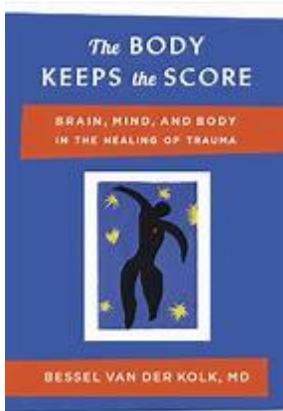


## Foster Parent Book Recommendations

<b>Reading requirements to get training credit:</b>	276 – 375 Pages = 4 hours
100-171 Pages = 1.5 hours	375 – 475 Pages = 5 hours
171-275 Pages = 3 hours	Over 475 Pages = 6 hours

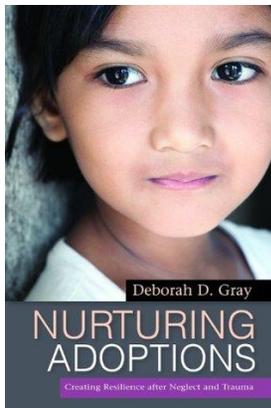
### **The Body Keeps the Score** by Bessel Van Der Kolk

443 Pages = 5 hours



Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Such experiences inevitably leave traces on minds, emotions, and even on biology. Sadly, trauma sufferers frequently pass on their stress to their partners and children.

Renowned trauma expert Bessel van der Kolk has spent over three decades working with survivors. In *The Body Keeps the Score*, he transforms our understanding of traumatic stress, revealing how it literally rearranges the brain's wiring—specifically areas dedicated to pleasure, engagement, control, and trust. He shows how these areas can be reactivated through innovative treatments including neurofeedback, mindfulness techniques, play, yoga, and other therapies. Based on Dr. van der Kolk's own research and that of other leading specialists, *The Body Keeps the Score* offers proven alternatives to drugs and talk therapy—and a way to reclaim lives.



### **Nurturing Adoptions: Creating Resilience after Neglect and Trauma** by Deborah Gray

510 Pages = 6 hours

The award-winning follow up to best-selling *Attaching in Adoption*, *Nurturing Adoptions* depicts emotional, developmental and neurological impacts of early childhood trauma and neglect. Aimed at psychological and social work professionals as a first audience, this book provides practical pearls for them such as assessment tools and practical strategies for helping families of troubled children succeed.

## Attaching Through Love, Hugs, and Play by Deborah Gray

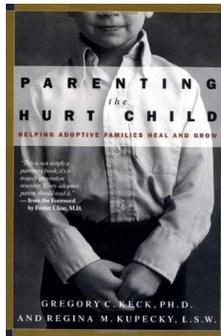
239 Pages = 3 hours



Capturing the warmth and fun of forming close relationships with children, this book offers simple advice to parents of children who find it difficult to attach and bond - whether following adoption, divorce or other difficult experiences.

Attachment therapist Deborah D. Gray describes how to use the latest thinking on attachment in your daily parenting. She reveals sensory techniques which have proven to help children bond - straightforward activities like keeping close eye contact or stroking a child's feet or cheeks - and explains why routines like mealtimes and play time are so important in helping children to attach. The book offers positive ideas for responding to immediate crises like difficult behavior and meltdowns, but importantly also offers longer-term strategies to help children to develop the skills they need to cope as they grow up - the ability to plan, concentrate and be in control of their emotions.

Offering fascinating insights into how children who struggle to attach can be helped, this book is full of easy-to-use ideas which will help you to enjoy the many pleasures of bonding and attaching with your child.



## Parenting the Hurt Child: Helping Adoptive Families Heal and Grow by Gregory Keck and Regina Kupecky

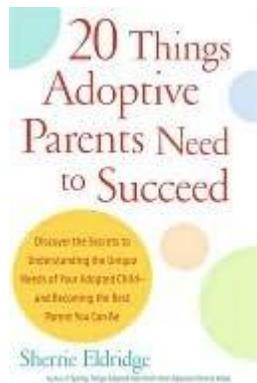
304 Pages = 4 hours of training

When a child is adopted, he or she can arrive with hurts from past pain. With time, patience, informed parenting, and appropriate therapy, your adopted child can heal, grow, and develop beyond what seems possible now.

Gregory C. Keck and Regina M. Kupecky explain how to manage a hurting child with loving wisdom and resolve and how to preserve your stability while untangling their thorny hearts.

## Twenty Things Adoptive Parents Need to Succeed, by Sherrie Eldridge

195 Pages = 3 hours



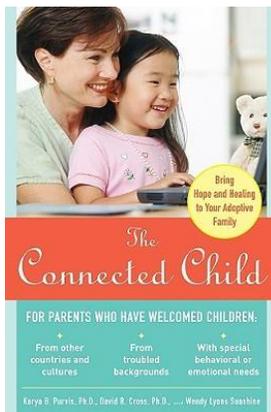
Speaking from her own experience as an adoptee and an expert in the field of adoption, Eldridge shares proven strategies and the moving narratives of nearly one hundred adoptive families, helping parents gain a deeper understanding of what is normal, both for their children and themselves. By first strengthening yourself as a parent, you'll be able to truly listen to your child, and to connect with him on every level, by opening the channels of communication and keeping them open forever. Then you and your child can grow closer through the practical exercises at the end of every chapter.

Discover how to

- be confident that your role in your child's life is vital and irreplaceable
- pass on the legacy of healthy self-care by assessing and regulating your stress
  - communicate unconditional love to your child
- talk candidly with your child about her adoption and her birth family
- teach your family how to respond positively to insensitive remarks about adoption
  - connect with other adoptive families—and build a support network
- plus learn to become a “warrior” parent...settle the “real parent” question...cope with emotional triggers—what to do when you “lose it” . . . celebrate the miracle of your family...and much more

## The Connected Child by David Cross and Karyn Purvis

264 Pages = 3 hours

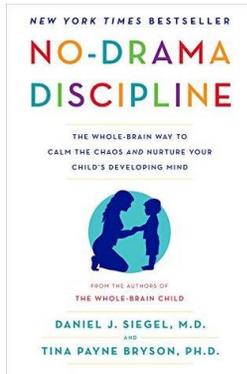


The adoption of a child is always a joyous moment in the life of a family. Some adoptions, though, present unique challenges. Welcoming these children into your family--and addressing their special needs--requires care, consideration, and compassion.

Written by two research psychologists specializing in adoption and attachment, "The Connected Child" will help you: Build bonds of affection and trust with your adopted child Effectively deal with any learning or behavioral disorders Discipline your child with love without making him or her feel threatened

## No Drama Discipline by Daniel Siegel and Tina Payne Bryson

290 Pages = 4 Hours



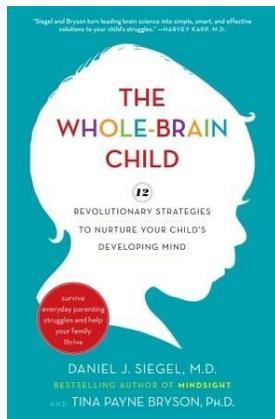
Defining the true meaning of the "d" word (to instruct, *not* to shout or reprimand), the authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior (and punishment) is essentially brought to a halt, as problem solving becomes a win/win situation. Inside this sanity-saving guide you'll discover

- strategies that help parents identify their own discipline philosophy--and master the best methods to communicate the lessons they are trying to impart
- facts on child brain development--and what kind of discipline is most appropriate and constructive at all ages and stages
- the way to calmly and lovingly connect with a child--no matter how extreme the behavior--while still setting clear and consistent limits
- tips for navigating your child through a tantrum to achieve insight, empathy, and repair
- twenty discipline mistakes even the best parents make--and how to stay focused on the principles of whole-brain parenting and discipline techniques

Complete with candid stories and playful illustrations that bring the authors' suggestions to life, *No-Drama Discipline* shows you how to work with your child's developing mind, peacefully resolve conflicts, and inspire happiness and strengthen resilience in everyone in the family.

## The Whole Brain Child by Daniel Siegel and Tina Payne Bryson

192 Pages = 3 hours



Your toddler throws a tantrum in the middle of a store. Your preschooler refuses to get dressed. Your fifth-grader sulks on the bench instead of playing on the field. Do children conspire to make their parents' lives endlessly challenging? No—it's just their developing brain calling the shots!

In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson demystify the meltdowns and aggravation, explaining the new science of how a child's brain is wired and how it matures. The "upstairs brain," which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids can seem—and feel—so out of control. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth. Raise calmer, happier children using twelve key strategies

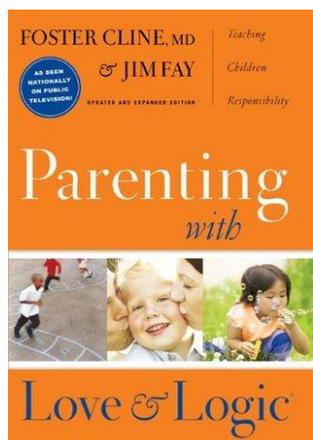
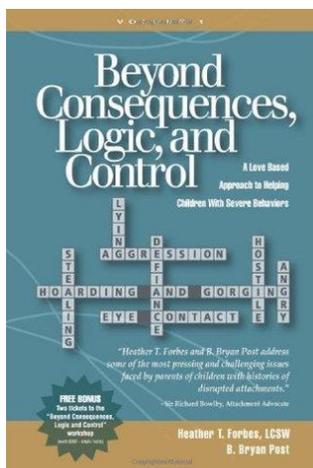
## Beyond Consequences, Logic, and Control by Heather Forbes

152 Pages = 1.5 Hours

Heather T. Forbes and B. Bryan Post address some of the most pressing and challenging issues faced by parents of children with histories of disrupted attachments.

The authors have the ability to strip away the fog surrounding these troubled relationships, exposing the reality of children's reactions and dysregulated responses to the past traumatic experiences that so often underlie their difficulty in making close, affectional bonds.

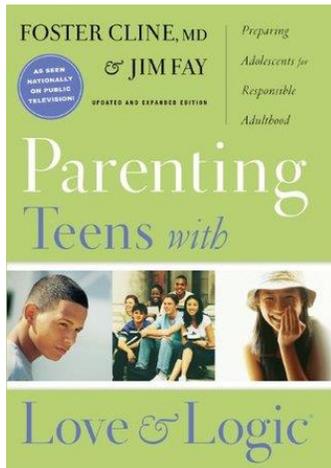
This clarity illuminates their therapeutic intervention in a manner that allows parent and child to hold onto the strategy, as they are caught up in the whirlwind of challenging behavior during the painful process of change.



## Parenting with Love and Logic by Cline and Fay

271 Pages = 3 Hours

This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles. Indexed for easy reference.



## Parenting Teens with Love and Logic by Cline and Fay

316 Pages = 4 hours

Parents need help to teach their teens how to make decisions responsibly--and do so without going crazy or damaging the relationship.

*Parenting Teens with Love and Logic*, from the duo who wrote *Parenting with Love and Logic*, empowers parents with the skills necessary to set limits, teach important skills, and encourage decision-making in their teenagers.

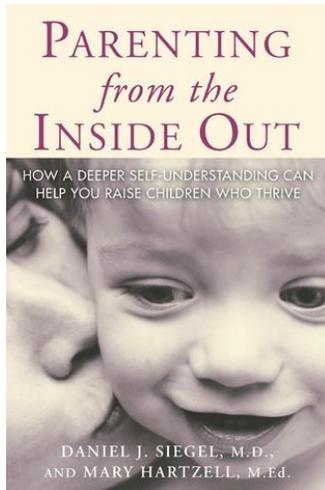
Covering a wide range of real-life issues teens face--including divorce, ADD, addiction, and sex--this book gives you the tools to help your teens find their identity and grow in maturity. Indexed for easy reference.

## Parenting from the Inside Out by Daniel Siegel and Mary Hartzell

272 Pages = 3 Hours

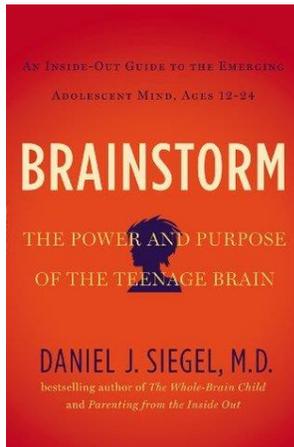
How many parents have found themselves thinking: I can't believe I just said to my child the very thing my parents used to say to me! Am I just destined to repeat the mistakes of my parents? In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences actually do shape the way we parent. Drawing upon stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.

Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's thirty years of experience as a child-development specialist and parent educator, *Parenting from the Inside Out* guides parents through creating the necessary foundations for loving and secure relationships with their children.



## Brainstorm: The Power and Purpose of the Teenage Brain by Daniel Siegel discount

336 Pages = 4 Hours



In this groundbreaking book, the bestselling author of *Parenting from the Inside Out* and *The Whole-Brain Child* shows parents how to turn one of the most challenging developmental periods in their children's lives into one of the most rewarding. Between the ages of 12 and 24, the brain changes in important and often maddening ways. It's no wonder that many parents approach their child's adolescence with fear and trepidation. According to renowned neuropsychiatrist Daniel Siegel, however, if parents and teens can work together to form a deeper understanding of the brain science behind all the tumult, they will be able to turn conflict into connection and form a deeper understanding of one another. In *Brainstorm*, Siegel illuminates how brain development affects teenagers' behavior and relationships. Drawing on important new research in the field of interpersonal neurobiology, he explores exciting ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly positive period of growth, change, and experimentation in their children's lives less lonely and distressing on both sides of the generational divide.