

Top Ten Must Reads For Foster & Adoptive Parents

1. **The Connected Child** by Karyn Purvis and David Cross

Affectionately known as “The Bible for Foster & Adoptive Parents”, this is a staple in every parent’s library who is caring for children from hard places. Drs. Purvis and Cross were the founders of TCU’s Institute of Child Development and the Trust Based Relationship Intervention (TBRI) model.

2. **The Body Keeps the Score** by Bessel Van Der Kolk

An insightful exploration of how trauma impacts children and adults and the therapeutic approaches that go beyond traditional counseling and psychotropic medications. Van Der Kolk worked in Massachusetts doing research and helped develop the first diagnostic and statistical manual for mental disorders.

3. **The Whole-Brain Child** by Daniel Siegel and Tina Payne Bryson

12 revolutionary strategies to nurture your child’s developing mind. Dr. Siegel, a clinical professor of psychiatry at UCLA’s School of Medicine, and Bryson, a pediatric and adolescent psychotherapist, also co-authored *No-Drama Discipline*.

4. **The Out-of-Sync Child** by Carol Kranowitz

A must-read for children with sensory processing disorders (SPDs) along with its companion, *The Out-of-Sync Child Has Fun*.

5. **The Mystery of Risk** by Ira Chasnoff

Dr. Chasnoff is the world’s leading expert in Fetal Alcohol Spectrum Disorder (FASD) and specializes in drug exposure on the developing child.

6. **Hello, I Love You** by Tedd Kluck

For every foster or adoptive dad, Tedd Kluck is a sports writer who also dabbles in theology. He shares his family’s experience wrestling through infertility and adopting internationally.

7. **Nurture Shock** by Po Bronson and Ashley Merryman

It’s *Freakonomics* for parents and child behavior.

8. **Nurturing Adoptions** by Deborah Gray

Deborah Gray is a clinical social worker specializing in attachment, grief, and trauma. A companion to this book is *Attaching in Adoption*.

9. **Wounded Children, Healing Homes** by Jayne Schooler

Schooler has spent more than twenty years training and educating parents and professionals across the world in caring for traumatized children. This book asks and answers a number of questions parents are asking in helping neglected and abused children heal.

10. **W.I.S.E. Up Powerbook** by Marilyn Schoettle

This interactive coloring book will engage your foster, adopted, or biological children and you in how to own, protect, and share your family’s and child’s story of being in foster care or adoption.