

ADOPTION

— Could you be my future? —

0330 222 7775 ♥ www.westsussex.gov.uk/adoption

Suggested Reading

If you're thinking about adoption, the following is a comprehensive list of the books available.



The following is not intended to be a definitive list but it may act as a good starting point. If you have difficulty in finding the books in your local library or bookshop, try www.amazon.co.uk or www.baaf.co.uk.

Books to get you started

*Highly recommended by the Adoption Team

<i>Name and Author</i>	<i>Price and Publisher</i>	<i>Summary</i>
Adopting a Child, <i>Jennifer Lord</i>	£8.95 – BAAF (2011)	Basic guide to adoption. List of adoption agencies and organisations.
An Adoption Diary, <i>Maria Jones</i>	£7.95 – BAAF (2006)	The real life story of a couple's journey from infertility to parenthood.
Flying Solo, <i>Julia Wise</i>	£7.95 – BAAF (2007)	The real life story of a single parent's journey to adopting a son.
In Black and White, <i>Nathalie Seymour</i>	£7.95 – BAAF (2007)	The real life story of an open transracial adoption.
The Family Business, <i>Robert Marsden</i>	£7.95 – BAAF (2008)	The real life story of a family's adoption of a boy with cerebral palsy.
Becoming Dads, <i>Pablo Fernandez</i>	£8.95 – BAAF (2011)	The real life story of a gay couple and their journey to adoption.
The Pink Guide to Adoption for Lesbian and Gay Men, <i>Nicola Hill</i>	£12.95 – BAAF (2009)	A step by step guide of adoption for lesbian and gay men who are considering adoption.
Related by Adoption, <i>Hedi Argent</i>	£7.50 – BAAF (2011)	A handbook for grandparents and other relatives.
A Child's Journey Through Placement, <i>Vera Fahlberg</i>	£23.50 – BAAF (1994)	Separation, loss, grief and change are experiences common to children needing adoptive placements. Theoretical book on how to manage a child's experiences.
*What Every Parent Needs to Know, <i>Margot Sunderland</i>	£10.49 – Amazon Dorling Kingsley Publishers (2007).	Practical parenting guide for any parent. A blend of developmental science and therapeutic ideas for strengthening children's resources and also parent-child relationships.
*Real Parents, Real Children, <i>Holly Van Gulden and Lisa Bartels-Rubb</i>	£14.99 Crossroad Publishing (1993).	Real life examples of life with children who have experienced developmental trauma.
*First Steps in Parenting; the Child Who Hurts – Tiddlers and Toddlers, <i>Caroline Archer</i>	£14.99 – Jessica Kingsley Publishers (1999).	Guidance on loss, understanding trauma separation in young children.
How to Talk so Kids Listen and Listen so Kids Talk, <i>Adele Faber and Elaine Mazlish</i>	£12.99 – Piccadilly Press Ltd (2001).	Practical information with chapter headings such as 'engaging co-operation', 'acknowledging feelings' and 'alternatives to punishment'. Aimed at older children.
Old Families, New Scripts, <i>Caroline Archer</i>	£18.00 - Jessica Kingsley Publishers (2006).	A guide to the language of trauma and attachment in adoptive parenting.

<i>Name and Author</i>	<i>Price and Publisher</i>	<i>Summary</i>
Adoption Conversations, <i>Renee Wolfs</i>	£12.95 – BAFF (2010)	Practical help for adoptive parents, a book which explores what, when and how to tell.
Top Ten Tips on Managing Contact, <i>Henrietta Bond</i>	£7.95 – BAAF (2007)	Positive tips to make contact between adopted children and their birth relatives a beneficial experience.
Facing Up to Facebook, <i>Eileen Fursland</i>	£14.95 – BAAF (2010)	Explores the questions, pressures and concerns adoptive families are facing in terms of contact, searching and social networking.
Approaching Fatherhood, <i>Paul May</i>	£9.95 – BAAF (2005)	Adoptive fathers experiences of the adoption process and parenting.
Parenting a Child affected by Parental Substance Misuse, <i>Donald Forrester</i>	£7.95 – BAAF (2012)	This book explores general issues around substance misuse and children entering care as well as the impact on children of exposure to substances during pregnancy, including both specific effects (such as Foetal Alcohol Syndrome) and wider issues (such as genetic susceptibilities).
Parenting a Child with Attention Deficit Hyperactivity Disorder, <i>Brian Jacobs and Lorna Miles</i>	£7.95 – BAAF (2012)	This book provides a short explanation of ADHD and related conditions in children and young people, including symptoms, prognosis and treatment. Explores the different ways in which ADHD can affect child development and behaviour; the issues it raises with regard to educational provision for affected children; and where and how to get help.
Parenting a Child with Mental Health Issues, <i>Catherine Jackson</i>	£7.95 – BAAF (2012)	This book explains mental disorders generally and how they may manifest in children. Outlines the risk of mental disorder in a child from a family with a history of mental disorder, and the factors (genetic and environmental) that can put these children at greater risk. Explores what is known about the physiological processes that may explain a child's behaviours and higher vulnerability to mental disorder.
Parenting a Child with Dyslexia, <i>Chris Stanway and Lorna Miles</i>	£7.95 – BAAF (2012)	This book provides a short explanation of Dyslexia and related conditions (including dyspraxia), and their symptoms, prognosis and treatment in children and young people. Explores the different ways in which dyslexia can affect child development as well as the issues it raises with regard to educational provision for affected children, and where and how to get help.

Books for parents and birth children

<i>Name and Author</i>	<i>Price and Publisher</i>	<i>Summary</i>
When Daisy met Tommy, <i>Jules Belle</i>	£8.95 – BAAF (2010)	The story of a little girl and her adopted brother.
Adopting a Brother or Sister, <i>Hedi Argent</i>	£3.95 – BAAF (2010)	A guide for other young children in your family. Aimed at 4-10 year olds.
Adoption Undone, <i>Karen Carr</i>	£7.95 – BAAF (2007)	A painful story of an adoption breakdown.
Where are my Brothers and Sisters? <i>Hedi Argent</i>	£3.95 – BAAF (2010)	A booklet to help children understand their family situations, separation from siblings and their feelings about this.
Siblings without Rivalry, <i>Adele Faber</i>	£12.99 – Piccadilly Press Ltd (1999).	How to help your children to live together so you can live too

Story books for adopted or birth children

<i>Name and Author</i>	<i>Price and Publisher</i>	<i>Summary</i>
A Niffleloo called Nevermind, <i>Margot Sunderland</i>	£10.99 – Speechmark Publishing Ltd (2001) <i>Can purchase from www.amazon.co.uk</i>	Themes of loss, talking about feelings, contact with birth family, and how to build self-esteem.
Chester and Daisy Move On, <i>Angela Lidster</i>	£8.95 - BAAF (1995)	A book about transitions, children moving on for adoption and preparing them for change. Aimed at 4-10 year olds.
Dennis Duckling, <i>Paul Sambrooks</i>	£5.95 – BAAF (2009)	For children leaving birth family to enter foster care. Aimed at 2-5 year olds.
Oh Brother, <i>Claire Friday</i>	£5.95 – Adoption UK (2005)	Tom gets a new adopted brother. Aimed at 7-11 year olds.
Nutmeg Series (x5), <i>Judith Foxon</i>	£12.00 each – BAAF	Follows an adopted squirrel through adoption, feelings, contact with birth family and getting help.
I'll Always Love You, <i>Paeony Lewis</i>	£4.99 – Little Tiger Press (2006).	Best for Pre-schoolers. A story of a bear. Themes of anxiety, guilt, saying sorry and unconditional love.
Josh and Jaz Have Three Mums, <i>Hedi Argent</i>	£8.95 – BAAF (2007)	For young children to help explain diversity and difference in family groups. Encourages understanding and appreciation of same sex parents.
Dad David, Baba Chris and Me, <i>Ed Marchant</i>	£8.95 – BAAF (2010)	For children aged 5-10; tells the story of Ben's life with his adoptive gay parents.

Story books on Adoptive Parenting

THE MULBERRY BIRD – story of an adoption, Anne Braff Brodzinsky

About the struggle a birthmother has gone through because of her love for her child and her hope that the child's life can be more fulfilled through adoption.

WILLIAM IS MY BROTHER, Jane Schnitter

About William who is adopted into a family where there is a birth child, Tony and them becoming a family.

ANDY'S BIG QUESTION – WHERE DO I BELONG? Carolyn Nystrom

About a ten-year-old who is adopted and has been with his family for some time but has questions about adoption.

MY BROTHER A WORLD CLASS PAIN, Michael Gordon

A sibling's guide to ADHD.

ANGRY ARTHUR, Hiawn Oram

Good for angry children.

TELL ME AGAIN ABOUT THE NIGHT I WAS BORN, Jamie Lee-Curtis

Suitable for children placed at a very young age.

THE OWL WHO WAS AFRAID OF THE DARK, Jill Tomlinson

About Plop, an owl who was afraid of the dark and how his mother encouraged him to explore the good things about the dark, and his eventual change of heart.

THE FROG WHO LONGED FOR THE MOON TO SMILE, Margot Sunderland

A story for children who bottle up their feelings.

A WIBBLE CALLED BIPLEY (and a few Honks), Margot Sunderland

A story for children who have hardened their hearts or become bullies.

BILLIE SAYS 6 – Living as a new family takes practice, Joanne Alper

Explores living with an adoptive family and the realities of having to work things out together.

ELFA and the BOX OF MEMORIES, Michelle Bell

A colourful picture book for young children which reinforces the importance of memories and the part they play in making us who we are.

MORRIS AND THE BUNDLE OF WORRIES, Jill Seeney

A colourful picture book for young children in which Morris the Mole learns that talking about his problems, and facing his worries with the help of others, is more helpful than hiding his fears.

THE MOST PRECIOUS PRESENT IN THE WORLD, Becky Edwards

A colourful picture book to introduce young children to the concept of adoption and to explore questions that might preoccupy an adopted child.

Helping children with feelings series storybook and guidebook sets

All these books can be found on BAAF or Amazon.co.uk

- **Using Story-telling as a Therapeutic Tool with Children**
- **Willy and the Wobbly House**
- **Helping Children who are Anxious or Obsessional**
- **Helping Children who have Hardened their Hearts or Become Bullies**
- **A Pea Called Mildred**
- **Helping Children Pursue Their Hopes and Dreams**
- **A Niffleloo Called Nevermind**
- **Helping Children who Bottle Up Their Feelings**
- **Helping Children who Yearn for Someone They Love**
- **Teenie Weenie in a Too Big Word**
- **Helping Children with Fear**
- **How Hattie Hated Kindness**
- **Helping Children Locked in Rage or Hate**
- **Ruby and the Rubbish Bin**
- **Helping Children with Low Self-Esteem**
- **The Day the Sea Went Out and Never Came Back**
- **Helping Children with Loss**