

Books, Workbooks and Websites for Children and Adolescents

BOOKS ON ADOPTION

[*At Home in this World: A China Adoption Story*](#), by Jean MacLeod. Warren, New Jersey: EMK Press, 2003.

[*Can I tell you about Adoption?: A guide for friends, family and professionals*](#), by Anne raff Brodzinsky. London: Jessica Kingsley Publishers, 2013.

[*The Confusing World of Brothers, Sisters and Adoption: The Adoption Club Therapeutic Workbook on Siblings*](#), by Regina Kupecky. London: Jessica Kingsley Publishers, 2014.

[*The Day We Met You*](#), by Phoebe Koehler. New York: Aladdin Paperbacks, 1990.

[*Filling in the Blanks: A Guided Look at Growing Up*](#), by Susan Gabel. Indianapolis: Perspectives Press/St. Paul: Koryo Press, 1988.

[*Help! I've Been Adopted*](#), by Brenda McCreight. Mount Herman: Adoption Press, 2010.

[*How Do We Feel About Adoption?: The Adoption Club Therapeutic Workbook on Feelings and Behavior*](#), by Regina Kupecky. London: Jessica Kingsley Publishers, 2014.

[*Mommy Far, Mommy Near: An Adoption Story*](#), by Carol Antoinette Peacock. Morton Grove, Indiana: Albert Whitman and Co., 2000.

[*Porcupette Finds a Family*](#), by Vanita Oelschlager. Akron, Ohio: Vanita Books, 2010.

[*A Mother for Choco*](#), by Keiko Kasza. New York: Puffin Books, 1992.

[*The Mulberry Bird: An Adoption Story*](#), Anne Braff Brodzinsky. London: Jessica-Kingsley Publishers, 2012.

[*A Place in My Heart*](#), by Mary Grossnickle. Speaking of Adoption, www.speakingofadoption.com, 2004.

[*We Belong Together: A Book about Adoption and Families*](#), by Todd Parr. New York: Little, Brown Books for Young Readers, 2007.

[*Welcome Home Forever Child: A Celebration of Children Adopted as Toddlers and Preschoolers and Beyond*](#), by Christine Mitchell. Bloomington, Indiana: Author House, 2006.

[*Who We Are and Why We Are Special: The Adoption Club Therapeutic Workbook on Identity*](#), by Regina Kupecky. Jessica Kingsley Publishers, 2014.

[*Zachary's New Home: A Story for Foster and Adopted Children*](#), by Geraldine Blomquist and Paul Blomquist, Washington: Magination Press, 1990.

BOOKS and WORKBOOKS ON ATTACHMENT

[*A Safe Place for Caleb: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma*](#), by Paul J. Chara, Kathleen A Chara. London: Jessica Kingsley Publishers, 2005.

[*Caleb's Healing Story: An interactive story with activities to help children to overcome challenges arising from trauma, attachment issues, adoption or fostering*](#), by Kathleen A Chara & Tasha Lehner. London: Jessica Kingsley Publishers, 2016.

[*How Full is Your Bucket: For Kids*](#), by Tom Rath and Mary Reckmeyer. Washington: Gallup Press, 2009.

[*The Kissing Hand*](#), by Audrey Penn. Logan: Perfection Learning, 2010.

[*Love You Forever*](#), by Robert Munsch. Richmond Hill, Ontario: Firefly Books, 1986.

[*Pinocchio: A Classic Illustrated Edition*](#), by Carlo Collodi. San Francisco: Chronical Books, 2001.

[*The Runaway Bunny*](#), by Margaret Brown Wise. New York: Harper Trophy, 1977.

[*A Safe Place for Caleb: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma*](#), by Kathleen A. Chara and Paul J. Chara, Jr. London: Jessica Kingsley Publishers, 2005.

BOOKS ON CULTURE AND RACE

[*The Colors of Us*](#), by Karen Katz. New York: Henry Holt and Company/BYR Paperbacks, 2007.

[*If the World Were Blind: A Book About Judgment and Prejudice*](#), by Karen Burnett. Felton, California: GR Publishing, 2001.

[*Pieces of Me: Who Do I Want to Be?*](#), by Robert Ballard. Warren: EMK Press, 2009.

[*We Can Get Along*](#), by Lauren Murphy Payne. Minneapolis: Free Spirit Publishing, 1997.

BOOKS ON BECOMING A SIBLING/BEING A SIBLING

[*Big Sister Now: A Story about Me and Our New Baby*](#), by Sheldon Annette. Washington: Magination Press, 2006.

[*Bratty Brothers and Selfish Sisters*](#), by R.W. Alley. St. Meinrad: One Caring Place, 2007.

[*Emma's Yucky Brother*](#), by Jean Little. New York: Harper Trophy, 2001.

[*I'm a Big Brother*](#), by Joanna Cole. New York: Harper Festival Publishers, 2010.

[*I'm a Big Sister*](#), by Joanna Cole. New York: Harper Festival Publishers, 2010.

[*Just Add One Chinese Sister: An Adoption Story*](#), by Patricia McMahon and Conor Clarke McCarthy. Honesdale, Pennsylvania: Boyds Mills Press, 2005.

[*The Lapsnatcher*](#), by Bruce Coville. East Sussex: Bridge Water Books, 1997.

[*My Invisible World*](#), by Morasha R. Winokur. Brooklyn Park: Better Endings New Beginnings, 2009.

[*A Pocket Full of Kisses*](#), by Audrey Penn. Terre Haute, Indiana: Tanglewood Press, 2004.

[*Rebecca's Journey Home*](#), by Brynn Olenberg Sugarman. Minneapolis: Kar-Ben Publishing, 2006.

[*Seeds of Love: For Brothers and Sisters of International Adoption*](#), by Mary E. Petertyl. Grand Rapids: Folio One Publishing, 1997.

[*Siblings: You're Stuck with Each Other, So Stick Together*](#), by James J. Christ and Elizabeth Verdick. Minneapolis: Free Spirit Publishing, 2010.

[*The Confusing World of Brothers, Sisters and Adoption: The Adoption Club Therapeutic Workbook on Siblings*](#), by Regina Kupecky. London: Jessica Kingsley Publishers, 2014.

[*Waiting for May*](#), by Janet Morgan Stoeke. New York: Dutton Children's Books, 2005.

BOOKS AND WORKBOOKS ON COPING

[*Don't Behave Like You Live in a Cave*](#), Elizabeth Verdick. Minneapolis, MN: Free Spirit Publishing Inc., 2010.

[*Don't Let Your Emotions Run Your Life for Teens: Dialectical Behavior Therapy Skills for Helping You Manage Mood Swings, Control Angry Outbursts, and ... with Others*](#) (Instant Help Book for Teens), by Sheri Van Dijk. Instant Help, 2011.

[*Emotions: Making Sense of Your Feelings*](#), by Mary Lamia. Washington: Magination Press, 2012.

[*The Energy Bus for Kids, Jon Gordon*](#). Hoboken, New Jersey: John Wiley & Sons Inc., 2012

[*How to Take the Grrr Out of Anger*](#), by Elizabeth Verdick and Marjorie Lisovskis. Minneapolis: Free Spirit Publishing 2002.

[*Sitting Still Like a Frog: Mindfulness Exercises for Kids \(and Their Parents\)*](#), by Eline Snel. Boulder: Shambhala; Pap/Com, 2013.

[*What to Do When You're Scared and Worried: A Guide for Kids*](#), by James J Chist. Minneapolis: Free Spirit Publishing, 2004.

[*What to Do When Your Temper Flares: A Kids' Guide to Overcoming Problems with Anger*](#), by Dawn Huebner. Washington: Magination Press, 2007.

[*What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety \(What to Do Guides for Kids\)*](#), by Dawn Hueber. Washington: Magination Press, 2005.

[*Understanding Myself: A Kids' Guide to Intense and Strong Feelings*](#), by Mary C. Lamia. Magination Press, 2010.

[*When I Feel Angry*](#), by Cornelia Maude Spelman. Morton Grove: Albert Whitman and Co., 2000.

[*When I Feel Jealous*](#), by Cornelia Maude Spelman. Morton Grove: Albert Whitman and Co., 2003.

[*When I Feel Sad*](#), by Cornelia Maude Spelman. Morton Grove: Albert Whitman and Co., 2002.

[*When I Feel Scared*](#), by Cornelia Maude Spelman. Morton Grove: Albert Whitman and Co., 2002.

[*Being Me: A Kids' Guide to Boosting Confidence and Self-Esteem*](#), by Wendy Moss. Washington: Magination Press, 2010.

WEBSITES ABOUT COPING

Coping Skills for Kids

www.copingskills4kids.net

Kids who are prepared for dealing with coping challenges in early adolescence are more confident of dealing with these upsetting experiences during their early teenage years. This site explains a brain based method of coping in an interesting and hands on manner!

Stress Management Tips

www.stressmanagementtips.com/kids.htm

The kids' section of this comprehensive website about stress helps children—of all ages—learn to cope with stress via games and activities. Parents will find relief from stress for themselves as well!

Magination Press

www.maginationpress.com

If you didn't find the children's book you were looking for in the Chapter 5 Resources or you want to carry out a children's book group, visit Magination Press. Magination Press, acquired by the American Psychological Association, was created out of a desire to publish innovative books that would help children deal with the many challenges and problems they face as they grow up. Written for ages 4 through 18, these books deal with topics ranging from the everyday—starting school, shyness, normal fears, and a new baby in the house—to more serious problems, such as divorce, depression, serious injury or illness, autism, trauma, death, and much more. Most of the books are written by mental health professionals or those who work closely with them and with children. The books help children understand their feelings, provide information about the topic or situation, and offer extensive practical coping strategies. A comprehensive Note to Parents is usually included to help guide parents, therapists, social workers, and teachers in using the book.

BOOKS ON TRAUMA AND OTHER ISSUES

[*Borya and the Burps: An Eastern European Adoption Story*](#), by Joan McNamara. Indianapolis: Perspectives Press/St.Paul: Koryo Press, 2005.

[*Chicken Soup for the Teenage Soul on Tough Stuff: Stories of Tough Times and Lessons Learned*](#), Jack Canfield, Mark Victor Hansen, and Kimberly Kirberger. Deerfield Beach: Health Communications, Inc., 2001.

[*A Family that Fights*](#), by Sharon Chesler Bernstein. Morton Grove, Illinois: Albert Whitman and Company, 1991.

[*Can I Tell You About Asperger's Syndrome?: A Guide for Family and Friends*](#), by Jude Welton. London: Jessica Kingsley Publishers, 2003.

[*Feeling Better: A Kid's Book about Therapy*](#), by Rachel Rashkin. Washington: Magination Press, 2005.

[*Finding Fish: A Memoir*](#), by Antwone Fisher and Mim E. Rivas. New York: Harper Torch, 2002.

[*Forgetful Frankie, The World's Greatest Rock Skipper, Fetal Alcohol Spectrum Disorder*](#), by Jill Bobula and Katherine Bobula. Ottawa: Wildberry Productions, 2009.

[*The House that Crack Built*](#), by Taylor Clark. San Francisco: Chronicle Books, 1992.

[*It's So Amazing: A Book about Eggs, Sperm, Birth, Babies and Families*](#), by Robie Harrie. Somerville, Massachusetts: Candlewick, 2004.

[*Like Family: Growing up in Other People's Houses, a Memoir*](#), by Paula McLain. New York: Back Bay Books, 2004.

[*Sad, Sad Seth, The World's Greatest Writer, Depression*](#), by Jill Bobula and Kathleen Bobula. Ottawa: Wildberry Productions, 2011.

[*Sorry!*](#) by Trudy Ludwig. New York: Tricycle Press, 2006.

[*What Do You Stand For? For Teens*](#), by Barbara A. Lewis. Minneapolis: Free Spirit Publishing, 2005.

[*What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep*](#), by Dawn Huebner. Washington: Magination Press, 2008.

[*The Words Hurt: Helping Children Cope with Verbal Abuse*](#), by Chris Loftis. Far Hills, New Jersey: New Horizon Press, 2006.

Your Body Belongs to You, by Cornelia Maude Spelman. Morton Grove: Albert Whitman and Co., 1997.