

Foster Family Coalition of the NWT – Family Resources Directory

* There is some *overlap* between Foster Care and Adoption Resources. Please review both categories.

*Check the *CD and Video Resources Section* – Various Subjects

*Make Sure to browse our great selection of *Cultural Books*

Foster Care Resources – BOOKS – Fiction and Non-Fiction

A Voice from the Voiceless and Forgotten: An Anthology of a Foster Care System Survivor, Lawrence Adams, 2005

Where Children Run, Karen Emilson, 1997. (Based on the true story of survival of David and Dennis Pischke)

A Man Named Dave: A Story of Triumph and Forgiveness, Dave Pelzer, 1999

Son-up, Son-Down: Book Three of the Specialized Foster Care Trilogy, John Carenen, 1990

Canada's Children, Magazine, Fall 2010, Vo. 17, No. 2

Foster Care Resources – BOOKS – Strategies, Coping Techniques, Self-Help, Sources for References, etc.

Troubled Transplants: Unconventional Strategies for Helping Disturbed Foster and Adopted Children, Richard Delaney, Frank R. Kunstal, 1997

Practical Tools for Foster Parents - Based on Boys and Girls Town's *Common Sense Parenting*, Edited by Lana Temple-Plotz, Ted P. Stricklett, Christena B. Baker and Michael N. Sterba

Creative Arts Therapies Approach in Adoption and Foster Care: Contemporary Strategies for Working with Individuals and Families, Edited by Donna J. Betts, 2003

Maintaining Family Ties: Inclusive Practice in Foster Care, Sally E. Palmer, 1995, *Child Welfare League*

The Power of Support: A Guide for Supporters of Youth in Care, National Youth in Care Network, 2003

Child Welfare Journals, *Child Welfare League of America*, Various volumes and subjects, 2006-2008

Foster Care Resources – BOOKS – Youth and Teens

Someone There for Me: Everyday Heroes through the Eyes of Teens in Foster Care, Edited by Special Advocate Association, 2004

A Star for Rae: A Book about Foster Children, Dylan, Cheryl and Michael Rieder, 2007

The Ocean Within, V.M. Caldwell, 1999

Bernie & Victoria, Patricia H. Aust, 1996

Finding the Right Spot: When Kids Can't Live With Their Parents, Janice Levy, Magination Press

The Heart Knows Something Different: Teenage Voices from the Foster Care System, Youth Communication, Edited by Al Desetta, 1996

My Lifebook Journal: A Workbook that helps kids adjusting to Foster Care, Therese Accinelli, 2004

For Your Own Good: a Child's Book about Living in Foster Care, Doris Sandford, 1993

What's a Foster Family Anyway?, Martine Golden Inlay, 2000

Kids Need to Be Safe: A Book for Children in Foster Care, *Kids are Important series*, Julie Nelson, 2006. (3 copies)

The Star: A Story to Help Young Children Understand Foster Care, Cynthia Miller Lovell, 1999. (Includes a Handbook for Foster Parents)

Little Heroes: Foster Care and Adoption, Story and Colouring book, Art Baltazar, *National Training Institute*, 2003

Bobbie's Story: A Feelings Workbook, Brennan Lynn Mars, 1999. (Includes a Guide for Foster Parents)

Maybe Days: A Book for Children in Foster Care, Jennifer Wilgocki and Marcia Kahn Wright, 2002, Magination Press (2 copies)

Zachary's New Home: A Story for Foster and Adopted Children, Geraldine M. and Paul B. Blomquist, 1990 Magination Press (2 copies)

Families Change: A Book for Children Experiencing Termination of Parental Rights, Kids are Important series, Julie Nelson, 2007

Adoption Resources – BOOKS – Adults, Children, Youth, Teens

Lifebooks: Creating a Treasure for the Adopted Child, Beth O'Malley, 2000

Did my First Mother Love Me? – A Story for an Adopted Child, Kathryn Ann Miller, 1994

A Child is Waiting: A Beginners Guide to Adoption, Dave Thomas Foundation for Adoption Canada, 2004

Parenting the Hurt Child: Helping Adoptive Families Heal and Grow, Gregory C. Keck, Regina M. Kupecky, 2002

Families are Different, Nina Pellegrini, 1991

Adoption is a Family Affair! – What Relatives and Friends Must Know, Patricia Irwin Johnston, 2001

Parenting Resources – BOOKS – Adults, Children, Youth, Teens *(including reference materials for Learning and Behavioural Difficulties, Special Needs)*

A Terrible Thing Happened, (for children ages 4-8 who have witnessed trauma or violence), Margaret M. Holmes, *Magination Press*

Nobody's Perfect Series, Guide books for parents on Behaviour, Mind Development, Better Parenting, Child Safety, and Medical Tips, developed by Health Departments of New Brunswick, PEI, Newfoundland and Labrador, and Nova Scotia

The Education and Care of Children with Severe, Profound and Multiple Learning Difficulties, Richard Aird, 2001

Creative Interventions for Troubled Children and Youth, Liana Lowenstein, MSW, 1999

Living with a Brother or Sister with Special Needs: A Book for Sibs, Donald Meyer, Patricia Vadasy, 1996

Skills Training for Children with Behavior Disorders: A Parent and Therapist Guidebook, Michael L. Bloomquist, 1996

The Parent's Guide: Solution for Today's Most Common Behavior Problems in the Home, Stephen B. McCarney, Angela M. Bauer

Helping Kids Make Wise Choices and Reduce Risky Behavior: 50 Ready-To-Use Lessons, Terry Akin, Gerry Dunne, Dianne Schilling, 2000

Working with People with Challenging Behaviors: A Guide for Maintaining Positive Relationships, Nathan Ory, 2nd Edition, 2007

Working People, Challenging Behaviors: A Guide for Educators and Caregivers, Nathan Ory, 1995

Children with Anger Problems: A Practical Resource of Approached and Activities for Helping Chronically Angry Children (K-8), Tom Carr, 2000

Home Schooling Children with Special Needs: Turning Challenges into Opportunities, Sharon C. Hensley, 1995

55 Favourite Stories and Storytelling Techniques that Teach the Importance of Good Behavior, *The Discipline Solution series*, Lawrence E. Shapiro

55 Favorite Games that Teach Good Behavior to Children, *The Discipline Solution series*, Lawrence E. Shapiro

55 Favorite Communication Techniques that get Kids Talking and Thinking, *The Discipline Solution series*, Lawrence E. Shapiro

55 Favorite Motivational Techniques that Make it Fun to be Good, *The Discipline Solution series*, Lawrence E. Shapiro

Short-Term Therapy with Children: A Multi-Model Approach to Helping Children with Their Problems, Lawrence E. Shapiro, 1994

My Child is a Pleasure, Diane Chelsom Gossen, 2001

Growing Up Again: Parenting Ourselves, Parenting Our Children, Jean Illsley Clarke, Connie Dawson, 1998

I Can Be Me: A Helping Book for Children from Troubled Families, Dianne S. O'Connor, 1987

Well Beings: A Guide to Promote the Physical Health, Safety and Emotional Well-Being of Children in Child Care Centres and Family Day Care Homes, *Canadian Paediatric Society*, 2nd Edition, 1999

Lifeskills Resources – BOOKS – Adults, Children, Youth, Teens *(also resources for Special Needs, Counselling,)*

First Aid and CPR Manual: A Practical Guide for First Aid and CPR at Home and Work, *Canadian Red Cross*, 2006

The Citi Commonsense Money Guide for Real People, Edited by Dara Duguay and Bill Knight, 2009 (2 copies)

The Helping Relationship: Process and Skills, Lawrence M. Brammer, 1979

Life Skills Activities for Secondary Students with Special Needs, Darlene Mannix, 1995

Social Skills Activities for Secondary Students with Special Needs, Darlene Mannix

Seven Sensible Strategies for Drug-Free Kids, J., Stuart Rahrer, 1999

How to Create positive Relationships with Students: A Handbook of Group Activities and Teaching Strategies, Michelle Karns, 1994

Skills for Living: Group Counselling Activities for Young Adolescents, Rosemarie S. Morganett, 1990

Ready-to-Use Social Skills Lessons and Activities for Grades PreK-K, Edited by Ruth Weltmann Begun, *The Society for the Prevention of Violence*, 1995

Ready-to-Use Social Skills Lessons and Activities for Grades 1-3, Edited by Ruth Weltmann Begun, *The Society for the Prevention of Violence*, 1995

Ready-to-Use Social Skills Lessons and Activities for Grades 4-6, Edited by Ruth Weltmann Begun, *The Society for the Prevention of Violence*, 1995

Ready-to-Use Social Skills Lessons and Activities for Grades 7-12, Edited by Ruth Weltmann Begun, *The Society for the Prevention of Violence*, 1995

Choices for Positive Youth Relationships, (Instructional Guide for use with the National Film Board film, *A Love that Kills*.) Maggie Babcock and Marion Boyd, 2002

The Picture Communication Symbols Combination Book, Mayer-Johnson Co.

Healthy Choices, Healthy Lives, (for children), Karen Olson, 2005

Group Leaders Manual for Youth, Dr. Paula Barrett, Pathways Health and Research Centre, Australia, 2007

Adolescents – BOOKS

(Guidance resources for parents, counsellors, teens and those working with teens)

Parenting Today's Teenager Effectively: Hear Me, Hug Me, Trust Me, Dr. G. Scott Wooding, 2003

Stop Negotiating With Your Teen: Strategies for Parenting Your Angry, Manipulative, Moody, or Depressed Adolescent, Janet Sasson Edgette, 2002

Surviving Your Adolescents: How to Manage and Let Go Of Your 13-18 Year Olds, Thomas W. Phelan, 1st and 2nd Editions, 1993 and 1998

Practical Approaches in Treating Adolescent Chemical Dependency: A Guide to Clinical Assessment and Intervention, Paul B. Henry, 1988/89

Group Counselling and Psychotherapy with Adolescents, Beryce W. MacLennan and Naomi Felsenfeld, 1968

The Surprising Years: Understanding Your Changing Adolescent, *Lions-Quest Skills for Adolescents series*, 3rd Edition, 1992

Changes and Challenges: Becoming the Best You Can Be, *Lions-Quest Skills for Adolescents series*, 3rd Edition, 1992

Fetal Alcohol Spectrum Disorder (FASD) – BOOKS

Damaged Angels – A Mother Discovers the Terrible Cost of Alcohol in Pregnancy, Bonnie Buxton, 2004

Little Heroes: Suzie's Story, Ira J. Chasnoff, National Training Institute Inc., 2003
(colouring book for children)

Trying Differently: Strategies for Working with Individuals with Fetal Alcohol Spectrum Disorder, Adapted for the Foster Family Coalition of the NWT (several copies)

The Best I Can Be: Living with Fetal Alcohol Syndrome or Effects, Liz Kulp, 2000 (Liz is a teen living with FASD)

Trying Differently: A Guide for Daily Living and Working with FAS and other Brain Differences, Edited by Debbie Trudeau, 2nd Edition, Fetal Alcohol Syndrome Society Yukon, 2002

Printed articles –

“FASD: What You Need to Know”

“FAS Tool Kit: Assessing and Modifying the Environments for an Alcohol-Affected Child”

“FASD - Tips for Parents and Caregivers: Numbers 1-16”, handouts from FASD Support Group Network of Saskatchewan Inc. (2 copies)

“Let's Talk FASD”

“Faces of FASD Three Years Later....Putting a Personal Face on Fetal Alcohol Spectrum Disorder”

It Takes a Community: A Resource Manual for Community-based Prevention of Fetal Alcohol Syndrome and Fetal Alcohol Effects, Aboriginal Nurses Association of Canada

Calming the Storm: Strategies for Children with FASD, Joanne Lussier-Ring, Lakefield Centre for FASD

Fetal Alcohol Syndrome: A Resource for Professionals, Saskatchewan Institute on Prevention of Handicaps, 2000

My Name is Amanda and I have F.A.E. – A Book for Young Children with FAS/E, FAS/E Support Network of BC, 1997

Simon Says... – A Book about Fetal Alcohol Syndrome for Kids, Parents and Teachers, Heather McFarlane, 2002

Polly Anna the Second: A Book about FASD for Teens, Heather McFarlane

Let's Talk FASD: Parent Driven Strategies for Children with FASD, VON Canada, 2005

Finding Perspective....Raising Successful Children Affected by Fetal Alcohol Spectrum Disorder, Liz Lawryk, 2005

Letters to Our Children, Letters from Our Children: Living with Fetal Alcohol Syndrome and Alcohol Related Effects, Edited by Dorothy E. Badry and Liz Lawryk

The Little Fox: FAS – Your Special Child between Birth and Five Years Old, Robin La Due and Caroline Hartness (2 copies) *Also in DVD format

The Little Mask: FAS – Your Special Child between the Ages of 6-11, Robin La Due and Caroline Hartness (2 copies) *Also in DVD format

Sees No Danger and Wanders Afar: FAS – Your Special Child between 12-17, Robin La Due and Caroline Hartness (2 copies) *Also in DVD format

Travels in Circles: FAS – Your Special Child between 18-22, Robin La Due and Caroline Hartness (2 copies) *Also in DVD format

Attachment Disorders – BOOKS

(References for Adoptive and Foster Parents)

Fostering Changes: Treating Attachment-Disordered Foster Children, Richard J. Delaney, 2nd Edition, 1998

Facilitating Developmental Attachment: The Road to Emotional Recovery and Behavioral Change in Foster and Adopted Children, Daniel A. Hughes, 2004

Handbook of Attachment Interventions, Edited by Terry M. Levy, 2000

Attaching in Adoption: Practical Tools for Today's Parents, Deborah D. Gray, 2002

Handbook for Treatment of Attachment-Trauma Problems in Children, Beverly James, 1994

ADD/ADHD - BOOKS

(Attention Deficit Disorder, Attention Deficit Hyperactive Disorder, Hyperactivity)

All about Attention Deficit Disorder - Symptoms, Diagnosis and Treatment: Children and Adults, Thomas W. Phelan, 1996 (2 copies)

Taking Charge of ADHD: The Complete, Authoritative Guide for Parents, Russell A. Barkley, 1995

Slow Down, So I Can Tell You I love You: A Handbook for Parents of Children with ADHD, Tammy Young, 2001

Survival Strategies for Parenting Your ADD Child: Dealing with Obsessions, Compulsions, Depression, Explosive Behavior and Rage, George T. Lynn, 1996

The Hyperactive Child Book: Treating, Educating and Living with your ADHD Child, Patricia Kennedy, Leif Terdal, Lydia Fusetti, 1993

Printed Article: “How Routines Help ADHD Children (and Their Parents)”, Peter Jaksa, 2008

A Parent’s Guide: ADHD in Children, 4th Edition, Sam Goldstein and Michael Goldstein, The Neurology, Learning and Behavior Center, 1998

A Teacher’s Guide: ADHD in Children, 3rd Edition, Sam Goldstein and Michael Goldstein, The Neurology, Learning and Behavior Center, 1995

Sexual Abuse - BOOKS – Adults, Youth

If I Tell – A book written for Youth, Susan Marcy-Webster, *KidsRights* (many copies)

The Secret of the Silver Horse – A book written for Youth, Department of Justice Canada, 1989

It Happens to Boys Too..., Jane A.W. Satullo, Roberta Russell, Pat A. Bradway, Rape Crisis Centre of Berkshire County, 1989

Adopting or Fostering a Sexually Abused Child, Catherine Macaskill, *Child Care Policy and Practice Series*, 1991

Treating the Aftermath of Sexual Abuse: A Handbook for Working with Children in Care, Margaret Osmond, Duane Durham, Andrew Leggett, John Keating, 1998

Drug Exposure - BOOKS – Adults

Living with Prenatal Drug Exposure: A Guide for Parents, Lissa Cowan and Jennifer Lee, 2003

I Would be Loved (about a substance-exposed child), Linda J. Falkner, 2002 (2 copies)

Sensory Integration Dysfunction - BOOKS – Adults, Youth

The Out-of-Sync Child: Recognizing and Coping with Sensory Integration Dysfunction, Carol Stock Kranowitz, 1998

The Out-of-Sync Child Has Fun: Activities for Kids with Sensory Integration Dysfunction, Carol Stock Kranowitz, 2003

Autism - BOOKS – Adults, Youth

Building Bridges through Sensory Integration: Occupational Therapy for Children with Autism and other Pervasive Developmental Disorders, Ellen Yack, Shirley Sutton, Paula Aquilla, 1998 (2 copies)

I Need Help with School! – A Guide for Parents of Children with Autism and Asperger's Syndrome, Rebecca A. Moyes, 2003

Anxiety and Panic Disorder - BOOKS – Adults, Teens

Everything You Need to Know About Anxiety and Panic Attacks, John Giacobello, 2000

Obsessive-Compulsive/Bipolar Disorder - BOOKS – Adults, Youth

Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment, Aureen Pinto Wagner, 2000

What to do When your Child has Obsessive-Compulsive Disorder: Strategies and Solutions, Aureen Pinto Wagner, 2002

Freeing Your Child from Obsessive-Compulsive Disorder, Tamar E. Chansky, 2000
Aureen Pinto Wagner

Obsessive-Compulsive Disorder - BOOKS – Adults, Youth

All Together Now: How Families are Affected by Depression and Manic Depression, Health Canada, 1999

Survival Strategies for Parenting Children with Bipolar Disorder, George T. Lynn, 2000

Munchausen Syndrome - BOOKS – Adults

Munchausen Syndrome by Proxy: Issues in Diagnosis and Treatment, Alex V. Levin, Mary S. Sheridan, 1995

Cultural - BOOKS – Adults, Youth

(Including some nice children's books)

Cooking Wild in Kate's Kitchen: Fabulous Venison Dishes from Fast to Fancy, Kate Fiduccia

Wisdom of the Elders: Who is an Elder? Manitoba First Nations Education Resource Centre, 2003 (4 copies)

A Man Called Raven, Richard Van Camp, 1997

Reaching North: A Celebration of the Subarctic, Jamie Bastedo, 1998

Denendeh: A Dene Celebration, The Dene Nation, 1984

Native Foods and Nutrition: An Illustrated Reference Manual, Health Canada, 1995 (multiple copies)

Our Forgotten North: A Glimpse of the Subarctic in Canada's North, Leslie Leong, 1997

Yamoria, The Lawmaker: Stories of the Dene, George Blondin, 1997

The Sharing Circle: Stories about First Nations Culture, Theresa Meuse-Dallien, 2003 (2 copies)

Canadian Animals of the Arctic, Colleayn O. Mastin, 1997

The Gathering Tree, Larry Loyie and Constance Brissenden, 2005

Keepers of the Earth: Native Stories and *Environmental* Activities for Children, Michael J. Caduto and Joseph Bruchac, 1997

Keepers of the Animals: Native American Stories and *Wildlife* Activities for Children, 1997

Medicine Power, George Blondin, Dene Cultural Institute, 1996

North American Indian, David Murdoch, Eye Witness Books, 1995 (2 copies)

The Inuksuk Book, Mary Wallace, 1999

Northern Lights: The Soccer Trails, Michael Arvaaluk, 2003

Handbook of North American Indians, Vol. 6 Subarctic, Edited by June Helm, 1981

Videos/DVD's/Visual Guide Tools – Adults, Youth, Teens (various subjects)

VCR Tapes –

Journey Through the Healing Circle: A Training Series for Foster Parents (FAS) – 2 copies of Series 1, 2 copies of Series II

My Child is a Pleasure, (Restitution – a Discipline technique), Diane Chelsom Gossen

DVD's -

A Place to Call Home: Stories of Foster Care Adoption, Dave Thomas Foundation for Adoption

Finding Forever Families for Children in Foster Care, Dave Thomas Foundation for Adoption

Flipping the World: Drugs through a Blue Lens, (about youth and drug addiction) (2 copies)

It's a Girl's World: How Girls Use Their Power to Hurt Each Other, (documentary about social bullying)

Through a Blue Lens, (video documentary about drug addiction)

Still Longshots: Making Films, Beating the Odds, (stories about 4 at-risk youth)

Educating and Nurturing the Bipolar Child, Janice Papolos, 2004 (3 copies)

The Listening Heart, (day to day raising children with FAS), 2005

The Little Fox: FAS – Your Special Child between Birth and Five Years Old (2 copies) *Also in book format

Travels in Circles: FAS – Your Special Child between the Ages of 18-22 Years Old, (2 copies) *Also in book format

The Little Mask: FAS – Your Special Child between the Ages of 6-11 Years Old, (2 copies) *Also in book format

Sees No Danger and Wanders Afar: FAS – Your Special Child between the Ages of 12-17 Years Old, (1 copy) *Also in book format

Through the Eyes of the Child, Dave Thomas Foundation for Adoption

Parent and School Partnerships: Making it Work, (for parents of children with developmental disabilities), (2 copies)

Phoneme Touch and Say: A Multisensory Cueing System to Help Your Child Learn, Jill Hicks, 2008 (see additional resources below)

Visual Tools -

Phoneme Touch and Say Handbook and Word Cards, Jill Hicks