

EMERGENCY TOOLKIT



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

If you are stressed to the point of losing control or harming your child
CALL THE NATIONAL (USA) CHILD ABUSE HOTLINE:
1-800-4-A-CHILD (1-800-422-4453)

DON'T WORRY ABOUT...

- your conversation being taped. *Your call is confidential.*
 - anyone asking your name. *The Hotline is anonymous.*
 - the call showing up on your phone bill. *It won't.*
- www.childhelpusa.com

Preparing for Personal Stress & Choosing your Parenting Style

The Post-Adoption Blues : Overcoming the Unforeseen 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 to Help You 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.childtraumaacademy.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

On Fostering 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")

*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.*

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 mom and dad

ATTACH Association for Treatment and Training in the Attachment of Children

www.attach.org

Attach-China

www.attach-china.org

(Scroll to "Resources")

Families by Design

www.attachment.org

(Click on "Therapists")

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.

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