

Recommended Reading List

Attachment

Name of Book	Book Summary
Attaching in Adoption: Practical tools for today's parents Deborah Gray (2012)	A comprehensive guide to understanding and caring for an adopted child and promoting healthy attachment. * Note: Due to the clinical nature of this book, it is recommended that families read book after placement to best apply the information to the child they are parenting
Attaching Through Love, Hugs and Play Deborah Gray (2014)	Provides advice to parents of children who find it difficult to attach and bond and offers positive ideas for responding to difficult behavior
Hope and Healing: A Caregiver's Guide to Helping Children Affected by Trauma Kathleen Rice and Betsy Groves (2005)	Helps readers recognize the effect of trauma on young children as well as offering tips and resources for working with traumatized children
Raising An Emotionally Intelligent Child, The Heart of Parenting John Gottman, Joan Declaire and Daniel Goleman (1998)	A guide to teaching children to understand and regulate their emotions and to enriching the bonds between parent and child
Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore Kent Hoffman, Glen Cooper and Bert Powell (2017)	Learn keys to healthy attachment—self-understanding, flexibility, and the willingness to make and learn from mistakes
The Connected Child: Bring Hope and Healing to your Adoptive Family Karyn B. Purvis, David R. Cross and Wendy Lyons Sunshine (2007)	Helps families build bonds of affection and trust with the child, effectively deal with any learning or behavioral disorders, and discipline without making him or her feel threatened
When Love Is Not Enough: A Guide to Parenting Children With RAD Reactive Attachment Nancy L. Thomas (2005)	Provides tools to parents and professionals working to help challenging children. * Note: The tools in this book are effective for any child facing attachment difficulties, but focuses on an extreme case of behavior (what was commonly diagnosed as RAD during this time period)
Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families Jayne Schooler, Betsy Keefer Smalley, Timothy Callahan (2014)	Offers validation and solutions for the challenges of parenting traumatized children

Foster Care

Name of Book	Book summary
A Child's Journey Through Placement Vera Fahlberg (2012)	Outlines the significance of attachment and separation, the developmental stages specific to adopted children and provides guidance on minimizing the trauma of moves
A Framework for Understanding Poverty Ruby K. Payne (2013)	Discusses societal issues and disproportionality which a foster family might face in interacting with birth parents
Attaching Through Love, Hugs and Play Deborah Gray (2014)	Provides simple advice to parents of children who find it difficult to attach and bond and offers positive ideas for responding to difficult behavior and meltdowns
Brothers and Sisters in Adoption: Helping Children Navigate Relationships When New Kids Join the Family Arleta James (2012)	Offers insights, examples, and tools for helping newly configured families prepare, accept, react, and mobilize to become a different family while meeting the practical, physical and emotional needs of all its members
Conflict Unraveled: Fixing Problems at Work and in Families Andra Medea (2005)	Practical strategies and tactics to help problem solve through almost all situations, which will help in working with the dependency system
To the End of June: The Intimate Life of American Foster Care Cris Beam (2013)	Discusses the history of and need for foster care, and follows the lives of a child in care, foster parents, and adoptive parents
Trauma Through a Child's Eyes: Awakening the Ordinary Miracle of Healing: Infancy through Adolescence Peter A. Levine Ph.D. and Maggie Kline (2010)	Provides insight into children's innate ability to rebound from trauma with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma
When Love Is Not Enough: A Guide to Parenting Children with RAD Reactive Attachment Nancy L. Thomas (2005)	Provides tools to parents and professionals working to help challenging children. <i>**Note: The tools in this book are effective for any child facing attachment difficulties, but focuses on an extreme case of behavior (what was commonly diagnosed as RAD during this time period)</i>
Wounded Children, Healing Homes: How Traumatized Children Impact Adoptive and Foster Families Jayne Schooler, Betsy Keefer Smalley, Timothy Callahan (2014)	Offers validation and solutions for the challenges of parenting deeply traumatized children
Welcoming a New Brother or Sister Through Adoption Arleta James (2013)	A guide to the adoption process and the impact on every member of the family. Prepares families to have realistic expectations and equips them with knowledge to deal with a host of situations that may arise

Infertility

Name of Book	Book summary
Adopting After Infertility Patricia Irwin Johnston (1994)	This book guides families in exploring issues that emotionally come up for families choosing adoption after experiencing infertility

Open Adoption

Name of Book	Book summary
Being Adopted: The Lifelong Search for Self David Brodzinsky, Marshall D. Schechter and Robin Marantz Henig (1993)	This book uses the poignant, powerful voices of adoptees and adoptive parents to explore the experience of adoption and its lifelong effects.
The Open-Hearted Way to Open Adoption: Helping your child grow up whole Lori Holden w/ Crystal Hass (2013)	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. Written by an adoptive parent and birth parent
Twenty Things Adopted Kids Wish their Adopted Parents Knew Sherrie Eldridge (1999)	A guide to the complex emotions that take up residence within the heart of the adopted child--and within the adoptive home
Twenty Things Adopted Parents Need to Succeed Sherrie Eldridge (2009)	Most adoptive parents don't know that their child has a different "heart language" than theirs. Author provides much needed encouragement and hope to adoptive parents.

Parenting—General

Name of Book	Book summary
Adoption Parenting: Creating a Toolbox, Building Connections Jean MacLeod and Sheena Macrae (2006)	Comprehensive reference book that covers a myriad of adoption topics
Getting to Calm, The Early Years: Cool-headed Strategies for Raising Caring, Happy, and Independent 3-7 Year Olds Laura Kastner (2015)	Offers clear, step-by-step descriptions of proven and effective techniques to parents as they help their children build competencies while coping with some of the most common and painful problems of the early years
Parent Effectiveness Training: The Proven Program for Raising Responsible Children Thomas Gordon (2000)	Teaches parents how to communicate more effectively with kids and offers step-by-step advice to resolving family conflicts
Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Daniel J. Siegel MD and Mary Hartzell (2013)	Explores the extent to which our childhood experiences shape the way we parent

Positive Discipline Jane Nelson Ed.D (2006)	Teaches parents (and teachers) to be both firm and kind, so that any child can learn creative cooperation and self-discipline with no loss of dignity
The Five Love Languages of Children Gary Chapman and Ross Campbell, M.D. (2012)	Discover a child's primary love language and learn what you can do to effectively convey unconditional feelings of respect, affection, and commitment that will impact a child's emotions and behavior
The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being Daniel Siegel (2007)	Provides insight on how personal awareness and attunement can actually stimulate emotional circuits in the brain, leading to a host of physiological benefits, including greater well-being, resilience, emotional balance, and improved cardiac and immune function.
The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind Daniel Siegel and Tina Payne Bryson (2012)	By applying the discoveries of how a child's brain is wired and how it matures to everyday parenting, a parent can turn any argument, or fear into a chance to cultivate healthy emotional and intellectual development
The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child Daniel Siegel and Tina Payne Bryson (2018)	An essential tool for nurturing positive potential and keeping your child's inner spark glowing and growing strong—and gifting your children with a life of rich relational connections, meaningful interactions with the world, and emotional equanimity.
Wise Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens Laura Kastner (2013)	Parents learn how to preserve their loving relationship while encouraging progress towards the 7 essentials of happy, healthy teens

Parenting—Special Needs

Name of Book	Book summary
Adopting the Hurt Child: Hope for Families with Special-Needs Kids, A Guide for Parents and Professionals Gregory C. Keck and Regina M. Kupecky (2014)	Explains how trauma, loss and life interruptions in a child who has endured trauma, affect a child's development. Offers hope for those working with the children to be a healing influence in their lives
Fire Spitters Gary Benton (2004)	Presents ideas and explanations of why a difficult or angry child acts out, and provides practical suggestions
Nurturing Adoptions: Creating Resilience After Trauma and Neglect Deborah Gray (2012)	How to support a foster and adoptive family in nurturing positive family relationships to create resilient, happy children
Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Daniel J. Siegel MD and Mary Hartzell (2013)	Explores the extent to which our childhood experiences shape the way we parent

Parenting the Hurt Child: Helping Adoptive Families Heal and Grow Gregory Keck and Regina Kupecky (2009)	Explores how parents can help foster and adoptive children who have suffered neglect or abuse. The authors examine attachment struggles and control issues as well as parenting techniques.
Risk and Promise: A Handbook for Parents Adopting a Child from Overseas Ira J. Chasnoff MD; Linda D. Schwartz PhD; Cheryl L. Pratt PhD; Gwendolyn J. Neuberger MD (2006)	Helps adoptive parents better understand the risk factors in taking placement of a child from overseas (or the foster care system), and supports parents through the decision-making process, and during the period of transition as their new child moves into their family. <i>*Note: While this book focuses on international adoption, it is important that domestic adoptive families assess their tolerance for uncertainty, for the potential challenges that the child may bring, and the parents' ability to modify their lifestyle in order to accommodate the needs of a child</i>
The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder Carol Kranowitz (2006)	Discusses Sensory Processing Disorder, a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses, and offers ideas for parents to address their child's unique needs without medication

Discipline

Name of Book	Book summary
Beyond Consequences, Logic, and Control: A Love-Based Approach to Helping Attachment-Challenged Children with Severe Behaviors Heather T. Forbes and B. Bryan Post (2006)	Discusses the effects of trauma on the body and mind and how trauma alters children's behavioral responses
Getting to Calm, The Early Years: Cool-headed Strategies for Raising Caring, Happy, and Independent 3-7 Year Olds Laura Kastner (2015)	Offers clear, step-by-step descriptions of proven and effective techniques to parents as they help their children build competencies while coping with some of the most common and painful problems of the early years
No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind Daniel J. Siegel and Tina Payne Bryson (2014)	Highlights the link between a child's neurological development and parent's reacts to misbehavior and provides a guide for dealing with tantrums, tensions, and tears
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The Five Love Languages of Children Gary Chapman and Ross Campbell, M.D. (2012)	Discover a child's primary love language and learn what you can do to effectively convey unconditional feelings of respect, affection, and commitment that will impact a child's emotions and behavior
Wise Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens Laura Kastner (2013)	Parents learn how to preserve their loving relationship while encouraging progress towards the 7 essentials of happy, healthy teens.

Parenting Siblings

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Brothers and Sisters in Adoption: Helping Children Navigate Relationships When New Kids Join the Family Arleta James (2012)	Offers insights, examples, and tools for helping newly configured families prepare, accept, react, and mobilize to become a different family while meeting the practical, physical and emotional needs of all its members.
Loving Each One Best: A Caring and Practical Approach to Raising Siblings Nancy Samalin (1997)	How to effectively parent multiple children through competing demands, perpetual squabbling, sibling rivalry, complaints of unfairness.
Welcoming a New Brother or Sister Through Adoption Arleta James (2013)	A guide to the adoption process and the impact on every member of the family. Prepares families to have realistic expectations and equips them with knowledge to deal with a host of situations that may arise.

For Extended Family Members

Name of Book	Book summary
Adoption Is a Family Affair: What Relatives and Friends Must Know Patricia Irwin Johnston (2012)	The book is crammed full of the “need to know” information for friends and families that will help to encourage informed, happy and healthy family relationships.
In On It: What Adoptive Parents Would Like You To Know About Adoption. A Guide for Relatives and Friends Elisabeth O’Toole (2010)	Contains advice and anecdotes from adoptive parents, adult adoptees, adoption professionals, and the friends and relatives of adoptive families.

Transracial Parenting

Name of Book	Book summary
Black Baby White Hands: A View From the Crib Jaiya John (2005)	A personal account of a black baby being raised by white parents.
Inside Transracial Adoption Gail Steinburg and Beth Hall (2013)	This book guides transracial adoptive parents in their lifelong learning process in navigating the challenges and issues that parents face when they adopt a child of a different race and/or culture.

Self-Care

Name of Book	Book summary
The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being Daniel Siegel (2007)	Provides insight on how personal awareness and attunement can actually stimulate emotional circuits in the brain, leading to a host of physiological benefits, including greater well-being, resilience, emotional balance, and improved cardiac and immune function.