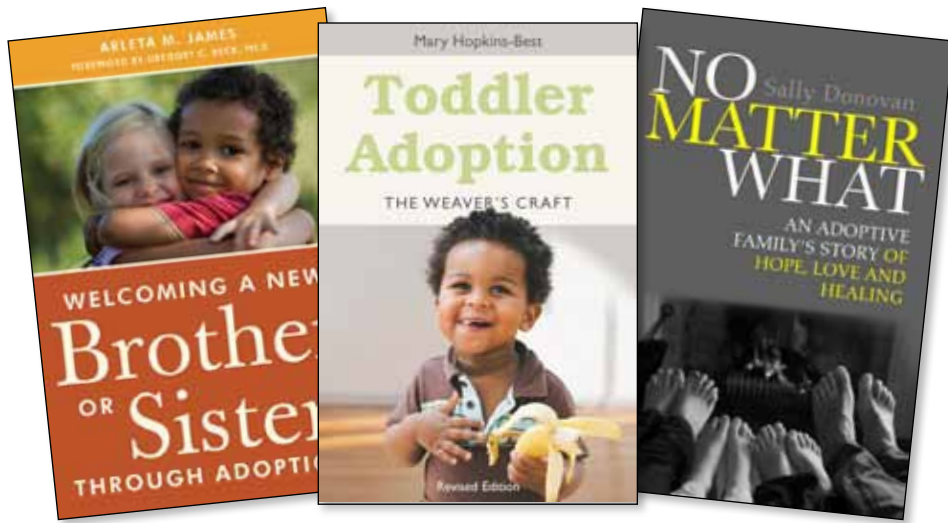




Adoption & Fostering



- INSIDE
- Adoption
- Fostering
- Read with Children
- Attachment
- Practical Guides
- Personal Stories
- Supporting Children

No Matter What An Adoptive Family's Story of Hope, Love and Healing

Sally Donovan
July 2013 344pp 9781849054317 pb £9.99

Based on Sally's diary entries, *No Matter What* is an honest and open memoir about a woman who comes to terms with infertility and how she and her husband decide to adopt two children from an abusive household. The chapters take one through her journey from childlessness to the challenges of finally building a family.

'Everyone should read this funny and deeply moving account of modern adoption: the highs, the lows, the risks and the rewards. Sally's writing is honest, insightful and beautiful to read... In the most modest, refreshing and unassuming way, Sally gives a voice to everyone struggling with infertility or learning to parent traumatised children. This book is a triumph in so many ways.'

- Camilla Pemberton, *Children and Families Editor, Community Care*

'No Matter What pulls no punches in describing Sally and Rob's moving journey of adopting two siblings and the challenges of parenting them in great detail. It is beautifully written with humour and understanding.

We learn from Sally that adopting children who have suffered neglect and abuse, requires not only resilient parents but expert advice, support and understanding from a range of professionals and from family and friends... a must for those who want to adopt and for their families as it provides an honest account of the challenges but also the joys of falling in love with your adopted children. We can all learn so much from Sally and Rob's story.'

-Sherry Malik, *Director of Children and Adult Services in Hounslow*

Welcoming a New Brother or Sister Through Adoption

Arleta James
Foreword by Gregory C. Keck
April 2013 338pp 9781849059039 pb £14.99

Welcoming a New Brother or Sister through Adoption is a comprehensive yet accessible guide that describes the adoption process and the impact of adoption on every member of the family, including the adopted child. It prepares families to have realistic expectations and equips them with knowledge to deal with a host of situations that may arise, addressing difficult questions head-on.

BESTSELLER

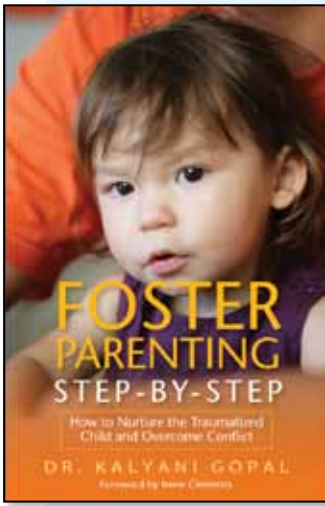
Toddler Adoption The Weaver's Craft Revised Edition

Mary Hopkins-Best
2012 272pp 9781849058940 pb £13.99

This book offers support and practical tools to help parents prepare for and support the toddler's transition between the familiar environment of their biological parent's home or foster home to a new and unfamiliar one, and considers the issues that arise at different developmental stages.

'Hopkins-Best provides a guidebook for those considering toddler adoption or those already struggling with its special challenges. She discusses at length strategies for dealing with issues such as a grieving toddler or attachment disorder. The appendix provides a wonderful list of resources. Perhaps most valuable are the anecdotes of both successes and failures from other toddler adoptive families. An important addition to all Adoption collections.'

- *Library Journal*



Foster Parenting Step-by-Step How to Nurture the Traumatized Child and Overcome Conflict

Dr. Kalyani Gopal
April 2013 160pp 9781849059374 pb £9.99

the
psychological
approach

Taking a psychological approach to parenting *Foster Parenting Step-by-Step* is a concise guide to fostering that summarizes what to expect as a foster parent: explaining the process in steps, the developmental issues commonly experienced by children in foster care and issues encountered at each age, including behavioural issues, how to prepare for a new placement

'This useful book is valuable for foster carers (and prospective foster carers) in helping to consider the issues around looking after other people's children who have suffered early difficulties in their lives. It will help any foster carer to work reflectively and consider the options and issues that the child they are looking after is facing, together with ideas about strategies that might usefully be used in understanding and managing situations.'

- Jim Bond MBE, Foster Carer and Counselor

Lesbian and Gay Fostering and Adoption

Extraordinary Yet Ordinary

Edited by Stephen Hicks and Janet McDermott
1998 176pp 9781853026003 pb £25.00

This book presents a collection of personal accounts, based on interviews and written testimonies, by lesbian and gay parents from many different social and ethnic backgrounds. This book will dispel a lot of misconceptions, and will also be useful to gay men and lesbians who are thinking about adopting or fostering children.

'This is a powerful book which will be a valuable resource, and of enormous encouragement to lesbians or gay men considering adoption or fostering... a very positive book which should be widely read'

- Adoption Today

A Practical Guide to Fostering Law

Fostering Regulations, Child Care Law and the Youth Justice System

Lynn Davis
Foreword by Christopher Simmonds
2010 240pp 9781849050920 pb £19.99

A Practical Guide to Fostering Law aims to help foster carers understand where they fit into the complex web of regulations surrounding childcare and to demystify the jargon and terminology which is often used but rarely explained.

'An extremely useful resource for foster parents and those who work with them. All of the foster parents I work with felt that this would be an invaluable resource for them in their work'

- Steve Bromage, Team Leader, By the Bridge Independent Fostering Agency

Understanding Looked After Children

An Introduction to Psychology for Foster Care

Jeune Guishard-Pine, Suzanne McCall and Lloyd Hamilton
Foreword by Dr Andrew Wiener
2007 176pp 9781843103707 pb £14.99

This book is a guide to understanding the mental health needs of children in foster care and the role of foster carers and support networks in helping these children. The authors provide foster carers with an insight into the psychological issues experienced by children in the care system, and the impact of these issues on the foster family.

Understanding Looked After Children is essential reading for registered foster carers and those considering fostering, as well as adoptive parents, and a useful reference for trainee and experienced practitioners in the care system.

The Foster Parenting Manual

A Practical Guide to Creating a Loving, Safe and Stable Home

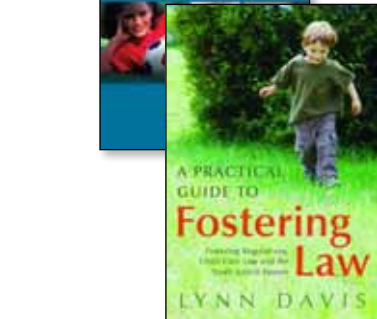
John DeGarmo
Foreword by Mary Perdue
June 2013 160pp 9781849059565 pb £9.99

the voice of
experience

The Foster Parenting Manual is a friendly guide informed by experience for novice and experienced parents alike. Distilling many years' experience into one book, this book describes what you can expect from foster parenting, the different professionals you are likely to encounter, how to access help and support and how to ensure the best care for your child.

'John DeGarmo's new book, *The Foster Parenting Manual* exceeds expectations! Realistic and honest, it effectively describes the foster care system with discernment, describes being a foster parent and a foster family clearly and compassionately and it describes the children in the foster care system with empathy, sensitivity and truthfulness. It is an honor to endorse this book.'

- Irene Clements, Foster Care Consultant and President of the National Foster Parent Association (NFPA), Minneapolis, USA



The Mulberry Bird

An Adoption Story

Anne Braff Brodzinsky
Illustrated by Angela Marchetti
2012 48pp 9781849059336 hb £9.99

In this classic adoption picture book for children, common issues in adoption are addressed—from the enduring force of a birth parent's love and contact post-adoption to the importance of nurturing an adopted child in his or her new environment. It is a timeless and enduring tale of sacrifice, wisdom and love.

This book is ideal for reading aloud with adopted children aged 5–10 and their siblings, whether at home or in school.

'I have 'prescribed' this book over the years, not only for adopted children, but also to help birthparents who are raising children born to them after the adoption. This edition is much more sensitively conveyed because of the magnificent art that evokes so much along with Anne's words. I will continue to 'prescribe' this book to many!

- Dr. Joyce Maguire Pavao, Lecturer in Psychiatry, Harvard Medical School, CEO Pavao Consulting and Coaching, Cambridge and New York

Can I tell you about Adoption?

A guide for friends, family and professionals

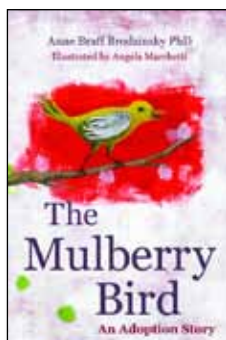
Anne Braff Brodzinsky
August 2013 64pp 9781849059428 pb £7.99

Meet Chelsea - a young girl who is adopted. Chelsea invites you to learn about adoption from her perspective and introduces us to two friends of hers who have been transracially adopted. Chelsea and her friends help children understand what it means to be adopted, the experiences and challenges that follow the adoption process, and how they can help.

Accessible and informative, this illustrated book is an ideal introduction to adoption for children aged 7+ and is a great tool for encouraging discussions for families, teachers and professionals working with adopted children.

CAN I TELL YOU ABOUT...?'

Friendly characters invite readers to learn about their experiences of living with a particular condition or situation and how they would like to be helped and supported. They are excellent starting points for family discussions.



Adopted Like Me

My Book of Adopted Heroes

Ann Angel
September 2013 48pp ISBN 9781849059350 hb
£11.99

What do Moses, Marilyn Monroe and Nelson Mandela have in common? They are all accomplished people and they were all adopted!

Adopted Like Me features 20 stories of adoptees - men and women, of diverse races, nationalities and talents, who have made outstanding achievements in their lives. This collection will not only engage and inspire but help children who are adopted to realise that there are many people just like them, and if they work hard and believe, they can fulfil their dreams.

Great Answers to Difficult Questions about Adoption

What Children Need to Know

Fanny Cohen Herlem
2008 112pp 9781843106715 pb £9.99

Children who find out they are adopted have many questions that are difficult for a parent to answer. This book explores children's thoughts and feelings and provides parents with guidance on how to respond to difficult questions.

Contents: Preface. 1. Why was I abandoned: could it happen again? 2. Why have my parents chosen me? 3. How did my parents adopt me? 4. We're a family now – just like other people! 5. Everyone says I'm different! 6. Where does my first name come from? 7. Who were my parents when I was born? 8. Where do I come from? 9. Sometimes it's hard to be adopted! 10. What about when I grow up? 11. Will I be able to adopt a child when I grow up? Appendix 1: A checklist for children. Appendix 2: A note for parents only. Appendix 3: Useful websites.



TO HELP FAMILY UNDERSTAND

Adoption Is a Family Affair!

What Relatives and Friends Must Know Revised

Patricia Irwin Johnston
2012 152pp 9781849058957 pb £10.99

If someone you care about has recently announced that their family will be growing through adoption, you may have questions. Are you worried that your loved one may face disappointment? Do you find yourself wondering exactly what your role is going to be in the child's life? Just what are the privacy boundaries for families built by adoption: what is it okay to ask about?

Adoption Is a Family Affair! will answer all of these questions and more. This short book is crammed full of the 'need to know' information for friends and families that will help to encourage informed, happy and healthy family relationships.

'Don't you wish that there was an easy way to explain the how's and why's of adoption to your parents and the other members of your family?... This book's conversational tone and wealth of information will turn them into adoption experts!'

--Nebraska Children's Home Society





PARENTING TO PROMOTE ATTACHMENT

BESTSELLER

Creating Loving Attachments

Parenting with PACE to Nurture Confidence and Security in the Troubled Child

Kim S. Golding and Daniel A. Hughes

2012 240pp 9781849052276 pb £16.99

Playfulness, acceptance, curiosity and empathy (PACE) are four valuable elements of parenting that, combined with love, can help children to feel confident and secure. This book shows why these elements are so important to a child's development, and demonstrates to parents and carers how they can incorporate them into their day-to-day parenting. Real life examples and typical dialogues between parents and children illustrate how this can be done in everyday life, and simple stories highlight the ideas behind each element of PACE.

'Almost like looking in a mirror, readers may be able to find elements in their parenting that are on track and others that might need to be tweaked to encourage healthy attachment... Easy-to-read, *Creating Loving Attachments* is a great book for families looking to enhance relationships with their children.'

- *Adoption Today*

Attachment in Common Sense and Doodles

A Practical Guide

Miriam Silver

February 2013 208pp 9781849053143 pb £13.99

An informal, visual introduction to attachment and what it means for understanding and helping children who have experienced trauma, neglect or abuse. Doodles featuring throughout the book bring the ideas to life - ideal for parents caring for fostered, adopted and looked after children.

I hope you'll pick up *Attachment in Common Sense and Doodles* and enjoy the grin that will take over your face as you marvel at how cleverly you've been taken step by step through the attachment journey. Surely there's nothing more wonderful than seeing some grand and potentially nebulous theory be so well packaged into bite-size chunks.'

- *From the Foreword by Camila Batmanghelidjh, Trained Psychotherapist and founder of The Place2Be and Kids Company, UK*

ATTACHMENT TECHNIQUES FOR EVERY DEVELOPMENTAL STAGE

Attaching in Adoption

Practical Tools for Today's Parents

Deborah D. Gray

2012 400pp 9781849058902 pb £16.99

A comprehensive guide on how to understand and promote healthy attachment. It explains what attachment is and provides parenting techniques matched to children's emotional needs and stages to enhance children's happiness and emotional health.

'A powerful tool to help families with their children wounded by attachment breaks. My wish would be that every adoptive parent could read this book before beginning their journey.'

- *Nancy Thomas, founder of Families by Design and author of When Love is Not Enough - A Guide to Parenting Children with RAD*

UNDERSTAND ATTACHMENT THEORY

BESTSELLER

Nurturing Attachments

Supporting Children who are Fostered or Adopted

Kim S. Golding

2007 240pp 9781843106142 pb £18.99

Nurturing Attachments combines the experience and wisdom of parents and carers with that of professionals to provide support and practical guidance for foster and adoptive parents looking after children with insecure attachment relationships. It gives an overview of attachment theory and a step-by-step model of parenting.

'I wish this book had been available when I was bringing up my children, and so would defiantly recommend it to parents.'

- *Adoption Today*

A Safe Place for Caleb

An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma

Kathleen A. Chara and Paul J. Chara, Jr.

Illustrated by J.M. Berns

2005 128pp 9781843107996 pb £13.99

A Safe Place for Caleb... is split into two halves: the first is an interactive story following the experiences of a young boy named Caleb as he encounters difficulties forming healthy relationships and the second half presents current scientific thoughts and research on the issue. This is a unique and imaginative publication, which would be of use to professionals as well as individuals.'



- *ChildRight*

PUT ATTACHMENT THEORY INTO PRACTICAL USE

Reparenting the Child Who Hurts

A Guide to Healing Developmental Trauma and Attachments

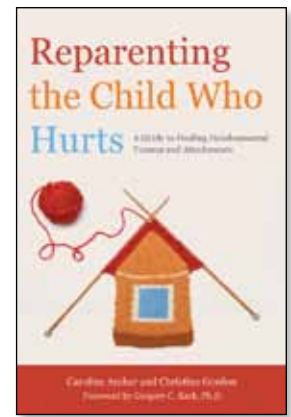
Caroline Archer and Christine Gordon

Foreword by Gregory C. Keck, Ph.D

2012 288pp 9781849052634 pb £15.99

Finally, a parenting book which demystifies the latest thinking on neurobiology, physiology and trauma and explains what the research means for the everyday life of parents of children who hurt.

As experts on adoption and fostering who are adoptive parents themselves, Caroline Archer and Christine Gordon explain how this knowledge can help parents to better understand and care for their child. They explain why conventional parenting techniques are often not helpful for the child who has experienced early trauma and explore why therapeutic reparenting is the only way to help repair the unhealthy neurobiological and behavioural patterns which affect the child's development. They do not shy away from how difficult reparenting is, acknowledging how hard it can be to recognise our own fallibility as parents and to change our own parenting patterns. The authors also offer hard-won advice on a range of common parenting flashpoints - from defusing arguments and aggression to negotiating bedtimes and breaks in routine, and making sure that special occasions are remembered for all the right reasons. A humane, non-nonsense survival guide.



Caroline Archer is an adoptive parent, an independent consultant in post-adoption support and a therapeutic parent mentor.

Christine Gordon is an adoptive parent with many years' experience of working with adoptive and foster families. She was a co-founder of Family Futures Consortium, London.

BESTSELLER

First Steps in Parenting the Child who Hurts Tiddlers and Toddlers Second edition

Caroline Archer

Foreword by Dr Vera Fahlberg
1999 128pp 9781853028014 pb £15.99

'A "must have" book for both adoptive parents and for those professionals who help adoptive families forge new family ties.'

- from the Foreword by
Dr Vera Fahlberg

young
children

Next Steps in Parenting the Child Who Hurts Tykes and Teens

Caroline Archer

1999 224pp 9781853028021 pb £15.95

'A clear, sensitive and extremely practical handbook which looks at the reasons behind difficult behaviour, especially the effects of early trauma in a child's life, as well as suggesting strategies for dealing with it... This is a must-have book for adopters and foster carers.'

-Adoption and Fostering

older
children

A-Z of Attachment Issues

New Families, Old Scripts

A Guide to the Language of Trauma and Attachment in Adoptive Families

Caroline Archer and Christine Gordon
2006 256pp 9781843102588 pb £18.99

'This is a book to help children manage their feelings, make sense of their behaviour and help them reconnect in new families... It reminds all parents that with understanding commitment and support young people can... learn to integrate their relationships with the world.'

- Lapidus Quarterly



THE FUNDAMENTAL PRINCIPLES OF ATTACHMENT

A Short Introduction to Attachment and Attachment Disorder

Colby Pearce

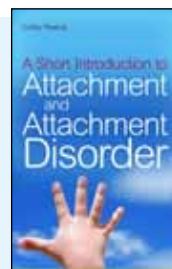
2009 112pp 9781843109570 pb £12.99

A short and accessible introduction to what 'attachment' means and how to recognise attachment disorders in children.

The author explains how complex problems in childhood may stem from the parent-child relationship during a child's early formative years, and later from the child's engagement with the broader social world. It explores the mindset of difficult and traumatised children and the motivations behind their apparently antisocial and defensive tendencies.

'A good starting point for prospective adopters.... This is a simple, basic and easy book to read and a good introduction to attachment.'

- Adoption Today



Baby Shiatsu

Gentle Touch to Help your Baby Thrive

Karin Kalbantner-Wernicke and Tina Haase

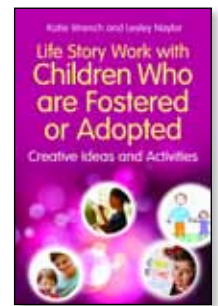
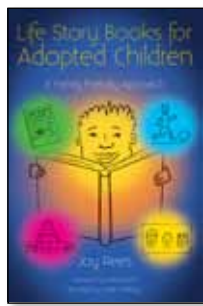
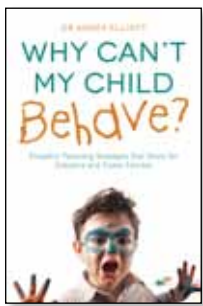
2012 160pp 9781848191044 pb £13.99

This illustrated guide features step-by-step instructions to shiatsu techniques that have been adapted to encourage motor and sensory skills and support emotional and energetic foundations.

'I can see the altogether positive development of children who are treated with baby shiatsu. Shiatsu seems to be highly beneficial, too, for bonding between children and parents..'

-From the foreword by Dr Steffen Fischer, practising paediatrician





Why Can't My Child Behave?

Empathic Parenting Strategies that Work for Adoptive and Foster Families

Dr Amber Elliott

July 2013 160pp 9781849053396 pb £12.99

Why Can't My Child Behave? provides friendly expert advice on how to respond to difficult behaviours and emotions for parents of children with developmental trauma. Each chapter focusses on the common difficulties faced by carers or parents and features quick, applicable ideas with exercises and illustrations. The book looks beyond the traditional punishment/reward strategies and aims to provide an explanation for such questions whilst helping the child in the process.

This book will prove to be an invaluable resource for parents, foster carers, social workers and professionals working with children who are adopted or fostered.



Big Steps for Little People

Parenting Your Adopted Child

Celia Foster

Forewords by David Howe and Daniel A Hughes

2008 216pp 9781843106203 pb £13.99

Drawing on the hard-won wisdom gained in her own family life, Celia offers a thoughtful account of life with adopted children and examines the issues that many adoptive families encounter, including the development of children with attachment problems and how to tackle behavioural difficulties.

Inside Transracial Adoption

Strength-based, Culture-sensitizing Parenting Strategies for Inter-country or Domestic Adoptive Families That Don't "Match"

Second Edition

Gail Steinberg and Beth Hall

May 2013 304pp 9781849059053 pb £15.99

Inside Transracial Adoption is the classic authoritative guide to navigating the challenges and issues that parents face in the USA when they adopt a child of a different race and/or culture.

'Adoption can have many complex layers, and with interracial adoption there are the added nuances of race, culture and identity. As a Korean adoptee I have lived this experience... Inside Transracial Adoption is the bible of resources on this subject.'

- Susan Soonkeum Cox, Vice President Policy & External Affairs, Holt International Children's Services

LIFE STORY WORK

BESTSELLER

Life Story Books for Adopted Children

A Family Friendly Approach

Joy Rees

2009 96pp 9781843109532 pb £14.99

A new family-friendly way to compile a Life Story Book that promotes a sense of permanency for the child, and encourages attachments within the adoptive family. Joy Rees' improved model works chronologically backwards rather than forwards, aiming to reinforce the child's sense of security within the adoptive family.

Life Story Work with Children Who are Fostered or Adopted

Creative Ideas and Activities

Katie Wrench and Lesley Naylor

March 2013 112pp 9781849053433 pb £14.99

This accessible book is full of tried and tested activities and creative ideas for professionals, parents and carers who may have little time and few resources, but who need to carry out life story work that works for children. The authors describe the optimum conditions in which to carry out life story work and feature activities to accompany each of the necessary stages: creating a sense of safety, emotional literacy, building resilience, exploring identity, sharing information and looking to the future.

Connecting with Kids Through Stories

Using Narratives to Facilitate Attachment in Adopted Children

Denise B. Lacher, Todd Nichols, Melissa Nichols and Joanne C. May

2011 240pp 9781849058698 pb £16.99

An accessible guide to using therapeutic stories to help connect with troubled adopted children, demonstrating how parents and professionals can create their own stories to help children heal, and explains the theory behind the therapy. This second edition includes updated research and full sample stories.

'A very valuable, innovative resource for adoptive families supporting children with complex, traumatic early life histories... The focus is on empowering adoptive families to support their children, by giving them a thorough understanding of how early life history will affect each child's internal working model... a very exciting, meaningful book.'

- Lapidus Journal

HIGHLY COMMENDED IN THE BMA
MEDICAL BOOK OF THE YEAR AWARD

Making Babies the Hard Way Living With Infertility and Treatment

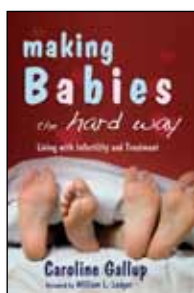
Caroline Gallup

2007 240pp 9781843104636 pb £13.99

Making Babies the Hard Way is a frank account of one couple's discovery that they cannot have children of their own, and their ensuing struggle through four years of fertility treatment. Writing with humour and honesty, Caroline Gallup describes the social, emotional, spiritual and physical impact of infertility on her and her husband, Bruce.

'This poignant book portrays the journey a couple make to create a family. Caroline's clear style, which is interspersed with Bruce's interpretation of events, makes the book an accessible articulation of the impact infertility has on a relationship. The section entitled "Things not to say to an infertile couple" is absolutely spot-on.'

- *Royal College of Obstetricians and Gynaecologists.*



Birth of an Adoptive, Foster or Stepmother Beyond Biological Mothering Attachments

Barbara Waterman

2003 272pp 9781843107248 pb £21.99

Adoptive, foster and stepmothers, like biological mothers, find their lives completely changed by motherhood. Barbara Waterman shows the important ways in which a non-biological attachment is both more similar to and more different from a biological attachment than is currently understood. In doing this, Waterman broadens the notion of the 'traditional' family, and offers a positive alternative to the myth of the perfect mother. All kinds of step-, adoptive and foster families and those coming into contact with them will find this thoroughly researched and personal book an indispensable guide.



Looking for Oliver A Mother's Search for the Son She Gave Up for Adoption

Marianne Hancock

2003 224pp 9781843101420 pb £18.99

While clearing through her mother's bedroom after her death, Emma comes across a thirty-year-old newspaper clipping, announcing the arrival of a new baby boy. Realizing that the baby must be the son she gave up for adoption, Emma becomes transfixed by this link to her first-born. But she now has a husband and two teenage children, all of whom know nothing of her past...

Vividly recalling the stigma of her schoolgirl pregnancy and the pain of her separation from the baby, this absorbing and illuminating story follows Emma's search, years later, for Oliver, her adopted son.



The Interracial Adoption Option

Creating a Family Across Race

Marlene G. Fine and Fern L. Johnson

September 2013 168pp 9781849059305 pb £12.99

The Interracial Adoption Option draws on the lives and experiences of a US couple adopting two African-American children. Starting from their decision to adopt their first child interracially, it describes the situations and decisions that followed as a result of their child's racial background. The authors' experiences and their expertise in the subject of race and ethnicity will not only guide prospective parents through the adoption experience, but also provide practical advice. They consider where to live, how to choose a doctor and how to take care of your child's hair and skin. They also tackle common issues and dilemmas, answering questions such as, 'Does race matter?' 'Why is a healthy racial identity important?' and 'What do I do if I suspect my child is being treated unfairly because of his/her race?'

An accessible introduction to the complex world of interracial adoption, this book will be the perfect starting point for parents of transracially adopted children and those who are considering adopting transracially.

The Adoption Experience

Families Who Give Children a Second Chance

Ann Morris

1999 224pp 9781853027833 pb 15.99

This is a book of real life stories of adopters which takes the reader through every stage of the adoption process starting with the moment when they decide that adoption is the right option for them to the stories of adoptees brought up by adoptive parents.

In between, the book looks at all the different types of adoption that are carried out by all sorts of families from all sorts of children of every race and age and with every kind of problem. They range from babies who are only days old when they are taken into an adoptive family to teenagers with a multitude of psychological and physical problems. The book looks at both the success and failure of these adoptions.

'Would that there had been such a book when our sons were little, especially when we added a seven year old with emotional and behavioral difficulties to the family. I hope that everyone involved in adoption will be aware of the existence of this book, since it covers the actual experience of adoption from every aspect... For years adoption was a family secret for the birth-mother and the adopters. Now we are passed that stage it is important that the stories be heard.'

- *Mental Health Care and Learning Disabilities.*



Ladybird's Remarkable Relaxation

How children (and frogs, dogs, flamingos and dragons) can use yoga relaxation to help deal with stress, grief, bullying and lack of confidence

Michael Chissick
September 2013 48pp 9781848191464 hb £12.99

This beautiful picture book teaches an effective yoga relaxation technique that can be used anywhere and anytime. Little Ladybird flutters from big toe to knee to thumb and onwards around the body, showing children how to focus their attention and calm their thoughts.



Frog's Breathtaking Speech

How Children (and Frogs) Can Use Yoga Breathing to Deal with Anxiety, Anger and Tension

Michael Chissick
Illustrated by Sarah Peacock
2012 48pp 9781848190917 hb £12.99

This charming illustrated picture book teaches children yoga breathing techniques through a fun and interactive story, and shows them how to use their breath to cope with difficult feelings such as anger and anxiety.



Six Healing Sounds with Lisa and Ted Qigong for Children

Lisa Spillane
Illustrated by Lisa Spillane
2011 32pp 9781848190511 hb £8.99

Six Healing Sounds with Lisa and Ted teaches young children how to transform negative feelings into positive ones by using simple breathing techniques that are based on ancient Chinese Qigong exercises. Using a special sound for different parts of the body, Lisa and Ted show that a "haaaww" can heal the heart, and a "whoooooo" can chase away worries.



Chi for Children

A Practical Guide to Teaching Tai Chi and Qigong in Schools and the Community

Betty Sutherland
2011 160pp 9781848190559 pb & DVD £34.99

Learning the Chinese arts of Tai Chi and Qigong is a great way for children to relax, have fun, and strengthen body and mind. This easy-to-use training pack provides step-by-step instructions and simple techniques that enable anyone to teach Tai Chi and Qigong to children.

Yoga Therapy for Every Special Child Meeting Needs in a Natural Setting

Nancy Williams
2010 208pp 9781848190276 pb £12.99

Yoga therapy is gaining rapid recognition as a treatment that can improve the physical and mental wellbeing of children with a variety of complex needs. This book contains a specially-designed yoga program for use with children of all abilities, and provides parents and professionals with the knowledge they need to carry out the therapy themselves.

Having Your Baby Through Egg Donation

Ellen Sarasohn Glazer and Evelina Weidman Sterling
May 2013 312pp 9781849059015 pb £15.99

'If you are considering the use of donor eggs to build your family, this is a must read. Experienced reproductive healthcare professionals...answer your questions about both the practical and emotional considerations... Upon completing *Having Your Baby Through Egg Donation*, you will be in a far better position to decide if this family building option is right for you.'

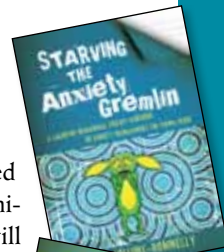
- Dr. Joann Paley Galst, PhD, Chairperson of the American Fertility Association Mental Health Advisory Council, USA

Starving the Anxiety Gremlin

A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People

Kate Collins-Donnelly
January 2013 176pp 9781849053419 pb £12.99

This engaging workbook helps young people aged 10+ understand and manage anxiety. Based on cognitive behavioural therapy principles, the activities will help young people understand why they get anxious and how to use simple, practical techniques to manage and control their anxiety.

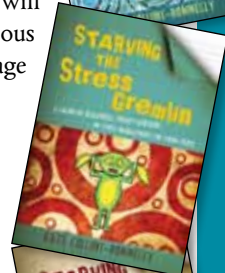


Starving the Stress Gremlin

A Cognitive Behavioural Therapy Workbook on Stress Management for Young People

Kate Collins-Donnelly
January 2013 136pp 9781849053402 pb £12.99

Engaging and fun activities as well as real life stories from other young people show how our thoughts are related to our behaviour and emotions.



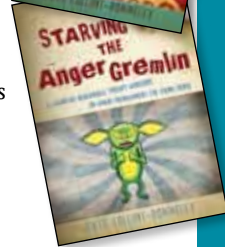
Starving the Anger Gremlin

A Cognitive Behavioural Therapy Workbook on Anger Management for Young People

Kate Collins-Donnelly
2012 88pp 9781849052863 pb £12.99

'I used *Starving the Anger Gremlin* with a 14 year old client who up until that point had been extremely difficult to engage. He loved the book and engaged with it immediately... He is making great changes thanks to the skills learnt. I would highly recommend this book.'

- Youth Worker, Derbyshire, UK

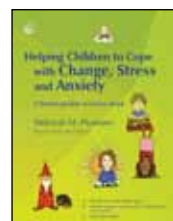


Helping Children to Cope with Change, Stress and Anxiety

A Photocopiable Activities Book

Deborah M. Plummer
Illustrated by Alice Harper
2010 144pp 9781843109600 pb £17.99

Over 100 activities aimed at helping children to build emotional resilience. With a mixture of short, snappy activities and longer guided visualizations, these exercises are suitable for use with individuals or groups, and many are appropriate for use with children with complex needs or speech and language difficulties.



The Red Beast

Controlling Anger in Children with Asperger's Syndrome

K.I. Al-Ghani
Illustrated by Haitham Al-Ghani
2008 48pp 9781843109433 hb £12.99

This vibrant fully illustrated children's storybook is written for children aged 5+, and is an accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome.



Healthy Mindsets for Super Kids

A Resilience Programme for Children Aged 7-14

Stephanie Azri
Foreword by Jennifer Cartmel
Illustrated by Sid Azri
January 2013 176pp 9781849053150 pb £19.99 JNH JKSN

This 10 session program is designed to boost resilience in children aged 7-14. Each session tackles a key issue, from forming healthy relationships and overcoming anxiety, to dealing with grief and thinking positively. Worksheets, creative activities and tips for parents are included.



