

Books for adopted children and teens

For their carers to share with them
during the adoption journey

Look out for
further events to
support the launch
of this service
throughout 2015



Contents

Introduction ‘The adoption journey’

Supporting younger children

Fiction for young children about being adopted	page 4
Reassuring family stories	page 5
Being different/unique	page 6
Families come in all shapes and sizes	page 7
Supporting self esteem/confidence	page 8
Dealing with feelings	page 8
Supporting good habits	page 11
Dealing with death/grief/loss	page 13
Relationships with other children	page 14
Abuse	page 15
Adopting a sibling	page 16

Supporting children 7-12s

Familiar stories **page 17**

Fiction about being adopted **page 17**

Dealing with death and grief **page 18**

Supporting teens

Practical advice **page 19**

Fiction for teens **page 20**

**Personal stories of adopting and
being adopted** **page 21**

Further Information **page 23**

Useful websites **page 24**

Introduction

‘The Adoption Journey’

A new selection of books for adoptive families, parents, children and teens along with professionals will be available from March 2015 in libraries across Wiltshire.

The books in this list are specifically written for children and teens to help them understand and come to terms with sensitive topics such as: living with another family, worries/anxieties, helping to deal with loss, bereavement, siblings and others.

They can be requested free of charge through your local Wiltshire Library if they are not available on the shelves.

If you would like further information on a title, please ask the library staff. There are many other books which may be useful that have not been included on this list, including ‘Talk it Over’ books for younger children, which can be found in many larger libraries identified by the teddy bear sticker (see right).



We also have other books specifically for parents and professionals on a range of subjects around adoption - you can obtain details of these from your local library.

Supporting younger children

Fiction for young children about being adopted

Susan Bagnall – The Teazles' Baby Bunny

The story of a rabbit couple who prepare for the arrival of their adopted baby bunny.



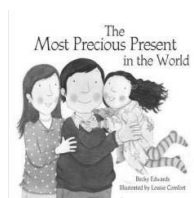
Rebecca Daniel – Finding a Family for Tommy

Helps explain to a young child that they will soon be moving on to a new family.



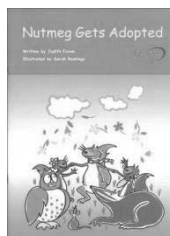
Becky Edwards – Most Precious Present in the World

Taking the form of a chat between a little girl and her adoptive mother, the book explores questions an adopted child might have.



Judith Foxon – Nutmeg Gets Adopted

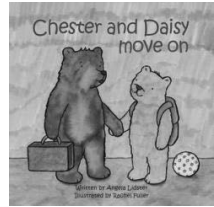
Tells the story of three squirrels who are moved into a foster family and then to a new mum and dad who adopt them.



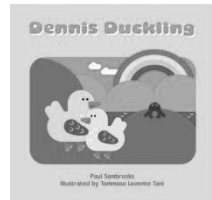
Judith Foxon – Nutmeg Gets a Little Help

Nutmeg is helped to understand his past and present by exploring the feelings and thoughts he is having regarding being adopted.

Angela Lidster – Chester and Daisy Move on
Tells the story of two little bear cubs who have to leave their parents and live with a foster bear family. Soon they learn they are to be adopted.



Paul Sambrooks – Dennis Duckling
Relates the experiences of children going through family difficulties and fostering through a story about a family of ducks.



Reassuring family stories

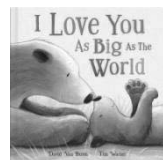
David Bedford – Big Bear Little Bear
A small polar bear dreams of being grown-up but decides that for now he is happy being small.



Margaret Wise Brown – The Runaway Bunny
A mother rabbit reassures her child that no matter where he goes, she loves him enough to always find him.



David Van Buren – I Love You as Big as the World
Expresses different ways of measuring love.



Debi Gliori – No Matter What

Story about a big fox reassuring a little fox they are still loved despite the child's naughtiness.



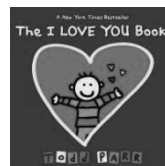
Debi Gliori – Stormy Weather

A host of animals prepare their little ones for bed - a reassuring and loving picture book.



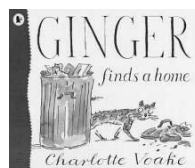
Todd Parr – The I Love You Book

Explores the meaning of unconditional love in a heartfelt, and playful way.



Charlotte Voake – Ginger finds a home

A little, hungry ginger cat lives on his own... until one day, he comes back home to find something - and someone – waiting for him.



Being different/unique

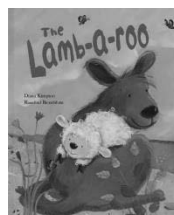
John Burningham – Borka: the Adventure of the Goose with no Feathers

Bald Borka is different to all other birds. She needs a woolly jumper to keep warm and she isn't very good at flying. Then one day she finds a new home - and suddenly Borka's no longer the ugly duckling.



Diana Kimpton – The Lamb-a-roo

A lamb is adopted by a kangaroo in this heart-warming tale celebrating diversity and the strength of love.



Todd Parr – The Okay Book

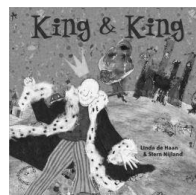
Portrays a variety of examples when children might be thought to be different and confirms that it is okay to be that way.



Families come in all shapes and sizes

Linda De Haan and Stern Nijland – King & King

A Prince falls in love with another Prince, they marry and adopt a child.



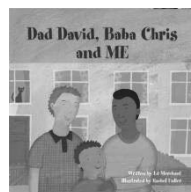
Joe Griffiths – Bring your Family to the Picnic in the Park

A variety of families help a young boy celebrate his birthday with a picnic in the park. In so doing it introduces children to a range of family structures.



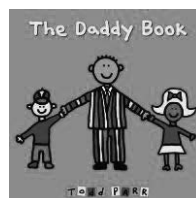
Ed Merchant – Dad David, Baba Chris and ME

Story that helps to show what life is like for an adopted child of gay parents.



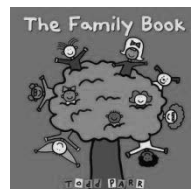
Todd Parr – The Daddy Book

Celebrates all kinds of fathers and the different things that they are good at.



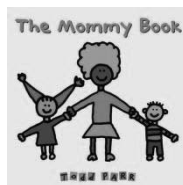
Todd Parr – The Family Book

The Family Book celebrates the love we feel for our families and all the different varieties they come in.



Todd Parr – The Mommy Book

Celebrates all kinds of mothers and the different things that they are good at.



Supporting self esteem/confidence

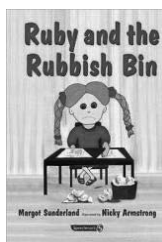
Margot Sunderland – A Pea called Mildred

Mildred is a pea with dreams. However, people are always telling her that dreams are pointless as she is just another ordinary pea. Eventually, with the help of a kind person, Mildred ends up doing exactly what she has always dreamed of doing.



Margot Sunderland – Ruby and the Rubbish bin

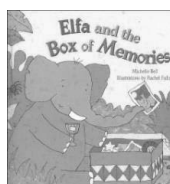
Ruby hates herself so much she feels like a piece of rubbish. One day, she meets Dot and over time, Dot helps Ruby to move from self-hate to self-respect. She makes new friends and knows what it's like to feel happy for the first time in her life.



Dealing with feelings

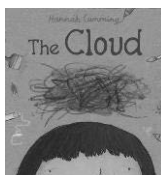
Michelle Bell – Elfa and the Box of Memories

A beautiful picture book for young children on the importance of memories, sharing them and finding ways of keeping them alive.



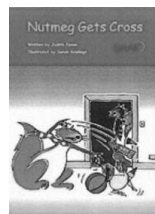
Hannah Cumming – The Cloud

A little girl is in a bad mood until a class mate persuades her to join in.



Judith Foxon – Nutmeg Gets Cross

Offers a practical way to help children explore and understand some of the painful feelings that may surface after they are adopted.



Judith Foxon – Nutmeg Gets a Letter

This story explores the emotional issue of contact with birth families following adoption when Nutmeg's mother's letter arrives late for his birthday and he is sad.



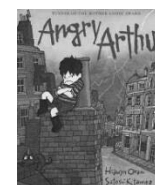
Virginia Ironside – The Huge Bag of Worries

A self-help picture story book filled with humour and designed to reassure children who have occasional worries of their own (for 4-7s).



Hiawyn Oram – Angry Arthur

Once there was a boy called Arthur, who wanted to stay up and watch TV, but his mother won't let him. His temper tantrum gets so big that it destroys the universe



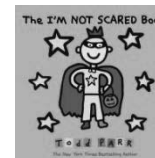
Todd Parr – The Feelings Book

Children express different moods, including "I feel very mad," "I feel like reading books all day," and "I feel like wearing funny underwear."



Todd Parr – The I'M NOT SCARED Book

With playfulness and sensitivity, this book explores the subject of all things scary and assures readers that all of us are afraid sometimes.



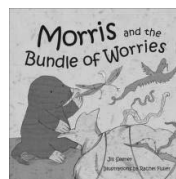
David Pitcher – Where is Poppy's Panda?

A little girl searches for her favourite teddy bear whom she has had all her life and has mislaid. This book explores transition, loss and change in a child's life.



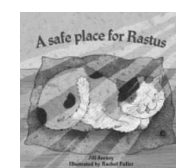
Jill Seeney – Morris and the Bundle of Worries

In a simple way looks at the complex and confusing feelings caused by anxieties felt by all children to a greater or lesser degree at various times in their lives



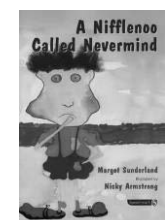
Jill Seeney – A Safe Place for Rufus

Shows how Rufus the cat overcame his uncertainty and anxiety and felt safe in his new home.



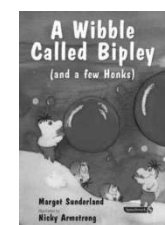
Margot Sunderland – A Niffleloo Called Nevermind

Follows a monster who bottles up his feelings and just says 'Never mind' when things don't go his way. The story is designed for adults to read with children who have trouble expressing their feelings.



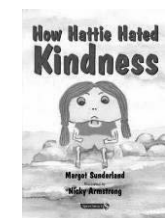
Margot Sunderland – A Wibble Called Biplej (and a few Honks)

Someone has broken Biplej's heart and when he meets some big tough Honks, they teach him how to harden his heart. Luckily Biplej meets creatures who teach him how he can protect himself without hardening his heart. A story for children who have hardened their hearts or become bullies.



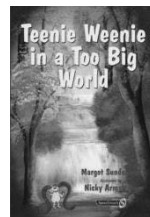
Margot Sunderland – How Hattie Hated Kindness

Hattie lives by herself on an island. She hates love and loves hate and thinks it must be because she is a very bad girl indeed. The lapping-water-over-her-toes helps Hattie to move from cruel to kind. In the end, Hattie builds a bridge to the warm and cosy world across the water.



Margot Sunderland – Teenie Weenie in a Too Big World

Teenie Weenie learns that when he finds himself struggling alone with something too difficult or too frightening, he can go off and find some friends so he is together with them and not alone. A story for fearful children.



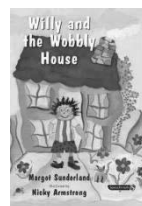
Margot Sunderland – The Frog Who Longed for the Moon to Smile

Frog is very much in love with the moon because she once smiled at him and he waits and waits for her to smile at him again. One day a wise and friendly crow helps frog to see how he is wasting his life away. A story for children who yearn for someone they love.



Margot Sunderland – Willy and the Wobbly House

Willy is an anxious boy who experiences the world as a very unsafe, wobbly place where anything awful might happen at any time. A story for children who are anxious or have obsessional behaviour.



Supporting good habits

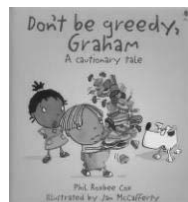
Janine Amos – Sharing

When children start mixing with others at nursery school or at playgroup, they have to learn how to behave and how to resolve conflicts.

(Janine Amos has written many books – see also ‘Talk it over’ books – details in the introduction to this leaflet)

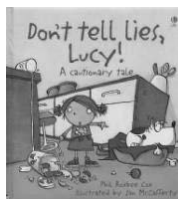


Phil Roxbee Cox – Don't be greedy, Graham
Graham is very greedy and eats everything until he gets rounded up with some runaway pigs.



Phil Roxbee Cox – Don't tell lies, Lucy
A habitual liar doesn't believe her father when danger looms. A cautionary tale for children everywhere to warn of the perils of behaving badly and not doing

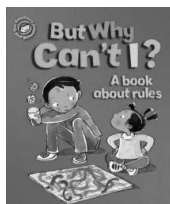
what you're told.



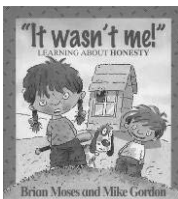
Taro Gomi – Everybody Poos
Describes how different animals go to the toilet – every living thing has to eat, and so everybody poos. Good for sharing and discussion.



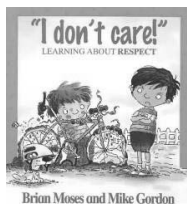
Sue Graves – But Why Can't I?
An introduction to the concept of rules, why they are made, and why we should adhere to them



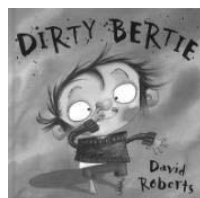
Brian Moses – "It wasn't me!"
'Are you truthful enough to own up when a window gets broken?' Full of everyday situations like these, this will help children to explore how honest they are.



Brian Moses – "I don't care!"
Are you careful with a friend's bike - do you treat it with respect? Full of everyday situations like these, this book will help children explore how considerate they are.



David Roberts – Dirty Bertie
A family try to cure a young boy of his unsociable habits. Children will love and parents may recognise these habits, fun for sharing.



Dealing with death/grief/loss

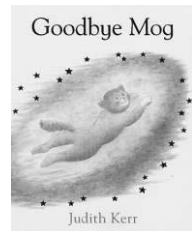
Adjoa Burrowes – Grandmas Purple Flowers
A moving story that deals sensitively with the difficult experience of death and celebrates the triumph of hope and spirit during a difficult time.



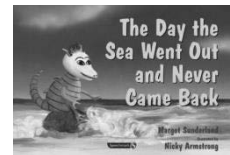
Diana Crossley – Muddles, Puddles and Sunshine
Offers practical support for bereaved children. This book aims to help children make sense of their experience by reflecting on the different aspects of their grief.



Judith Kerr – Goodbye Mog
When Mog the family cat dies, she stays behind for a while to help the new kitten settle in with the family. A warm positive tale for sharing.



Margot Sunderland – The Day the Sea Went Out and Never Came Back
Eric loves the sea very much, but one day, the sea goes out and does not come back. It feels to him as if he has lost everything. Eventually he realises that his memories of his precious sea are like a special kind of treasure in his mind, a treasure he will never lose.

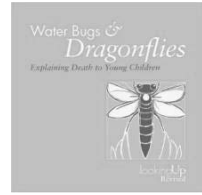


Margot Sunderland – Helping Children with loss
Using this engaging story and practical guidebook you can help children suffering from the pain of loss or separation.



Doris Stickney – Water Bugs and Dragon Flies

Uses the analogy of the water bugs' short life under water as human's time on earth and their emergence as dragonflies into the bright sunlit world above the water as human's life after death.



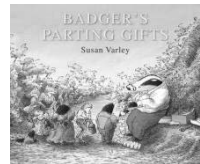
Britta Teckentrup – The Memory Tree

Woodland animals celebrate the life of their friend, Fox, who has died. They tell stories of the special moments that they shared with Fox. And, as they do this, a tree blooms, big and strong, eventually watching over all the friends, just as Fox did when he was alive.



Susan Varley – Badger's Parting Gifts

After his death his friends find a letter telling them not to be unhappy, but they are still all very sad. They all get together and talk about Badger and the times they had together and it is through these special memories that the animals come to terms with Badger's death.



Relationships with other children

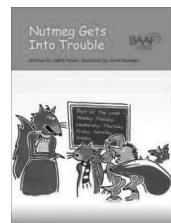
Klaus Baumgart – Laura's Secret

Is Laura and Tommy's homemade kite special enough to fly as high as the stars? And are they brave enough to ignore the horrible boys who laugh at them? Maybe with the help of Laura's star, their wish will come true



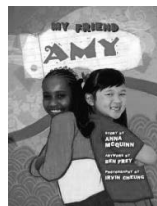
Judith Foxon – Nutmeg Gets into Trouble

Nutmeg is enjoying school but has started having problems since the arrival of Dill, who lives with a foster family. With help Nutmeg learns to understand Dill's difficulties and help him to overcome them.



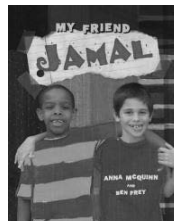
Anna McQuinn – My Friend Amy

Two friends from different ethnic cultures share things about their friendship. They have lots in common but also do some things differently!



Anna McQuinn – My Friend Jamal

A boy describes his friendship with Jamal, whose family are originally from Somalia. They have lots in common but also do some things differently!



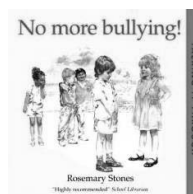
Tony Ross – Is it Because?

Considers why a bully may behave the way he does. This book manages to engage sympathy for both sides of the story. And a question lingers...is it because the bully is a victim, too?



Rosemary Stones – No more bullying!

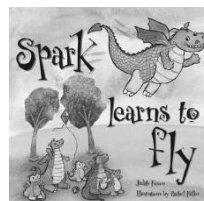
Examines the reality of being bullied from a child's point of view and provides practical suggestions on dealing with this problem.



Abuse

Judith Foxon – Spark learns to fly

Spark the little dragon lives happily with his parents and baby sister, Flame, until his mum and dad start fighting. When the children get injured, they have to go and live with a foster carer, who helps them understand their situation and come to terms with their problems and painful emotions.

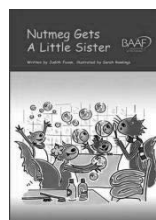


Adopting a sibling

Heidi Argent – Adopting a brother or sister
Informative and helpful guide for birth children who are going to have an adopted brother/sister.



Judith Foxon – Nutmeg Gets a Little Sister
When his family decides to adopt Pip, Nutmeg is very excited to be having a new adopted sister. But he is a bit anxious too and has many questions. Nutmeg finds that there are good and bad things about having a new adopted sister, and everyone, including Pip herself, takes time to settle into life in a larger family.



Claire Friday – Oh Brother! Tom gets a new baby brother

Tom is ten years old. This is his story of what happens after his parents decide to adopt another child. Follow Tom and share his hopes, fears, and expectations during the approval and matching process, and see how his family's life changes after the arrival of his new brother Billy.

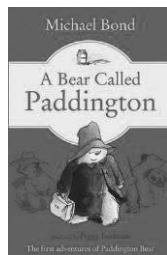


Supporting children 7-12s

Familiar stories

Michael Bond – Paddington Bear stories

The Browns first met Paddington on a Paddington railway station. He had travelled from Darkest Peru with only a jar of marmalade, a suitcase and his hat. They soon find out that Paddington is a very unusual bear, ordinary things become quite extraordinary, if a bear called Paddington is involved. Including: A Bear called Paddington; More about Paddington; Paddington helps out



Margery Williams – The Velveteen Rabbit

Perfect for sharing, this is the enchanting classic story about the magical power of love. (for 6-10s)



Fiction about being adopted

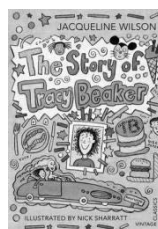
Kate Maryon – A Sea of Stars

11 year old Maya finds her idyllic family life turned upside down when her parents adopt a troubled young girl. Moving story with a touch of humour (for 9-12 year olds)



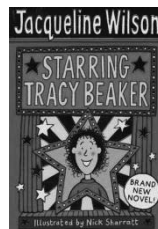
Jacqueline Wilson – The Story of Tracy Beaker

The thoughts and hopes of ten-year-old Tracy who lives in a children's home, but dreams of having a real family one day (for 8 to 12 year olds).



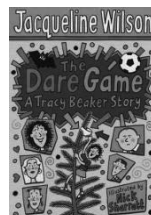
Jacqueline Wilson – Starring Tracy Beaker

Tracy wants a part in the school Christmas play but most of all she wants her film-star mum to be there to watch (for 8 to 12 year olds).



Jacqueline Wilson – The Dare Game

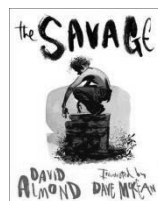
Tracy lives with her foster mum and is teased by her friends for the clothes she wears. She plays truant, meets two boys and together they dare each other to do more and more outrageous things (for 9 to 14 year olds).



Dealing with death and grief

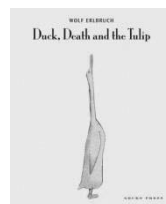
David Almond – The Savage

After his dad's death, Blue finds comfort in dreaming of a wild kid who survives on a diet of berries and the occasional hapless passer-by. But when the savage pays a night-time visit to the local bully, boundaries become blurred and Blue begins to wonder where he ends and the savage begins (for 8 to 13 year olds)



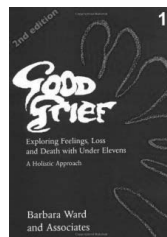
Wolf Erlbruch – Duck, Death and the Tulip

In a strangely heart-warming story, a duck strikes up an unlikely friendship with Death, depicted as clothed skeleton. This book deals with a difficult subject in a way that is elegant, straightforward, and thought-provoking (picture book for 9 to 12 year olds).



Barbara Ward – Good Grief: Exploring Feelings, Loss and Death with Under Elevens: A holistic approach

With twenty educators contributing ideas piloted with children of different abilities and backgrounds in their care, 'Good Grief' has been designed to explore and demystify the experience of loss - in different contexts. It facilitates the use of children's own experiences and encouraging improvisation and extension.

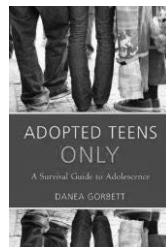


Supporting teens

Practical advice

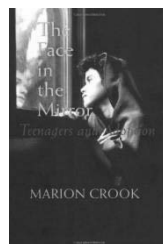
Danea Gorbett – Adopted Teens Only: A Survival Guide to Adolescence

Gorbett offers confirmation that what teens feel, think, wonder, and worry about as an adopted teen is normal and important, and she helps them acknowledge and celebrate the unique gifts and many advantages of growing up adopted.



Marion Crook – The Face in the Mirror: Teenagers and Adoption

Based on numerous interviews with adopted teens, adoptive parents, and birth parents, this book brings explores the issues of teenagers wanting to know where they came from.



Fiction for teens

Henrietta Bond – Control freak: Diary of a care leaver

17 year old Holly Richards is tough, practical, determined and has her whole future carefully mapped out. So for her, leaving foster care to move into her own flat should be no problem. But Holly hasn't bargained for the problems an out-of-control brother, a too-good-to-be-true boyfriend and a lovestruck best friend can create. As her perfectly laid plans go pear-shaped, does she have the nerve to stay in control? (for 14-18 year olds)



Henrietta Bond – Losing Control

Independent living, work and education, relationships, prejudice, bullying and the dangers of social networking – just some of the challenges facing 18-year-old 'control freak' Holly Richards. How will she cope? And can she stay in control when everyday life descends into chaos? (for 14-17 year olds)



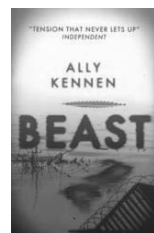
Keren David – Salvage

Cass comes into contact with her birth brother who she has not seen since she was adopted as a child, and discovers hidden secrets about his past troubled life (for 13-16 year olds)



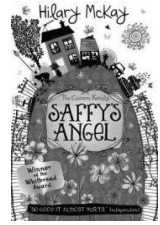
Ally Kennen – Beast

Stephen is a boy with many secrets, and the Beast is the biggest. His life in foster care, always bad, is getting worse, and he's in trouble with the police. All the odds are against him finding a decent place in the world, but his efforts to free himself of the Beast make him a hero that readers will never forget (for 13-18 year olds)



Hilary McKay – Saffy's Angel

A girl accidentally discovers she is adopted, and sets out to reclaim her roots and an adventurous search for a stone angel that she remembers from her dreams (for 11-15 year olds)



Personal stories of being adopted

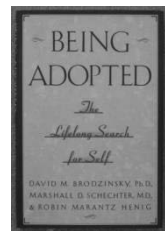
Heidi Argent – Whatever Happened to Adam: stories of disabled people who were adopted or fostered

This work tells the stories of 20 young people with disabilities and the families who chose to care for them.



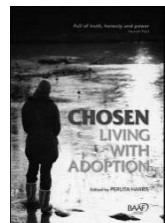
David Brodzinsky – Being Adopted: the Lifelong Search for Self

This book uses the poignant, powerful voices of adoptees and adoptive parents to explore the experience of adoption and its lifelong effects.

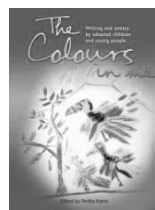


Perlita Harris – Chosen: Living with Adoption

The book includes over sixty stories, divided into five sections: Who Am I? Challenges and Opportunities; Rites of Passage; The Meaning of Family; and The Lifelong Impact of Adoption. The contributors were all adopted in the UK between 1934 and 1984 with a variety of perspectives represented.

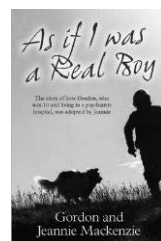


Perlita Harris – Colours in me: Writing and Poetry by Adopted Children and Young People
Intensely moving, this collection of prose, poetry and artwork from 100 contributors reveals how it feels and what it means to be adopted. Ranging from 4 to 20 years of age they describe the huge changes that adoption brings and the impact of these on their identity, their relationships and understanding of the meaning of "family".



Gordon and Jeannie Mackenzie – As if I was a Real Boy

The story of how Gordon, who was 10 and living in a psychiatric hospital, was adopted by Jeannie. In this moving account, mother and son look back at the way in which adoption changed two lives for the better.



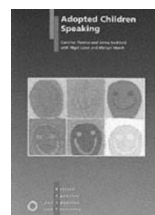
James Mulholland – Special and Odd

The extraordinary story of how he met his birth mother 29 years after being given up for adoption, and the effect this had on him and his adoptive family.



Caroline Thomas – Adopted Children Speaking

A study of children's and young people's views and experiences of the adoption process and the support they received during that process.



Further information

Wiltshire Council Adoption Support Team – for advice and support after adoption you can contact the Adoption Support Team on **01225 716510** or email **adoptionsupport@wiltshire.gov.uk**

Wiltshire Council Adoption Recruitment and Assessment Team – for more information on Adoption and starting the process to Adoption please contact the Adoption team on **01225 716510** or email **adoption@wiltshire.gov.uk**

Wiltshire libraries – hold a wide range of information books for all ages, which you may find useful. Please contact your local library for further information.

Further books for parents, families and professionals are available to help support all aspects of ‘The Adoption Journey’, please contact the library to request a full list of books available.

Wiltshire Council – Services to children, young people and families. Wiltshire Council protects, cares and supports vulnerable children/young people in the community to enable them to have the best possible start in life and into adulthood. Additionally they provide a range of specialist services to support the welfare and development of children including family support (disabled children), provision of residential home for children/young people, fostering, adoption and respite care.

wiltshire.gov.uk/healthandsocialcare/childrenyoungpeoplefamilies

Useful websites

wiltshireparentcarercouncil.co.uk – a specialist consultation and participation service that enables parents and carers to voice their opinions about the services and support that their families receive.

wiltshirepathways.org/trainingCats-new.asp – offers a number of training programmes that are available for adopters to attend.

wiltshire.gov.uk/schoolseducationandlearning/earlyyearsandchildcare.htm – for information on child care and education.

thinkuknow.co.uk/ – a useful, child-friendly website aimed at helping children stay safe online.

adoptionuk.org – a national charity run by and for adopters, providing information, training and guidance at all stages of the adoption process.

youngminds.org.uk – the UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people. They campaign, research and influence policy and practice.

lifestoryworks.org/Life_Story_Works – ideas, techniques and words to help children understand complex and difficult events in their lives. This website is aimed at adopters.

fasdtrust.co.uk – started in January 2007 in response to the growing number of requests for information being received by the adoptive parents of a child diagnosed as having FASD (Foetal Alcohol Spectrum Disorders).

partnershipprojectsuk.com/training-2/nvr-certificate-training

– offers services, workshops, training and consultancy in innovative therapies. In particular offering expertise in psychological interventions for overcoming the effects of trauma, aggression and anxiety in families and individuals. Therapists and parenting practitioners work with a variety of specialist approaches for improving family relationships, and bringing relief from trauma and aggression. One of these is Non Violent Resistance (NVR). NVR has been developed to overcome aggressive, violent, controlling and self-destructive behaviour.

www.first4adoption.org.uk/ – is the dedicated information service for people interested in adopting a child in England.

gov.uk/child-adoption/overview &

gov.uk/government/people/edward-timpson – the main Government website on adoption and Edward Timpson who was appointed Parliamentary Secretary of State for Children and Families in September 2012.

2015