



# BOOKS & RESOURCES



The following books and resources may be helpful as you seek to provide healing care for children impacted by foster care.

## Impact of Trauma on Child Development

- *The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma* by Bessel van der Kolk, M.D.
- *Childhood Disrupted: How Your Biography Becomes Your Biology, and How You Can Heal* by Donna Jackson Nakazawa
- *The Deepest Well: Healing the Long-Term Effects of Child Adversity* by Nadine Burke Harris, M.D.
- *The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook -- What Traumatized Children Can Teach Us About Loss, Love, and Healing* by Bruce D Perry and Maia Szalavitz
- *Beyond Behaviors: Using Brain Science and Compassion to Understand and Solve Children's Behavioral Challenges* by Mona Delahooke

## Caring for Children Impacted by Foster Care and Trauma

- *The Connected Child: Bringing Hope and Healing to Your Adoptive Family* by Karyn Purvis and David Cross
- *The Connected Parent: Real-Life Strategies for Building Trust and Attachment* by Karyn Purvis and Lisa Qualls
- *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* by Daniel J Siegel and Tina Payne Bryson
- *Raising Kids with Big, Baffling Behaviors: Brain-Body-Sensory Strategies That Really Work.* by Robyn Gobbel
- *Small: A True Story that I Sometimes Wish was Just a Novel* by Eva Napier
- *The Out-of-Sync Child: Recognizing & Coping with Sensory Processing Disorder* by Carol Kranowitz and Lucy Jane Miller
- *Guided Growth: Educational and Behavioral Interventions for Children and Teens with Fetal Alcohol Spectrum Disorders and Early Trauma* by Ira Chasnoff and Ronald J Powell
- *Trying Differently Rather Than Harder: Fetal Alcohol Spectrum Disorders* by Diane Malbin
- *Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens* by Laura Kastner
- *Brain-Body Parenting: How to Stop Managing Behaviors and Start Raising Joyful, Resilient Kids* by Mona Delahooke

## Books for Children in Foster Care

- *Kids Need to Be Safe: A Book for Children in Foster Care (Kids Are Important)* by Julie Nelson
- *A Mother for Choco* by Kelko Kasza
- *Maybe Days: A Book for Children in Foster Care* by Jennifer Wilgooki and Marcia Kahn Wright
- *Love You from Right Here: A Keepsake Book for Children in Foster Care* by Jamie Sandefer

## Podcasts and Other Resources

- *TBRI® Podcast* by Karyn Purvis Institute of Child Development
- *Regulated & Relational Podcast* by Attachment & Trauma Network
- *The Adoption Wise Podcast* by Lisa C. Qualls and Melissa Corkum
- *FASD Success Podcast* by Jeff Noble / FASD Success
- *PBS - Sesame Street in Communities*: [sesamestreetincommunities.org/topics/foster-care/](https://www.sesamestreetincommunities.org/topics/foster-care/)

## Faith-Informed Resources

- *Reframing Foster Care: Filtering Your Foster Care Parenting Journey Through the Lens of the Gospel* by Jason Johnson
- *Real Mom Podcast* by Jamie Finn / Foster the Family (additional resources at [fosterthefamily.org](https://fosterthefamily.org))
- *The Forgotten Podcast* by The Forgotten Initiative (additional resources at [theforgotteninitiative.org](https://theforgotteninitiative.org))
- *Empowered to Connect Podcast* by Empowered to Connect
- *Around the World with the Archibald Project Podcast* by The Archibald Project (resources at [thearchibaldproject.com](https://thearchibaldproject.com))



FOSTERING HOPE

[fosteringhope.org](https://fosteringhope.org)