

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

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

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

- 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

A 4ever Family: 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

PTSD FACTSHEET on Children and Adolescents 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

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

Parenting ideas / parenting-tantrum philosophy resources from Hand in Hand 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
- **Attach-China International** www.attach-china.org (Scroll to 'Resources')
- **Families by Design** 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