Resources

Additional resources can be found at www.emkpress.com

Getting Started
Lifelong Issues in Adoption  By Deborah N. Silverstein, LCSW, and Sharon Kaplan Roszia, MS
Orphans and Warriors: The Journey of the Adopted Heart  By Dec Paddock, MA, MTS, NCC
The Resilient Self: How Survivors of Troubled Families Rise Above Adversity  By Stevan J Wolin MD and Sybil Wolin PhD
Real Parents. Real Children  By Holly van Gulden and Lisa M. Bartels-Rabb

Sleep
On Becoming Babywise  By Gary Ezzo and Robert Bucknam
Solve Your Child's Sleep Problems  By Richard Ferber
Attaching in Adoption  Practical Tools for Today's Parents  By Deborah Gray
Sleeping through the Night: How Infants, Toddlers, and their Parents Can Get a Good Night's Sleep  Jodi Mindell
The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep through the Night  By Elizabeth Pantley
The Baby Book  By Martha and William Sears
The Baby Sleep Book  By Martha and William Sears, Robert Sears, James Sears

Claiming
Change Your Brain, Change Your Life.  By Daniel Amen
First Steps in Parenting the Child Who Hurts.  By Caroline Archer
Parenting with Love and Logic: Teaching Children Responsibility.  By Foster Cline and Jim Fay
Transforming the Difficult Child: The Nurtured Heart Approach.  By Howard Glasser and Jennifer Easley
Attaching in Adoption: Practical Tools for Today's Parents  By Deborah Gray
Building Healthy Minds: The Six Experiences that Create Intelligence and Emotional Growth in Babies and Young Children.  By Stanley Greenspan
Toddler Adoption: The Weaver’s Craft.  By Mary Hopkins Best
Building the Bonds of Attachment.  By Daniel Hughes, PhD

Language
1. General Information on Facilitating Speech and Language Development
Beyond Baby Talk: from Sounds to Sentences, a Parent's Complete Guide to Language Development  By K Apel and J Masterson
(Ordering information available at www.asha.org/public/beyond_baby_talk.htm)
www.asha.org/public/speech/development/Parent-Stim-Activities.htm (Specific age-appropriate suggestions for encouraging language development in general—not specific to internationally adopted children)
www.hanen.org (parent training programs for family-focused early language intervention programs)
www.babysigns.com (books and videos on how to teach and use baby signs with your child before they are able to talk)

2. Websites for Speech and Language Development in Internationally Adopted Children
Language Development in Internationally Adopted Children  Sharon Glennen
pages.towson.edu/sglennen/index.htm
Speech-Language Development in Children Adopted from China  Karen Pollock
www.rehabmed.ualberta.ca/spa/phonology/Chinadopt.html
3. How to find a Speech-Language Pathologist or Audiologist (searchable databases)
   - American Speech-Language Hearing Association
     www.asha.org/proserv/
   - American Academy of Audiology
     www.audiology.org/consumer/find/
   - Canadian Association of Speech-Language Pathologists and Audiology
     www.caslpa.ca/english/profession/find.asp
   - (UK) Association of Speech and Language Therapists in Independent Practice
     www.helpwithtalking.com/search.asp
   - Speech Pathology Australia

4. Mitigating Language Losses
   - Speech and Language Disorders
     www.nlm.nih.gov/medlineplus/speechandcommunicationdisorders.html
   - Information on developmental delay, developmental milestones and how to read these with regard to individual children and different needs see www.zerotothree.org, www.howkidsdevelop.com and www.aap.org.
   - Our Children in School: A new Challenge for Teachers and Parents By Boris Gindis
     www.bgcenter.com/interview.htm
   - English Language Learning in Internationally Adopted Children: Communicative language and cognitive language By Boris Gindis
     www.bgcenter.com/interview2.htm

5. Communication Gains
   - Attunement Daniel Hughes, PhD
     www.danielahughes.homestead.com
   - Daniel J. Siegel, MD
     www.parentinginsideout.com
   - Professional Interview—Daniel Siegel, MD, at Mental Help Net mentalhelp.net/poc/view_doc.php?type/doc/id/818
   - Attunement: Reading the Rhythms of a Child by Bruce Perry, MD, PhD
     www.teacher.scholastic.com/professional/bruceperry/attunement.htm
   - Emotional Intelligence. By Daniel Goleman

   - Building Healthy Minds: The Six Experiences that Create Intelligence and Emotional Growth in Babies and Young Children.
     By Stanley Greenspan
   - The Out of Sync Child & The Out of Sync Child has Fun. By Carol Stock Kranowicz
     Lots of ideas for work on the senses and movement. The suggested activities are great and not expensive to set up.
   - University of Minnesota International Adoption Project—longitudinal study of language delay in children adopted from China—social skills a predictor of language success
     educationumn.edu/icd/iap/Results4.25.htm
   - Brain Gym®
     www.braingym.org
     Exercises for the brain carried out through positioning and movement

Food
   - Adoption Comunity
     www.comunity.com/adoption/index.html

Baggage
   1. Adult Attachment
      - Mothering Without a Map. By Catherine Black
      - Parenting from the Inside Out: How Deeper Self-Understanding Can Help You Raise Children Who Thrive. By Dan Siegel and Mary Hartzell
      - The Whole Parent: How to Become a Terrific Parent Even if You Didn’t Have One.
        By Debra Wesselmann

   2. Resilience
      - Books for Helping Parents With Their Issues
        Homecoming: Reclaiming and Championing Your Inner Child. By John Bradshaw

      - A quick and interesting resiliency test can be found at www.resiliencycenter.com/resiliencyquiz.shtml After you get a sense of how resilient you are you may want to pursue different resources for beefing up your resiliency.
      - These books provide a great starting point for enhancing an adult’s resiliency:
        - The Resilient Self: How Survivors of Troubled Families Rise Above Adversity By Steven J. Wolin, MD and Sybil Wolin, PhD
Adoption Parenting 489

The Resilience Factor: 7 Essential Skills for Overcoming Life’s Inevitable Obstacles. By K. Reivich, & A. Shatte

Facilitating Developmental Attachment: The Road to Emotional Recovery and Behavioral Change in Foster and Adopted Children. By D. Hughes, PhD

Becoming Attached: First Relationships and How They Shape Our Capacity to Love. By Robert Karen

Attaching to Your Newly Adopted Infant or Toddler. By Lynne Lyon, MSW


Discipline
Lifelong Issues in Adoption By Deborah Silverstein and Sharon Kaplan Roszia

www.adopting.org/silveroze/html/lifelong_issues_in_adoption.html

Building the Bonds of Attachment. By Daniel Hughes, PhD


How to Talk So Kids Will Listen & Listen So Kids Will Talk. By Adele Faber and Elaine Mazlish

Parenting With Love and Logic: Teaching Children Responsibility. By Foster Cline, MD and Jim Fay

Loss and Grief
Finding the Missing Pieces: Helping Adopted Children Cope with Grief and Loss available through Adoption Learning Partners

www.adoptionlearningpartners.org

Adoption Learning Partners offers education and training to the adoption community via the Internet through a series of e-learning courses of a variety of adoption topics.

Promoting Successful Adoptions: Practice with Troubled Families. By Susan Livingston Smith and Jeanne A. Howard

A Child’s Journey Through Placement
By Vera I. Fahlberg

Helping Children Cope with Separation and Loss By Claudia Jarrett Jewett

Real Parents, Real Children: Parenting the Adopted Child. By Holly Van Gulden and Lisa M. Bartels-Rabb

Homeworks #1: At-Home Training Resources for Foster Parents and Adoptive Parents

By Wendy Whiting Blome, Maureen Leighton, and Eileen Mayers-Pasztor

Being Adopted: The Lifelong Search for Self
By David M. Brodzinsky, Marshall D. Schechter, Robin Marantz Henig

Toddler Adoption: The Weaver’s Craft
By Mary Hopkins-Best

Our Own: Adopting and Parenting the Older Child By Trish Maskew

Twenty Things Adopted Kids Wish Their Adoptive Parents Knew By Sherrie Eldridge

Adopting the Older Child
By Claudia L. Jewett

Transitions
Disruption
Families who are in crisis and contemplating disruption should seek professional advice. Calling your agency is important. Support can also be obtained from support groups locally and on the internet. Nancy Spoolstra’s Attachment Disorder Network (ADN) has associated listservs with experienced members who can support you: www.radzebra.org.

This site www.karensadoptionlinks.com/disrupt.html speaks to the need to seek advice from agency and social worker; has general process listserv advice, and useful links to Residential treatment Centers (which could shelter a child post-disruption if no further family is found (parents liable for cost) or provide respite and staying the disruption.

Siblings
Siblings Without Rivalry By Elaine Mazlish

Narratives
EMK Press Parent Guides and selected titles on Lifebooks and resources for families working on their children’s stories www.emkpress.com
490 Resources

Learning
1. Adopted Children in Schools
Adoption and the Schools: Resources for Parents and Teachers. By Lansing Wood and Nancy Ng
Center for Cognitive-Developmental Assessment & Remediation www.bgcenter.com
Identifying Learning Problems in Adopted Children Annie Stuart
www.schwablearning.org/articles.asp?r=689&g=1

2. Special Education Resources
www.wrightslaw.com
Website with comprehensive explanations of special education laws, including information on the reauthorization of IDEA 2004 and the impact of the various changes under this law.
www.nichcy.org/pubs/genre5e/gr3.htm
Website of the National Dissemination Center for Children with Disabilities. Contains lists of state contacts in special education, early intervention and local parent support and advocacy groups. Available through this site is each state’s Parent Training Institute (PTI), a great resource for learning more about the state’s regulations and how to advocate for children with disabilities.
www.partnersinpolicymaking.com
Partners in Policymaking is a competency-based leadership training program for adults with disabilities and parents of children with disabilities. It’s purpose is to teach best practices and the competencies of influencing public officials.

3. Attachment and Trauma Information
www.teacher.scholastic.com/professional/bruceperry/index.htm
Dr. Bruce Perry is an international expert in childhood trauma. This website contains several articles about dealing with traumatized children in the classroom and has great information for both parents and teachers. For more information see also www.childtrauma.org. This site contains on-line course offerings to learn even more about childhood trauma, PTSD and interventions.
www.radzebra.org
The Attachment Disorder Network website contains comprehensive information on attachment disorder and related issues/diagnoses as well as treatments.

School
Adoption and the Schools: Resources for Parents and Teachers. By Lansing Wood and Nancy Ng
Dickens, Boys, Town or Purgatory: Are Institutions A Place To Call Home? Victor Groza, Daniela Ileana, Ivor Irwin, www.comunity.com/adoption/institutionalism.html
Adopting an Institutionalized Child: What Are the Risks? By Dana Johnston MD
www.adooption-research.org/risks.html
Can Inattention/Overactivity be an Institutional Deprivation Syndrome? By Jana M Kreppner, Thomas G. O’Connor, Michael Rutter, and the English and Romanian Adoptees Study Team
Adoption Stress By Mark Lerner, 2005
www.adooptiondoctors.com/articles/Article/Adoption-Stress-and-International-Adoption/39

Race
Color of Difference By Sarah Armstrong and Lynelle Beveridge
Outer Search, Inner Journey By Peter F. Dodds
So You Think You’re an Anti-Racist? 6 Critical Paradigm Shifts for Well-Intentioned White Folks. By Paul Gorski
www.edchange.org/multicultural/resources/paradigmshifts_race.html
Inside Transracial Adoption By Gail Steinberg and Beth Hall. See also www.pactadopt.org
Loving Across the Color Line: A White Adoptive Mother Learns about Race. By Sharon Rush
Why Are All the Black Kids Sitting Together in the Cafeteria? And Other Conversations About Race. By Beverley Tatum
It’s the Little Things—Everyday Interactions that Anger, Annoy, and Divide the Races By Lena Williams, 2000.
I’m Chocolate, You’re Vanilla—Raising Healthy Black and Biracial Children in a Race-Conscious World—A Guide for Parents and Teachers By Marguerite A. Wright

Online Resources


IMDiversity.com and the Multicultural Villages (Asian American Village, African American Village, Hispanic American Village, Native American Village) www.imdiversity.com


Scholastic Magazine on Diversity, www.teacher.scholastic.com/professional/teachdive/


A Question of Color, Teaching Tolerance, Parenting Magazine http://www.parenting.com/


Older Child Adoption
www.olderchildadoption.com

Resources and links for parents contemplating or having completed an adoption of an older child.

Challenges

Institutionalism
www.bensoc.asn.au/parc_search/transracial_article_educate.html

Adopting for good: A guide for people considering adoption By J. Kincaid

Medical and developmental sequelae of early childhood institutionalization in international adoptees from Romania and the Russian Federation By Dana Johnston

Children of intercountry adoptions in school: A primer for parents and professionals. By R. L. Meese

Life after trauma: A workbook for healing. By D. Rosenbloom & M.B. Williams

What do you do with a child like this: Inside the lives of troubled children. By L. Tobin

Parenting Children with FASD-.Education, Evaluation and Support

Dr. Harry Chugani, Chief Pediatric Neurologist, Detroit Children’s Hospital. See 2004 National Conference presentation available through FRUA at www.frua.org

Dr. Boris Gindis www.bgcenter.com
Dr Ron Federici at www.drfederici.com
Site offers research and treatments and support

Dr Jane Aronson www.orphandoctor.com
American Academy of Pediatrics www.aap.org

FASlink www.FASlink.org

PEP-L list-serve www.ceadopt.org

Amen Clinics www.brainplace.com

Trauma therapy – investigations by SPECT Scan

Ohio Coalition for the Education of Children with Disabilities – offers sister state information which helps parents from other states find help www.occdd.org

Adoptive mother Terri Mauro’s website www.motherswithattitude.com/about.html

Adoption author Wrightslaw www.wrightslaw.com Advocacy and resources for children with special educational needs
Abuse

Center for Behavioral Intervention
(503) 644-2772/Cory Jewell Jensen & Steve Jensen, 4345 SW 109th Ave, Beaverton, OR 97005
Darkness to Light – site setting out what can be done to prevent sexual abuse and molestation:
www.darkness2light.org/KnowAbout/statistics_2.asp
www.darkness2light.org/7steps/download_7steps.asp
How abusers operate
www.streetlevelconsulting.ca/rareTreasures/sexoffender1.htm
Parenting the Hurt Child: Helping Adoptive Families Heal and Grow by Gregory Keck, Regina M. Kupecky

Support

LGBT Resources
For Lesbian Parents: Your Guide to Helping Your Family Grow Up Happy, Healthy, and Proud. By Suzanne Johnson, and Elizabeth O’Connor
The Lesbian and Gay Parenting Handbook: Creating and Raising Our Families. By April Martin

Therapy

If you feel that you need to seek an attachment therapist, information can be obtained from www.attach.org and www.attach-china.org as to how to obtain a registered therapist.

Dyadic Developmental Psychotherapy
www.center4familydevelop.com/therapy.htm
www.danielahughes.homestead.com/Model.html
Brain Gym
www.braingym.org. Theory and exercises designed to help re-organize and re-order the brain through cross-lateral movement
A portal to Brain Gym
www.learningsolutions.co.uk/brain_gym.php
PACE- processing and cognitive enhancement - is a group of exercises within Brain Gym that help with organizing the brain

EMDR
www.emdr.com
www.emdria.org

Narrative Therapy www.narrativeapproaches.com
www.dulwichcentre.com.au
www.familyattachment.com

Neurofeedback
www.eegspectrum.com
The Neuro Net therapy program, devised by audiologist Nancy Rowe, helps “improve vestibular control of body management (attention) and integrate vestibular-motor, auditory-motor and visual-motor skills”
www.neuronetonline.com/bg.php?content=bg5_content
Theraplay www.theraplay.org
Tomatis Listening Therapy www.tomatis.com
Theory and exercises designed to help those with listening/learning disorders

Useful tools:
www.childanxiety.net
www.mindworksforchildren.com
www.familyattachment.com
www.emkpress.com
www.alertprogram.com
www.speechmark.net

Journey

Evan B. Donaldson Adoption Institute
www.adoptioninstitute.org
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