



## Resource List:

# Fostering or Adopting Children From Difficult Backgrounds

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This resource list was recommended by Karyn Purvis, Ph.D., (1949-2016) who directed the Institute of Child Development at Texas Christian University (TCU) in Fort Worth, Texas.

Not all of the resources and organizations listed here address parenting and adoption issues from a Christian perspective. Many are secular with little spiritual content. To that end, Focus on the Family does not necessarily endorse the views in their entirety.

However, the following materials and websites offer worthwhile information specific to the special needs of children with histories of trauma or those who come from difficult backgrounds.

### Included

#### Recommended Resources

Books  
DVDs  
Websites

#### Additional Resources

Books  
Videos & Articles  
Websites

## Recommended Resources

### Books

**The Connected Child: Bring Hope and Healing to Your Adoptive Family** by Dr. Karyn Purvis, Dr. David Cross, and Wendy Sunshine (McGraw-Hill) ISBN#: 0071475001

The authors provide practical information for parents to build bonds of affection and trust with an adopted child, to effectively deal with learning or behavioral disorders, and to help children who have experienced severe trauma and abuse.

**Handbook on Thriving As an Adoptive Family: Real-Life Solutions to Common Challenges** by David Sanford and Renée Sanford (Focus on the Family/Tyndale) ISBN#: 1589973381

Packed with practical, biblically based advice and ideas for families with an adopted child, this book provides real-life solutions to common challenges—from birth through adulthood.

**The Out-of-Sync Child Has Fun: Activities for Kids With Sensory Processing Disorder** by Carol Kranowitz (Preigee Trade) ISBN#: 0399532714

For use by parents, teachers, and mental health care professionals, this book includes information on activities most appropriate for children with coexisting conditions such as Asperger's and autism.

**The Out-of-Sync Child: Recognizing and Coping With Sensory Processing Disorder** by Carol Kranowitz ISBN#: 0399531653

Kranowitz shares research on vision and hearing deficits, motor skill problems, nutrition and picky eaters, ADHD, autism, and other related disorders.

## DVDs

### **Empowering, Connecting and Correcting** (The Institute of Child Development)

- [empoweredtoconnect.org/empowering-connecting-correcting-principles-dvd](http://empoweredtoconnect.org/empowering-connecting-correcting-principles-dvd)  
Harm during the critical stages of a child's brain growth can cause significant disruptions in development and behavior. From her vast experience and research, Dr. Karyn Purvis offers a path of healing through a trust- and relationship-based holistic approach. She also explains the principles and tactics for reconnecting with these children to meet their needs and to help them reach their highest potential.

### **Playful Interaction** (The Institute of Child Development)

- [child.tcu.edu/store/healing-families-dvds/playful-interaction](http://child.tcu.edu/store/healing-families-dvds/playful-interaction)  
Through play, children from troubled backgrounds can develop the social and emotional skills. Dr. Karyn Purvis, Dr. David Cross, and other child development experts outline the importance of play and provide practical examples of playful interaction.

### **A Sensory World** (The Institute of Child Development)

- [child.tcu.edu/store/healing-families-dvds/a-sensory-world](http://child.tcu.edu/store/healing-families-dvds/a-sensory-world)  
Sensory processing disorders can make it difficult for many children to function at home and school, and can be the underlying cause of behavioral problems. This video explains signs of sensory disorders and offers practical strategies for coping.

## Websites

### **Empowered to Connect**

- [empoweredtoconnect.org](http://empoweredtoconnect.org)  
Parents considering or currently involved in foster care or adoption can find articles, web lectures, and practical advice.

### **Institute of Child Development at Texas Christian University**

- [child.tcu.edu](http://child.tcu.edu)  
Browse articles and resources for parents considering or involved in fostering or adopting.

### **The Out-of-Sync Child**

- [out-of-sync-child.com](http://out-of-sync-child.com)  
Developed by sensory specialist Carol Kranowitz, this site offers resources, articles, and specialist information for parents of children with Sensory Processing Disorder.

## Additional Resources

## Books

### **Answers to Questions Teachers Ask About Sensory Integration** by Jane Koomar, Carol Kranowitz, Stacey Szklut, Lynn Balzer-Martin, Elizabeth Haber, and Deanna Iris Sava (Norton Professional Books) ISBN#: 1932565469

This resource offers an extensive and easy-to-use set of checklists and other tools that will be invaluable to every teacher and parent who has children with sensory integration challenges.

### **Attachment-Focused Parenting: Effective Strategies to Care for Children** by Daniel Hughes (Norton Professional Books) ISBN#: 0393705552

This book discusses how to set limits with children, how to provide guidance, and how to manage the responsibilities and difficulties of daily life, while communicating safety, fun, joy, and love. It also provides parents with information regarding healthy brain development and neurochemistry of children who have experienced trauma.

**The Attachment Parenting Book: A Commonsense Guide to Understanding and Nurturing Your Baby** by Dr. William Sears and Martha Sears (Little, Brown and Company) ISBN#: 0316778095

The Sears believe that attachment parenting can encourage early, strong, and sustained attention to a new baby's needs. This book outlines steps to create lasting bonds between parents and children.

**The Baby Book: Everything You Need to Know About Your Baby From Birth to Age Two (Revised and Updated)** by Dr. William Sears, Martha Sears, Roberts Sears, and James Sears (Little, Brown and Company) ISBN#: 0316778001

Focusing on the essential needs of babies—including eating, sleeping, physical development, health, and comfort—this resource addresses parents' most common questions.

**The Boy Who Was Raised As a Dog (And Other Stories From a Child Psychiatrist's Notebook): What Traumatized Children Can Teach Us About Loss, Love, and Healing** by Dr. Bruce Perry and Maia Szalavitz (Basic Books) ISBN#: 0465056539

Perry reveals innovative, compassionate methods for helping children who've been exposed to extreme trauma and stress.

**The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are** by Daniel Siegel (The Guilford Press) ISBN#: 1572307404

*The Developing Mind* transcends traditional nature-nurture divisions that have informed typical thinking about development, and explains how interpersonal relationships affect a young child's brain.

**Fun to Grow On: Engaging Play Activities for Kids With Teachers, Parents and Grandparents** by Virginia K. Morin and David Sokoloff (Magnolia Street Publications) ISBN#: 1890374016

The authors suggest over 100 simple, spontaneous, creative, playful ways to connect with children.

**The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One-to-Four-Year-Old** by Dr. Harvey Karp (Bantam) ISBN#: 0553384422

Dr. Karp provides fast solutions for today's busy parents to promote positive behavior in their children while encouraging bonding.

**I Love You Rituals** by Rebecca Ann Bailey (Harper Paperbacks) ISBN#: 0688161170

Bailey shares more than 70 rhymes and games that communicate unconditional love between parents and children—and enhance a child's social, emotional, and educational success.

**Nurturing Adoptions: Creating Resilience After Neglect and Trauma** by Deborah D. Gray (Perspective Press) ISBN#: 0944934331

Families need preparation and support—not just through the adoption process, but also as the family grows. Gray offers practical information for adoptive parents whose children have experienced trauma or neglect.

**Parenting From the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive** by Daniel Siegel (Tarcher) ISBN#: 1585422959

Siegel believes the first step to raising happy and healthy children is to fully understand and learn from your own childhood experiences. He offers a step-by-step approach to raising compassionate and resilient kids.

**The Successful Child: What Parents Can Do to Help Kids Turn Out Well** by Dr. William Sears, Martha Sears, and Elizabeth Pantley (Little, Brown and Company) ISBN#: 0316777498

The authors examine the connection parents develop with their children both before they are born, as well as while they are young and most trusting. They also equip parents to give children the tools they need to succeed in life.

**Touchpoints (Birth to Three): Your Child's Emotional and Behavioral Development** by Dr. T. Berry Brazelton and Joshua D. Sparrow (Little, Brown and Company) ISBN#: 0316777498

Dr. Brazelton introduces information on physical, emotional, and behavioral development. He also addresses the stresses on families and the fears of children—with a focus on the role of fathers and other caregivers.

**Touchpoints (Three to Six): Your Child's Emotional and Behavioral Development** by Dr. T. Berry Brazelton and Joshua D. Sparrow (Little, Brown and Company) ISBN#: 0738206783

Dr. Brazelton discusses physical, emotional, and behavioral development of children aged three to six—and offers guidance about contemporary stresses such as over-scheduling, countering the electronic barrage of marketing aimed at children, and keeping a child safe without instilling fear.

## Videos & Articles

### Insights and Gifts for Adoptive Families

- [empoweredtoconnect.org/insights-gifts-video-series/](http://empoweredtoconnect.org/insights-gifts-video-series/)

This 16-video series developed in partnership with the TCU Institute of Child Development offers insights and suggestions relevant for parents considering or currently involved in foster care or adoption.

### Six Words for Adoptive Parents to Live By

- [empoweredtoconnect.org/wp-content/uploads/SixWords.pdf](http://empoweredtoconnect.org/wp-content/uploads/SixWords.pdf)

Drs. Karyn Purvis and David Cross address key issues for parents whose adopted children have suffered detachment or maltreatment.

## Websites

### BabyBabyOhBaby

- [babybabyohbaby.com](http://babybabyohbaby.com)

This site includes information and resources regarding infant massage and care.

### Child Trauma Academy

- [childtrauma.org](http://childtrauma.org)

Developed by specialist Dr. Bruce Perry, this site provides articles and resources for parents of children who have experienced trauma.

### Come Unity

- [comeunity.com/disability/sensory\\_integration](http://comeunity.com/disability/sensory_integration)

This site provides articles and resource referrals for working with Sensory Processing Disorder.

### Deborah Gray—Top Ten Tips for the First Year of Placement

- [deborahdgray.com](http://deborahdgray.com)

Attachment specialist Deborah Gray offers information and resources for foster and adoptive parents.

### DePelchin Children's Center

- [depelchin.org](http://depelchin.org)

This center serves parents and clinicians who work with child victims of trauma.

### DreamCatcher Weighted Blankets

- [weightedblanket.net](http://weightedblanket.net)

This organization designs weighted blankets that can comfort children affected by trauma or extreme stress.

### The National Child Traumatic Stress Network

- [NCTSN.org/RPC](http://NCTSN.org/RPC)

This group provides numerous resources, services, and links for parents and clinicians who serve victims of trauma.

### Touch Research Institute

- [miami.edu/touch-research](http://miami.edu/touch-research)

Created by Dr. Tiffany Fields, this site provides resources and research regarding the medicinal and mental health implications of touch.