It is invaluable reading for any professional involved in the process of adoption including adoption workers and lawyers, social workers and couples who are considering adoption.

ISBN 978-1853024153

£25

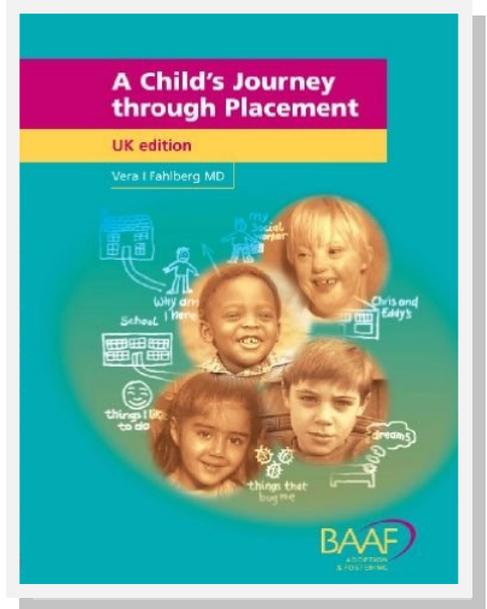


## **A Child's Journey Through Placement, Vera Fahlberg, 2004**

Children who are cared for in an out of home placement are in need of support and stability. This classic text offers information and advice for professionals and carers on how to help these children, who will often have attachment difficulties. Vera I. Fahlberg, M.D. shares her experience and expertise, outlining the significance of attachment and separation, the developmental stages specific to adoptive children and providing guidance on minimizing the trauma of moves. The book also features practical advice on case planning, managing behavior and direct work with children, and throughout are case studies and exercises which provide opportunities for further learning. A readable, compassionate and practical text, A Child's Journey Through Placement provides the foundation, the resources, and the tools to help students, professionals, parents and others who care to support children on their journey through placement to adulthood.

ISBN 978-1873868133

£18.99

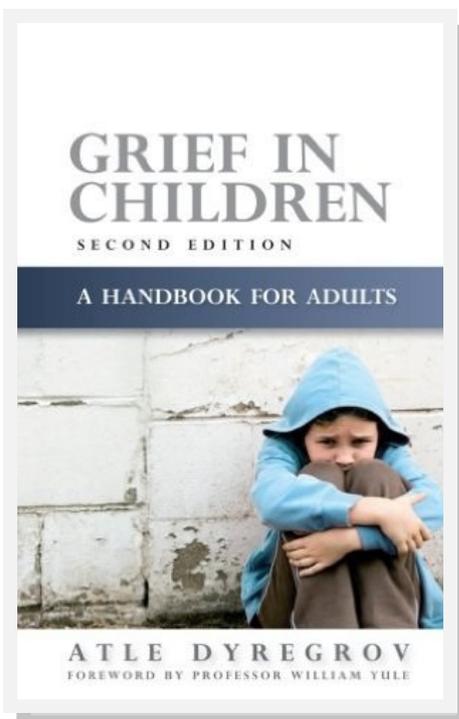


## **Grief in Children: A Handbook for Adults, Atle Dyregrov , 2008**

Many children experience the death of a relation or friend, or of other known adults or children. At such times it is important for parents, teachers, social workers and other responsible adults to know how to respond appropriately to the child's needs. This practical book explains children's understanding of death at different ages and gives a detailed outline of exactly how the adults around them can best help them cope with the death, whether it is of a parent or sibling, other relation or friend, or of class mate or teacher. The book deals with the whole range of responses, from those on the physical and pragmatic level to psychological reactions which may be less obvious to the caring adult, and describes the methods that have been shown to work best. It addresses in depth the consequences of sudden and dramatic death, which can create more anxiety and give rise to more reactions than anticipated deaths.

ISBN 978-1843106128

£14.99





## **Attaching Through Love, Hugs and Play: Simple Strategies to Help Build Connections with Your Child, Deborah D. Gray 2014**

Capturing the warmth and fun of forming close relationships with children, this book offers simple advice to parents of children who find it difficult to attach and bond - whether following adoption, divorce or other difficult experiences. Attachment therapist Deborah D. Gray describes how to use the latest thinking on attachment in your daily parenting. She reveals sensory techniques which have proven to help children bond - straightforward activities like keeping close eye contact or stroking a child's feet or cheeks - and explains why routines like mealtimes and play time are so important in helping children to attach. The book offers positive ideas for responding to immediate crises like difficult behaviour and meltdowns, but importantly also offers longer-term strategies to help children to develop the skills they need to cope as they grow up - the ability to plan, concentrate and be in control of their emotions. Offering fascinating insights into how children who struggle to attach can be helped, this book is full of easy-to-use ideas which will help you to enjoy the many pleasures of bonding and attaching with your child.

ISBN 978-1849059398

£12.99

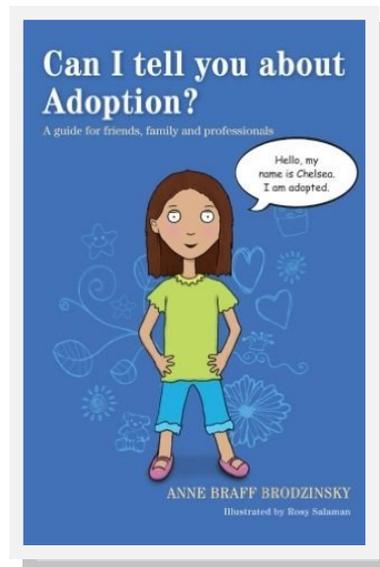
## **Can I Tell You About Adoption?: A Guide for Friends, Family and Professionals, Anne Braff Brodzinsky , 2013**

Meet Chelsea - a young girl who is adopted. Chelsea invites readers to learn about adoption from her perspective, helping them to understand what being adopted means, what it feels like to be adopted, and the experiences and challenges that follow the adoption process.

Questions faced by kids adopted trans racially are also explored by two of her friends, Kira and Adilu. This accessible guide is accompanied by illustrations for young people, aged 7 upwards, as well as parents, friends, teachers and professionals working with adopted children.

ISBN 978-1849059428

£8.99



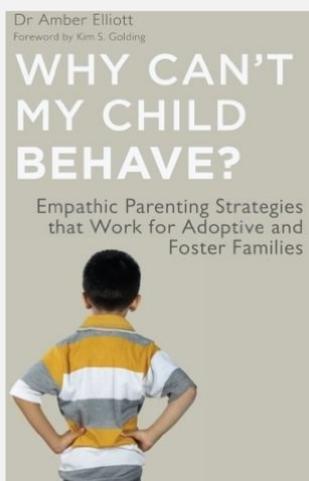
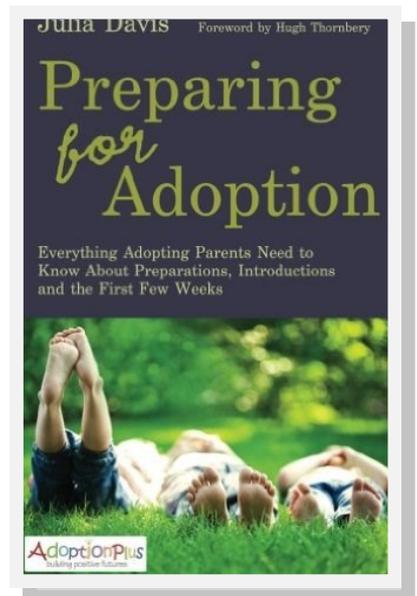
## **Preparing for Adoption Everything Adopting Parents Need to Know About Preparations, Introductions and the First Few Weeks**

The ideal first book for prospective adopters. When you decide to adopt a child, you might assume that all the important work begins when the child comes to live with you.

In fact the preparation stage before is crucial in ensuring that the adopted child will arrive to a safe and secure family. Preparing for Adoption provides clear advice on how to prepare for you adoptive child and create a strong foundation for a healthy and loving relationship. Julia Davis explains how many different factors can shape preparations for adoption, such as finding out about your child's history and using this information to establish a family environment which will meet your child's specific attachment needs. There is also advice on how to prepare your home to create a sense of safety for your child and how to prepare your family to support you as adoptive parents. Primarily for adopters, foster carers and professionals supporting adopters, this book offers ideas and strategies to help parents prepare a happy and settled home for children before their arrival and ways to parent them in the early days of becoming a family that addresses their attachment needs.

ISBN 978-1849054560

£12.99



## **Why Can't My Child Behave?: Empathic Parenting Strategies that Work for Adoptive and Foster Families, Amber Elliot , 2013**

Parenting a child who doesn't know how to be parented is the most difficult job in the world' This book provides friendly expert advice on how to respond to difficult behaviours and emotions for parents of children with developmental trauma. Each chapter focusses on the common difficulties faced by carers or parents and features quick, applicable ideas with exercises and illustrations. How do you react to a child's difficult behaviour? How do you deal with your own negative emotions? How do you know when to be empathic? The book looks beyond the traditional punishment/reward strategies and aims to provide an explanation for such questions whilst helping the child in the process. This book will prove to be an invaluable resource for parents, foster carers, social workers and professionals working with children who are adopted or fostered.

ISBN 978-1849053396

£12.99



## **Nurturing Attachments: Supporting Children who are Fostered or Adopted, Kim S Golding, 2007**

Nurturing Attachments combines the experience and wisdom of parents and carers with that of professionals to provide support and practical guidance for foster and adoptive parents looking after children with insecure attachment relationships. It gives an overview of attachment theory and a step-by-step model of parenting which provides the reader with a tried-and-tested framework for developing resilience and emotional growth. Featuring throughout are the stories of Catherine, Zoe, Marcus and Luke, four fictional children in foster care or adoptive homes, who are used to illustrate the ideas and strategies described. The book offers sound advice and provides exercises for parents and their children, as well as useful tools that supervising social workers can use both in individual support of carers as well as in training exercises. This is an essential guide for adoptive and foster parents, professionals including health and social care practitioners, clinical psychologists, child care professionals, and lecturers and students in this field.

ISBN 978-1843106142

£18.99

