

# **EMERGENCY TOOLBOX:** *Resources for Managing the Stress of Adoption Parenting* compiled by Jean MacLeod

## **PREPARING** for PARENTING STRESS & CHOOSING YOUR PARENTING STYLE

### BOOKS

- *The Post-Adoption Blues : Overcoming the Unforeseen Challenges of Adoption* by Foli, Ph.D. & Thompson, MD
- *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
- *Connection Parenting: Parenting Through Connection Instead of Coercion, Through Love Instead of Fear* by Pam Leo

## **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** – fee-based e-Courses on adoption parenting issues

[www.adoptionlearningpartners.org](http://www.adoptionlearningpartners.org)

**Child Trauma Academy** - FREE e-Courses and articles on understanding and parenting traumatized children

[www.childtraumaacademy.com](http://www.childtraumaacademy.com)

**Healing Resources-** healing children's stress-related issues. Articles on trauma, attachment, parenting

- Click on the "Children and Parenting" button [www.healingresources.info](http://www.healingresources.info)
- Great on-line video [http://www.healingresources.info/emotional\\_trauma\\_online\\_video.htm#trans](http://www.healingresources.info/emotional_trauma_online_video.htm#trans)

### INFORMATIVE WEBSITES

**Attachment Issues & Information** [www.attach-china.org](http://www.attach-china.org)

**A 4ever Family: Attachment, PTSD, Sensory & Resources** [www.a4everfamily.org](http://www.a4everfamily.org)

**Center for Family Development** [www.center4familydevelop.com](http://www.center4familydevelop.com)

**National Center for Post Traumatic Stress Disorder (PTSD)** [www.ncptsd.va.gov](http://www.ncptsd.va.gov)

**PTSD FACTSHEET on Children and Adolescents** [http://ncptsd.va.gov/ncmain/ncdocs/fact\\_shts/fs\\_children.html](http://ncptsd.va.gov/ncmain/ncdocs/fact_shts/fs_children.html)

## USING PRACTICAL ADOPTION PARENTING TECHNIQUES

### HELPFUL ADOPTION PARENTING BOOKS

- ✓ ***Adoption-Parenting: Creating a Toolbox, Building Connections*** ed. by MacLeod & Macrae, Ph.D.
- ✓ ***Creating Capacity for Attachment*** by Arthur Becker-Weidman, Ph.D. and Deborah Shell
- ✓ ***Real Parents, Real Children*** by Holly Van Gulden & Lisa M. Bartels-Rabb
- ✓ ***Nurturing Adoptions: Creating Resilience after Neglect and Trauma*** by Deborah D. Gray
- ✓ ***Attaching in Adoption: Practical Tools for Today's Parents*** by Deborah D. Gray
- ✓ ***Dare to Love*** by Heather T. Forbes, LCSW

### STRESSED? Dealing with Challenging Behaviors, Tantrums, Whining & Anger Management:

- 22 Alternatives to Losing It [http://www.naturalchild.org/jan\\_hunt/22\\_alternatives.html](http://www.naturalchild.org/jan_hunt/22_alternatives.html)
- Angries Out: Anger Management and Solutions (for Kids and Parents) [www.angriesout.com](http://www.angriesout.com)
- Parenting ideas / parenting-tantrum philosophy resources from Hand in Hand [www.handinhandparenting.org/articles.html](http://www.handinhandparenting.org/articles.html)

## FINDING HELP AND AN ADOPTION THERAPIST

- 1) A therapist should have experience with treating the special needs of a post-institutionalized child, including Post Traumatic Stress Disorder (PTSD), Sensory Integration, 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, dad and siblings

### SOURCES OF REGISTERED OR PARENT RECOMMENDED ADOPTION THERAPISTS:

- **ATTACH** Association for Treatment and Training in the Attachment of Children [www.attach.org](http://www.attach.org)
- **Attach-China International** [www.attach-china.org](http://www.attach-china.org) (Scroll to 'Resources')
- **Families by Design** [www.attachment.org](http://www.attachment.org) (Click on 'Therapists')

## SAVING YOURSELF, YOUR FAMILY AND YOUR CHILD FROM HARM

*If you are stressed to the point of losing control...*

**CALL THE NATIONAL CHILD ABUSE HOTLINE: 1-800-4-A-CHILD (1-800-422-4453)**

*Your call is confidential (your conversation will not be taped). The Hotline is anonymous (no one will ask your name).  
The call will NOT show up on your phone bill.*

[www.childhelpusa.com](http://www.childhelpusa.com)