

# how can I learn more about adoption?

## recommended reading and web sites

These and many other books provide a good starting point for gaining insight and practical information on the adoption process.

For additional information and reading on adoption visit your local library.

Adopting After Infertility: Patricia Johnston. This lively guide begins with the challenge that adoption might not be for you, moves on to the issues of commitment and finishes with a thorough discussion of the lifelong challenges.

Adopting the Hurt Child: Gregory Keck, PhD, and Regina Kupecky, L.S.W. After reading this, you'll know who the challenged children are, why they hurt, where the system lets them down, and what caring adults (in parenting and professional roles) can do to help.

Adopting the Older Child: Claudia L. Jewett. Explains what's in store for those who open their hearts to a waiting child.

Attachment Booklet: This 20-page AFABC-produced booklet includes facts on attachment, strategies to improve attachment, personal stories, local resources, books, web sites, and the latest research.

A Child's Journey Through Placement: Vera I. Falberg, M.D. Offers the foundation, resources and tools to support children in care for whom the journey through placement becomes a part of the road to adulthood.

Children with Prenatal Alcohol and Other Drug Exposure: Weighing the Risks: Susan B. Edelstein. Provides the foundations and resources and tools to help professionals, parents and others who care for children to help them along the road to adulthood.

Helping Children Cope with Separation and Loss: Claudia Jewett offers techniques to help children resolve their grief. She describes the stages of mourning and the behaviours that can be expected from children at each stage. Grief over various life events is examined using case histories and sample dialogues.

Making Sense of Adoption: Lois Melina. Conversations and activities for families formed through adoption, donor insemination, surrogacy, and in vitro fertilization.

Older Child Adoption: Grace Robinson. Covers parenting a hurting child; creating a healing family; transcending your own expectations; and securing services for special needs children.

Parenting Children Affected by Fetal Alcohol Syndrome: A Guide For Daily Living: Practical strategies for raising children affected by alcohol in utero.

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Raising Adopted Children: Lois Melina. A classic. Covers the basics of parenting after adoption: the transition to adoptive parenting, bonding and attachment, talking with children about adoption, sexuality, adolescence, trans-racial adoption, and more.

Real Parents, Real Children: Holly van Gulden and Lisa M. Bartels-Rabb. One of the leading adoption experts covers infancy through adulthood, nurturing positive identity, building healthy family, talking about birth parents, international, interracial, and same-race adoptions.

Recognizing and Managing Children With Fetal Alcohol Syndrome/Fetal Alcohol Effect: A Guidebook: Brenda McCreight. For any parent or professional who works with children with FAS/E. This guidebook by BC adoptive parent and social worker Brenda McCreight, PhD, offers practical advice and solid information on dealing with day-to-day effects on behaviour and learning. It covers medical, historical, and social aspects associated with the condition. McCreight uses her personal experience as the parent of a child with FAS as a case study to clarify psychological concepts.

The Open Adoption Book: Bruce M. Rappaport, PhD. A practical guide on what to expect if you decide on open adoption; why open adoption is better for both parents and children; and what birth mothers, adoptive parents and children say about their open adoption experiences.

Toddler Adoption: The Weaver's Craft: Mary Hopkins-Best. A look at the unique challenges of parenting a child who arrives in the adoptive family older than infancy but younger than kindergarten age. This helpful guide offers support and practical tools for transitioning and promoting attachment.

## web sites

Ministry of Children and Family Development web site:  
[www.mcf.gov.bc.ca](http://www.mcf.gov.bc.ca)

Adoptive Families Association of British Columbia (AFABC) web site:  
[www.bcadoption.com](http://www.bcadoption.com)

