

Recommend Reading for Working With Children That Have Experienced Trauma

(These are just some of the great books out there to help you along your fostering and/or adopting journey. There are many different perspectives and approaches in these options. Some will work well with your family while others may not. The list is designed to give you tools to help you understand your child's trauma, understand your own frustrations, and overcome barriers. Each book is only as good as you are willing put it into practice."

Instructional/Information Books for Childcare, Fostering, and Adopting:

"The Connected Child: For Parents who Have Welcomed Children" by Karyn Purvis and David Cross



Written by two research psychologists specializing in adoption and attachment, *The Connected Child* will help you:

- Build bonds of affection and trust with your adopted child
- Effectively deal with any learning or behavioral disorders
- Discipline your child with love without making him or her feel threatened

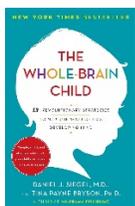
"The Connected Parent: Real Life Strategies for Building Trust and Attachment" by Karyn Purvis and Lisa Qualls



Renowned child-development expert Dr. Karyn Purvis gives you practical advice and powerful tools you can use to encourage secure attachment in your family.

You will learn how to simplify your approach using scripts, nurture your child, combat chronic fear, teach respect, and develop other valuable tools to facilitate a healing connection with your child.

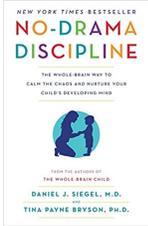
"The Whole-Brain Child: 12 Revolutionary Strategies to Nurture your Child's Developing Mind" by Daniel J. Siegel and Tina Payne Bryson



A revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children.

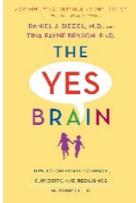
By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth.

"No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind" by Daniel J. Siegel and Tina Payne Bryson



Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, *No-Drama Discipline* provides an effective, compassionate road map for dealing with tantrums, tensions, and tears—without causing a scene.

“The YES Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child” by Daniel J. Siegel and Tina Payne Bryson



An indispensable guide to unlocking your child's innate capacity for resilience, compassion, and creativity.

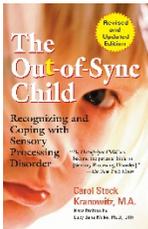
In *The Yes Brain*, the authors give parents skills, scripts, and activities to bring kids of all ages into the beneficial “yes” state.

“The Body Keeps the Score: Brain, Mind, and Body In the Healing of Trauma” by Bessel Van Der Kolk



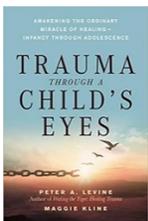
In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring - specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neuro feedback, mindfulness techniques, play, yoga, and other therapies.

“The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder” by Carol Kranowitz



The Out-of-Sync Child broke new ground by identifying sensory processing disorder, a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. This newly revised edition features additional information from recent research on vision and hearing deficits, motor skill problems, nutrition and picky eaters, ADHA, autism, and other related disorders.

“Trauma Through a Child's Eyes: Infancy Through Adolescence” by Peter A Levine and Maggie Kline



An essential guide for recognizing, preventing, and healing childhood trauma, from infancy through adolescence—what parents, educators, and health professionals can do.

“Wounded Children Healing Home: How Traumatized Children Impact Adoptive and Foster Families” by Jayne Schooler



Families often enter into this experience with high expectations for their child and for themselves but are broadsided by shattered assumptions. This book addresses the reality of those unmet expectations and offers validation and solutions for the challenges of parenting deeply traumatized and emotionally disturbed children.

“Attaching in Adoption: practical Tools for Today’s Parents” by Deborah Gray



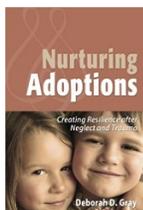
It explains what attachment is, how grief and trauma can affect children's emotional development, and how to improve attachment, respect, cooperation and trust. Parenting techniques are matched to children's emotional needs and stages, and checklists are included to help parents assess how their child is doing at each developmental stage.

“Attaching Through Love, Hugs, and Play: Simple Strategies to Help Build Connections with Your Child” By Deborah Gray



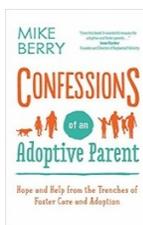
She reveals sensory techniques which have proven to help children bond - - and explains why routines like mealtimes and play time are so important in helping children to attach. The book offers positive ideas for responding to immediate crises like difficult behavior and meltdowns, but also offers longer-term strategies to help children to develop the skills they need to cope as they grow up.

“Nurturing Adoptions: Creating Resilience After neglect and Trauma” by Deborah Gray



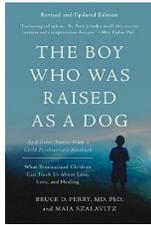
Adopted children who have suffered trauma and neglect have structural brain change, as well as specific developmental and emotional needs. They need particular care to build attachment and overcome trauma. It explains how neglect, trauma and prenatal exposure to drugs or alcohol affect brain and emotional development, and explains how to recognize these effects and attachment issues in children. It also provides ways to help children settle into new families and home and school approaches that encourage children to flourish.

“Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption” by Mike Berry



Adopting or fostering a child brings its own unique set of challenges only another parent facing the same uphill climb could possibly understand. From parenting children with traumatic pasts, to dealing with attachment issues, to raising a child with special needs, it can sometimes be a struggle just getting through the day.

“The Boy Who was Raised as a Dog: What Traumatized Children Can teach us About Loss, Love and Healing” by Bruce D. Perry and Maia Szalavitz



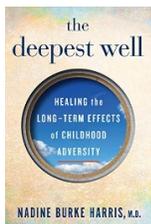
In the classic *The Boy Who Was Raised as a Dog*, Dr. Perry explains what happens to the brains of children exposed to extreme stress and shares their lessons of courage, humanity, and hope. Only when we understand the science of the mind and the power of love and nurturing can we hope to heal the spirit of even the most wounded child.

“The ACES Revolution: The Impact of Adverse Childhood Experiences” by John Richard Trayser



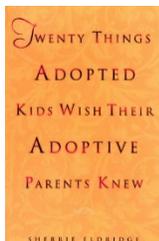
The ACE (Adverse Childhood Experiences) study details the significant impact of childhood trauma on the emotional and physical well being for the remainder of your life. John's book does a great job of showing the IMPACT of ACEs in all phases of our lives...and WE ARE ALL IMPACTED...even if you have zero ACEs yourself. This book gives hope to those who have lived in the shadows of pain and vulnerability from trauma in their childhood.

“The Deepest Well: Healing the Long-term Effects of Childhood Adversity”



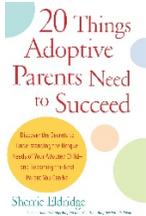
The stunning news of Burke Harris's research is just how deeply our bodies can be imprinted by ACEs—adverse childhood experiences like abuse, neglect, parental addiction, mental illness, and divorce. Childhood adversity changes our *biological* systems, and lasts a lifetime.

“Twenty Things Adopted Kids Wish Their Adoptive Parents knew” by Sherrie Eldridge



The voices of adopted children are poignant, questioning. And they tell a familiar story of loss, fear, and hope. This extraordinary book, written by a woman who was adopted herself, gives voice to children's unspoken concerns, and shows adoptive parents how to free their kids from feelings of fear, abandonment, and shame.

“Twenty Things Adoptive Parents Need to Succeed” by Sherrie Eldridge



This book is PURE ENCOURAGEMENT for adoptive parents!

Most adoptive parents don't know that their child has a different "heart language" than theirs.

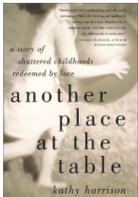
“Wise

Adoptive Parenting: When Kids Struggle to Adopt their Parents” by Ron Nydam



A guide for adoptive families that find themselves struggling. Gentle yet realistic words bring hope-filled encouragement and down-to-earth insight for parents who may be struggling with the under-belly of adoption. The author, an experienced and empathetic therapist specializing in issues of adoptive development, weaves threads of relinquishment, adoption, and parenting challenges into a practical, honest tapestry rich in worth, love, and belonging.

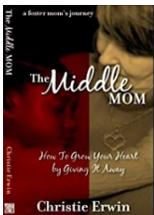
“Another Place at the Table: A Story of Shattered Childhoods Redeemed by Love” By Kathy Harrison



The startling and ultimately uplifting narrative of one woman's thirteen-year experience as a foster parent. The story of life at our social services' front lines, centered on three children who, when they come together in Harrison's home, nearly destroy it. It is the frank first-person story of a woman whose compassionate best intentions for a child are sometimes all that stand between violence and redemption.

“The Middle

Mom: How to Grow Your Heart by Giving it Away” by Christie Erwin



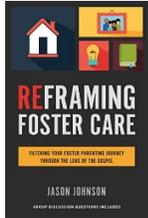
Every foster parent knows how hard, yet rewarding, it can be to care for a child with a difficult past and an uncertain future. Christie Erwin has been a mom, in the middle, for countless children over nearly two decades. In this poignant and insightful book, she honestly shares the reality of making yourself vulnerable to the pain and indescribable delight of giving your heart away to a child.

“Ready or Not: 30 Day Discovery For Families Growing Through Foster Care and Adoption” by Pam Parish



Entering the journey of foster care and adoption can be one of the most daunting decisions that you make as a parent. Parenting a child who has experienced trauma and loss is a rewarding experience, but it's not easy. In this biblically-centered and straightforward book you are asked to: ~ Consider the impact of foster care and adoption on their lives and families. ~ Evaluate their motives and expectations for the foster care and adoption experience. ~ Explore foster care and adoption through the lens of scripture.

“ReFraming Foster Care: Filtering Your Foster Parenting Journey Through the Lens of the Gospel” By Jason Johnson



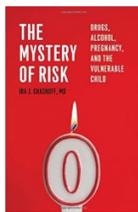
Foster parents face a unique set of circumstances and experience a wide array of emotions that few can relate to. Their journey is one of equal parts beauty and brokenness, joy and heartache, excitement and exhaustion. There is no textbook on how to be a foster parent, no formula, no simple three-step guide. But there is hope—in God’s capacity to bring great beauty out of tragic brokenness.

“To the End of June: The Intimate Life of American Foster Care” by Cris Beam



Beam shows us the intricacies of growing up in the system—the back-and-forth with agencies, the rootless shuffling between homes, the emotionally charged tug between foster and birth parents, the terrifying push out of foster care and into adulthood. Humanizing and challenging a broken system, *To the End of June* offers a tribute to resiliency and hope for real change.

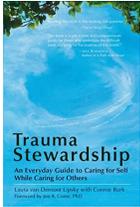
“The Mystery of Risk: Drugs, Alcohol, Pregnancy, and the Vulnerable Child” by Ira J. Chasnoff



The ill effects of a baby’s exposure to drugs and alcohol while in the womb are demonstrated in this essential reference with cutting-edge information from the fields of medicine, neuroscience, and child psychology. Many of the learning and behavior problems seen in children—from poor school performance to patterns of impulsivity often diagnosed as ADHD—are both treatable and preventable.

“Trauma

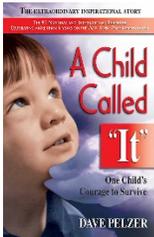
Stewardship: An Everyday Guide to Caring for Self While Caring for Others” by Laura van Dernoot and Connie Burk



A longtime trauma worker, Laura van Dernoot Lipsky offers a deep and empathetic survey of the often-unrecognized toll on those working to make the world a better place. We may feel tired, cynical, numb, or like we can never do enough. These, and other symptoms, affect us individually and collectively, sapping the energy and effectiveness we so desperately need if we are to benefit humankind

True stories from Traumatic Childhoods:

“A Child Called “It”: One Child’s Courage to Survive” by Dave Pelzer



Dave Pelzer's astonishing, disturbing account of his early years describes one of the most severe child-abuse cases in California history. Dave was in first grade when his unstable alcoholic mother began attacking him. Until he was in fifth grade, she starved, beat, and psychologically ravaged her son. Eventually denying even his identity, Dave's mother called him an "it" instead of using his name.

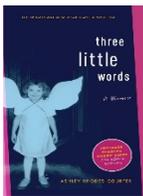
“The Lost Boy:

A Foster Child’s Search for the Love of a Family” by Dave Pelzer



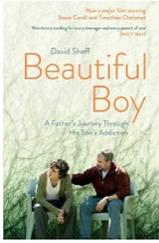
Following the tremendous success of Pulitzer Prize nominee *A Child Called "It"*, this book continues the extraordinary tale of author Dave Pelzer's childhood. On the verge of adolescence, Dave is rescued from his terrifyingly abusive, alcoholic mother and made a permanent ward of the court. Then the real journey begins. He is moved from one foster home to another, searching for identity and family.

“Three Little Words: A Memoir” by Ashley Rhodes-Courter



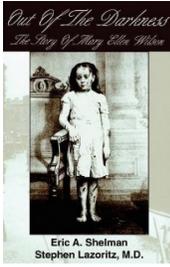
Ashley Rhodes-Courter spent nine years of her life in 14 different foster homes. As her mother spirals out of control, Ashley is left clinging to an unpredictable, dissolving relationship, all the while getting pulled deeper and deeper into the foster-care system. In this inspiring, unforgettable memoir, Ashley finds the courage to succeed - and in doing so, discovers the power of her own voice.

“Beautiful Boy: A Father’s Journey Through His Son’s Addiction” by David Sheff



Before meth, Sheff's son, Nic, was a varsity athlete, honor student, and award-winning journalist. After meth, he was a trembling wraith who stole money from his eight-year-old brother and lived on the streets. With haunting candor, Sheff traces the first warning signs, the attempts at rehabilitation, and, at last, the way past addiction. He shows us that, whatever an addict's fate, the rest of the family must care for one another, too, lest they become addicted to addiction.

“Out of the Darkness: The Story of Mary Ellen Wilson” by Eric A. Shelman



The Start of Child Protective Services

In New York City, in April of 1874, a most unusual event took place. A severely abused nine-year-old girl named Mary Ellen Wilson became the first child in America to be rescued from an abusive home. She had been beaten, burned, slashed with scissors, locked in a closet, and had never been outside of her tenement home in over 7 years.

“Call Me Tuesday: Based on a True Story” by Leigh Byrne



Based on a true story, *Call Me Tuesday* recounts with raw emotion a young girl's physical and mental torment at the mercy of the monster in her mother's clothes - a monster she doesn't know how to stop loving. Tuesday's painful journey through the hidden horrors of child abuse will open your eyes to what could be going on behind your neighbor's door, while her unshakeable love for her parents will tug at your heartstrings.

“Call Me

Cockroach: Based on a True Story” by Leigh Bryne



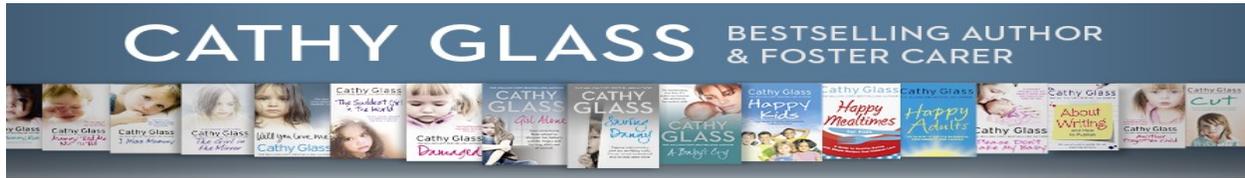
For those of you familiar with Byrne's debut book, *Call Me Tuesday*, this memoir is the rest of the story. To everyone else, it's a glimpse into the tormented mind and troubled heart of a woman struggling to overcome the debilitating aftermath of a horrific childhood.

“Etched in Sand: A True Story of Five Siblings Who Survived an Unspeakable Childhood on Long Island” by Regina Calcaterra



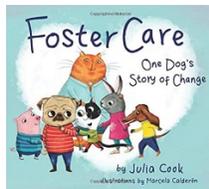
Regina Calcaterra's emotionally powerful memoir reveals how she endured a series of foster homes and intermittent homelessness in the shadow of the Hamptons, and how she rose above her past while fighting to keep her brother and three sisters together.

Books By Cathy Glass: She is a Seasoned foster parent in the UK and while their Social Services structure is very different, she provides a wealth of information on how she was able to foster children, including children who presented with challenging behaviors due to their experienced trauma..



Books for Children About Foster Care and Adoption

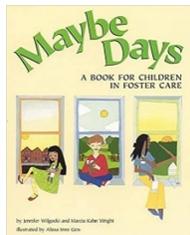
“Foster Care: One Dog’s Story of Change” by Julia Cook



Foster meets new friends and a kind foster mom who help him **navigate the fears and feelings associated with going into foster care.**

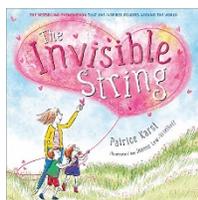
Foster has lived with his mom and "sometimes dad" all of his life...until now. And like so many others entering foster care, he has more questions than answers and so many new feelings to deal with.

“Maybe Days: A book for Children in Foster Care” by Jennifer Wilgocki



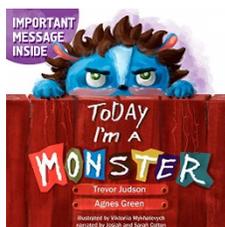
For many children in foster care, the answer to many questions is often maybe. *Maybe Days* is a straightforward look at the issues of foster care, the questions that children ask, and the feelings that they confront. A primer for children going into foster care, the book also explains in children’s terms the responsibilities of everyone involved - parents, social workers, lawyers and judges. As for the children themselves, their job is to be a kid - and there’s no maybe about that.

“The Invisible String” by Patrice Karst



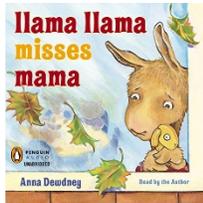
Parents, educators, therapists, and social workers alike have declared *The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they’re all connected by an invisible string.

“Today I’m a Monster” by Agnes Green



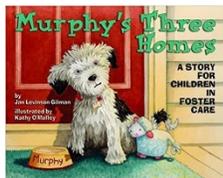
- Explains that angry feelings come and go
- Doing bad things doesn't make you bad
- A story is a good way to help children first recognize feelings
- Learn to treat each other better as well as be more tolerating
- Teaches us all that love and understanding make the difference
- And shows the power of a mother's love

“Llama Llama Misses Mama” by Anna Dewdney



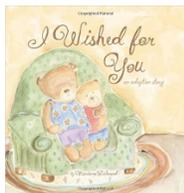
It's Llama Llama's first day of preschool! And Llama Llama's mama makes sure he's ready. They meet the teachers. See the other children. Look at all the books and games. But then it's time for Mama to leave. And suddenly Llama Llama isn't so excited anymore. Will Mama Llama come back?

“Murphy’s Three Home: A Story for Children in Foster Care” by Jan Levinson Gilman



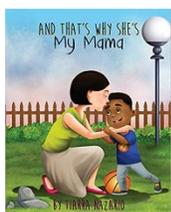
Murphy, is told he is a "good luck dog". However, after going through two different homes and an animal shelter, Murphy starts to feel like a "bad luck dog" who nobody wants. *Murphy's Three Homes* follows this adorable pup through his placement in three new homes, as well as through his anxiety, self-doubt, and hope for a new, loving family.

“I Wished for You: An Adoption Story for Kids” By Marianne Richmond



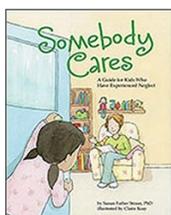
Thus begins this beautiful story for adoptive families. *I Wished for You: An Adoption Story* follows a conversation between a little bear named Barley and his Mama as they curl up in their favorite cuddle spot and talk about how God chose them to be a family. Barley asks Mama the kinds of questions many adopted children have, and Mama lovingly answers them all.

“And That’s Why She’s My Mama” by Tiarra Nazario



Some mamas didn't hold you in their belly, but they will forever hold you in their hearts. Mamas come in all different shapes, colors, and ages, but they all have one thing in common. They love you! Enjoy the multiple characters in this children's story which explores the loving tasks of what makes a mama.

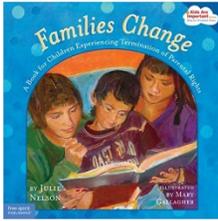
“Somebody Care: A Guide for Kids Who Have Experienced Neglect” by Susan Farber Straus



Useful to read with a caring adult, *Somebody Cares* is a book for children who have experienced parental neglect and have been taking care of many things on their own. It helps them understand their feelings, thoughts, and behaviors and prepares them for changes in their families. Most importantly, *Somebody Cares* teaches children that they are not to blame and were brave to do so much on their own.

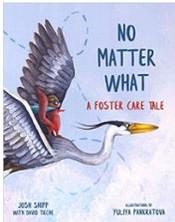
“Families

Change: A Book for Children Experiencing Termination of Parental Rights” by Julie Nelson



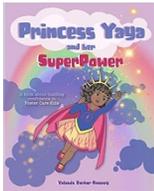
All families change over time. Sometimes a baby is born, or a grown-up gets married. And sometimes a child gets a new foster parent or a new adopted mom or dad. Children need to know that when this happens, it's not their fault. They need to understand that they can remember and value their birth family and love their new family, too. Straightforward words and full-color illustrations offer hope and support for children facing or experiencing change.

“No Matter What: A Foster Care Tale” By Josh Shipp



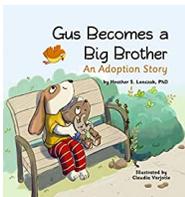
Josh was a squirrel without a squirrel family, so other families tried to take him in. Between the pelicans, the leopards, the otters, the snakes, and many more, no one seemed to want a squirrel like him. Josh didn't want a family, either. He did everything he could to scare those families away first, but the elephants weren't like other families.

“Princess Yaya and her SuperPower: A Book About Building Confidence in Foster Care Kids” by Yalanda Barber-Sweney and Elena Yalcin



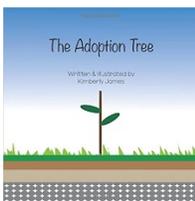
Looking for a book about Diversity & Inclusion and/or Confidence in Foster Care Children? Well Princess Yaya™ and her SuperPower is the perfect book for you. With the onset of civil unrest in the African American community on a global level, many African American Foster kids, adopted children, and foster parents are challenged with a range of emotions and feelings that are often hard to express and/or explain.

“Gus Becomes a Big Brother: An Adoption Story” by Heather Lonczak



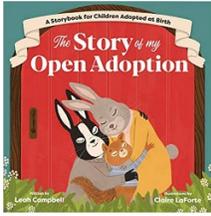
'Gus Becomes a Big Brother' is a heartwarming adoption story, with special emphasis on how an older sibling, Gus, deals with the anticipation, preparation, and experience of becoming a big brother. As the Barker family embarks on their adoption journey, Gus navigates his way through many difficult emotions; such as anxiety, frustration and jealousy.

“The Adoption Tree” by Kimberly James



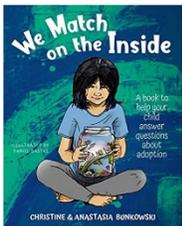
The Adoption Tree is a story that uses the example of a little seedling being uprooted from where it was originally growing and planted into a new place perfectly chosen for it. This story is the perfect way to help young children understand the meaning of adoption, and see that like this little tree, they too are planted in the perfect spot!

“The Story of My Open Adoption: A Storybook for Children Adopted at Birth” by Leah Campbell



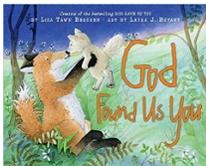
Open adoption can be complex as well as joyful. Sammy's story opens the door for kids to talk honestly about their experiences and feelings. Parents can also find a list of books and online resources offering research and helpful perspectives around adoption.

"We Match on the Inside: A Book to Help Your Child Answer Questions About Adoption" by Christine Bunkowski and Anastasia Bunkowski



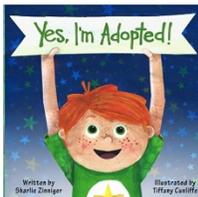
While she understands the story of her adoption, it is challenging for her to answer her friends' questions. With her parents' help, Anya learns to use creative strategies to navigate questions like, "That's your MOM?", "Who are your REAL parents?", "Why don't your parents look like you?" and "What is adoption?".

"God Found Us You" by Lisa Tawn Bergren



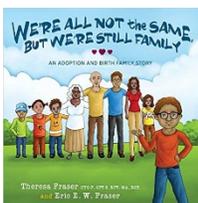
As little fox gets ready for bed, Mama Fox tells him the miraculous story of his special arrival. This heartwarming and tender tale captures the immensity of looking at God through a young child's eyes and the profoundness of the blessings that adoption brings to both parent and child.

"Yes, I'm Adopted" By Sharlie Zinniger



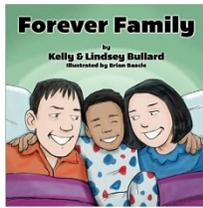
"Yes, adoption makes me special, it means that I am loved..." This brightly colored children's book illustrates how adoption is brought about by love. Written from a child's point of view, the rhyming verse takes you through an adoption journey from start to finish. It is perfect for anyone, young or old, whose life has been blessed by adoption.

"We're All Not the Same, But We're Still Family: An Adoption and Birth Family" by Theresa Fraser and Eric Fraser



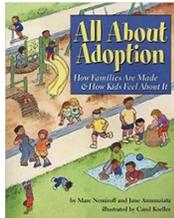
This story was written for adoptive families to explore the benefits of adoption openness. The main character, Deshaun, loves his family but always wondered about his biological family. Does he look like them? Did they love him? With the support of his adoptive parents, Deshaun gets to meet his biological family.

"Forever Family" By Kelly and Lindsey Bullard



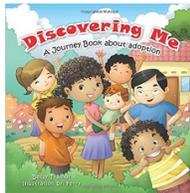
Forever Family is a special book for all families—adoptive or biological. It's a perfect resource to help families explain adoption to their kids, or other kids, using the gotcha day to tell a powerful story. Forever Family is a wonderful children's adoption book that will touch your heart!

“All about Adoption: How Families Are Made and How Kids Feel about It” By Dr. Marc A Nemiroff



For the child who already understands the concept of adoption, this work provides a deeper understanding of how the adoption process works and the feelings that many children have about being adopted. Topics include why children are given up for adoption and why adoptive parents want to adopt.

“Discovering Me: A Journey Book About Adoption” by Betsy Trainor



Discovering Me, a Journey Book about adoption, embraces the story of forever families and the journey to adoption. The path is different for each child, with a unique and special story for everyone to share as wonderful new families come together each and every day around the world.