

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

## Talking to Adopted Children

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Material Title: **Adoption Triangle, The**  
 Author: Arthur D. Sorosky, M.D. *Books* 1967 225 pages

This book explores all aspects of the "adoption triad," from birth parents to adoptive parents to adoptees. It covers past and modern adoption practices and issues, and is full of real life stories from all parties of the triad. A large portion of this book is dedicated to how adoptees are affected by sealed or open records.

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Material Title: **Adoption Wisdom: A Guide to the Issues and Feelings of Adoption**  
 Author: Marlou Russell *Books* 1996 185 pages

This book combines quotations from birth parents, adoptive parents and adoptees with brief observations from the author, a psychologist and adoptee, herself, in reunion with her birth family. In chapters with such titles as "The Adoption Triad," "Basic Truths of Adoption," "Loss and Grief in Adoption," "Search and Reunion," "Before Choosing Adoption," and others, this book sheds a unique light on the world of adoption through the commentary of those who live that world every day.

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Material Title: **Best of Pact Press, The: Talking with Kids about Adoption**  
 Author: Collection *Journals/Newsletters* 43 pages

This 43-page booklet contains 12 articles previously printed in the Pact Press on talking to kids about such things as sex, grief, self-esteem, being adopted older, lifebooks and more.

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Material Title: **Birthright: The Guide to Search and Reunion for Adoptees, Birthparents, and Adoptive Parents**  
 Author: Jean A. S. Strauss *Books* 1994 342 pages

This book is divided into two parts, "Search" and "Reunion." The author, an adoptee who located her birth family in 1988, addresses such issues as making the difficult decision to search, navigating the emotional turbulence of a reunion, dealing with the impact of the search on the adoptive parents, and more.

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Material Title: **Coffee Can Kid, The\* (see comment about Children's Materials on Index page)**  
 Author: Jan M. Czech *Children's Books* 2002 24 pages

This is a story about a story. Six-year old Annie asks her adoptive father to tell her again about her Korean birthmother and how she came to be adopted. While Annie listens to her father, the coffee can becomes, in her hands, alternately a drum, a shaker and a chest containing a dear treasure.

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Material Title: **Dialogues About Adoption: Conversations Between Parents and Their Children**  
 Author: Linda Bothun *Books* 1994 216 pages

This book offers comfort and support to adoptive families who want to know how other families have handled adoption issues. Each chapter is introduced with examples of generally accepted developmental information followed by dialogues placed chronologically based on the age of the child when that conversation took place. The real-life anecdotes and experiences shed much-needed light on this complex subject.

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Material Title: **Flight of the Stork**  
 Author: Anne C. Bernstein *Books* 1994 269 pages

This is for parents who are uncertain about how to talk to their children about sensitive issues, including sex and adoption. Bernstein outlines developmental stages in terms that are easily understood and describes what children's capabilities and tendencies are at each level. The book is filled with interviews with children on the subjects first of sex and later adoption, and there are many concrete suggestions for words, and more importantly, approaches to use when talking to your children.

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Material Title: **Forever Fingerprints\* (see comment about Children's Materials on Index page)**  
 Author: Sherrie Eldridge *Children's Books* 2007 30 pages

In the first children's book by the author of *Twenty Things Adopted Kids Wish Their Adoptive Parents Knew*, young, imaginative Lucie is excited to feel a baby moving in her Aunt Grace's tummy but it makes her understand her adoption story in a different way. She thinks about her birth parents and wonders why they didn't keep her. This gives Lucie's parents the chance to reinforce their love for her, to empathize with her feelings and to honor her past. The book, for ages 4-8, includes two pages of "Parent Tools and Activities."

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Material Title: **Helping Children Cope with Separation and Loss**  
Author: Claudia Jewett Jarratt *Books* 1982 226 pages

This step-by-step guide for any concerned adult offers warm advice, specific techniques and innovative ideas for helping children overcome the sadness, anger and anxiety resulting from divorce, death, absence, adoption, foster care, and sibling loss.

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Material Title: **How I Was Adopted\* (see comment about Children's Materials on Index page)**  
Author: Joanna Cole *Children's Books* 1995 37 pages

Here, Samantha tells the story of how she was adopted, but it is also a story of how babies are born and how children grow, of what makes people different and what makes them the same, and it is a story about love and family.

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Material Title: **How it Feels to be Adopted\* (see comment about Children's Materials on Index page)**  
Author: Jill Krementz *Children's Books* 1982 105 pages

Nineteen young people present both the good and the bad sides of being adopted from an adolescent point of view--a personal and moving book to be read by children and parents.

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Material Title: **How to Talk So Kids Will Listen and Listen So Kids Will Talk**  
Author: Adele Faber *Books* 1980 233 pages

This book provides a step-by-step approach to improving relationships in your house. The "Reminder" pages, helpful cartoon illustrations, and excellent exercises will improve your ability as a parent to talk and problem-solve with your children.

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Material Title: **I Love You Like Crazy Cakes\* (see comment about Children's Materials on Index page)**  
Author: Rose Lewis *Children's Books* 2002 23 pages

This book for very young children, warmly illustrated by Jane Dyer, tells the story of an American woman's adoption of a baby girl from a Chinese orphanage. All runs smoothly for both.

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Material Title: **Is That Your Sister?\*(see comment about Children's Materials on Index page)**  
Author: Catherine Bunin *Children's Books* 1992 31 pages

This illustrated children's book tells about the feelings of a child who was adopted into a multiracial family and who explains adoption as a chosen way of life that is positive, compassionate and civilized.

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Material Title: **Journey of the Adopted Self: A Quest for Wholeness**  
Author: Betty Jean Lifton *Books* 1994 328 pages

From the author of *Lost and Found*, this book is a story of one adopted child's search for a sense of self, beginning when she first learns she is adopted at age 7. Lifton illustrates that this search is a lifelong process for the adopted child.

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Material Title: **Lost and Found: The Adoption Experience**  
Author: Betty Jean Lifton *Books* 1988 321 pages

In this book, Betty Jean Lifton discusses all aspects of adoption (the adoptee, the adoptive parents, and the birth parents). Lifton promotes open adoptions and argues that adoptees should know as much as possible about their backgrounds.

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Material Title: **Lucy's Family Tree\* (see comment about Children's Materials on Index page)**  
Author: Karen Halvorsen Schreck *Children's Books* 2001 39 pages

In this illustrated older child's book, Lucy's family doesn't "match" and being different bothers her. A family tree project at school brings Lucy's feelings about her adoption into the open, and she begins to explore what really makes a family. As she comes to understand that being different is part of life, Lucy finds a way to make a family tree that celebrates her past as well as her present.

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Material Title: **Making Sense of Adoption**  
Author: Lois Melina *Books* 1989 245 pages

This "Parent's Guide" offers "many examples of ways to present difficult information in a sensitive manner -- sensitive to the child's needs, to the birthparents' struggles, and to the adoptive parents' perspective."

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Material Title: **Mother for Choco, A\* (see comment about Children's Materials on Index page)**  
Author: Keiko Kasza *Children's Books* 1992 31 pages

This illustrated book tells the story of a motherless bird who searched for a mother from Africa to the Arctic. But all the animals he encountered reminded him that he didn't look like him so they couldn't be his mother. Finally he meets Mrs. Bear who hugs and kisses him and takes him home to her adopted family. They both realize that she is the perfect mother for Choco.

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Material Title: **Nothing Good Ever Happens to Me: An Adoption Love Story**  
Author: Caroline Lindsay *Books* 1996 106 pages

This true account of an adoption that took ten years to complete and was complicated by the intermittent presence of a father who refused to consent to his daughter's adoption is a moving and honest portrait of the struggles involved in adopting an older child.

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Material Title: **Ocean Within, The\* (see comment about Children's Materials on Index page)**  
Author: V.M. Caldwell *Children's Books* 1999 275 pages

In this novel for adolescents, 11-year-old Elizabeth is the newest member of the big and boisterous Sheridan family. They try to make her feel at home, but Elizabeth stays apart. She knows from experience in foster homes that one day she'll be sent away. It's only a matter of time before a showdown between Elizabeth and the grandma she calls "Iron Woman" ensues.

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Material Title: **Sam's Sister\* (see comment about Children's Materials on Index page)**  
Author: Juliet C. Bond *Children's Books* 2004 27 pages

In this book, a mother explains to her five-year-old daughter that she will not be able to keep the "new baby growing in my tummy." Although its presentation of flawless characters and ideal circumstances might not seem typical, it deals sensitively with an issue not often addressed in adoption literature for children, and it is beautifully illustrated.

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Material Title: **Talking With Young Children About Adoption**  
Author: Mary Watkins *Books* 1993 241 pages

This book, for parents of children ages two to ten, discusses what to say to adopted children and when to say it. It also explores how kids respond to the concept of adoption, how they incorporate it into their make-believe play, and what worries they have.

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Material Title: **Tell Me Again About the Night I Was Born\* (see comment about Children's Materials on Index page)**  
Author: Jamie Lee Curtis *Children's Books* 1996 29 pages

In this picture book, illustrated by Laura Cornell, a young girl asks the parents who adopted her at birth to tell her about the night she was born. She shows from her continued questions that it is a cherished tale she knows by heart. On an accompanying audiotope, Jamie Lee Curtis reads the story followed by a couple of songs.

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Material Title: **Telling the Truth to Your Adopted or Foster Child: Making Sense of the Past**  
Author: Betsy Keefer *Books* 2000 223 pages

The goal of this book is to equip parents with the knowledge and tools they will need for a lifetime as they communicate with their adopted or foster child about the complex, troubling, and often painful aspects of his or her fragmented past. It is designed to meet the informational and practical needs of adoptive and foster parents of either domestic or international origin, with or without special needs. It is also intended for adoption professionals, mental health professionals, school teachers, and other professionals who work with adopted and foster children.

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Material Title: **Twenty Things Adopted Kids Wish Their Adoptive Parents Knew**  
Author: Sherrie Eldridge *Books* 1999 211 pages

This 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. Eldridge reveals twenty complex emotional issues you must understand to nurture the child you love.

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Material Title: **Twice Upon A Time: Born and Adopted\* (see comment about Children's Materials on Index page)**  
Author: Eleanora Patterson *Children's Books* 1987 43 pages

Families are not all formed in the same way, but all children, even adopted ones, grew inside their birthmother before they were born. This picture book starts with a description of conception, pregnancy and birth. It then explains how a child enters a family through adoption. Twice Upon-a-Time helps adopted children to feel good about themselves and their families.

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Material Title: **W.I.S.E. Up Powerbook\* (see comment about Children's Materials on Index page)**  
Author: Marilyn Schoettle *Children's Books* 2000 29 pages

This children's book from the Center of Adoption Support and Education, Inc. (C.A.S.E.) is intended to give your children and you the tools to cope with the sometimes discomfoting comments, both personal and general, you sometimes get from others. Learn how and when to (W)alk away, say (I)t's private, (S)hare, or (E)ducate. This booklet also comes with a 7-page (purple) Parent Guidebook to help parents use the Powerbook to teach their children these techniques.

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Material Title: **We See the Moon\* (see comment about Children's Materials on Index page)**  
Author: Carrie A. Kitzel *Children's Books* 2003 30 pages

This book is designed to help adopted children talk and ask questions about their birthparents, using the moon as an imaginative tool to help them connect to their feelings. The book is affirming of both adoptive and birth families. Jinshan Peasant Paintings from China provide colorful illustrations.

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Material Title: **Why Didn't She Keep Me? Answers to the Question Every Adopted Child Asks**  
Author: Barbara Burlingham-Brown *Books* 1994 169 pages

These twenty stories from birth mothers in their own words might provide insight and reassurance to any adoptee. We might not know what your birthmother's story is, but here are some of the reasons why mothers have chosen adoption for their children.