



Parenting the Adopted Child – Annotated Book List

Parenting the Adopted Child

BURLINGHAM-BROWN, B. (1994) – “Why didn’t she keep me?” Answers to the Question Every Adopted Child Asks... Langford Books, South Bend (IA), 169 pp.

A collection of stories written by 20 birthmothers. Suitable for parents and teenagers.

ELDRIDGE, S. (1999) - “Twenty Things Adopted Kids Wish Their Adoptive Parents Knew”. Dell, New York, 222 pp.

S. Eldridge was adopted herself and is an adoption professional. This book covers the most pertinent adoption issues in a very readable and compassionate manner.

ELDRIDGE, S. (2003) – “Twenty Life Transforming Choices Adoptees Need to Make”. Pinon Press, Colorado Springs, 222 pp.

This book is particularly suitable for your (young) adults adopted as children.

GERHARDT, S. (2004) – “Why Love Matters: How Affection Shapes a Baby's Brain”.

Brunner-Routledge, UK, 232 pp.

JEWETT-JARRATT, C. (1994) “Helping Children Cope with Separation and Loss.”

Harvard Common Press; Revised edition, 232 pp.

JOHNSTON, P. (1983) – “Perspectives on a Grafted Tree. Thoughts for Those Touched by Adoption”. Perspectives, Indianapolis (IA), 144 pp.

A collection of poems by 65 authors on adoption related issues.

KEEFER, B. (2000) – “Telling the Truth to Your Foster - Adopted Child: Making Sense of the Past”. Greenwood Press, US, 256 pp.

MacLEOD J. & Macrae S. (Eds) (2006) – “Adoption Parenting. Creating a Toolbox, Building Connections.” EMK Press, Warren, New Jersey, 503 pp.

MELINA, L. R. (2001) – “Raising Adopted Children.” Harper Collins, US, 400 pp.

MORRIS, A. (1999) – “The Adoption Experience. Families who Give Children a Second Chance.” Jessica Kingsley; London (UK) – Philadelphia (PA), 223.

A collection of real life stories of adopters, this book was published in collaboration with Adoption UK. The numerous stories are fairly short and they are arranged into 15 different aspects of adoption, including adopting special needs children, adopting older children, unusual adopters, race, tracing of and contact with birth parents, and attachment difficulties.

PAVAO, J. – “The Family of Adoption.” Beacon Press, Boston (MA), 138 pp.

J. Pavao was adopted herself and is an adoption professional. The book addresses the main issues for birth parents, adoptive parents, and adoptees. It normalises adoption, yet emphasises the need for all parties to face up to their extra developmental tasks. Post-adoption support is presented as helpful to complete any of these tasks at various life cycle stages. Numerous case examples make this book very easy to read.

RAICAR, A. M. (2009) – “Child Centred Attachment Therapy.” Karnac Books London (UK)

M. Raicar is an adoption therapist. The book describes a simple family programme for helping children and parents to build healthy attachments using complex ideas from attachment theory and newer research that are presented very clearly. CcAT offers a useful model of attachment work that can help to keep children safe and maintain their place in the family.

VAN GULDEN, H. & BARTELS-RABB, L. (1995) – “Real Parents, Real Children. Parenting the Adopted Child.” Crossroad; New York, 279 pp.

H. Van Gulden is an adoptive mother and an adoption professional. This book constitutes an in depth study of the psychological development - pre and post adoption - of adopted children and adoptive parents.

VERRIER, N. (1993) – “The Primal Wound.” Gateway; Baltimore (MD), 231 pp.

N. Verrier is an adoptive mother and an adoption professional. This book focuses on the effects of the separation from the birthmother on adopted children. It also looks at how these effects can be helped and eventually healed. Adults adopted as children have found this book extremely helpful. It puts their pre-verbal experience of separation and loss into intelligible words. Long held confusing, painful, yet vague thoughts and emotions about being adopted become accessible and can then be worked through.

WATKINS, M. (1995) – “Talking with Young Children about Adoption.” Yale University Press, US, 270.

Parenting the previously neglected/traumatised Child

ARCHER, C. (1999) – “First Steps In Parenting the Child Who Hurts. Tiddlers and Toddlers.” Jessica Kingsley; London, UK – Philadelphia (PA), 128 pp.

C. Archer is an adoptive mother and a researcher. Review by Amazon.co.uk: “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 patronised 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.”

ARCHER, C. (1999) – “Next Steps in Parenting the Child Who Hurts. Tykes and Teens.” Jessica Kingsley; London, UK – Philadelphia (PA), 224 pp.

Review by Amazon.co.uk: “This sensitive, practical handbook is designed to support adopted children and teenagers and their families.... Drawing on firsthand experience and research, the author presents strategies to improve adopted children's patterns of behaviour, in what to them is a hostile world. The situations covered include sleep problems; anger, aggression and violence; lying and stealing; staying out late and running away; addictive behaviours and self harm; impulsiveness and risk taking; money issues; sex; suicide and compulsive eating disorders.”

BOMBER, L. (2007) - “Inside I'm Hurting: Practical Strategies for Supporting Children with Attachment Difficulties in Schools.” Worth Publishing, UK, 308 pp.

CAIRNS, K. (2002) – “Attachment, Trauma and Resilience: Therapeutic Caring for Children.” BAAF, UK, 180 pp.

CLINE, F.W. & HELDING, C. (1999) - “Can this Child be saved? Solutions for Adoptive and Foster Families.” World Enterprises; Franksville (WI), 357 pp.

Review by Tapestry Books: “Large numbers of adopted and foster children have been severely and permanently damaged by their pasts, resulting in behavioural, psychiatric, emotional, and neurological disorders. CAN THIS CHILD BE SAVED offers parents help and hope, encouragement and support. It examines the causes of children's actions and reactions and why conventional strategies and approaches often fail to reach them. It explores and validates parents' feelings and offers struggling families clearly detailed and easy to understand parenting techniques and therapeutic approaches that succeed with disturbed children.”

DELANEY, R. J. & KUNSTALL, F.R. (1997) – **“Troubled Transplants.”** National Child Welfare Resource Center for Management & Administration, 169 pp.

Review by Tapestry Books: “This book presents practical—if unconventional—treatment strategies for addressing the puzzling and exhausting problems sometimes seen in foster and adopted children. These unique approaches can breathe life into children, soften their defences, side-step endless power struggles, and alter their distorted views. TROUBLED TRANSPLANTS provides strategies and insights for the adoptive family dealing with children who are exhibiting behavioural difficulties.

DELANEY, R. J. (1997) – **“The Healing Power of the Family. An illustrated Overview of Life with the Disturbed Foster or Adopted Child.”** Wood’N’Barnes. Oklahoma City (OK), 114 pp. Very readable and full of practical suggestions.

DELANEY, R. J. (1998) – **“Fostering Changes. Treating Attachment-Disordered Foster Children.”** Wood’N’Barnes. Oklahoma City (OK), 94 pp. Excellent summary of Attachment and Attachment Disorder in Children, and main ingredients of effective help.

GREENE, R.W. (2001) – **“The Explosive Child.”** HarperCollins, New York, 334 pp. Numerous practical suggestions for the out-of-control child; includes section on brain chemistry.

HUGHES, D. A. (2006) – **“Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children.”** Jason Aronson (US), 320 pp. In depth study of the therapeutic process with an adopted child abused and neglected prior to her adoption.

HUGHES, D. A. (2009) – **“Principles of Attachment-Focused Parenting: Effective Strategies to Care for Children”.** Norton. 272pp

JERNBERG, A. M. & BOOTH, P. (1998) – **“Theraplay: Helping Parents and Children Build better relationships Through Attachment Based Play.”** Jossey Bass Wiley, US, 464 pp.

KECK, G. & KUPECKY, R. (1995) – **“Adopting the Hurt Child. Hope for Families with Special Needs Kids. A Guide for Parents and Professionals.”** Pinon; Colorado Springs (CO), 239 pp.

“ADOPTING THE HURT CHILD is a frank and poignant portrayal of the sad and often brutal reality of adoption. But more importantly, it is a source of valuable information, hope and inspiration for adoptive and foster parents, therapists, teachers, social workers, and all others whose lives interact with these children.”

KECK, G. & KUPECKY, R. (2010) – **“Parenting the Hurt Child.”** Navpress (UK), Pinon, Colorado Springs (CO), 256 pp. Plenty of practical suggestions.

MACASKILL, C. (1994) – **“Adopting or Fostering the Sexually Abused Child”.** BAAF; London, 176 pp. This book describes the findings of a 1989 study on 80 placements of abused children. It discusses the implications for everyone involved, from the trauma of allegations and helping children to talk about their experiences, to the impact on other children in the family.

McNAMRA et al. (1995) – **“Bruised before Birth. Parenting Children Exposed to Parental Substance Abuse”.** BAAF; London, 122 pp. This book considers the impact - psychological, social, behavioural and genetic - on children exposed to parental substance abuse. Includes tools, suggestions and resources to meet the complex needs of these children.

OAKWATER, H. (2012) – **“Bubble Wrapped Children: How Social Networking is Transforming the Face of 21st Century Adoption”.** MX Publishing, 232 pp.

ORLANS, M. & Levy, T. (2006) – **“Healing Parents. Helping wounded children Learn to Trust and Love.”** Child Welfare League of America, Washington, 304 pp.

PERRY, B. & SZALAVITZ, M. (2007) – **“The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook. What Traumatized Children Can Teach Us About Loss, Love, and Healing.”** Basic Books, 288pp.

PURVIS, K., CROSS, D. & SUNSHINE, W. (2007) - **“The Connected Child: Bring Hope and Healing to Your Adoptive Family.”** McGraw-Hill, 288 pp.

SCHOOLER, SMALLEY & CALLAGHAN (2010) – **“Wounded Children, Healing Homes”.** NavPress, 272 pp.

THOMAS, N. (1997) – **“When Love is Not Enough. A Guide to parenting Children with Reactive Attachment Disorder.”** Families by Design; Glenwood Springs (CO), 99 pp.

Nancy Thomas is an adoptive parent and practised as a specialised foster parent with a number of severely disturbed children for many years.

“Second Best.” (1994) Video by Regency Enterprises and Alcor Films, 100 min. Certificate 12. (We recommend parents watch this film first. They may decide that it is appropriate for their children; in that case it we recommend parents and children watch it together.)

Eleven year old James lives in a children's home. He is devoted to his birth father who is serving time in prison. When a prospective adoptive father presents himself, James has very mixed feelings. Getting to know each other is not an easy process; James is often overcome by traumatic memories of his past, and his adoptive father is strongly reminded of lonely and painful moments whilst growing up himself. A powerful story, which is filmed and based in the UK.

General Parenting

CLINE, F.W. (1990 + 2006) –**“Parenting with Love and Logic. Teaching Children Responsibility.”** Pinon, Colorado Springs (CO), 229 pp. – Also available as audiobook.

CLINE, F.W. (1992 + 2006) –**“Parenting Teens with Love and Logic. Preparing Adolescents for Responsible Adulthood.”** Pinon, Colorado Springs (CO), 269 pp. – Also available as audiobook.

Both of these books have proven to really make a difference in everyday parenting of children with and without difficulties. They help parents to be in charge, yet minimise control battles by using choices and consequences, and by getting the children to figure out some of the solutions to their problems.

FABER, A. & ELAINE, M. – **“Siblings without Rivalry.”** Piccadilly Press, London, 250 pp.

GODDARD-BLYTHE, S. (2006) - **“The Well Balanced Child: : Movement and Early Learning”** Hawthorne, 288 pp.

This is a passionate manifesto for a whole-body approach to learning, which integrates the brain, senses, movement, and play. This practical, inspiring book will enable parents and educators to help children attain their full potential. Fully revised second edition with substantial new material and comprehensive index.

ILLSLEY CLARKE, J. & DAWSON, C. (1998) –**“Growing up Again: Parenting Ourselves, Parenting Our Children.”** Hazelden (UK), 240 pp. Includes adoption issues.

PARSONS, R. (1999) –**“What Every Kid Wished their Parents Knew...and Vice Versa!”** Hodder and Stoughton (UK), 286 pp.

PARSONS, R. (1995) –**“The Sixty Minute Father. How Sixty Minutes Can Change Your Child's Life Forever.”** Hodder and Stoughton (UK), 110 pp.

PHELAN, T.W. (1995) –“**1-2-3-Magic. Effective Discipline for Children 2-12.**” Child Management Inc., Glen Ellyn (Illinois), 175 pp. – Also available on audio cassette.
Especially effective for parents who tend to negotiate and explain too much when it comes to getting the child to stop certain behaviours. Puts the parents back in charge.

PHELAN, T.W. (1998) –“**Surviving your Adolescents. How to Manage and Let Go Of your 13-18 Year Olds.**” Child Management Inc., Glen Ellyn (Illinois), 176 pp. – Also available on audio cassette.
Easy to read and excellent resource for effective communication and negotiation with your teen.

POLLARD, N. (1998) –“**Why Do They Do That?**” Lion (UK), 155 pp.
Understanding teenagers’ self- destructive and other behaviours.

SUNDERLAND, M. (2006) – “**The Science of Parenting.**” Dorling Kindersley, London, 288pp.

SUNDERLAND, M. (2007) –“**What Every Parents Needs to Know.**” Dorling Kindersley, London, 288pp.

WESSELMANN, D. (1998) –“**The Whole Parent. How to Become a Terrific Parent even if You Didn’t Have One.**” Plenum, New York (US) – London (UK), 345 pp.
Addresses the part of each one of us that prevents us (despite having read all the good ideas) from being the parent we want to be. Offers concrete exercises to work on.

Websites of Possible Interest

- Adoption UK: www.adoptionuk.org
- Evergreen Psychotherapy Center – Attachment Treatment and Training Institute (Terry Levy and Michael Orlans) www.attachmentexperts.com
- www.childtraumaacademy.org
- www.incentiveplus.co.uk
- www.tapestrybooks.com Tapestry Books PO Box 359, Ringos, NJ 08551, USA
A specialised online **Adoption bookstore**: comprehensive selection of books for all parties and all stages of the adoption journey.
- Love and Logic Insitute Inc., 2207 Jackson Street, Golden, CO 80401;
www.loveandlogic.com
- Jessica Kingsley Publishers, 116 Pentonville Road, London N1 9JB; www.jkp.com
- BAAF, Skyline House, 200 Union Street, London SE1 0LX; www.baaf.org.uk/
- www.amazon.co.uk (based in the UK): most of the books listed above available