

Booklist

Here are some books that we recommend for parents who are thinking of adopting children who have experienced trauma and loss. This is not intended to be a definitive list but it may act as a good starting point to explore various reading material.

| Name of book | Author |
|---|---|
| The Unofficial Guide to Adoptive Parenting: The Small Stuff, The Big Stuff and The Stuff In Between | Sally Donovan |
| No Matter What: An Adoptive Family's Story of Hope, Love and Healing | Sally Donovan |
| Nurturing Attachments | Kim S Golding |
| First steps in parenting the child who hurts Next Steps in Parenting the Child who hurts | Caroline Archer |
| Trauma, Attachment and Family Permanence | Caroline Archer & Alan Burell |
| What to expect when you're adopting: a practical guide to the decisions and emotions in adoption | Dr. Ian Palmer |
| Why Can't My Child Behave? Empathic Parenting Strategies that Work for Adoptive and Foster Families | Dr Amber Elliott |
| Related by Adoption (a book for relatives) | Heidi Argent |
| Attachment, trauma and resilience | Kate Cairns |
| Contact in Adoption and permanent foster care - research, theory and practice | Elspeth Neil & David Howe |
| Talking about Adoption - To your Adopted child | Marjorie Morrison |
| Real Parents, Real children :Parenting the Adopted child | Holly Van Gulden & Lisa M. Bartels-Rabb |
| Children exposed to parental substance misuse: implications for family placement | Rena Phillips |
| Attachment in Common Sense and Doodles: A Practical Guide | Miriam Silver |
| Foetal Alcohol Spectrum Disorders: Parenting a child with an invisible disability | Julia Brown and Dr Mary Mather |



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| Parenting from the Inside Out | Daniel J Siegel, MD and Mary Hartzel |
| Building the Bonds of Attachment | Dan Hughes |
| Attachment Focused Parenting | Dan Hughes |
| Improving Sensory Processing in Traumatized Children | Sarah Lloyd |
| Creating Loving Attachments; parenting with PACE to Nurture Confidence and Security in the troubled child | Dan Hughes and Kim Golding |
| Attachment in the Classroom; the links between children's early experience, emotional well-being and performance in school | Heather Geddes |
| Inside I'm Hurting; practical strategies for supporting children with attachment difficulties in school | Louise Michelle Bomber |
| Flying Solo | Julia Wise |
| Becoming Dad's | Pablo Fernandez |
| The Pink Guide to Adoption for Lesbian and Gay Men | Nicola Hill |
| What Every Parent Needs to Know | Margot Sunderand |
| Facing up to Facebook | Eileen Fursland |
| But He Looks So Normal: A bad -tempered parenting guide for foster parents and adopters | Sarah Naish |
| The A-Z OF Therapeutic Parenting | Sarah Naish |
| The Conscious Parent | Shefali Tsabary |
| The Complete Secrets of Happy Children | Stephen Biddulph |



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| New Families, Old Scripts: A guide to the language of trauma and attachment in adoptive families | Caroline Archer and Christine Gordon |
| Connective Parenting: A guide to connecting to your child using the NVR Approach-Sarah is an adoptive parent and writes a very accessible guide to NVR | Sarah Fisher |
| What about me? inclusive strategies to support pupils with attachment difficulties make it through the school day | Louise Bomber |
| The Whole Brain Child:12 proven strategies to nurture your child's developing mind | Daniel Siegel and Tina Payne Bryson |
| Brain Based Parenting: The Neuroscience of Caregiving | Dan Hughes and Johnathon Baylin |
| The Science of Parenting: Not specifically about adoption but brings a wealth of scientific research to inform practical parenting in a very readable book. | Margot Sunderland |
| Why Love Matters: How Affection Shapes a Baby's Brain | Sue Gerhardt |
| Little Meerkats Big Panic- explains brain development and anxiety to children | Jane Evans |
| Your Fantastic Elastic Brain (do not buy on kindle as the illustrations do not work) | Joanne Deack |
| Life Story Books for Adopted Children: A Family Friendly Approach | Joy Rees |
| The Body Keeps the Score: Mind, Brain and Body in the Transformation of Trauma | Bessel van der Kolk |
| The Boy Who Was Raised as a Dog: understanding of child trauma | Bruce Perry |
| The Scared Gang | Eadaoin Bhreathnach |
| Parenting with Theraplay | Vivien Norris and Helen Rodwell |
| Theraplay (3 rd Edition) | Phyliss B Booth |
| The Power of Vulnerability | Brene Brown |



Books for Parents and Birth Children:

| Name of book | Author |
|------------------------------------|--------------|
| When Daisy met Tommy | Jules Belle |
| Adopting a Brother or Sister | Heidi Argent |
| Where are my Brothers and Sisters? | Heidi Argent |
| Siblings without Rivalry | Adele Faber |
| Emma's Yucky Brother! | Jean Little |

Books for Adopted or Birth Children:

| Name of book | Author |
|---|-------------------|
| A Niffleloo called Nevermind | Margot Sunderland |
| Chester and Daisy Move On | Angela Lidster |
| Dennis Duckling | Paul Sambrooks |
| Oh Brother | Claire Friday |
| Nutmeg Series | Judith Foxon |
| I'll Always Love you | Paeony Lewis |
| Josh and Jaz have Three Mums | Heidi Argent |
| Dad David, Baba Chris and Me | Ed Marchant |
| The Frog who longed for the moon to smile | Margot Sunderland |
| Elfa and the Box of Memories | Michelle Bell |
| The most Precious Present in the World | Becky Edwards |
| A mother for Choco | Keiko Kasza |
| It's OK to be different | Todd Parr |
| We Belong Together | Todd Parr |

General story Books for families to share to help young children with common concerns:

| Subject | Title | Author |
|------------------------|--|----------------|
| Anger | I feel angry | Moses, B |
| | A Volcano in my tummy | Whitehouse, E |
| | Smasher: A story to help Adolescents with anger and alienation | Sunderland, M |
| | How Hattie Hated Kindness | Sunderland, M |
| ADHD | I know someone with ADHD | Raum, E |
| | Zak has ADHD | Leigh, J |
| Autism | I know someone with Autism | Barraclough, S |
| | Looking after Louis | Ely, L |
| Bedtime and Sleep | I am not sleepy, and I will not go to bed | Child, L |
| | Is it bedtime Wibbly Pig? | Inkpen, M |
| | Can't you sleep Little Bear? | Waddell, M |
| | Dippy's sleepover | Clarke, J |
| Bereavement | Always and Forever | Durant, A |
| | I miss you | Thomas, P |
| | Lovely old Roly | Rosen, M |
| | Muddles, Puddles and Sunshine | Crossley, D |
| | The day the sea went out and never came back | Sunderland, M |
| Bullying | I feel bullied | Green, J |
| | I'm number one | Rosen, M |
| | A wibble called Bibley | Sunderland, M |
| Divorce and Separation | Grace and Family | Hoffman, M |
| | Mum and Dad glue | Gray, K |



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| | Two homes | Masurel, C |
| | Two of everything | Cole, B |
| Sadness, anxiety and worry | I'm not happy | Graves, S |
| | It's lovely when you smile | McBratney, S |
| | The huge bag of worries | Ironside, V |
| | No matter what | Gliori, D |
| | Who feels scared? | Graces, S |
| | A Niffleloo called Nevermind | Sunderland, M |
| | The frog who longed for the moon to smile | Sunderland, M |
| | Willy and the Wobbly House | Sunderland, M |
| | Teenie Weenie in a Too Big World | Sunderland, M |
| | Self esteem | I have feelings – expressing emotions |
| I want your moo | | Weiner, M |
| Dandy Lion – being different | | Finlay, L |
| Hailbut Jackson - shyness | | Lucas, D |
| Ruby and the Rubbish bin | | Sunderland, M |
| A Pea called Mildred | | Sunderland, M |

Books that are useful for Children:

| Name of book | Author |
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| <p>A Mother for Choco Delightful story for young kids about a little bird who has no mum till he finds Mrs Bear in the woods.</p> | Keiko Kasza |
| <p>Can't you sleep Dotty? Funny and nice for young kids- re moving home- little puppy who can't sleep in new home until her other animal friends snuggle up.</p> | Tim Warnes |
| <p>Little Ginger Little ginger cat finds new home on the farm when she helps the other animals and stays forever!</p> | Ron Maris |
| <p>No Matter What A small fox cub who gets cross and sad, but his mum explains how she'll always love him even when he is grim and grumpy. Funny and lovely. Has a serious note at the end, how love goes on after death/loss</p> | Debbi Gliori |
| <p>When mum turned into a monster A hilarious must-about how (adoptive) mums get worn out.</p> | Joanna Harrison |
| <p>Owl babies Owlets afraid in the dark but Mum always comes back.</p> | Martin Waddell |
| <p>Guess how much I love you Especially nice for a bedtime cuddle and doing the little hare's movements i.e. Kid does little hare, parent does big hare.</p> | Sam McBratney |
| <p>Horace A leopard cub who is in an adoptive family of tigers. Lots of love but feels he doesn't belong, so runs away and finds other leopards. The tigers find him and there is a happy reunion.</p> | Holly Keller |
| <p>I feel jealous/sad/angry/frightened 4 easy books about difficult feelings.</p> | Brian Moses |
| <p>The huge bag of worries Really good-how worries build up till you trust someone to help you sort them.</p> | Virginia Ironside |
| <p>The Bear under the stairs Dear Bear Billy and the Barglebogle Three stories about overcoming fears. First one about a boy, 2nd about a girl, 3rd about a boy whose fears/envy of new baby are overwhelming.</p> | Helen Cooper Joanna Harrison Lindsay Camp |
| <p>Albidaro and the mischievous dream Beautiful illustrated story about how everything goes wrong when the children stop obeying grown-ups and the animals go crazy.</p> | Julius Lester |
| <p>Where the wild things are In the night kitchen Strange dream adventures, with a safe return home.</p> | Muriice Sendak |
| <p>Snowbert the polar bear Ruby the parcel bear Stories about friendship and being special</p> | An Vrombaut Maggie Glen |



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| Animal Antics Funny photo books for cheering up | John Lund |
| The blue day book for kids Funny photo books for cheering up | Bradley Trevor Greive |
| Happy adoption day Song with music and pics | John McCutcheon |
| William Wobbly Chatty Charlie Rosie Rudey Sophie Spikey All about different facets that a lot of children can display and how you can approach talking with the children about them in a therapeutic way | Sarah Naish |

Nice story books:

| Name of book | Author |
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| The Mousehole Cat How Old Tom and his cat tame the Great Storm Cat | Antonia Barber |
| Big Mama makes the world | Phyliss Root |
| I will not ever eat a tomato I am not sleepy, and I will not go to bed | Lauren Child |
| Cuddle Up Tight A collection of classic bedtime stories, each ending with a cuddle | John Prater |
| The Lion, The Witch and The Wardrobe | C S Lewis |
| Old Peter's Russian Fairy Tales | Arthur Ransome |

Other Illustrated collections of traditional tales:

| Name of book | Author |
|---------------------------|-----------------|
| Tales of wonder and magic | Bertie Doherty |
| Magic Hoofbeats | Josepha Sherman |