

# Adoption Toolbox Resources

from Jean MacLeod and [www.AdoptionToolbox.com](http://www.AdoptionToolbox.com)

## SEVEN CORE ISSUES in ADOPTION

“Adoption triggers seven lifelong or core issues for all triad members, regardless of the circumstances of the adoption or the characteristics of the participants”  
(Deborah N. Silverstein and Sharon Kaplan Roszia, 1982)

## Grief, Rejection, Shame, Control, Intimacy, Identity, Loss

### ANXIETY and POST TRAUMATIC STRESS DISORDER (PTSD)

#### Books

- Helping Your Anxious Child: A Step-By-Step Guide for Parents, by Ronald M. Rapee (ed)
- Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias, by Tamar Chansky
- What To Do When You're Scared and Worried: A Guide for Kids, by James J. Crist, Ph.D. (grd 5-8) (T)
- Helping Children Cope with Loss and Separation, by Claudia Jewett Jarratt

#### Related Websites

- Child Trauma Academy (free online courses) [www.childtraumacademy.com](http://www.childtraumacademy.com)
- National Center for PTSD [www.ncptsd.va.gov](http://www.ncptsd.va.gov)
- Bruce Perry articles <http://teacher.scholastic.com/professional/bruceperry/index.htm>
- David Baldwin's Trauma Information Pages [www.trauma-pages.com](http://www.trauma-pages.com)
- Healing Resources (Children's stress, anxiety / PTSD)
  - Articles: [http://www.healingresources.info/children\\_articles.htm](http://www.healingresources.info/children_articles.htm)
  - Online Video: [http://www.healingresources.info/emotional\\_trauma\\_online\\_video.htm](http://www.healingresources.info/emotional_trauma_online_video.htm)

### SLEEP ISSUES and NIGHTMARES

- "Nightmares? Bad dreams? Lucky You!" <http://www.dreams.ca/nightmares.htm>
- "Nightmare Remedies: Re-scripting Bad Dreams"  
[http://www.dreamwisdom.info/library/nightmare\\_remedies\\_dw.htm](http://www.dreamwisdom.info/library/nightmare_remedies_dw.htm)
- "Overcoming Nightmares" <http://www.lucidity.com/EWLD10.html>

### BUILDING RESILIENCE: COPING WITH TRANSITION - PERFECTIONISM - CHALLENGES

- APA Resilience Guide (tips for building resilience in children, tweens, and teens):  
<http://www.apahelpcenter.org/featuredtopics/feature.php?id=39&ch=1>
- "Orphans and Warriors" by Dee Paddock, MA, MTS <http://www.attachmentcoalition.org/OandW.pdf>
- The Optimistic Child: Proven Program to Safeguard Children from Depression & Build Lifelong Resilience, by Martin E. Seligman
- Perfectionism: What's Bad About Being Too Good?, by Miriam Adderholdt, Ph.D. & Jan Goldberg (T)
- The Attitude Equation, by Ellen F. Simes (T)
- Mind Gym: An Athlete's Guide to Inner Excellence, by Mack & Casstevens (T)

(T) = tween or teen book

## SENSORY ISSUES

- 1001 Great Ideas for Teaching and Raising Children with Autism Spectrum Disorders, by Notbohm & Zysk (“Page after page of try-it-now solutions that have worked for thousands of children grappling with social, sensory, behavioral, and self-care issues.”)
- HIGHS! Over 150 Ways to Feel Really, REALLY Good...Without Alcohol or Other Drugs, by Alex Packer, Ph.D. **(T)** -- *newer version AKA:*
- Wise Highs: How to Thrill, Chill, & Get Away from It All Without Alcohol or Other Drugs (Alex Packer) **(T)**

## MAKING FRIENDS

- The Care and Keeping of Friends (American Girl Library) **(T)**
- The Feelings Book, the Care & Keeping of Your Emotions (American Girl Library), by Dr. Lynda Madison **(T)**
- Helping the Child Who Doesn't Fit In, by Stephen Nowicki and Marshall P. Duke
- Good Friends Are Hard to Find: Help Your Child Find, Make, and Keep Friends, by Fred Frankel, Ph.D.
- Nobody Likes Me, Everybody Hates Me: The Top 25 Friendship Problems and How to Solve Them, by Michele Borba
- The Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends, by Natalie Madorsky Elman and Eileen Kennedy-Moore

## RACE

- Dealing With Racism, by Jen Green **(T)**
- Racism, the Impact on Our Lives, by Cath Senker **(T)**
- W.I.S.E Up! Powerbook (family workbook), by Marilyn Schoettle
- Teaching Tolerance Resources (advocacy info, parenting guides, book lists & free materials) [www.tolerance.org](http://www.tolerance.org) - see *Site Guide*

## LIFESTORIES

### *Revisiting Lifestories and Adoption:*

- Twice-Upon-a-Time: Born and Adopted, by Eleanora Patterson **(T)**
- Lifestories: Creating a Treasure for the Adopted Child, by Beth O'Malley
- Before I Met You: A Therapeutic Pre-Adoption Narrative by Doris Landry, M.S. **(T)**
- At Home in This World, a China Adoption Story, by Jean MacLeod **(T)**

## TWEEN / TEEN PARENT RESOURCES

- Beneath the Mask, Understanding Adopted Teens, by Debbie Riley, M.S.
- Adoption-Parenting: Creating a Toolbox, Building Connections, edited by MacLeod & Macrae
- Twenty Things Adopted Kids Wish Their Adoptive Parents Knew, by Sherrie Eldridge
- Creating Ceremonies: Innovative Ways to Meet Adoption Challenges, by Lieberman & Bufferd
- “The Adopted Child’s Changing View” (developmental chart from C.A.S.E)  
<http://www.adoptionssupport.org/res/timeline.php>
- Association for Treatment and Training in the Attachment of Children [www.ATTACH.org](http://www.ATTACH.org)
- Adoption Parenting TWEENS listserv <http://groups.yahoo.com/group/AdoptionParentingTweens/>
- Adoption Toolbox Parenting **BLOG** <http://adoptiontoolbox.blogspot.com/>

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*writings and resources for adoptive parents*