

Foster Care and Adoption Related Books for Children and Youth:

Highlighted books are available to check out from LFS

0-Preschool:

A is for Adopted by Eileen Tucker Cosby This Christian-themed alphabet book takes you from "A is for Adopted" to "Z is for Zest for Life." (2+ years)

A Mother for Choco by: Keiko Kasza – (Ages 3-6)

Abby by Jeannette Caines This is the story of Abby's interactions within her adopted family, especially with her brother Kevin who initially gives her a hard time. She is part of a warm and loving black family living in a city apartment. (2-8 years)

Adoption Stories for Young Children by Randall B. Hicks This is a book to help parents discuss adoption with their children and how their family was created through adoption. Five-year-old Ryan learns that a woman who is having a baby may decide that the baby can be better taken care of by someone else. (3+ years)

All Bears Need Love by: Tanya Valentine. A book particularly good for multiracial families. (3+ years)

All Together Now by Anita Jeram This story is about the Honeys -- Mommy Rabbit, Bunny, Little Duckling, and Miss Mouse. This happy, cross-species crew plays "splashy-splishy" and "itchy-twitchy, swirly-whirly" games. (3+ years)

Alyson Wonderland (Series) –Books for children of gay and lesbian parents. (All ages)

www.Alyson.com/html/alysonwonderland.html

Beginnings: How Families Come to Be by Virginia Kroll Six vignettes discuss six different ways that children join families, including by adoption. (3+ years)

Brave Bart: A Story for Traumatized and Grieving Children by: Caroline H. Sheppard

Dinosaurs Divorce: A Guide for Changing Families By: Laurene Krasny Brown and Marc Brown (3+ years)

Everybody Has Feelings/ Todos Tenemos Sentimientos: The Moods of Children by: Charles E. Avery (3+ years)

Happy Adoption Day! By: John McCutcheon. The story of one family's adoption. (Ages 3+).

How I Became a Big Brother by: Dave Moore. A story told from the point of view of a toddler boy whose family adopts a baby sibling. Simple story that explains what is happening to a young child whose family is adopting. (3+ years)

How My Family Came to Be: Daddy, Papa and Me by: Andrew R. Aldrich and Mike Motz (4+ years)

I Miss My Foster Parents by Stefon Herbert A young boy and his sister love their foster parents. When they learn they are going to be adopted they are upset and frightened. But after they move, they begin to like their new parents and home. They still miss their foster parents and hope they will be able to visit them someday. (3+ years)

I Wished For You: An Adoption Story by: Marianne Richard. A conversation between a mom and son about his adoption. (2+ years)

Little Flower: A Journey of Caring by Laura McAndrew Little Flower, a potted daisy who is neglected by her family, finds help and a new place to stay until the people she was living with can learn how to take better care of her. Includes projects to help the healing process of those in a similar situation. (4+ years)

Maybe Days: A Book for Children in Foster Care by: Jennifer Wilgocki (4+ years)

My Body is Private by: Linda Walvoord Girard (4+ years)

My New Family: A First Look at Adoption by: Pat Thomas. A picture book that deals with emotions both positive and negative in adoption. Includes a guide for parents on how to use the book. (4+ years)

Oliver: A Story About Adoption by Lois Wickstrom Oliver, a lizard-like animal who has been adopted, is scolded by his father and sent to his room, where he sulks and wonders what his birth parents are like. (3+ years)

Proud of Our Feelings by: Lindsay Leghorn (Ages 3+)

Rosie's Family: An Adoption Story by: Lori Rosove. A story about belonging in a family regardless of differences. (Ages 4+)

Shades of People by: Shelley Rotner. People come in lots of shades, even in the same family. Great for multiracial families. (3+ years)

The Adopted One: An Open Family Book for Parents and Children Together by Sara Bonnett Stein This photo essay has a text for both adults and children. (All Ages)

The Best Single Mom in the World: How I Was Adopted by Mary Zisk A little girl tells the story of her adoption as her mom has told it to her. (3+ years)

The Blammo- Surprise! Book: A Story to Help Children Overcome Fears by: Stephen R. Lankton (Ages 4+)

The Invisible String by: Patrice Karst (3+ years)

The Visit by S. Latisha Herbert A small girl and her brother who live in a foster home are taken by their social worker to visit their sister and brothers who live with another foster family. They talk, play with toys, and have a treat. At the end of the visit they are sad because they will not see one another again very soon. But these visits make them all very happy. (4+ years)

The Whole Me by: Ellen K. Baron. A story of a foster child's journey to adoption. (4+ years)

We See The Moon by: Carrie A. Kitze. Helps open up the dialogue for children about their birthparents and adoption. (Ages 4+)

What's a Foster Family Anyway? by Martine Golden Inlay This book provides a resource in helping children cope with the potentially traumatic experience of placement into foster care. (4+ years)

***What's Happening?: A Guide for Kids Entering Foster Care* By: Laura Greer**

Who is a Stranger, and What Should I do? By: Linda Walvoord Girard. (Ages 4+)

Zachary's New Home: A Story for Foster and Adopted Children by Geraldine Molettiere Blomquist, Paul B. Blomquist Zachary, a sad kitten, is adopted by geese and finds the adjustment difficult. (3+ years)

Welcome Home, Forever Child: A Celebration of Children Adopted as Toddlers, Preschoolers, and Beyond by: Christine Mitchell (Ages 2-8)

Why Was I Adopted? by Carole Livingston This is a picture book dealing with some of the most frequent questions children ask about adoption. The answers are designed to reinforce feelings of love and self-esteem. (3+ years)

W.I.S.E. Up Power Book How to empower children to answer tough questions about adoption. (All Ages)

Kindergarten-5th Grade:

A Forever Family by: Boslyn Banish. A first-person true photo essay that documents 8 year old Jenny's life before and after her adoption. Her natural curiosity surfaces and surrounds the adoptive process, her biological parents, and the problems that caused them to surrender her to the authorities when she was three. (6+ years)

A Tale of Two Daddies by: Vanita Oelschlager. A story of a little girl adopted by two gay men. Answers questions of curious children. (4-8 years)

A Terrible Thing Happened by: Margaret M. Holmes and Sasha J. Mudlaff (4+ years)

Adoption is for Always by Linda Walvoord Girard A 5-year-old girl, Celia, knows she is adopted. But she is confused and angry, and her parents must deal with her many questions in an honest and loving way. (6-10 years)

All About Adoption: How Families Are Made and How Kids Feel About It by: Marc A. Nemiroff and Jane Anunziata. Geared towards older children, a book about adoption and fost/adopt. (5+ years) *These authors have also written other children's books about sharing their feelings*

All About Me by Lynn Burwash and Cie McMullin *All About Me*, was written by two adoptive mothers as a tool for adoptive parents who wish to help their young children understand the meaning of being adopted. (Ages 1-8)

All Families Are Different by: Sol Gordon (7-10 years)

A Family for Leanne by: Shelby Timberlake- A Family for Leanne tells the story of a little girl and her two brothers, who were taken from their biological family and placed in the foster care system. (4+ years)

Allison by Allen Say When Allison realizes that she looks more like her favorite doll than like her parents, she comes to terms with this unwelcome discovery through the help of a stray cat. (4-8 years)

A Place to Call Home by: Jackie French Koller - "Raggedy Anna" is the way Anna O'Dell thinks others see her. And Anna feels ragged from watching out for Mama's moods and taking care of her younger sister and brother. But when Mama doesn't come home, Anna fights to watch out for her siblings and, along the way, finds out the story behind Mama's pain. An emotionally evocative book unafraid to address Anna's concerns about her African American and white heritage ' especially as they relate to her caring for her siblings and her shifting vision of her parents. Courageous and inspiring. (Ages 8-up)

A Very Touching Book... For Little People and For Big People By: Jan Hindman –A book about safe touch(5+ years)

Being Adopted by Stephanie Herbert A 7-year-old girl tells her adoption story. (4+ years)

Breadcrumbs by Anne Ursu. A beautiful story for teens. The main character was adopted from India by parents who are divorced when the book begins. She feels angst about fitting in. The book lets complex definitions of family and friendship and hard questions exist without neat answers or even without any answer at all. (8-12 years)

Bringing Asha Home by: Uma Krishnaswami- a story told from the point-of-view of an 8 year old waiting for his parents to adopt a little girl from India. (5+ years)

Buttons The Foster Bunny by: Teddi G. Grover (4+ years)

Clouds and Clocks: A Story for Children Who Soil by: Matthew Galvin (6+ years)

Did My First Mother Love Me? A Story for an Adopted Child by Kathryn Ann Miller Morgan asks her adoptive mom if her first mother loved her. Her mother answers Morgan by reading her a letter that Morgan's birth mother wrote to her. (3-8 years)

Do I Have a Daddy? A Story About a Single-Parent Child: With a Special Section for Single Mothers and Fathers by Jeanne Warren Lindsay Erik is teased about not having a father and asks his mother "Where is my daddy?" His mother explains to him what happened. The second half of the book is a section for single parents. (5-7 years)

Double Dip Feelings: Stories to Help Children Understand Emotions By: Barbara S. Cain (4+ years)

Emma's Yucky Brother by Jean Little, illustrated by Jennifer Plecas Emma finds out how hard it is to be a big sister when her family adopts a 4-year-old boy named Max. (4-8 years)

Families by Meredith Tax Six-year-old Angie explores the dizzying number of possible relationships created by marriages, divorces, adoptions and single parenting. (6+ years). Also available in Spanish.

Families Change: A Book for Children Experiencing Termination of Parental Rights by: Julie Nelson (4-10 years)

Family Day: Celebrating Ethan's Adoption Anniversary by: Christine Mitchell - As 5-year-old Ethan and his family commemorate the first anniversary of his adoption, they reminisce about the joy and excitement of that special event. As the day progresses they pause to think about Ethan's birth family and to look through his Lifebook. Along the way, Ethan's curiosity leads to discussions which help him conclude that adoption is a wonderful way to build families. (Ages 4+)

Finding Sunshine After the Storm: A Workbook for Children Healing from Sexual Abuse by: Curtis Holmes and Sharon McGee (6-12 years)

Finding the Right Spot: When Kids Can't Live With Their Parents by: Janice Levy - Written for children who are living with anyone other than their parents, this story is narrated by a spirited young girl who is living with Aunt Dane (not her real aunt) for a while, until her mother is able to care for her again. (Ages 6+)

Handling Your Ups and Downs: A Children's Book about Emotions By: Joy Wilt (Ages 4-8)

Heather Has Two Mommies by Leslea Newman (3-7 years)

Help, I've Been Adopted By: Brenda McCreight - When a child or youth is placed for adoption, it is a time of joy and excitement and it presents the child with the opportunity to experience what it is like to truly belong to a loving, stable family. However, for many adoptees, the first few months in a new adoptive placement are also a time of confusion and even more change in a lifetime of loss, unpredictability, and unanswered questions. This book is full of helpful suggestions to promote discussion between the adoptive parents and the child. (4+ years)

Holly's Secret by Nancy Garden. A story about a young girl with two mothers. (8-12 years)

Horace by: Holly Keller. Horace is adopted. He is also spotted, and he is loved and cared for by his new mother and father- who are striped. But, as is frequently the case with adopted children who are "different," Horace feels the need to search out his roots. (3-8 years)

How Would You Feel if your Dad was Gay? By: Ann Heron and Meredith Maran. (Ages 7-13)

I'd Rather Be with a Real Mom Who Loves Me by Michael Gordon, PhD -A boy is confused and angry about his placement in foster care, even though he knows his mother was not able to take proper care of him or protect him. He is tired of therapy, though one of his therapists is pretty nice, and he thinks his foster mother is okay. This book does not have a "happy" ending. At the end, the boy is still in limbo. (8+ years)

***Ignatius Finds Help: A Story About Psychotherapy For Children* by: Matthew Galvin**

Is That Your Sister? A True Story of Adoption by Catherine Bunin, Sherry Bunin This book is told from the perspective of a 6-year-old girl who is a member of an interracial family. She expresses feelings about being adopted and not looking like her parents and siblings and reminds the reader that adoption is only one facet of her family's life. (5+ years)

***Jessica and the Wolf: A Story for Children Who Have Bad Dreams* by: Ted Lobby (5+ years)**

Kids Need to Be Safe: A Book for Children in Foster Care by: Julie Nelson (4-10 years)

Let's Talk About It: Adoption by: Fred Rogers. – Mr. Rogers opens the door for adopted children and their parents to safely talk about their good and sometimes not-so-good feelings in a book about the joy of belonging and the love that unites families. (4-8 years)

***Let's Talk About When a Parent Dies* By: Elizabeth Weitzman (5+ years)**

Little Miss Spider by David Kirk After Miss Spider hatches, her mother is nowhere to be found. When a maternal beetle offers to take her in, Miss Spider knows her search for Mom is over. (4-8 years)

Look Who's Adopted by Michael S. Taheri and James F. Orr The book explores the different careers and activities that adopted people have undertaken. The book is narrated by Wendel, a turtle adopted by a family of rabbits. It also includes a place for children to list adopted people that they personally know. (5+ years)

***Mama One, Mama Two* by: Patricia MacLachlan (5+ years)**

Meeting My CASA (Robbie Rabbit) by: Adam D. Robe- "Meeting my CASA" is part of an educational, dialogue-opening series for kids in out-of-home care. In this full-color 16-page book, Robbie Rabbit meets his court-appointed special advocate (CASA) for the first time. (5-10 years)

Molly's Family by: Nancy Garden. A story about a young girl with a mommy and a mama. (4-8 years)

Moving to a New Foster Home by: Adam D. Robe- In this full-color 16-page book, Robbie Rabbit learns he must move to a new placement after his foster mom is no longer able to care for him. (5-10 years).

***My Body is Mine, My Feelings Are Mine: A Storybook About Body Safety for Young Children with an Adult Guide Book* by: Susan Hoke (5+ years)**

My Special Family: A Children's Book About Open Adoption by Kathleen Silber and Debra Marks Parelskin A workbook for children of open adoption to help them understand their relationships with their adoptive parents and birth parents. (3-12 years)

Otto Learns About His Medicine: A Story about Medication for Hyperactive Children by: Sandra Ferraro (Ages 4+)

Pinky and Rex and the New Baby by James Howe Rex finds out from her mother and father that they are going to adopt a baby boy. Rex decides to spend all her free time helping with the baby, so that her parents will continue to notice and value her. Rex finally figures out that there is enough love in the family for everyone. (6-8 years)

Please Tell!: A Child's Story About Sexual Abuse by: Jessie (4+ years)

Robbie's Trail Through Adoption By: Adam D. Robe- This book -- "Robbie's Trail through Adoption" (ISBN: 978-1-935831-03-7) -- is an engaging story written specifically for children who will NOT have birthparent contact after the adoption. (5-10 years). Also check out the activity book and adult's guide for this book.

Robbie's Trail Through Foster Care by: Adam D. Robe- "Robbie's Trail through Foster Care" is an engaging story about Robbie Rabbit's journey into foster care. (5-10 years). Also check out the activity book and adult's guide for this book.

Robby Really Transforms: A Story about Grown-ups Helping Children By: Matthew Galvin (Ages 7+)

Sammy the Elephant and Mr. Camel: A Story to Help Children Overcome Enuresis While Discovering Self-Appreciation by: Joyce C. Mills and Richard J. Crowley (Ages 8+)

Stellaluna by Janell Cannon After falling headfirst into a bird's nest, a baby bat named Stellaluna is raised like a bird until she is reunited with her mother. (4-8 years)

The Adopted One: An Open Family Book for Parents and Children Together by Sara Bonnett Stein This photo essay has a text for both adults and children. (All Ages)

The Family Book by: Todd Parr. A book that emphasizes all the different types of families in our world. (3-6 years)

***The Foster Care Guide (for Kids): A handbook with questions and answers for foster children* By: Laura Greer (Ages 4+)**

The Little Green Goose by: Adele Sansone. Male goose wishes for a baby of his own. He adopts an egg and ends up hatching a baby dinosaur. (3-8 years)

The Mulberry Bird: Story of an Adoption by Anne Braff Brodzinsky This story is about a mother who is not able to come for her baby bird. Although, it includes some real facts about the natural habits of birds, it is a fantasy about adoption. Once the mother decides to let her baby be adopted, the story shifts to the baby's adjustment process in his new family. (5+ years)

The Trouble with Secrets by: Karen Johnsen (4-10 years)

The Wanderer by Sharon Creech. Thirteen-year-old Sophie, skipping between "dreamland or earthland or muleland," hears the sea calling her. Much to the concern of her adopted parents, she decides to join her uncles and male cousins on a sailing voyage from Connecticut across the Atlantic to England (and her grandfather Bompie) on a 45-foot sailboat. Not only does she want to make the trip, she feels she has to. (8-12 years)

Twice-Upon-A-Time: Born and Adopted by Eleanora Patterson This book describes, in simple terms for children, both the biological and social origins of adopted children. (3-8 years)

Wanting to Belong by: Adam D. Robe - In this full-color 16-page book, Robbie Rabbit feels a bit left out while at his foster home. (5-10 years)

When Someone VERY Special Dies: Children Can Learn to Cope with Grief by: Marge Heegaard (6-12)

Who's in a Family? By: Robert Skutch (3-7 years)

W.I.S.E. Up Power Book How to empower children to answer tough questions about adoption. (All Ages)

Zach's Story: Growing Up With Same Sex Parents by: Keith Elliot Greenberg. (Ages 7+)

Young Adult (Ages 12+):

A Brief Chapter in My Impossible Life by: Dana Reinhardt You can tell what really makes Simone different just by looking at her: she doesn't resemble anyone in her family. She's adopted. She's always known it, but she's never wanted to know anything about where she came from. She's happy with her family just as it is, thank you. Then one day, Rivka calls, and Simone learns who her mother was—a 16-year-old, just like Simone.

Dacey's Song by Cynthia Voigt. The sequel to *Homecoming*. After spending so much time and energy taking care of her younger siblings, Dacey struggles with her own identity and with her past. (12+ years)

Don't Think Twice by Ruth Pennebaker. A teenage girl in the 1960's is sent to live in a group home for unwed pregnant teens. This novel focuses on the relationships the girls develop with each other. (12-18 years)

Find a Stranger, Say Goodbye by Lois Lowry. Beautiful, intelligent teenager Natalie Armstrong embarks on a search for her birthmother in this novel about adoption before the digital age. (13+ years)

Guide for Teenage Greatness! I Will Never Give Up For The Teenager Book by: Derek Clark. Derek Clark knows firsthand the trials of a hard-knock life. This book is based upon his childhood experience of

parental abandonment, his life as a troubled youth and how he found the courage and the power to change the direction of his life. (13+ years)

Hanging on to Max by: Margaret Bechard Sam is trying to balance a distant dad, a new girlfriend, studying for the SATs, all while being full-time, primary caregiver for his his baby, Max. A realistic and compelling look at life as a teen dad. (14+ years)

Heaven by: Angela Johnson - Fourteen-year-old Marley's seemingly perfect life in the small town of Heaven is disrupted when she discovers that her father and mother are not her real parents. (12+ years)

Homecoming By Cynthia Voigt. A YA story about four children who are abandoned by their mother. The oldest child, Dicey, leads them in a journey to their estranged grandmother's house, hoping to avoid foster care. (12+ years)

How It Feels to Have a Gay or Lesbian Parent: A Book by Kids for Kids of All Ages by: Judith E. Snow (Ages 10+)

My Road Trip to the Pretty Girl Capital of the World by: Brian Yansky - In this journey to the self (and from Iowa to Austin), Simon's struggling to keep things together. He's skating the law, recently dumped, and dealing with a dad who just doesn't understand. Overwhelmed, he hits the road to find his biological parents and wisdom about evil advertisers, scary giants, witches, ETs, friendship, nature/nurture, and, well, pretty girls. One part magic, two parts tall tale, this YA debut is one to read and remember. (Ages 12-up)

Returnable Girl by: Pamela Lowell. -Now 13 years old, Ronnie has been "returned" from multiple foster homes because of her impulsive lying and stealing. (13+)

Runaway by: Wendelin Van Draanen-A story about a 12 year old foster child who runs away from her 5th foster home. She finally comes to terms with her mother's drug addiction and death. She hopes to find a better place in the world, and in herself. (Ages 12+)

The Language of Flowers by Vanessa Diffenbaugh. The Victorian language of flowers was used to convey romantic expressions: honeysuckle for devotion, asters for patience, and red roses for love. But for Victoria Jones, it's been more useful in communicating mistrust and solitude. After a childhood spent in the foster-care system, she is unable to get close to anybody, and her only connection to the world is through flowers and their meanings. (Young Adult)

The Last Chance Texaco by: Brent Hartinger. -Lucy Pitt is 15 when she is sent to Kindle Home, a group home and her last chance at a semi-normal life. If she makes any errors, she'll be sent to the high-security facility known as Eat-Their-Young Island. Kindle Home is different from the other places she's lived, primarily due to the dedication of the counselors and the way in which they connect with the kids. (Young Adult)

The Down and Out Prince In The Grim and Grisly Underworld by: Derek Clark (Ages 13+) This book is based on truth but mixed in with Derek's personal nightmares when he was child in foster care. It is an EPIC fantasy novel, written for teens of all ages, but a great read for adults as well.

The Heart Knows Something Different: Teenage Voices from the Foster Care System by: Youth Communication. -A collection of narratives from youth in foster care (Ages 14+)

Two Moms in My Heart Edited by Al Desetta, Laura Longhine, and Keith Hefner (Ages 13+)

Whale Talk by: Chris Crutcher - T.J. Jones (a.k.a. The Tao), a black Eurasian whose biological mother abandoned him in large part due to the influence of drugs and whose white hippie parents are a treasure. T.J. takes on the school's outcasts as a cause, and he helps to form a swim team to give them an outlet, a safe place, and a forum to triumph on their own terms. Meanwhile T.J.'s father, plagued by guilt over a tragic accident, faces another bully. (Ages 12-up)

Three Little Words: A Memoir by: Ashley Rhoudes-Courter (Ages 14+)

Three Little Words by: Sarah N. Harvey –A 16 year old who was adopted through foster care goes on a search for his birth family. (Ages 12+)

Lifebooks:

Adoption Lifebook: A Bridge to Your Child's Beginnings by: Cindy Probst (workbook)

A Teen Foster Adoption Lifebook: For When I'm Famous By: Beth O'Malley

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

My Family, My Journey: A Baby Book for Adoptive Families by: Zoe Francesca

My Foster Care Journey: A Foster/Adoption Lifebook By: Beth O'Malley

My Lifebook Journal: A Workbook for Children in Foster Care by: Therese Accinelli

Children's Movies with Adoptive Themes:

Angels in the Outfield (PG)

Like Mike (PG)

Anne of Green Gables

Lilo and Stitch (PG)

Annie (PG)

Little House on the Prairie

Chestnut (G)

Little Secrets (PG)

Cinderella with Whitney Houston (G)

Martian Child (PG)

Despicable Me (1 & 2) (PG)

Matilda (PG)

Free Willy (PG)

Meet the Robinsons (G)

Harry Potter series (PG & PG-13)

Pollyanna

Johnny

Prince of Egypt (PG)

Heidi (G)

Stuart Little (PG)

Ice Age (PG)

Superman (PG)

Kung Fu Panda (1 & 2) (PG)

Tarzan (G)

The Country Bears (G)

The Rescuers Down Under (G)

The Kid (PG)

The Jungle Book (G)

The Odd Life of Timothy Green (PG)