

Here is a comprehensive list of books that offer help when doing life story work, creating a life story book or if you need further information on other related issues.

Books about doing life story work and creating a life story book:

Life Story Books for Adopted Children: A Family Friendly Approach
(Joy Rees)

Listening to Children's Wishes and Feelings
(Mary Corrigan and Joan Moore)

Life Story Work
(Tony Ryan and Rodger Walker)

Life Books - Creating a Treasure for the Adopted Child
(Beth O'Malley)

20 Things Adopted Kids Wish Their Adoptive Parents Knew
(Sherrie Eldridge)

Helping Children to Build Self Esteem: a printable Activities Book
(Deborah Plummer)

Telling the Truth to Your Adopted Child. Making sense of the Past
(Betsy Keifer)

Books that offer advice and insight into behaviour:

Beyond Consequences, Logic and Control: A love based approach to helping attachment challenged children with severe behaviours.
(Heather Forbes and Bryan Post)

Managing Difficult Behaviour BAAF. A handbook for foster carers under 12.
(Clare Pallett, Kathy Blackeby, William Yule, Roger Weissman and Stephen Scott with Eileen Fusland)

How To Think About Caring for a Child with Difficult Behaviour.
(Dr Joanna North)

The Emotional Experience of Adoption
(Debbie Hindle and Graham Shulman)

Building the Bonds of Attachment
(Daniel Hughes)

A Child's Journey through Placement
(Vera Fahlberg)

First Steps in Parenting the Child who Hurts: Tiddlers
and Toddlers
(Caroline Archer)

Next Steps in parenting the Child who Hurts: Tykes
and Teens
(Caroline Archer)

Helping Children Cope with Separation and Loss
(Claudia Jewitt)

Talking with young children about Adoption
(Mary Watkins and Susan Fisher)

The Primal Wound - Understanding the Adopted Child
(Nancy Verrier)

Dear Birthmother
(Kathleen Silber and Phyllis Speedlin)

When Love is not Enough - A guide to Parenting
Children with Reactive Attachment Disorder
(Nancy Thomas)

Parenting the Hurt Child: Helping Adoptive Families
heal and grow
(Gregory Keck and Regina Kupelly)

Attaching in Adoption: Practical tools for today's
parents
(Deborah D Gray)

The Connected Child: Bring hope and healing to your adoptive family
(Karyn Purvis and David Cross and Wendy Sunshine)

Real Parents Real Children
(Holly Van Gulden and Lisa M Bartels-Rabb)

The Adoption Experience: Families who give Children a Second Chance
(Ann Morris)

The Adopter's Handbook Information, resources and services for adoptive parents
(Amy Neil Salter)

Linking parents to Play Therapy
(Killough McGuire and D Mcguire)

Worry too Much: a Kids Guide to Overcoming Anxiety
(Dawn Huebner and Bonnie Matthews)

Books for reading with young children.

Badgers Parting Gifts
(Susan Varley) **About loss.**

Goodbye Mog
(Judith Kerr) **About loss.**

Nothing

(Michael Inkpen) Focusses on self esteem.

The Huge Bag of Worries

(Virginia Ironside) Good for encouraging sharing of worry.

No Matter What

(Debi Gliori) About unconditional love.

(David Van Buren and Tim Warnes)

Guess how much I love you.

(Sam McBratney)

The Hyperactive Turtle

(Deborah Moss)

Morris and the Bundle of Worries

(Jill Seeney)

Specifically about adoption.

Elfa and the Box of Memories

(Michelle Bell and Rachel Fuller)

Good for exploring different sorts of memories includes an activity notepad at back.

Muddles Puddles and Sunshine

(Winston Wish and Diana Crossley)

An Activity book for helping children when someone has died.

Faces

(Jan Pienkowski)

Good for talking about feelings with children between 18 months and 4 years.

Scaredy Squirrel

(Melanie Watt)

Happy Cat books Good for talking about anxiety for children between 3 and 8.

The Bear Under the Stairs

(Helen Cooper)

Good for thinking about fear and attachments.

Can't you Sleep Little Bear?

(Maurice Waddell and Barbara Firth)

Good for attachment and feeling close.

Where the Wild Things Are

(Maurice Sendak)

No David

(David Shannon)

Loved by children very funny and about naughty behaviour.

Slam

(Adam Stower)

Looks at the consequences of a door slammed in anger!

I Don't Want to go to Bed

(Tony Ross)

I Hate School

(Jeanne Willis and Tony Ross)

A child realises that she does not hate it as much as she thinks she does.

The Paddington Books

(Michael Bond)

The Owl Babies

(Martin Waddell and Patrick Benson).

About a mummy owl who does return to the nest. Good for encouraging feelings of security.

Sad

Michael Rosen

A book that acknowledges real feelings of sadness and loss for under 5's.

Books for helping children in differing emotional states, by Margo Sunderland.

A Nifflenoo called Nevermind, a story for Children who Bottle up their Feelings.

Willy and the Wobbly House, a Story for Children who are Anxious or Obsessional

A Pea called Mildred, a Story to Help Children Pursue their Hopes and Dreams

The Frog Who Longed for the moon to smile; to Help Children with Grief

The Day the Sea Went Out and Never Came Back: Helping Children with Loss

Ruby and Rubbish Bin: Helping Children with Low Self Esteem

How Hattie Hated Kindness: Helping Children Locked in Rage or Hate

Teenie Weenie in a Too Big World Helping Children with Fear: Disability

A Wibble Called Bipley and a Few Honks; for Children Who Have Hardened Their Hearts or Become Bullies

Race, Culture and Adoption

Looking After our Own
(Edited by Hope Messiah)

The stories of Black and Asian Adopters.

In Black and White; the Story of an Open Transracial Adoption

(Nathalie Seymour) BAAF

In Search of Belonging: reflections of transracially adopted people.

(Perlita Harris)

Books specifically about Adoption for Children

We Belong Together: A Book about Adoption and Families
(Todd Parr)

The Family Book
(Todd Parr)

All of these are sensitive to gay and lesbian families in their use of language.

Its OK to be Different
(Todd Parr)

Josh and Jaz Have Three Mums
(Hedi Argent and Amanda Wood)

Dad David and Baba Chris and ME
(Ed Merchant and Rachel Fuller)

Chester and Daisy Move On - A story about two bear cubs who are adopted
(Angela Lidster)

Majority of book is about the build up to adoption but still useful for reflecting with children on past.

BAAF Nutmeg Gets Adopted
(Judith Foxon)

Build up to adoption. BAAF

Nutmeg Gets Cross

(Judith Foxon)

Good for post adoption issues. BAAF

Andy's big question - Where do I belong?

(Carolyn Nystrom)

A child's guide to adoption revolving around a child placed at 3 years old. Covers facts and feelings about adoption.

Education

Attachment in the Classroom: The links between Children's early experience, emotional well-being and performance in school

(Heather Geddes)

Inside I'm Hurting - Practical strategies for supporting children with attachment difficulties in schools

(Louise Michelle Bomber)

Facts of Life and Sexual Harm

How Are Babies Made? Usborne Flip Flaps

(Alistair Smith and Maria Wheatley)

Very good for young children and sensitive to children who may not be with their birth parents without the point being labelled.

The Play Book for Kids about Sex
(Joani Blank)

This book is for children who are pre puberty.

I Told my Secret; a book for kids who are abused
(Elina Gill)

Bullying

Laura's Secret
(Klaus Baumgart)

Bully For You
(M Twinn)
About life skills and responsibility.