

Navigating the Journey: Additional Resources

FOR PARENTS:

Understanding Trauma and Parenting Approaches to Help Children Heal

- *The Connected Child* by Karyn B. Purvis, Ph.D, David R. Cross, Ph.D, and Wendy Lyons Sunshine
- *The Connected Parent* by Lisa Qualls and Karyn B. Purvis
- *The Body Keeps the Score* by Bessel van der Kolk, M.D.
- *The Whole-Brain Child* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
- *Parenting from the Inside Out* by Daniel J. Siegel, M.D. and Mary Hartzell
- *No Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
- *The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder* by Carol Stock Kranowitz and Lucy Jane Miller

Understanding Trauma - Online Resources

- TBRI 101: A Self-Guided Course in Trust-Based Relationships:
<https://child.tcu.edu/tbri101/#sthash.xK1z7zBq.iEOJGbme.dpbs>
- 7 Insights & 7 Gifts | A virtual video series from the Karyn Purvis Institute of Child Development
<https://www.youtube.com/playlist?list=PL9WCXSvAXd6MyxjybNIFmZEI0tsKww97r>
- Hope for the Journey Conference: Show Hope's Hope for the Journey Conference seeks to encourage and better equip parents and caregivers meeting the everyday needs of children impacted by adoption and/or foster care. This annual conference is simulcast to various options throughout the US and is a great resource for foster and adoptive families.
<https://showhope.org/our-work/pre-post-adoption-support/hope-for-the-journey/>

Podcasts

- *The Forgotten Initiative*
- *The TBRI Podcast*

Adoption-minded Reading and Resources

- The Archibald Project on Adoption
<https://thearchibaldproject.com/orphan-care/adopt/#getting-started>
- The Archibald Project on Supporting Expectant Mothers
<https://thearchibaldproject.com/how-to-support-expectant-mothers/#>
- You can use this tool to search for adoption agencies in your state:
<https://www.childwelfare.gov/resources/states-territories-tribes/nfcad/>
 - *Note that you should research the agencies listed and learn about their practices for yourself.
- *Ready or Not* by Pam Parrish

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Resources for Those Considering Foster Care

- *Ready or Not* by Pam Parrish
- *Reframing Foster Care* by Jason Johnson
- *Foster the Family* by Jamie Finn
- *Another Place at the Table: The startling and ultimately uplifting narrative of one woman's thirteen-year experience as a foster parent.* by Kathy Harrison

FOR CHILDREN:

Picture Books

- *Maybe Days: A Book for Children in Foster Care* by Jennifer Wilgocki and Marcia Kahn Wright
- *A Terrible Thing Happened* by Margaret M. Holmes and Sasha J. Mudlaf
- *Tell Me My Story: What Does Adoption Mean?* by Raquel McCloud
- *Families Are Different* by Nina Pelligrini (for adopted children)
- *Crown: An Ode to the Fresh Cut* by Derrick Barnes and Gordon C. James
- *Don't Touch My Hair!* by Sharee Miller
- *When God Made You* by Matthew Paul Turner
- *A Mother for Choco* by Keiko Kasza
- *I Like Myself!* by Karen Beaumont

Novels

- *Untangling Hope* by Johnna Stein (ages 8-13)
- *The Road to Paris* by Nikki Grimes (ages 8-12)
- *One For the Murphys* by Lynda Mullaly Hunt (ages 10 and up)
- *Pictures of Hollis Woods* by Patricia Reilly Giff (ages 10 and up)