

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.

Grief and Loss

Material Title: **Adopted Teens Only: A Survival Guide to Adolescence* (Children's Materials)**
 Author: Danae Gorbett *Children's Books* 2007 78 pages

This guide for adopted teens addresses issues that parents are often reluctant or unable to discuss with their teenagers: what feelings and thoughts are common to the adoptive experience; what adoptive parents feel; what birth parents feel; what emotional issues are connected with search and reunion; and how to talk to parents about adoption questions.

Material Title: **Adoption and Loss: The Hidden Grief**
 Author: Evelyn Burns Robinson *Books* 2003 223 pages

What becomes of women who give up their children for adoption? Why do so many adopted people feel such a strong desire to seek out their families of origin? In what ways are families with adopted children different from other families? This book, written by a birth mother, provides the answers to these questions and many others.

Material Title: **Adoption Healing: A Path to Recovery**
 Author: Joe Soll *Books* 2000 189 pages

In this book, the author, a psychotherapist, lecturer, former university professor, founder and director of Adoption Crossroads, Adoption Counseling Center, and New York State Adoption Agency Task Force, and himself an adoptee, presents the world of adoption from his own unique perspective, offering myths, facts, exercises, and quotes to augment chapters on a wide range of adoption related issues.

Material Title: **Adoption Mystique, The**
 Author: Joanne Wolf Small *Books* 2007 181 pages

Much of what's been written and said about adoption—the definitions, myths, interpretations, and so on—was generated by non-adopted persons, and often without benefit of adopted person's input. This book was written by an adopted person who hopes to paint a picture of the social welfare system that contrasts with the traditional view and sheds a new light on the situation.

Material Title: **Adoption Trilogy, The: Three films by Jean Strauss (DVD)**
 Author: Jean Strauss *DVDs* 2006 46 minutes

Silver Shorts, Vol. 1: The Adoption Trilogy: Three films by Jean Strauss
 "Holding Hands", 2006, examines the relationship between Strauss and her brother, Bobby. Separated through adoption and reunited as adults, Strauss was with her brother when he died. The film addresses the issue of lifelong sibling severance in adoption and foster care. Multi-award winning short, "The Triumvirate" 2004, tells the story of Strauss's reunion with her birthmother and birth grandmother. "Vital Records" 2005, was created to help legislators understand the debate on legislation which would provide access for adoptees to their original records.

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.

Material Title: **Adoption: Making it Last (DVD)**
 Author: U.S. Department of Health and Human Services *DVDs* 16 minutes

This DVD provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

Grief and Loss

Material Title: **Adoption: Making It Last (VHS)**

Author: U.S. Department of Health and Human Services *Videotapes* 16 minutes

This video provides a realistic look at frustrations and exhaustion adoptive parents frequently experience. It addresses grief and loss, attachment, anger, aggressiveness, and out-of-control behaviors, emphasizing the need for school advocacy, medical referrals, crisis intervention, support groups, respite care, and therapy by adoption-savvy professionals. It validates kids' feelings of anger and confusion over their situations, gives permission to continue to love one's birth family, and reinforces the idea that making the adoption last is the responsibility of all family members.

Material Title: **Being Adopted: The Lifelong Search for Self**

Author: David Brodzinsky *Books* 1992 193 pages

This book, based on Eric Erikson's seven stage life cycle model, will open doors for adoptees who at one time or another have wondered why they felt a particular way and had no place to turn for the answer. * There is a hard cover and a paperback.

Material Title: **Beneath a Tall Tree: A Story About Us**

Author: Jean Strauss *Books* 2001 268 pages

Strauss begins by telling the story of her childhood with her adoptive parents, whom she loved dearly, and her difficult relationship with her troubled adoptive brother. She goes on to write about her search for, and ultimate reunion with, her birth mother, her birth mother's birth mother, her seven siblings, and, briefly, her birth father. By the end of the book the fifth grader, who knew nothing about her biological roots, has discovered she's a Mayflower descendent, whose ancestors go back to Charlemagne.

Material Title: **Beneath the Mask: Understanding Adopted Teens**

Author: Debbie Riley and John Meeks *Books* 2005 207 pages

This book offers parents and professionals a wealth of case histories; and treatment resources and therapy tools. Parents will discover the 6 most common adoption "stuck-spots;" a deeper understanding of identity, abandonment, grief and loss, and relinquishment issues - and how they affect personal and family development; and how therapy may help the adoptive family learn and grow together.

Material Title: **Beneath the Mask: Understanding Adopted Teens (CD)**

Author: Debbie Riley *CDs* 2007 90 minutes

NACAC Conference presenter Debbie Riley addresses complexities of adolescence for the adopted teen – identity, abandonment, grief and loss, relinquishment – and how adolescence affects personal and family development. Discover six common adoption "stuck-spots," a step-by-step assessment on adoption, clinical intervention strategies, and therapy tools.

Material Title: **Children's Adjustment to Adoption: Developmental and Clinical Issues**

Author: David M. Brodzinsky *Books* 1998 116 pages

This book presents major issues that affect both the process and outcome of adoption for children and their parents. It offers extensive coverage of theory and research on children and families with clinical vignettes punctuating key points. A discussion of intervention and assessment issues that commonly arise in work with adoptees closes this volume.

Material Title: **Child's Journey Through Placement, A**

Author: Vera Fahlberg *Books* 1991 394 pages

This book provides a foundation of resources and tools to help professionals and parents support children as they move through the foster care system to adoption. At times it can focus on theory and practice but it helps families understand why kids move and how their moves affect them. This is considered a seminal work in the field containing practical and thoughtful information about special needs children. More current material on new neurological research and brain development was not available at the time this was written. However, this is still a valuable resource with insight on various aspects related to foster and adopted children.

Material Title: **City of One: A Memoir**

Author: Francine Cournos *Books* 1999 253 pages

A distinguished psychiatrist and professor of clinical psychiatry at Columbia University, writes of her childhood in foster care (her father died when she was three, her mother when she was eleven, and her aunts and uncles would not take her or her siblings). It interweaves a tale of loss, abandonment, and despair bordering on hopelessness with a tale of a journey to wholeness.

Grief and Loss

Material Title: **Eden's Secret Journal: The Story of an Older Child Adoption* (Children's Materials)**
Author: Brenda McCreight *Children's Books* 2003 59 pages

This fictional journal's title character is a 13-year-old, adopted at age 10, who is writing the journal because her therapist told her to. She talks about her years in foster care, her substance abusing birth parents, and her adoptive parents. Her life is far from perfect, but it is getting better and we learn how she feels about things in her world. Author, Brenda McCreight is a Child & family therapist with more than 20 years experience.

Material Title: **Fall of Freddie the Leaf, The* (Children's Materials)**
Author: Leo Buscaglia *Children's Books* 1982 27 pages

This book, illustrated with color photographs, tells the story of Freddie, a leaf on a tree, and his companions, who change with the passing seasons and the coming of winter. It is intended to help children or anyone come to grips with death and life.

Material Title: **Families Change: A Book for Children Experiencing Termination of Parental Rights* (Children's Material)**
Author: Julie Nelson *Children's Books* 2006 32 pages

Over time, all families change. Sometimes, when families have big problems, they need to change so kids will be safe. A child's family might change from a birth family to a foster family or an adoptive family. That kind of change can be hard on kids. They may believe that the change is their fault. They may worry about their birth parents, and they may wonder if they can trust the new adults in their life.

This book can help children and families through this difficult change. The first part is meant to be read and shared with children. Simple words and realistic color illustrations tell and show why some kids get foster parents or new adopted moms or dads. The second part includes information and resources for adults who work to keep kids safe: parents and other family adults, foster parents, social workers, teachers, and caregivers.

With the support of caring adults, children who experience termination of parental rights can move from the pain of the past to the promise of the future.

Material Title: **First Person Plural (VHS)**
Author: Deann Borshay Liem *Videotapes* 2000 1 hour

This award winning documentary tells the story of its writer, producer, director, Deann Borshay Liem, who in 1966, was adopted by an American family and sent from Korea to her new home in California. Along the way, the memory of her birth family was nearly obliterated by time and misinformation, but recurring dreams led her to discover the truth: her Korean mother was very much alive. Bravely uniting her biological and adoptive families, Borshay Liem's heartfelt journey makes First Person Plural a poignant essay on family, loss, and the reconciling of two identities.

Material Title: **From Place to Place (DVD)**
Author: Porch Productions *DVDs* 2011 80 minutes

Having recently aged out of foster care, Micah, Mandy & Raif face life with little support beyond their social worker, Matt. Raif falls in and out of love as many times as he jumps trains, Mandy tries to succeed at her education and Micah just can't stay out of jail. Mustering courage into action, Mandy and Raif travel to Capitol Hill to tell their stories and try to change the system that raised them for generations to come.

Material Title: **Grief Recovery Handbook, The: The Action Program for Moving Beyond Death Divorce, and Other Losses**
Author: John W. James and Russell Friedman *Books* 2009 201 pages

This book, for those who are grieving any kind of loss, offers a gentle action plan and provides direction during a difficult, confusing and often disorienting time. It is divided into three parts, "Seeing the Problem," "Preparing for Change: Starting to Recover," and "Finding the Solution."

Material Title: **Heart Knows Something Different, The: Teenage Voices from the Foster Care System* (Children's Materials)**
Author: Al Desetta *Children's Books* 1996 211 pages

Divided into four sections, "Family," "Living in the System," "Who Am I," and "Looking to the Future," the more than three dozen personal narratives here were written by young people, ages 15 to 20, who have lived in the foster care system. These less often heard voices might provide insight to parents and professionals, and a sense of normalcy and community to adopted adolescents.

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.

Grief and Loss

Material Title: **Helping Children of Divorce and Adopted Children with Emotional Problems (2 VHS)**
Author: Michael Katz *Videotapes* 4 hours

In this two-tape program, Dr Katz describes behaviors that frequently occur, explains how emotional problems develop and how they produce behavioral problems, demonstrates appropriate responses and positive interventions that help children form healthy attachments, teaches specific ways to help children learn positive behaviors and responses to an often frustrating world, and shows how to reinforce verbal ideas with concrete, real life, experiences.

Material Title: **Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma**
Author: Debra Wesselmann, Cathy Schweitzer and Stefanie *Books* 2014 130 pages

Children traumatized in their attachment relationships by abuse and neglect, hospitalizations, or out-of-home placements experience intense hurt, fear, and mistrust. The deep emotional pain often manifests as defiance and aggression, even after the environment has change through adoption, foster care, guardianship, or resolution of issues in the home. A treatment that integrates EMDR and family therapy provides hope and healing for hurt children and their families. This practical guide provides specialized parenting strategies to support the treatment, designed to help heal the past, integrate the emotional and logical regions of the child's brain, and nurture a healthy, happier child.

Material Title: **Lifebooks: Creating a Treasure for the Adopted Child**
Author: Beth O'Malley *Books* 2014 92 pages

This book, expanded from her 2000 issue, presents information on what lifebooks are, why they are so important, and how to proceed with them from just about any standpoint. O'Malley includes a 58 page chapter on the "Essentials." It is all written in a touching, personal manner by someone who spent her first five months in foster care before becoming adopted and eventually started a career as an adoption worker.

Material Title: **Little Bunnies Say Goodbye to Birth Mom* (Children's Materials)**
Author: Sherri Malloy, PhD *Children's Books* 2005 26 pages

This powerfully moving book is for children facing termination of their parent's parental rights. This little book has been instrumental in touching the hearts of children ages 2 to 12, helping them to explore and release their feelings of grief and loss related to adoption and foster care. It could be a turning point in the life of your child.

Material Title: **Living with an Angry Child (2 Audiotapes)**
Author: Holly van Gulden *Audiotapes* 2002 +2 hours

Adopted children struggling with unresolved loss or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non compliance. These behaviors can and do trigger angry responses – sometimes even rage – in parents and siblings. This double workshop with Holly van Gulden analyzes anger and rage, and offers techniques for avoiding continual battles, managing healthy anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

Material Title: **Living with an Angry Child (3 CDs)**
Author: Holly van Gulden *CDs* 4 hours

Adopted children struggling with unresolved loss or poor attachment often exhibit acute episodes of rage and chronic or intermittent patterns of passive-aggressive non compliance. These behaviors can and do trigger angry responses – sometimes even rage – in parents and siblings. This double workshop with Holly van Gulden analyzes anger and rage, and offers techniques for avoiding continual battles, managing healthy anger resolution, de-escalating rage episodes, and establishing a healthy, joyful family environment.

Material Title: **Lost and Found (VHS)**
Author: Debra Baker *Videotapes* 2005 26 minutes

There are over six million adoptees in the U.S., and though "Lost and Found" is Debra's own story, it could be the story of any of those separated through a closed adoption system. We have seen the airport reunions, and this film takes viewers into the real world of forming relationships in a new, strangely familiar family, and the impact of search and reunion not only on mother and "child", but entire families.

Through interviews of her family, her son, and his adoptive mother, the emotions and ramifications of reunion are explored. Debra's son's story is connected to Debra's story through that of his adoptive mom's, who was gravely ill when Debra met her. But his adoptive mom wanted to tell her story, also; that she felt reunion was a good thing, that there is enough love to go around, hoping to encourage adoptees to search, and their adoptive parents to support them.

Grief and Loss

Material Title: **Mulberry Bird, The: An Adoption Story* (Children's Materials)**
Author: Ann Braff Brodzinsky *Children's Books* 1996 44 pages

Revised in 1996 from the 1986 version, and with color illustrations, this book tells the story of a mother bird whose best efforts to care for her young chick fall continually short of keeping him safe. So she goes to Owl who helps her find another family for her baby. He adapts well to the new environment, but he also deals with questions and issues related to his adoption.

Material Title: **Multiple Transitions: A Young Child's Point of View on Foster Care and Adoption (VHS)**
Author: Michael Trout *Videotapes* 1997 16 minutes

Young children who have experienced an important loss often express that loss through their behavior, rather than with words. This tape is an attempt to translate the behavior of foster children into words an adult might understand. Visually, it is simply a series of words on the screen. There is music in the background and occasionally a child will voice the words that are displayed. That's it, but the words are powerful and the picture they paint is both sad and enlightening. Anyone who works with such children might benefit from this interpretation of the expression of their loss.

Material Title: **New Legs: Seven Core Adoption Poems**
Author: Penny Callan Partridge *Books* 1999 14 pages

This booklet contains seven poems, each related to one of the "Seven Core Issues of Adoption" described by Sharon Kalplan Roszia and Deborah Silverstein – loss, rejection, guilt and shame, grief, identity, intimacy, and control. Partridge, herself an adoptee and an adoptive parent, is a frequent speaker at adoption conferences and has published other books of adoption poetry.

Material Title: **Nutmeg Gets Adopted* (Children's Materials)**
Author: Judith Foxon *Children's Books* 2001 22 pages

(Ages 4-8) A little squirrel goes to live with a new family because his birth mother cannot keep him safe. This book encourages children to explore their own stories and understand some of the painful memories they might have of their early life. Illustrated by Sarah Rawlings, it is intended to be read to children by their adoptive parents. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Material Title: **Nutmeg Gets Cross* (Children's Materials)**
Author: Judith Foxon *Children's Books* 2002 22 pages

Ages 4-8 Nutmeg, a small red squirrel, adopted with his younger sister and brother, is having a hard day. It's his birthday and he gets a card from his birth mom, but his joy is mixed with anxiety and confusion. This story offers a practical way to identify, explore and understand painful feelings that are likely to surface following adoption - often triggered by seemingly happy events such as birthdays or contact with birth siblings, but also by problems at school such as bullying and being behind. A removable "Practice Guidelines" section offer suggestions and triggers for further discussion which can be developed to suit the needs of each child.

Material Title: **Ocean Within, The* (Children's Materials)**
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.

Material Title: **Outer Search Inner Journey: An Orphan and Adoptee's Quest**
Author: Peter F. Dodds *Books* 1997 274 pages

In this riveting memoir a woman in post World War II Germany relinquishes her infant son Peter to an orphanage where he's adopted by American parents and brought to the United States. Separated from family of origin and ancestral homeland, Peter grows up alienated in a family and culture he doesn't understand. He returns to Germany believing happiness will come when finding his German family and reclaiming ethnic identity. But Peter's hopes are crushed as his search twists into a desperate struggle to escape a labyrinth of total despair. Set against the backdrop of the Cold War, this is the story of a man's spiritual transformation where the protagonist must ultimately confront himself.

Material Title: **Parenting the Hurt Child: Helping Adoptive Families Heal and Grow**
Author: Gregory Keck and Regina Kupecky *Books* 2009 258 pages

From insights gathered through years of working with adopted kids who have experienced early trauma, Keck and Kupecky, co-authors of "Adopting the Hurt Child," explain how to manage a hurting child with wisdom and resolve, and how to preserve your own stability in the process.

Grief and Loss

Material Title: **Parenting Your Adopted Older Child**

Author: Brenda McCreight *Books* 2002 199 pages

With such chapters as "Attachment," "Loss and Grief," "False Allegations of Abuse," "Maintaining Your Married or Single Lifestyle," "Avoiding Power Struggles," "Self-Esteem for You and Your Child," and many more, this handbook has something for just about any family who has adopted a child older than two years either domestically or internationally.

Material Title: **Primal Wound, The: Understanding the Adopted Child**

Author: Nancy Newton Verrier *Books* 1993 222 pages

By applying information about pre-and perinatal psychology, attachment, bonding, and loss, this book clarifies the effects on adopted children of separation from the birthmother. It also gives those children, whose pain has long been unacknowledged or misunderstood, validation for their feelings, as well as explanations for their behavior. The insight it brings to the experience of abandonment and loss will contribute to the healing of adoptees, their adoptive families, and birthparents.

Material Title: **Psychology of Adoption, The**

Author: David M. Brodzinsky *Books* 1990 347 pages

This highly technical book explores theoretical perspectives on adoption adjustment, research and clinical issues, as well as social policy and casework issues in adoption. It brings together the work of researchers and practitioners in the fields of psychiatry, developmental and clinical psychology, and social work in the field of adoption.

Material Title: **Reflection Pond**

Author: Jaiya John *Books* 2007 228 pages

Through allegory and parable, poetry and prose, Jaiya John, author of *Black Baby White Hands*, draws from the natural world around us to unveil the magical inner life of children and youth. Here is a revelatory positioning of the human mirror.

Material Title: **Scientific Basis of Child Custody Decisions, The**

Author: Robert Orleans *Books* 1999 443 pages

This book was written to help lawyers, judges, custody evaluators, social workers, psychologists, policymakers and parents understand the tangle of information and concepts involved in child custody decisions. A seven page chapter by Susan Fisher highlights how to deal sensitively with issues of loss, separation and abandonment.

Material Title: **Secure Base, A: Parent-Child Attachment and Healthy Human Development**

Author: John Bowlby *Books* 1988 180 pages

When parents provide a secure emotional base, encouraging their children to seek autonomy while giving them support and encouragement, children grow up psychologically stable and able to make the most of life's opportunities. Bowlby elaborates these ideas and offers further evidence of the ways in which strong emotional ties promote mental health.

Material Title: **Separation and Loss Issues for Foster and Birth Families (DVD)**

Author: DVD *DVDs* 2003 120 minutes

The pain of separation and loss is the universal experience of every foster child. Dr. Fahlberg talks with foster parents, foster teenagers, and adults who spent their teen years in foster care. They offer insight on how to lessen the impact of transition and strengthen a child's relationship with both foster and birth parents. Includes: 14-page Discussion Guide and review quiz.

Material Title: **Seven Core Issues in Adoption, The (DVD)**

Author: Sharon Kaplan Roszia & Deborah N. Silverstein *DVDs* 1989 2 hours

Adoption is a lifelong, inter-generational process, which unites birth parents, adoptees and adoptive parents forever. It triggers seven lifelong issues for all triad members -- grief, rejection, guilt, loss, identity, control, and intimacy. Recognizing these similarities, triad members and professionals can reduce the adversarial nature of adoption and improve understanding.

Material Title: **Tear Soup: A Recipe for Healing After Loss (DVD)* (Children's Material)**

Author: DVD *DVDs* 2006 17 Min

The Tear Soup video was produced in a documentary style format. All of the original illustrations from the picture book created by Taylor Bills were filmed in digital format. The pictures were then edited together with the voice of Mary McDonald-Lewis as the story teller and then cleverly mixed with an original score of music and all of the sounds that fill Grandy's day to day life. This story is written in the style of a children's book, and indeed it could be shared with young children, but it appears to be directed at adults as well. Using the extended metaphor of making soup for processing grief, the authors and illustrator offer a wide ranging approach to the process from many possible perspectives.

Grief and Loss

Material Title: **Tear Soup: A Recipe for Healing after Loss* (Children's Materials)**
Author: Pat Schwiebert and Chuck DeKlyen *Children's Books* 2013 51 pages

This book, illustrated by Taylor Bills, is written in the style of a children's book, and indeed it could be shared with young children, but it appears to be directed at adults as well. Using the extended metaphor of making soup for processing grief, the authors and illustrator offer a wide ranging approach to the process from many possible perspectives. It is followed by two pages of on-line support sites.

Material Title: **Three Little Words: A Memoir**
Author: Ashley Rhodes-Courter *Books* 2008 304 pages

The 22-year-old author of this memoir spent nine years of her life in fourteen different foster homes, one of which was very abusive, while her birth mother spiraled out of control. Now a college graduate and an advocate for adoption and foster care reform, hers is a story of encouragement to anyone who wonders how he or she will endure.

Material Title: **Toddler Adoption: The Weaver's Craft**
Author: Mary Hopkins-Best *Books* 2012 247 pages

Most often, children are joining their permanent, adoptive families past the age of infancy but not yet as "older children." This book covers many aspects of adopting and parenting these young children: the decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. Until now, few written resources have been available to discuss this special age -- the toddler.

Material Title: **Transitions: Moving Children With Sensitivity**
Author: Kris Villanueva and Judy Miller *Non-Return Items* 2007 60 pages

This information packet contains a variety of materials to assist both caseworkers and families in preparing a child for transitions. It includes suggested activities to build attachment and age specific transition checklists to be prepared by the child's caregiver to assist the new family in learning about the child.

Material Title: **Treewalker's Gift: Overcoming the Fear of Being Loved**
Author: Erma S. Brundidge, MS *Books* 2014 101 pages

A true story of a 6 year old girl's journey from abuse, neglect, and shame to a path of Truth guided by the Great Spirit. The gentleness of her Grandfather's lessons taught along the paths through the meadow and by the flowing stream gave her strength to continue through the emotional pain she would inevitably walk back into. Author Éрма Brundidge is a foster and adoptive family trainer who spends time speaking to groups about the effects of trauma on children and their future lives and relationships. She was a family therapist for 27 years before retiring and dedicating her life to giving a new understanding to foster and adoptive parents on how their words and actions impact the children they care for.

Material Title: **Twenty Life-Transforming Choices Adoptees Need to Make**
Author: Sherrie Eldridge *Books* 2003 270 pages

For adoptees, the past is full of mixed emotions. There's joy and sadness, confusion and relief. Often, difficult and inescapable questions can linger well into adulthood. These questions include: Does my birth mother still think about me? Why was I given up? Was I unworthy for some reason? These feelings are common for many adoptees, even if they grew up in an open, loving adoptive home, they still may be asking some of these questions. The final question that needs to be asked is this: "Will I choose to heal?"

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.

Material Title: **Understanding and Helping Adopted and Foster Children with Emotional Problems (VHS)**
Author: Michael Katz *Videotapes* 1990 4 hours

Many adopted and foster children have behavior problems that do not respond to traditional parenting. This video explains how underlying emotional problems involving attachment, identity, values, developmental delays, and anger produced by painful experiences sometimes not consciously remembered, can be the major causes. A variety of methods for reducing these behaviors are demonstrated.

Grief and Loss

Material Title: **What Children Need When They Grieve**

Author: Julia Wilcox Rathkey *Books* 2004 199 pages

This Book explores the scope of a child's reactions to death, including anger, denial, grief and fear. It gives advice on how to talk to your child and how to recognize their need for privacy and what adults should do and refrain from doing. Rathkey explains the four essentials that every grieving child needs: routine, love, honesty, and security.

Material Title: **Whose Child? An Adoptee's Healing Journey From Relinquishment Through Reunion . . . and Beyond**

Author: Kasey Hamner *Books* 2000 292 pages

This is the author's adoption story in terms of its effect on her life, her relationships, her self-esteem, and her use of food and other substances; and how her reunion with her birth family helped heal her wounds.

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.