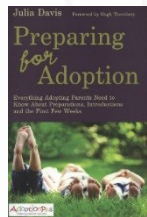
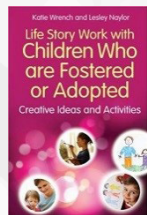


These books are designed to provide you with the information, insight, advice and support you need when considering, or if you are affected by, adoption or fostering.



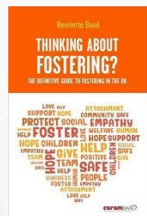
Preparing for Adoption by Julia Davis

When you decide to adopt a child, you might assume that all the important work begins when the child comes to live with you. In fact, the preparation stage before is crucial. This book provides clear advice on how to prepare for your adoptive child and create a strong foundation for a healthy and loving relationship.



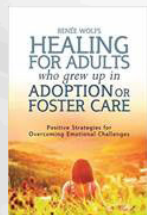
Life Story Work with Children Who are Fostered or Adopted by Katie Wrench and Lesley Naylor

This accessible book is full of tried and tested activities and creative ideas for professionals, parents and carers who may have little time and few resources, but who need to carry out life story work that works for children. It will be a vital tool for anyone working with traumatised children.



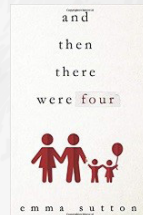
Thinking About Fostering by Henrietta Bond

An essential read for anyone considering becoming a foster carer. If you've got some space in your life, some time and attention to give, and the perseverance and commitment to help a vulnerable child. Fostering could be the right choice for you.



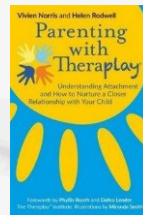
Healing for Adults Who Grew Up in Adoption or Foster Care: Positive Strategies for Overcoming Emotional Challenges

Positive and practical, this guide is designed to offer a route to recovery from grief and loss after adoption or long-term foster care. This book is essential reading for older teens and adults who need help in addressing feelings of grief and loss, as well as those who support them including adoptive and foster parents, social workers, counsellors and therapists.



And Then There Were Four by Emma Sutton

After years as a couple, Andy and Emma found themselves with two toddlers practically overnight. *And Then There Were Four* is an unforgettable, unputdownable roller coaster through the hilarious highs and pass-the-gin-now-the-tissues lows of infertility, adoption, and parenting.



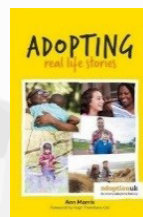
Parenting With Therapy by Helen Rodwell

Theraplay is an attachment-focused model that allows parents to build confidence in their abilities and strengthen their relationship with their child. This book provides an overview of *Theraplay* based ideas that can be used directly by parents. Illustrative case examples detail these ideas in action.



The a-z of Therapeutic Parenting by Sarah Naish

Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma. This book provides everything you need to know in order to be able to effectively therapeutically parent.



Adopting: real life stories by Anne Morris

This book journeys through every stage of the adoption process. Readers will be inspired, encouraged and comforted by the honest accounts of the highs and lows of the adoption experience.



Building Attachment by Dan Hughes

A highly accessible resource for students and professionals as well as parents, and a composite case study of one child's developmental course following years of abuse and neglect. Weaving theory and research into a powerful narrative, Hughes offers effective methods for facilitating attachment in children who have experienced serious trauma.



Nurturing Attachments: Supporting children who are fostered or adopted by Kim S. Golding

Nurturing Attachments combines the experience and wisdom of parents and carers with that of professionals to provide support and practical guidance for foster and adoptive parents looking after children with insecure attachment relationships.



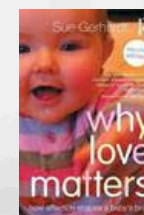
Creating Loving Attachments: Parenting with PACE to nurture confidence and security in the troubled child by Kim S. Golding and Daniel A. Hughes

Children who have experienced trauma need to be parented in a special way that helps them feel safe and secure, builds attachments and allows them to heal. Playfulness, acceptance, curiosity and empathy (PACE) are four valuable elements of parenting that, combined with love, can help children to feel confident and secure.



Improving Sensory Processing in Traumatized Children by Sarah Lloyd

Highly accessible with lots of practical tips and examples, this book is written for adoptive and foster parents, and will also be useful for social workers, fostering and adoption workers and those working in primary and early years educational settings.



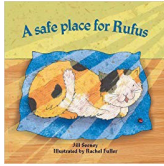
Why Love Matters by Sue Gerhardt

Explains why love is essential to brain development in the early years of life, particularly to the development of our social & emotional brain systems. Early interactions between babies and their parents have lasting and serious consequences.



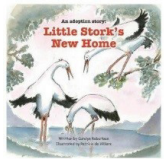
My Hidden Chimp by Prof. Steve Peters

An effective and powerful new educational book that offers parents, teachers and carers some ideas and thoughts on how to help children to develop healthy habits for life.



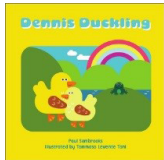
A Safe Place for Rufus by Jill Seeney

This colourful picture book for young children, aged 4-8 years old, explores the importance of feeling safe and banishing fears, particularly for adopted and fostered children. Accompanied by comprehensive guidelines containing useful suggestions for questions and activities to encourage children to think about their own behaviour; talk about their own fears and bad memories; and identify their own safe places.



Little Stork's New Home by Carolyn Robertson

A beautifully illustrated book that sensitively explains the full process of modern day adoption. A young stork is unable to care for her hatchling and the hatchling is eventually moved from her nest, to a foster family and finally to an adopted family. It provides a good starting point to help children understand their adoption journey.



Dennis Duckling by Paul Sambrooks

Dennis and his sister need someone to look after them, someone to help wash their feathers and feed them. A grown-up duck called Annie comes to talk with them. 'I'm scared!' says Dennis. 'Who will look after us?' This colourful picture book explains what may be happening to young children and helps them to express some of the emotions they may be feeling about upsetting and confusing events.



Adoption by Anita Ganeri

This hands-on picture book is designed to help children with their questions and feelings about tricky topics that can be hard to talk about. The exquisite and approachable illustrations give a comforting story book feel, particularly aimed at 5-7 year olds, while also appealing to both younger and older children. A perfect aid to help children open up and explore how they feel and give them steps they can take to help them cope.

All these books, and many more, are available at the following libraries but can be reserved through any library in the county.

Arnold Library
Front Street, Arnold
NG5 7EE

Beeston Library
Foster Avenue, Beeston
NG9 1AE

Mansfield Central Library
Four Seasons Centre, Mansfield
NG18 1NH

Newark Library
Beaumont Gardens, Newark
NG24 1UW

West Bridgford Library
Bridgford Road, West Bridgford
NG2 6AT

Worksop Library
Memorial Avenue, Worksop
S80 2BP

For further information contact:

www.adoptioneastmidlands.org.uk

Email: enquiries@adoptioneastmidlands.nottscc.gov.uk

Tel: 0115 804 4567

www.nottinghamshire.gov.uk/care/fostering/fostering-in-nottinghamshire

Email: fostering@nottscc.gov.uk

Tel: 0300 500 80 80



ask@inspireculture.org.uk



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Inspire Libraries

Reading about adoption and fostering

A collection of self-help books

