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Parenting the Hurt Child

Helping Adoptive Families Heal and Grow

Tyndale House *The world is full of hurt children, and bringing one into your home can quickly derail the easy family life you once knew. Get effective suggestions, wisdom, and advice to parent the hurt child in your life. The best hope for tragedy prevention is knowledge! Updated and revised.*

Adopting the Hurt Child

Hope for Families with Special-Needs Kids - A Guide for Parents and Professionals

Tyndale House *Without avoiding the grim statistics, this book reveals the real hope that hurting children can be healed through adoptive and foster parents, social workers, and others who care. Includes information on foreign adoptions.*

Parenting the Hurt Child

Helping Adoptive Families Heal and Grow

Pinon Press *Jim Petersen shares what he's learned from over 25 years of working with the unchurched. He shows that, although many people don't want to hear about our faith, they will talk about their own felt needs--needs that can only be met in Christ. Learn how to develop relationships with the unreached, model the Christian message, and eventually present the Bible's claims in a non-threatening manner.*

Attaching in Adoption

Practical Tools for Today's Parents

Jessica Kingsley Publishers *This classic text is a comprehensive guide for prospective and actual adoptive parents on how to understand and care for their adopted child and promote healthy attachment. It explains what attachment is and provides parenting techniques matched to children's emotional needs and stages to enhance children's happiness and emotional health.*

What Every Adoptive Parent Needs to Know

Healing Your Child's Wounded Heart

Mountain Ridge Publishing *800x600 Normal 0 false false false EN-US X-NONE X-NONE MicrosoftInternetExplorer4 /* Style Definitions */ table.MsoNormalTable {mso-style-name:"Table Normal"; mso-tstyle-rowband-size:0; mso-tstyle-colband-size:0; mso-style-noshow:yes; mso-style-priority:99; mso-style-parent:""; mso-padding-alt:0in 5.4pt 0in 5.4pt; mso-para-margin:0in; mso-para-margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:10.0pt; font-family:"Times New Roman","serif";} 800x600 Normal 0 false false false EN-US X-NONE X-NONE MicrosoftInternetExplorer4 /* Style Definitions */ table.MsoNormalTable {mso-style-name:"Table Normal"; mso-tstyle-rowband-size:0; mso-tstyle-colband-size:0; mso-style-noshow:yes; mso-style-priority:99; mso-style-parent:""; mso-padding-alt:0in 5.4pt 0in 5.4pt; mso-para-margin:0in; mso-para-margin-bottom:.0001pt; mso-pagination:widow-orphan; font-size:10.0pt; font-family:"Times New Roman","serif";} What Every Adoptive Parent Needs to Know: *Healing Your Child's Wounded Heart An Essential Resource for Adoptive Parents* As a young couple, Dan and Cassie Richards thought they had finally fulfilled their dream of having a family after adopting a beautiful little boy and girl. While the children seemed happy on the outside, deep inside they were suffering from the hidden trauma that so many adopted children carry with them. Because of the rejection, neglect, and abandonment they experience in the first few months of life, some adopted children are imprinted with the subconscious belief that at their core they are unlovable and worthless, even if their new parents are nurturing and loving. What Every Adoptive Parent Needs to Know offers adoptive parents and parents-to-be a solution. By following the threads of the Richards' moving story, clarified by insightful analysis and practical advice from family therapist Kate Cremer-Vogel, readers of this compelling book discover it is never too late to heal the wounded heart of a child. This remarkable true-life story of raising two adopted children is a tale of hope and resilience, of two parents unprepared for their children's psychological wounds that only time would reveal. Most importantly, it shows that profound healing is possible when adoptive families realize that traditional parenting is not enough.*

Parenting Your Adopted Older Child

How to Overcome the Unique Challenges and Raise a Happy and Healthy Child

New Harbinger Publications Incorporated *Provides information and tools to help adoptive parents overcome the unique challenges of parenting adopted older children, including bonding, aggressive behaviors, culture shock, hyperactivity, and creating a sense of belonging.*

Healing Parents

Helping Wounded Children Learn to Trust & Love

CWLA *"This connection is basic to very aspect of a child's development affecting emotional and social development as well as the way the brain develops. Unfortunately, insecure attachment and attachment disorders are more common than we realize. Healing Parents gives parents/caregivers the information, tools, support, self-awareness, and hope they need to help a wounded child heal emotional wounds and improve behaviorally, socially, and morally. This book is a toolbox filled with practical strategies and research that helps parents/caregivers understand their child, learn to respond*

in a constructive way, and create a healthy environment. Parents/caregivers will learn to develop their child's positive beliefs and establish trust by emphasizing respect, providing appropriate limits, consistent structure, and being a positive role model. Based on 60 years of combined experience doing therapy, teaching, consulting, and research related to children and families, Michael Orlans, M.A. and , Ph.D. have created a guide designed to provide parents/caregivers of wounded children the information and skills necessary to create a healing environment."

Twenty Things Adopted Kids Wish Their Adoptive Parents Knew

Delta *"Birthdays may be difficult for me." "I want you to take the initiative in opening conversations about my birth family." "When I act out my fears in obnoxious ways, please hang in there with me." "I am afraid you will abandon me." 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. With warmth and candor, Sherrie Eldridge reveals the twenty complex emotional issues you must understand to nurture the child you love--that he must grieve his loss now if he is to receive love fully in the future--that she needs honest information about her birth family no matter how painful the details may be--and that although he may choose to search for his birth family, he will always rely on you to be his parents. Filled with powerful insights from children, parents, and experts in the field, plus practical strategies and case histories that will ring true for every adoptive family, *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew* is an invaluable guide to the complex emotions that take up residence within the heart of the adopted child--and within the adoptive home.*

Next Steps in Parenting the Child who Hurts

Tykes and Teens

Jessica Kingsley Publishers *Caroline Archer sets out to provide adoptive and foster parents with an understanding of the complex range of difficulties with which their children may struggle as a result of their early experience of adversity. She presents strategies to help parents deal with their youngsters' troubling behaviour, in what seems to them a hostile world.*

Reparenting the Child who Hurts

A Guide to Healing Developmental Trauma and Attachments

Jessica Kingsley Publishers *" ... A parenting book [that] demystifies the latest thinking on neurobiology, physiology and trauma, and explains what the research means for parenting children who hurt"--Cover, page [4].*

Nurturing Adoptions

Creating Resilience after Neglect and Trauma

Jessica Kingsley Publishers *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. This book provides professionals with the knowledge and advice they need to help adoptive families build positive relationships and help children heal. It explains how neglect, trauma and prenatal exposure to drugs or alcohol affect brain and emotional development, and explains how to recognise 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. The book also includes practical resources such as checklists, questionnaires, assessments and tools for professionals including social workers, child welfare workers and mental health workers. This book will be an invaluable resource for professionals working with adoptive families and will support them in nurturing positive family relationships and resilient, happy children. It is ideal as a child welfare text or reference book and will also be of interest to parents.*

Welcoming a New Brother or Sister Through Adoption

Jessica Kingsley Publishers *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, counselors and psychologists.*

Inside Transracial Adoption

Strength-based, Culture-sensitizing Parenting Strategies for Inter-country or Domestic Adoptive Families That Don't "Match"

Jessica Kingsley Publishers *Inside Transracial Adoption provides creative, confident and pro-active guidance on how to build close, loving, and very real families consisting of individuals who are proud and culturally competent members of differing races. Drawing on research and personal experience, Steinberg and Hall offer detailed, step-by-step, get-real guidance for families about tough issues they have to face relating to race and adoption in domestic or international transracial adoptions: What's "normal?" Where do we live and go to school? Does class have an influence? How do children develop racial identity? What kind of impact does being raised by white parents have on a black child? Combining humor with empathy and hard truths, this book is an established classic guide to living Inside Transracial Adoption. It is essential reading for parents and the people who support them: whether considering transracial adoption for the first time or experienced veterans.*

Welcome Home, Forever Child

A Celebration of Children Adopted As Toddlers, Preschoolers, and Beyond

AuthorHouse *Finally..a book that genuinely celebrates a young child joining their forever family past infancy. With its touching message of love and reassurance, and whimsical illustrations, Welcome Home, Forever Child is sure to be cherished by children and parents alike. While best suited to children ages two to eight, this gem will undoubtedly be enjoyed by older children as well. Most children's adoption books reflect infant adoptions, and may not be appropriate for the older child who spent their early years in foster care or an orphanage. Welcome Home, Forever Child is a much needed book that social workers and therapists will want to recommend to families who adopted their child past the age of two. The book helps parents reassure children of their permanent place in the new family, and of how much they are wanted and loved. It will also make a very special and meaningful keepsake gift for a child upon joining his or her new family, upon finalizing the adoption, or upon the anniversary of either event. READ WHAT TOP ADOPTION AND PARENTING EXPERTS ARE SAYING ABOUT WELCOME HOME, FOREVER CHILD: "I truly enjoyed reading this book. Children will love the pictures and delightful rhymes. This book helps adopted kids to celebrate life and activities in their adoptive home while providing a framework to understand their infancy in another place. This book will be useful in helping children bond to adoptive parents." - Foster Cline, M.D., co-author with Jim Fay - Parenting with Love and Logic and Parenting Teens with Love and Logic "A great way to help young children to understand what adoption and forever means in their lives. Parents and children will love to see the many firsts they will share while grieving the ones they missed. Fun illustrations and the rhyming cadence are sure to delight the preschool set." - Regina M. Kupecky, LSW - co-author with Gregory Keck - Adopting the Hurt Child and Parenting the Hurt Child "This book provides reassurance to child*

The Connected Child: Bring Hope and Healing to Your Adoptive Family

McGraw Hill Professional "An extremely useful parenting handbook... truly outstanding ... strongly recommended." --Library Journal (starred review) "A tremendous resource for parents and professionals alike." --Thomas Atwood, president and CEO, National Council for Adoption The adoption of a child is always a joyous moment in the life of a family. Some adoptions, though, present unique challenges. Welcoming these children into your family--and addressing their special needs--requires care, consideration, and compassion. 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 "A must-read not only for adoptive parents, but for all families striving to correct and connect with their children." --Carol S. Kranowitz, author of *The Out-of-Sync Child* "Drs. Purvis and Cross have thrown a life preserver not only to those just entering uncharted waters, but also to those struggling to stay afloat." --Kathleen E. Morris, editor of *S. I. Focus* magazine "Truly an exceptional, innovative work . . . compassionate, accessible, and founded on a breadth of scientific knowledge and clinical expertise." --Susan Livingston Smith, program director, Evan B. Donaldson Adoption Institute "The *Connected Child* is the literary equivalent of an airline oxygen mask and instructions: place the mask over your own face first, then over the nose of your child. This book first assists the parent, saying, in effect, 'Calm down, you're not the first mom or dad in the world to face this hurdle, breathe deeply, then follow these simple steps.' The sense of not facing these issues alone--the relief that your child's behavior is not off the charts--is hugely comforting. Other children have behaved this way; other parents have responded thusly; welcome to the community of therapeutic and joyful adoptive families." --Melissa Fay Greene, author of *There is No Me Without You: One Woman's Odyssey to Rescue Africa's Children*

The Science of Parenting Adopted Children

A Brain-Based, Trauma-Informed Approach to Cultivating Your Child's Social, Emotional and Moral Development

Jessica Kingsley Publishers Explaining how adoptive parents can help their traumatised child develop, it looks at the many different factors that can manifest in trauma, and how parents should respond to them.

Adoptive Parent Intentional Parent

A Formula for Building & Maintaining Your Child's Safety Net

Createspace Independent Pub *Adoptive Parent Intentional Parent: A Formula for Building and Maintaining Your Child's Safety Net* is an invaluable tool that adoptive parents will use over and over again. Whether you are in the "waiting stage" or you are two, four, six, or even ten plus years into your adoption...this book will enable you to reframe your situation with a clear vision, new knowledge, tools that work, and the support of others who have walked the path before you. Every child who has been adopted has suffered a breach in attachment; no adopted child is exempt. In addition to attachment issues, some children also suffer with difficult behavior issues amongst diagnoses such as RAD, FAS, and those that suffer with grief, anxiety, sensory issues and the effects of trauma. The author's breakthrough concept of intentionally creating a safety net to help your child heal fills the book's entirety. The four-part formula for Building and Maintaining that safety net is laid out in a detailed and user-friendly fashion. It combines the value of knowing yourself, the power of knowledge, specific tools and techniques that work in everyday life and the keys to maintaining the net over time to create a plan you can put in to motion today.

20 Things Adoptive Parents Need to Succeed

Delta From the author of the bestselling "Twenty Things Adopted Kids Wish Their Adoptive Parents Knew" comes an invaluable resource guide filled with practical advice to help adoptive parents form closer bonds with their children.

Keeping Your Adoptive Family Strong

Strategies for Success

Jessica Kingsley Publishers 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 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.

Our Own

Adopting and Parenting the Older Child

Based on personal experiences, research, and interviews, the author presents "practical tips, advice, and real-life stories for anyone who is adopting, or hopes to adopt, an older child."--Cover.

How Do We Feel About Adoption?

The Adoption Club Therapeutic Workbook on Feelings and Behavior

Jessica Kingsley Publishers The children of The Adoption Club have lots of different feelings about adoption. Michael was scared when he first met this adopted family, and was worried his adoptive family might not keep him. Other children talk about feeling happy, sad and angry, and how feeling can make them behave strangely. This workbook gives children a way to sort out feelings, discuss them and feel better. Written for counsellors and therapists working with children aged 5-11, as well as adoptive parents, this workbook is designed to help children to explore their feelings and behavior. It is one of a set of five interactive therapeutic workbooks featuring The Adoption Club written to address the key emotional and psychological challenges adopted children often experience. Together, they provide an approachable, interactive and playful way to help children to learn about themselves and have fun at the same time.

Handbook on Thriving as an Adoptive Family

Real-life Solutions to Common Challenges

Focus on the Family Pub Adoption is a high calling from God, and the Christian home primary soil for planting seeds of faith. But how will post-adoption challenges affect this growth? Most agencies do a great job of connecting families with children who need a forever family. Not many prepare you for the unexpected issues—an adopted child fighting with his new siblings or not wanting to be touched or showing signs of reactive attachment disorder (RAD). The more you know, the more confident you will be to meet the unique needs of your adopted child and your entire family. This distinctly Christian

book will equip readers to be successful adoptive parents. Packed from cover to cover with information, advice, ideas, and resources, Handbook on Thriving as an Adoptive Family will inspire and inform parents committed to making adoption work. Handbook on Thriving as an Adoptive Family is the one parenting resource that provides comprehensive, topical, Bible-based solutions for the inevitable challenges after adoption.

Seven Core Issues in Adoption and Permanency

A Comprehensive Guide to Promoting Understanding and Healing In Adoption, Foster Care, Kinship Families and Third Party Reproduction

Jessica Kingsley Publishers *Based on a hugely successful US model, the Seven Core Issues in Adoption is the first conceptual framework of its kind to offer a unifying lens that was inclusive of all individuals touched by the adoption experience. The Seven Core Issues are Loss, Rejection, Shame/Guilt, Grief, Identity, Intimacy, and Mastery/Control. The book expands the model to be inclusive of adoption and all forms of permanency: adoption, foster care, kinship care, donor insemination and surrogacy. Attachment and trauma are integrated with the Seven Core Issues model to address and normalize the additional tasks individuals and families will encounter. The book views the Seven Core Issues from a range of perspectives including: multi-racial, LGBTQ, Hispanic, Asian, Native American, African-American, International, openness, search and reunion, and others. This essential guide introduces each Core Issue, its impact on individuals, offering techniques for growth and healing.*

A Place in My Heart

The Guest Cottage, Inc. *When Charlie, a chipmunk, asks his mother why he doesn't look like his brothers and sisters, his mother tells him that he was adopted and that, although he is sad, it is all right to think of his birth parents.*

The Primal Wound

Understanding the Adopted Child

British Association for Adoption & Fostering(BAAF) *Originally published in 1993, this classic piece of literature on adoption has revolutionised the way people think about adopted children. Nancy Verrier examines the life-long consequences of the 'primal wound' - the wound that is caused when a child is separated from its mother - for adopted people. Her argument is supported by thorough research in pre- and perinatal psychology, attachment, bonding and the effects of loss.*

First Steps in Parenting the Child who Hurts

Tiddlers and Toddlers Second Edition

Jessica Kingsley Publishers *'This excellent book looks at the attachment and development of very young children in the fostering and adoption situation. It deals sensitively and practically with the young child's 'hurts' to help adopters and foster carers understand and cope with the many traumas they may experience in integrating a young child into their family. Caroline Archer is a real adoptive parent speaking from experience so this book provides good, practical advice and encouragement for the mothering figure when things are not following the normal attachment and development patterns... This highly readable book is highly recommended for everyone fostering or adopting very young children.' - Adoption and Fostering* *'Written by an adoptive parent [this book aims] to give practical advice and parenting tips to other adoptive and long-term foster parents. The author's basic premise is that all children who have been adopted or placed in long-term care have undergone some form of psychological hurt. She argues that while some children will be more resilient to this hurt than others, many children will need their hurt to be acknowledged by their parents/carers, and be allowed*

to grieve for their losses in order to move forward to a life of greater well-being and fulfillment. [The book begins] by exploring such issues as bringing a child home, child development and what to do when things 'don't seem quite right'. Other issues covered are the effects of trauma on a child, and how to handle specific difficulties that may arise with an adopted child. [It is] written in a clear easy-to-read format, and contain[s] a list of references for further reading.' - Family Matters

The Connected Parent

Real-Life Strategies for Building Trust and Attachment

Harvest House Publishers *There Is Hope for Every Child, Every Parent, and Every Family Parenting under the best of circumstances can be difficult. And raising children who have come to your home from "hard places," who have their own set of unique needs, brings even more challenges. You may have discovered that the techniques that worked with your birth children are not working with your adopted or foster child. 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 benefit from Karyn's decades of clinical research and real-world experience. Coauthor Lisa Qualls demonstrates how you can successfully implement these strategies in your home, just as she did in hers. 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 Connected Parent will help you lovingly guide your children and bring renewed hope and restoration to your family.*

Parenting Adopted Adolescents

Understanding and Appreciating Their Journeys

Tyndale House *In his newest release, Dr. Gregory C. Keck offers new insights and parenting strategies relative to adolescents, especially adopted adolescents. Parents will find humor and relief as they realize their role in their child's journey in the adoption process.*

The Everything Parent's Guide to Raising Your Adopted Child

A complete handbook to welcoming your adopted child into your heart and home

Simon and Schuster *Domestic or international? Baby or older child? A child with special needs? The number of decisions you will need to make when deciding to adopt can at times seem overwhelming. The Everything® Parent's Guide to Raising Your Adopted Child offers all the information any potential or newly adoptive parent might need. Parenting expert and adoptive parent Corrie Lynne Player has interviewed hundreds of adoptive parents and presents a cross-section of age, ethnicity, and cultural backgrounds to help you make the most informed decisions. This essential guidebook is packed with reassuring advice on how to handle the most common issues, including: -Questions to ask before adopting -Bonding techniques for each age group—from newborn to teenager -Adopting children with physiological or psychological special needs -Adopting outside your ethnic group -Navigating international adoptions -Fielding difficult questions about your adopted child's birth parents -Helping your adopted child cope with feelings of loss and abandonment With this book by your side, you will bond with your child for a lifetime!*

Friends, Bullies and Staying Safe

The Adoption Club Therapeutic Workbook on Friendship

Jessica Kingsley Publishers *Friendship is so complicated! The children of The Adoption Club think they are friends - they go to the same school and belong to The Adoption Club. But what does it mean? What is the difference between a casual and a close friend? How should you respond to teasing? It's time for The Adoption Club to explore friendship. Written for counsellors and therapists working with children aged 5-11, as well as adoptive parents, this workbook is designed to help explore friendship, staying safe and social skills. It is one of a set of five interactive therapeutic workbooks featuring The Adoption Club written to address the key emotional and psychological challenges adopted children often experience. Together, they provide an approachable, interactive and playful way to help children to learn about themselves and have fun at the same time.*

Let's Learn About Adoption

The Adoption Club Therapeutic Workbook on Adoption and Its Many Different Forms

Jessica Kingsley Publishers *There are many kinds of adoption -- and in this workbook the children of The Adoption Club find out about all of them! The children of The Adoption Club are all different. There's Mary who was adopted from China by her single mum, Alice, who is still in touch with her birth parents in an 'open adoption'; siblings Angela and Michael who lived in different homes for many years but are now back together; Robert who loves to do stunts in his wheelchair; and Alexander who grew up with lots of children in a care home. Written for counsellors and therapists working with children aged 5-11, as well as adoptive parents, this workbook is one of a set of five interactive therapeutic workbooks written to address the key emotional and psychological challenges they are likely to experience. They provide an approachable, interactive and playful way to help children to learn about themselves and have fun at the same time.*

Forever Mom

What to Expect When You're Adopting

Thomas Nelson *What to do when you've been called to adopt and practical advice to make it work Mary Ostyn married her sweetheart at nineteen, and the pair had four kids by their eighth anniversary. When their youngest was three, God opened their eyes to the needs of orphans all over the world—and answered Mary's longing for another baby. Over the next nine years the couple adopted two boys from Korea and four girls from Ethiopia. Ostyn, a beloved adoption writer and blogger, shares—alongside stories from other adoptive families—the practical tools and resources she uses to thrive as an adoptive mom. In Forever Mom, she reveals how to: build heart connections prepare your other children for new siblings help babies, toddlers, and older children settle in implement attachment parenting address misbehavior while remaining connected nurture your marriage in the midst of it all Whether you're the parent of an adopted child or interested in pursuing adoption, Ostyn's warm advice and fresh perspective will inspire, inform, and affirm. You'll walk away confident you will be the perfect mom for whatever child God brings into your life.*

Toddler Adoption

The Weaver's Craft

Jessica Kingsley Publishers *This book offers support and practical tools to help parents prepare for and support the toddler's transition between the familiar environment of their biological parent's home or foster home to a new and unfamiliar one, and considers the issues that arise at different developmental stages.*

Parenting with Love and Logic Teaching Children Responsibility

NavPress Over 900,000 copies sold! Who uses love and logic in their parenting? Parents, counselors, and teachers around the globe—even Bill and Melinda Gates have found the philosophy of *Parenting with Love and Logic* an important guide when raising their three children. Learn how to reel in your own emotions while teaching your children responsibility, establishing boundaries, and growing their character. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles. Trusted by generations of parents, counselors, and teachers to lovingly raise responsible children, *Parenting with Love and Logic* includes solutions for dozens of specific topics like tantrums, managing screen time, and getting ready for school, all indexed for easy reference. Updated to help parents make important family decisions about the use of technology, including mobile phones and social media.

Finding Hope: A Birthmother's Journey Into the Light

At twenty-one years old, Hope O Baker made one of the hardest decisions a person can make: she placed her son for adoption. She lived with her son's adoptive mother while she was pregnant and pursued an open adoption. After her son was born, Hope tried to resume her life. But the difficulty of letting her child go gnawed at Hope. Even though she had it together on the outside--graduating college and excelling in her career--on the inside she was battling a destructive cycle of depression and addiction. When life was at its darkest, Hope managed to find her way back to the light. It's a journey she continues to this day. Now, in this love letter to her son, Hope shows how messy and chaotically beautiful adoption can be, by sharing the authentic details of her remarkable story. From her struggles, you'll see how community can help you rebuild and be reminded of how important it is to find your voice and speak up for what you need when life hands you unexpected difficulties.

The Post-Adoption Blues

Overcoming the Unforeseen Challenges of Adoption

Rodale Books Over 150,000 people adopt children each year, and more than 2 million parents are now raising adopted children and grandchildren. While the path to parenting through adoption is rich with rewards and fulfillment, it's not without its bumps. This compassionate, illuminating, and ultimately uplifting book is the first to openly recognize the very normal feelings of stress that adoptive families encounter as they cope with the challenges and expectations of their new families. Where do parents turn when the waited-for bonding with their adopted child is slow to form? When they find themselves grieving over the birth child they couldn't have? When the child they so eagerly welcomed into their home arrives with major, unexpected needs? Until now, adoptive parents have had to struggle silently with their feelings, which can range from flutters of anxiety to unbearable sadness. At last, Karen J. Foli, a registered nurse, and her husband, John R. Thompson, a psychiatrist, lift the curtain of secrecy from "Post Adoption Depression Syndrome" (PADS). Drawing on their own experience as adoptive parents as well as interviews with dozens of adoptive families and experts in the field, the couple offers parents the understanding, support, and concrete solutions they need to overcome post-adoption blues-and open their hearts to the joy adoption can bring.

The Girls Who Went Away

The Hidden History of Women Who Surrendered Children for Adoption in the Decades Before Roe v. Wade

Penguin "A remarkably well-researched and accomplished book." —*The New York Times Book Review* "A wrenching, riveting book." —*Chicago Tribune* In this deeply moving and myth-shattering work, Ann Fessler brings out into the open for the first time the astonishing untold history of the million and a half women who surrendered children for adoption due to enormous family and social pressure in

the decades before Roe v. Wade. An adoptee who was herself surrendered during those years and recently made contact with her mother, Ann Fessler brilliantly brings to life the voices of more than a hundred women, as well as the spirit of those times, allowing the women to tell their stories in gripping and intimate detail.

The Confusing World of Brothers, Sisters and Adoption

The Adoption Club Therapeutic Workbook on Siblings

Jessica Kingsley Publishers *For children who are adopted families can get complicated, and that's very true when it comes to brothers and sisters, or 'siblings'. Today The Adoption Club are exploring the confusing world of siblings. Some children have half-siblings, adopted siblings, step-siblings. Michael has a birth sibling, his sister Angela, who he lives with, but many other children who are adopted are separated from their brother or sisters. The Adoption Club talk about their feelings about their own siblings. Written for counsellors and therapists working with children aged 5-11, as well as adoptive parents, this workbook is designed to help explore sibling relationships. It is one of a set of five interactive therapeutic workbooks featuring The Adoption Club written to address the key emotional and psychological challenges adopted children often experience. Together, they provide an approachable, interactive and playful way to help children to learn about themselves and have fun at the same time.*

Who We Are and Why We Are Special

The Adoption Club Therapeutic Workbook on Identity

Jessica Kingsley Publishers *We each have our own unique life story which make us special. When you are adopted you have an extra layer of identity - your birth family. This therapeutic workbook is designed to be used with adopted children aged 5-11, and offers a gentle way to explore this difficult subject.*

Adoption-Specific Therapy

A Guide to Helping Adopted Children and Their Families Thrive

American Psychological Association (APA) *This manual presents a structured, evidence-based protocol for mental health treatment for families that adopt vulnerable children.*