

## **Suggested Foster care Reading**

This is not intended to be an exhaustive reading list, but rather a starting point. Books are listed here for adults, children and youth which offer a variety of perspectives, information and tools to help family members travel together along the foster care journey together. Many are non-fiction, while a few fictional and biographical accounts are also included.

### **Books for Adults**

[A Child's Journey Through Placement](#) by Vera I. Fahlberg, M.D.

For some children, being in placement is only a brief stop on the way to being reunited with their parents or placed with an adoptive family. Others may wander in and out of foster care, mental health facilities, and juvenile justice programs throughout their childhood. This book provides resources and tools to help professionals and parents support these children on their way to adulthood.

[A Guidebook for Raising Foster Children](#) by Susan McNair Blatt, MD

This "book of directions" about foster care is based on questions and their answers from foster parents and children. From newborns to teens, from health problems to the juvenile justice system, it's all in here. Written by a pediatrician, this book offers guidance and suggestions to assist foster parents in the process of raising their children.

[Adopting The Older Child](#) by Claudia L. Jewett

This classic book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family. It gives practical, caring advice on how to handle each situation. The author has both personal and professional experience which she draws upon skillfully.

[Do You Want to be A Foster Parent?](#) Sharon Davis

Guiding us through the licensing process, as well as everyday issues such as Confrontation, Suicide Attempts, and Running Away, Ms. Davis invites us into her home and shares her experiences and her sense of humor as she negotiates the waters of "Foster Parenting At Risk Children".

[Family Foster Care in the Next Century](#) by [Kathy Barbell](#), [Lois Wright](#)

[Foster Parents Survival Manual](#) Ellen Cirino

The author has been a therapeutic foster parent in Long Island, New York for 10 years. She often speaks before groups and now shares her story and advice through this illustrated 38 page spiral-bound booklet for foster parents.

### Fostering or Adopting the Troubled Child Janet Glatz

This work is “an important guide for both parents and professionals involved in providing troubled children with new families.” Says Daniel L Hughes, Ph.D., Author of Facilitating Developmental Attachment. This comprehensive easy to use reference written by an experienced foster parent of seriously troubled boys and girls aged eight to seventeen is an authoritative resource for parents as well as seasoned childcare professionals. You will learn the very special dynamics and the unique issues of attachment, adjustment, and identity that will help you successfully nurture a displaced child.

### Grandparents and Other Relatives Caregivers Guide Children’s Defense Fund (CDF)

CDF has written four guides, specifically for kinship caregivers, about health care and insurance; raising children with disabilities; child care and early education programs; and food and nutrition programs. These guides are designed to answer questions and offer information about federal programs, eligibility requirements, and how to enroll the children they are raising so they receive the supports they need.

### Helping Children Cope With Separation And Loss by Claudia L. Jewett-Jarratt

All foster and adopted children have suffered a loss—the loss of their birthparents. This book contains compassionate, step-by-step guidance for any concerned adult who wants to help a child talk about, cope with, and recover from a loss. It offers warm advice, specific techniques, and innovative ideas for helping children overcome the sadness, anger, and anxiety they feel during a difficult time.

### It’s My Life Casey Family Programs

This book was created by, for, and with youth. It draws on the expertise and insights of youth in foster care, alumni of care, social workers, researchers, and education specialists. It is designed for child welfare professionals and others responsible for guiding and supporting teens as they prepare for adulthood.

### Lifebooks: Creating a Treasure for the Adopted Child by Beth O'Malley

Are you looking for guidance in creating a lifebook for your baby or child? This book will inspire you to begin your child's memory book and then walk you through the process, page by page. Learn what you need to record for your child's needs, both now and in twenty-five years. Personal lifebook stories and full-length examples are included.

### Neighborhood of the Heart Fostering the future of children. Randolph W. Severson, Ph.D.

A collection of images and stories about the meaning of family and social service whose defining characteristics here become the fire and courage of the heart. Evocative and stirring.

Orphans of the Living: Stories of America's Children in Foster Care Jennifer Toth

This book depicts the lives of older children in the foster care system in America. It is a gritty, real, and very compelling book!

Pact's Multicultural Booksource PACT Press

A comprehensive reference guide to over 1200 books for children and adults containing current, concise and informative referrals to the widest possible range of books related to adoption, race and family life. Each description includes reviews, ratings, a keyword guide and a brief synopsis. The first edition sold out quickly. The 2nd edition includes 400 new reviews and books as well as updated information on all books.

Practical Tools for Foster Parents Lana Temple-Plotz (Editor), Ted P. Stricklett (Editor), Michael Sterba

This book has been called a straightforward and "foster parent friendly" guide to creating a safe environment, building a positive relationship with a foster child, working with the foster child's parents (even when they are uncooperative or hostile), teaching a foster child decision-making skills, how to handling transitions and other useful topics.

Preparing Adolescents for Life After Foster Care: The Central Role of Foster Parents by Anthony N. Maluccio, Robin Krieger, Barbara A. Pine,

Questions & Activities for The Star: A Handbook for Foster Parents Cynthia Miller Lovell, Randall E. Haugen

This activity book accompanies a children's book, The Star, which is a helpful resource for young children coming into foster care.

Racial Identity Building and Pride Connection Pact Press

This is a collection of articles about issues related to race, identity and transracial parenting.

The Complete Lifebook Workbook by Jim Mooney, MSW

This book contains hundreds of sections of text and "fill in the blanks" that cover any adoption and/or foster care situation. After your child fills the appropriate ones in, he or she can cut and paste them on to the blank pages to create a totally personalized book. The spaces around the text can even be decorated with drawings and pictures.

The Sexualized Child in Foster Care: A Guide for Foster Parents and Other Professionals by Sally G. Hoyle

This book gives practical advice, information, training tips, and references for those who work with children who have been sexually abused in a previous placement. Chapters include information about sex and sexuality, distinguishing normal from abnormal sexual behavior, treatment methods, research on sexual abuse assessment, and concerns about the sexually aggressive child.

Uncertain Futures: Foster Youth in Transition to Adulthood Edmund V. Mech  
Transitioning from adolescence to adulthood is a critical task for youth in foster care, who are often forced to emancipate from the foster care system without any real preparation, family support, or the education necessary to achieve gainful employment. As a result, many former foster youth end up homeless or living in terrible conditions. *Uncertain Futures* discusses the plight of youth who have aged out of the system. It provides meaningful, practical solutions for teaching youth to support themselves before they are forced out of care, and details programs that assist youth in becoming self-supporting once they do leave the foster care system.

Walk a Mile in My Shoes: A Book about Biological Parents for Foster Parents and Social Workers Judith A.B. Lee Danielle Nisivoccia

This book will help foster parents and caseworkers "get into the shoes" of biological parents. Foster parents may use it as a self-help guide. Workers will find it helps attune them to the tasks both foster and biological parents face. Agencies will find it especially effective for use in the separate and joint training of caseworkers and foster parents and for use by teachers and students in learning about biological families.

When Do I Go Home? Intervention Strategies for Foster Parents and Helping Professionals Sally G. Hoyle

The first section of the book, *When Do I Go Home?* tells the story of Karli and her brother Jon. Karli and her baby brother have been taken from their home. She doesn't know where her mother is, and now she and her brother are being placed in separate foster homes! The second part of the book identifies the challenges that arise when children like Karli and Jon are taken into an unfamiliar system. The author's practical intervention strategies will help foster parents and other professionals meet the needs of these children with sensitivity and compassion.

### **Books for Children and Youth**

Anna Casey's Place in the World, Adrian Fogelin.

In this fictional story, the heroine, Anna, must deal with the loss of her family and adjust to living in a foster home.

Dacey's Song, Cynthia Voigt

The abandoned Tillerman children, led by 13-year-old Dicey, find a home with their grandmother.

Double Dip Feelings: Stories to help children understand emotions, Barbara S. Cain DOUBLE DIP FEELINGS helps children to understand that the feelings that he or she may have at one time are normal. A great book for a special needs adoption or any child who has past emotional traumas and frustrations.

FYI Binder: The Tool for Youth Involvement, Compiled by and Available from FosterClub.com

A resource notebook for youth in foster care, this binder includes spaces for personal documents, educational, legal and medical information, photos and tips for participating in your own case planning and decision making.

Holding Up the Earth, Dianne E. Gray

After her mother's death and seven foster homes, 14-year-old Hope finds herself on the Nebraska farm where her current foster mother, Sarah, grew up and where Sarah's mother, Anna, still lives.

I Miss My Foster Parents, Stefon Herbert

I Miss my Foster Parents was written by a child who was adopted and experienced firsthand the anxiety when leaving his foster family. Stefon describes the fear and how he feels when he and his sister Latisha leave their foster home and go to live with their new adoptive family.

Lost in the System, Charlotte Lopez with Susan Dworkin.

The author, Miss Teen USA 1992, recounts her childhood in the public child welfare system, including stays in foster care and a group home.

Maybe Days: A Book for Children in Foster Care, Jennifer Wilgocki and Marcia Kahn Wright

Maybe Days is a straightforward look at the issues of foster care, the questions that kids ask, and the feelings they confront. An excellent primer for the young child going into foster care, this book also explains in kid terms the responsibilities of everyone involved: parents, foster parents, social workers, lawyers and judges. As for the kids themselves, their job is to be a kid, and there's no maybe about that.

My Foster Care Journey, Beth O'Malley

There are fill-in-the-blank pages to record information about birthparents, foster care (with room for multiple placements), adoption or reunification memories, and, of course, "all about me." Pages that are not relevant can easily be removed. In addition, this book contains a simple explanation of the whys and hows of foster care.

My Foster Family: A Story for Children Entering Foster Care, Jennifer Levine

My Foster Family is a special children's coloring book that offers young children entering foster care the opportunity to explore their feelings and to adjust to the foster care system. Intended for children age 7-11 who are being placed in foster care for the first time, it provides a gentle and thoughtful description of both the logistical and emotional changes that a young child is likely to face.

The Great Gilly Hopkins, Katherine Paterson. In what has become a classic children's book, the heroine, Gilly has been in the foster system all her life. She dreams of getting back to her mother, who is wonderful only in Gilly's imagination, and schemes to get away from her latest guardian.

The Heart Knows Something Different: Teenage Voices from the Foster Care System, Al Desetta

The voices of the children themselves tell the stories in this collection of essays. We see things as they actually are: siblings are split up and sometimes never reunited, children's loyalties between abusive or neglectful parents and the "system" are questioned, kids age out of the system and are left to a world they know nothing about without a family to guide them. It is all here.

The Star: A Story to Help Young Children Understand Foster Care , Cynthia Miller Lovell, Angie J. Przystas

A story to help young children understand foster care", The Star is an easy-to-read, short story with beautiful, watercolor illustrations. The book follows a fictional young girl, Kit, who is taken from her mother to the safety, and different world, of a foster home. There is an accompanying parent or worker guide available to compliment this book.

Two Teenagers in Twenty: Writings by Gay & Lesbian Youth , Ann Heron

Designed to inform and support teenagers dealing on their own with minority sexual identification, this book contains personal narratives written by and for gay and lesbian teens. This is a moving collection of autobiographical narratives by young gays and lesbians across the country.

What's a Foster Family, Anyway? Martine Golden Inlay

Moving to a foster home can be a scary and traumatic experience for a youngster. By explaining the process and the people involved, this easy-to-read book will assist children in making a smoother transition to their new home. The last two pages are left for the child to personalize: all about me, foster home guidelines/rules, my favorite, and this is my family.

Zachary's New Home: A Story for Foster and Adopted Children, Geraldine Molettiere Blomquist, Paul B. Blomquist, Margo Lemieux

The adventures of Zachary the kitten, who is taken from his mother's house when his mother is unable to take care of him. Eventually he is adopted by a family of geese. Zachary experiences the true-to-life feelings of shame, rebelliousness,

and hurt, and his adoptive parents struggle with their own feelings during Zachary's tougher times, until Zachary finally finds a place he can call home.