

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* 1984 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\* (Children's Materials)**  
 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: **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.

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Material Title: **Facing up to Facebook: A survival guide for adoptive families**  
Author: Eileen Fursland *Books* 2010 97 pages

This book, published by the British Association for Adoption & Fostering (BAAF), examines the way the internet, social networking and other technologies are changing the landscape of adoption contact, search and reunion. It is the first UK guide to explore the many pressing questions and concerns facing adoptive parents: What do adoptive families, adopted children and birth families need to know about adoption in the Facebook age? How can they be equipped for new challenges? What do adoptive parents need to know about protecting privacy and security in the best interest of their children and wider family? How can adoptive parents manage the complex situations that arise from unauthorized and unmediated contact? What help and support is available?

This guide demystifies the technology behind social networking sites, provides a practical explanation of how they work and tackles key issues such as internet safety, privacy and identity protection. Facing up to Facebook provides a considerable amount of information, raises important questions and offers essential advice. Case studies and quotations enable others' experiences to be shared, and reveal the potential and very significant risks that some people have experienced. Although it does not provide any easy answers, the guide does include hard-won insights from adoptive parents and adoption workers who have had to face up to the impact of Facebook.

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Material Title: **Flight of the Stork: What Children Think (and When) about Sex and Family Building**  
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 Family, A: A book about adoption\* (Children's Materials)**  
Author: Roslyn Banish and Jennifer Jordan-Wong *Children's Books* 1992 41 pages

Recommended for children ages five to eight, this first-person photo essay tells the true story of Jennifer's experiences with foster parents, social workers, and getting used to the new life she leads with her adoptive family. This upbeat, loving, yet honest story has a picture book appearance that offers accessibility to beginning readers.

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Material Title: **Forever Fingerprints\* (Children's Materials)**  
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: **Foster Care and Adoption: A Pathway to Understanding\* (Children's Materials)**  
Author: Heather Wilson *Children's Books* 2006 64 pages

This is a unique interactive, illustrative and educational book created to help children de-mystify the process and their feelings as they move into foster care and adoption. It is an engaging tool to help children understand the people and steps involved in their transition to permanency. Ideally, the book is used by a clinician or caseworker in therapy with a child.

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Material Title: **Help! I've Been Adopted\* (Children's Material)**  
Author: Brenda McCreight *Children's Books* 2010 83 pages

When a child or youth is placed for adoption, it is a time of joy and excitement and it presents the child with the opportunity to experience what it is like to truly belong to a loving, stable family. However, for many adoptees, the first few months in a new adoptive placement are also a time of confusion and even more change in a lifetime of loss, unpredictability, and unanswered questions. "Help - I've Been Adopted!" will answer many of the questions that new (and long time placed) adoptees have about their lives. This book presents issues such as "Why do birth parents give up or lose their children?", "What is attachment and how does it affect my life?" "How do adoptive parents get matched to a child?" "Who makes all the decisions about a child's life" and more. This book is full of helpful suggestions to promote discussion between the adoptive parents and the child, and it will help social workers and counselors gain a new perspective on how to support the early stages of an adoption placement.

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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\* (Children's Materials)**  
 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\* (Children's Materials)**  
 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* 2012 233 pages

Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach provided by the authors makes relationships with children of all ages less stressful and more rewarding. Their methods of communication - illustrated with delightful cartoons showing the skills in action - offer innovative ways to solve common problems.

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Material Title: **I Love You Like Crazy Cakes\* (Children's Materials)**  
 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: **I Wonder...Teenagers Talk About Being Adopted (VHS)**  
 Author: Families Adopting in Response *Videotapes* 1996 45 minutes

Fourteen adopted teenagers respond to such topics as "difficult times," "special memories," "birth families," "transracial/transcultural issues," "how much they think about adoption," and others. The range of answers is certain to provide insight and compassion to anyone who interacts with adopted people.

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Material Title: **I Wonder... Teenagers Talk About Being Adopted (DVD)**  
 Author: Families Adopting In Response F.A.I.R. *DVDs* 1996 45 Minutes

Fourteen adopted teenagers respond to such topics as "difficult times," "special memories," "birth families," "transracial/transcultural issues," "how much they think about adoption," and others. The range of answers is certain to provide insight and compassion to anyone who interacts with adopted people.

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Material Title: **I'll Tell You When You Are Older Because... (CD)**  
 Author: Barry Chaffkin, April Dinwoodie and Doris Laurencea *CDs* 8/62011 1 hour 20 minutes

Presented by Barry Chaffkin, April Dinwoodie, and Doris Laurenceau of Changing the World One Child at a Time, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Children do best when they know the truth about their lives, but sharing difficult information is not easy. This workshop will give you the tools to discuss the most challenging situations (abuse, parental incarceration, death, HIV, incest, termination of parental rights) with children of all ages. Please bring your own challenging questions to the session. No topic is off limits!

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Material Title: **Is That Your Sister?: A True Story of Adoption\* (Children's Materials)**  
 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* 2009 302 pages

For nearly three decades this book has topped recommended readings list for those who seek to understand the effects of adoption - including adoptees, adoptive parents, birth parents, and their friends and family. With new material on the controversies concerning adoption, artificial insemination, and newer reproductive technologies, it continues to add to the discussion on this important topic.

# Talking to Adopted Children

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Material Title: **Lucy's Family Tree\* (Children's Materials)**  
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\* (Children's Materials)**  
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: **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.

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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.

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Material Title: **Sam's Sister\* (Children's Material)**  
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: **Social networking and contact: How social workers can help adoptive families**  
Author: Eileen Fursland *Books* 2010 102 pages

This book, published by the British Association for Adoption & Fostering (BAAF), examines the way internet, social networking and other technologies are changing the landscape of adoption contact, search and reunion. It is the first UK guide to explore the many pressing questions and concerns facing social workers: What do practitioners need to know about adoption in the Facebook age? How can they be equipped for new challenges? What do social workers need to know about protecting privacy and security so that they can give advice to young people and their families? How can social workers manage the complex situations that arise from unauthorized and unmediated contact? What advice and support is available?

The guide demystifies the technology behind social networking sites, provides a practical explanation of how they work and tackles key issues such as internet safety, privacy and identity protection. It examines the challenges faced by all parties involved in contact and looks at balancing the adopted child's curiosity and need to know with the adoptive family's fears and concerns around security and disruption. Social networking and contact provides a significant amount of information, raises important questions and offers essential advice. Case studies and quotations enable others' experiences to be shared, and reveal the potential and very significant risks that some people have experienced. Although it does not provide any easy answers, the guide does include hard-won insights from adoption workers and adoptive parents who have had to face up to the impact of Facebook.

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Material Title: **Social networking and you**  
Author: Eileen Fursland *Children's Books* 2011 24 pages

This booklet for adopted and long-term fostered teenagers raises important questions about young people's use of social networking and offers practical advice on sharing information (or not) and staying safe online. It specifically addresses concerns about unexpected contact with birth family members, talking things through with adoptive parents and tracing birth relatives. The real-life experiences of adopted young people help bring the guide to life and challenge the reader to consider 'what happened next?'

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Material Title: **Story of Megan, The\* (Children's Materials)**  
Author: Daniel Gregg *Children's Books* 1980 15 pages

Megan is so anxious about the thought of being adopted that her tummy feels funny! She wonders what it means to be adopted, and what being part of a forever family will be like for her. When she meets the mom and dad who will adopt her she wonders "How can I fit into this family?" The Story of Megan addresses some of the questions and feelings that children may have when going into adoption.

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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\* (Children's Materials)**  
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 audiotape, 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 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?"

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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\* (Children's Materials)**  
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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## Talking to Adopted Children

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Material Title: **W.I.S.E. Up Powerbook\* (Children's Materials)**  
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\* (Children's Materials)**  
Author: Carrie A. Kitz *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: **When Friends Ask About Adoption: Question and Answer Guide**  
Author: Linda Bothun *Books* 1996 88 pages

For parents, teachers and other professionals as well as kids, this booklet not only provides sensitive, down-to-earth answers to kid's questions, but it will also educate adults about the complexities and joys of adoption.

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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.