

WHO? WHAT? WHY?

PART ONE

By: Jennifer Walker

Children are curious and ask many questions, especially during the preschool years. They inquire about physical differences and about how they joined their family. As parents, we need to be well informed and prepared for these conversations. It is our responsibility to be delicately truthful and share with them the personal and sometimes difficult details of the who, what and whys of their little lives. In doing so, it can be helpful to have added tools to aid in facilitating positive, reassuring communications and the use of pictures and words can be a tremendous help in doing so.

The below is just a *short list* of the many adoption related resources available to both parents and children of all ages and circumstance. *It is to be taken only as a casual guideline, where all titles are open to positive or negative interpretation, as in most artistic mediums. In regards to any child books listed, I encourage parents to pre-read and independently judge for suitability and appropriateness prior to sharing with child.*

Those listed are available online through: Chapters and/or Amazon but many can also be found and borrowed from a local library.

FOR ADULTS

OUR CHILD: Preparation for Parenting in Adoption (Instructor's Guide)

By: Carol A. Hallenbeck

Brief: A 'lamaze' course book for prospective adopters

HOLDING TIME

By: Martha G. Welsh

Brief: A resource guide for parents dealing with child attachment issues

RAISING ADOPTED CHILDREN: A Manual for Adoptive Parents

By: Lois Ruskai Melina

Brief: This book is somewhat dated, but has good methods on how to openly discuss adoption with your children.

Our Own: Adopting and Parenting the Older Child

By: Trish Maskew

Brief: This book provides a nice overview of issues that older child adoption may bring to your family.

ADOPTION PARENTING: Creating a Toolbox, Building Connections

By: EMK Press

Brief: Parenting adopted children requires parenting with an extra layer and this book helps you to understand where that extra layer falls.

PARENTING YOUR ADOPTIVE OLDER CHILD

By: Brenda McCreight

Brief: How to overcome the unique challenges and raise a happy and healthy Child

THE PRIMAL WOUND: Understanding the Adopted Child

By: Nancy Verrier

Brief: Considered by many as the adoptees' bible, this emotional read touches the heart and gives excellent information on pre- and perinatal psychology, attachment, bonding, separation and loss while helping to acknowledge, understand, and validate the wounds created by abandonment.

DOES ANYBODY ELSE LOOK LIKE ME? : a Parent's Guide to Raising Multiracial Children

By: Donna Jackson Nakazawa

Brief: This book is a guide to parenting in an increasingly multicultural world; offering tools to root an appreciation of their child's multicultural heritage, while adequately preparing them for the difficulties that their monoracial peers may not experience or understand.

DISCIPLINE WITHOUT SHOUTING OR SPANKING

By: Jerry Wyckoff

Brief: Practical Solutions to the Most Common Preschool Behaviour

TELLING THE TRUTH TO YOUR ADOPTED OR FOSTER CHILD: Making Sense of the Past

By: Betsy Keefer and Jayne E. Schooler

Brief: A great book that helps adoptive and foster parents understand why the *whole* truth is important and how to talk about it. The lesson is that shelter and protection are truly found in truth, not silence.

FOR CHILDREN

OVER THE MOON: An Adoption Tale

By: Karen Katz

Brief: This surrealistic yet utterly heartfelt story is about one adoptive family's beginnings as they fly over the moon to a faraway place with palm trees and birds, violet flowers, and mountains, to meet their new daughter. (Ages 2+)

I WISHED FOR YOU: An Adoption Story

By: Marianne R Richmond

Brief: An adoption story follows a conversation between Barley Bear and his Mama as they curl up in their favourite cuddle spot and discuss how they became a family. (Ages 2+)

Also Available through: [www.tapestrybooks.com]

THE DAY WE MET YOU

By: Phoebe Koehler

Brief: Using just a few simple words, this beautifully illustrated picture book describes the events on the day that parents meet their adoptive newborn for the first time. Each word provides a simple, easy-to-understand introduction to the objective and emotional realities of adoption. (Ages 2+)

Also Available through: [www.tapestrybooks.com]

A MOTHER FOR CHOCO

By: Keiko Kasza

Brief: This book teaches young children that they do not need to resemble their parents to be loved by them. (Ages 2+)

Also Available through: [www.tapestrybooks.com]

HAPPY ADOPTION DAY

By: John McCutcheon

Brief: A cheerful book that encourages adoptive families to celebrate the joyous anniversary of their child's entry into the household. (Ages 2+)

Also Available through: [www.tapestrybooks.com]

MAYA'S JOURNEY HOME

By: Susan E. Lindsley and Tina L. Christiansen

Brief: A lovely book about a little panda named Maya that lives in an orphanage. She dreams about her

forever family, and learns that love and families come in all colours, shapes and sizes. (Ages 3+)
Also Available through: [www.suitematespublishing.com]

LITTLE MISS SPIDE

By: David Kirk

Brief: This is a sweet little book about a baby spider that is born and begins searching for her mother, only to find out that her mother doesn't have to look exactly like her. (Ages 3+)

Also Available through: [www.tapestrybooks.com]

THE BEST FOR YOU

By: Kelsey Stewart

Brief: Written for young children in a conversational first voice, this book candidly and gently speaks to the adopted child, as it gently answers common adoption related questions. (Ages 3+)

Also Available through: [www.tapestrybooks.com]

HORACE

By: Holly Keller

Brief: This is a story about HORACE who is unhappy because his family striped, but he is spotted. So off he goes to find a family that looks more like he does and in the end, he realizes it doesn't matter. (Ages 3+)

Also Available through: [www.tapestrybooks.com]

SEEDS OF LOVE: For Brothers and Sisters of International Adoption

By: Mary E. Petertyl

Brief: A book created for the big brother or sister who will stay at home while his/her parents travel to bring home the new adopted baby. (Ages 3+)

TELL ME AGAIN ABOUT THE NIGHT I WAS BORN

By Jamie Lee Curtis

Brief: A book delicately written for young children; describing how a child is born and how a family is formed through adoption. (Ages 4+)

Also Available through: [www.tapestrybooks.com]

STELLALUNA

By: Janell Cannon, Jewell Cannon

Brief: Stellaluna is an adorable baby fruit bat that gets knocked from her mother's safe embrace by an attacking owl and lands headfirst in a bird's nest. Her world is then turned upside down when she is adopted by the occupants of the nest and adapts to their peculiar bird habits. (Ages 4+)

Also Available through: [www.tapestrybooks.com]

BROWN LIKE ME

By: Noelle Lamperti

Brief: A delightful book about families, diversity, and love. It is an absolute must for parents who want to show their child just how beautiful being different can be! (Ages 4+)

Also Available through: [www.tapestrybooks.com]

MULBERRY BIRD

Author: Anne Braff Brodzinsky

Brief: A tenderly and compassionately written story about a mother bird who decides to place her baby bird for adoption. It explains why a single birthmother might consider an adoption plan, and select a suitable couple to raise her child. (Ages 4+)

Also Available through: [www.tapestrybooks.com]

MY FAMILY IS FOREVER

By: Nancy Carlson

Brief: A thoughtful book with straightforward text help explain the story of a little girl and how she came into her parents' world—and made them a family forever. (Ages 4+)

Also Available through: [www.tapestrybooks.com]

WHAT IS ADOPTION: Helping non-adopted children understand adoption

By: Sofie Stergianis and Rita McDowall

Brief: A well informed and unique children's book which teaches children about adoption. It is written in a question and answer format and demonstrates positive use of adoption language. (4+)

THE BEST SINGLE MOM IN THE WORLD: How I Was Adopted

By: Mary Zisk

Brief: This book describes the story of a single adoptive mother and her young daughter as they take turns sharing their adoption story at bedtime. (Ages 4+)

Also Available through: [www.tapestrybooks.com]

WHY CAN'T YOU LOOK LIKE ME?

By: Ola Zuri

Brief: A free and lyrically written novel about a young African American girl adopted by a Caucasian family, and her struggle to find her place within a predominately Caucasian community. (Ages 5+)

WHERE DO I BELONG?

By: Ola Zuri

Brief: Through the use of poetry and vivid illustrations, this book addresses transracial adoption and learning to be comfortable with ones self. (Ages 5+)

ALL ABOUT ADOPTION: How Families are Made

By: Marc Nemiroff

Brief: For children adopted at any age and from any country, this book explores the what, how, and why of adoption, as well as the many feelings kids can experience as they grow up. (5+)

Also Available through: [www.tapestrybooks.com]

FAMILIES ARE DIFFERENT

By: Nina Pellegrini

Brief: This book wraps together different-looking families and different ways of creating families. (Ages 5+)

Also Available through: [www.tapestrybooks.com]

AARVY THE AARDVARK FINDS HOPE: A Read Aloud Story for People of All Ages About Loving and Losing, Friendship and Hope

By: Donna O'Toole

Brief: A children's book about dealing with loss and grief. (Ages 5+)

I DON'T HAVE YOUR EYES

By: Carrie Kitz

Brief: A book about family connections (targeted for transracial and transcultural adoptees) and how important they are to children as they begin to find their place in the world. (Ages 5+)

ALL ABOUT ADOPTION: How to Deal with the Questions of Your Past

By: Anne Lanchon

Brief: Written in a style attractive to teens, this book deals with issues of self-identity, family

relationships, biological roots and relationships with peers. It's casual style helps make it easy to open up the topics for family discussion. (Ages 8+)

Also Available through: [www.tapestrybooks.com]

Face in the Mirror: Teenagers and Adoption

By: Marion Crook

Brief: A book written about being a teenager in today's complex world is a difficult enough task, but adopted teens have an additional struggle: to discover their identity and a sense of belonging and place in the world. (Ages 10+)

Also Available through: [www.tapestrybooks.com]

The Secret of Me: A Novel in Verse

By: Meg Kearney

Brief: An acclaimed story of an adopted teenager's quest to find her place among family, friends, and the wider world. (Ages 10+)

Also Available through: [www.tapestrybooks.com]