

EMERGENCY TOOLKIT



What happens when you adopt and it isn't what you had expected?

If you are stressed to the point of harming your child
CALL CHILDLINE

0800 1111 – toll free *and the number does not show on bills from landline phones*
www.childline.org.uk

If you are an adult and fear a child may be abused or if you need help and advice ring the National Society for the Prevention of Cruelty to Children (NSPCC) on **0808 800 500**
www.nspcc.org.uk/nspcc/helpline. In Scotland adults can call Children 1st for help and advice on
0808 800 2222, www.children1st.org.uk/parentline/

Preparing for Personal Stress & Choosing Your Parenting Style

The Post-Adoption Blues : Overcoming the Unforseen Challenges of Adoption
by Karen J. Foli, Ph.D. and
John R. Thompson, MD

EMK Press Parent Guides on
Post Adoption Depression
www.emkpress.com
(click “Parent Resources”):

*Post Adoption Depression
Stressed, Depressed and Parenting?
How do We Cope with Ourselves
and Parent as Well?*
by S.M. Macrae, Ph.D

BABYSHOCK
Depression and International Adoption
by Jean MacLeod

BOOKS That help Choose Your Parenting:
Parenting from the Inside Out
by Daniel J. Siegel, M.D.

The Whole Parent: How to Become a Terrific Parent Even if You Didn't Have One
by Debra Wesselman

Understanding Why Our Children Act the Way They Do...And learning how to parent to help and heal

Online Classes for Adoptive Families:
Adoption Learning Partners–
free e-Courses on adoption parenting issues
www.adoptionlearningpartners.org

Child Trauma Academy –
free e-Courses on understanding / parenting traumatized children
www.childtraumacademy.com

Books:
Creating Capacity for Attachment by Arthur Becker-Weidman, Ph.D. and Deborah Shell
Real Parents, Real Children
by Holly Van Gulden & Lisa Bartels-Rabb

Building the Bonds of Attachment
by Daniel A. Hughes, Ph.D.

Attaching in Adoption: Practical Tools for Today's Parents by Deborah Gray

Adoption-Parenting: Creating a Toolbox, Building Connections (Spring 2006 EMK Press)

Toddler Adoption: The Weaver's Craft
by Mary Hopkins-Best

Websites:
Attachment Issues & Information
www.attach-china.org
Attachment, PTSD, Sensory & Resources
www.a4everfamily.org

Center for Family Development
www.center4familydevelop.com
National Center for Post Traumatic Stress Disorder (PTSD)
www.ncptsd.va.gov

EMK Press Parent Guides: Attachment
www.emkpress.com (click “Parent Resources”)
Top Ten Tips for Successful First Year Parenting
by Deborah Gray, MSW, MPA

Anger Management & Practical Parenting for Tantrums

Angries Out: Anger Management and Solutions
(for Kids and Parents)
www.angriesout.com

22 Alternatives to Losing It
[http://www.naturalchild.org/
jan_hunt/22_alternatives.html](http://www.naturalchild.org/jan_hunt/22_alternatives.html)

Parenting ideas / parenting-tantrum philosophy
articles from the Parent Leadership Institute
www.parentleaders.org
(click on "Articles")

Finding an Adoption Therapist

- 1) A therapist should have experience with treating the special needs of a post-institutionalized child, including Post Traumatic Shock Disorder (PTSD) and Reactive Attachment Disorder (RAD)
- 2) A therapist should understand the intense challenges of **parenting** an internationally adopted child and should offer practical support to the mum and dad

In the UK, the first port of call might be the General Practitioner or NHS Direct
<http://www.nhsdirect.nhs.uk/index.asp>, for a general steer as to what therapies are available. Families should also be able to access post adoption support from their Local Authority Adoption Support Services Adviser, appointed to ensure inter-agency arrangements between social services, education, local health trusts and other agencies. Then access the following:

Adoption UK *Director – Jonathon Pearce*
46 The Green, South Bar, Banbury
Oxon OX16 9AB
Phone: 01295 752240
admin@adoptionuk.org.uk
Helpline 0870 7700 450
Training, seminars, message boards, assistance

Intercountry Adoption Centre
<http://www.icacentre.org.uk/index.php>
Courses, support and information

OASIS www.overseas.adoption.org
Helpline and advice for members

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Family Futures Consortium
35 Britannia Row, Islington,
London N1 8QH
0207 354 4161
www.familyfutures.co.uk

Experienced therapists with knowledge of both domestic and intercountry placements

Post Adoption Centre Director–Monica Duck
55 Torriano Mews, Torriano Avenue
London NW5 2RZ
0207 284 0555
advice@postadoptioncentre.org.uk
Therapists, seminars and help – Local authority adoption agencies often access it

Connecting to Other Parents Who Have Been There, Done That

There are a number of e-lists at yahoo groups. Creating a connection with other parents can really help when you are stressed and feeling alone. These two groups tackle the tough issues and can help when you are struggling with yourself or with your child:

adoptionparenting@yahoogroups.com
Topic driven list with vast archives. You have to currently be parenting adopted or fostering children to be approved for membership.

attach-china@yahoogroups.com
Parents of children from around the world who are struggling with attachment issues

UKAO@yahoogroups.com
Open only to adoptive or prospective adoptive parent members of OASIS, CACH or other approved UK-based overseas adoption groups

ChineseAdoption-UK@yahoogroups.com
very supportive yahoo group

www.adoptionuk.org
Adoption UK message boards. Mainly domestic adoptions, but hugely supportive and very open to hard thinking.

The most important thing is to reach out to someone, to get educated, be as prepared as you can be, and get some support networks in place. You are not alone.