

Post Adoption Information Sheet No 37

Suggested books to support children who are adopted

Adoption specific

The Mulberry Bird: Story of an Adoption

Anne Braff Brodzinsky. Perspectives Press, USA (1986)

The Mulberry Bird's story of a mother bird who loved her baby but could not care for him, was written in 1986 and quickly became a beloved favourite.

Nadia and Rashid's story: Living with a new family

Sheila Byrne & Leigh Chambers. BAAF, UK (1997)

Jo's story: Joining Together

Sheila Byrne & Leigh Chambers. BAAF, UK (1998)

Nathan's story: Belonging doesn't mean forgetting

Sheila Byrne & Leigh Chambers. BAAF, UK (1997)

The above series of books help children who are separated from their birth families to make sense of their experiences and individual history. Each book can be used flexibly and creatively with children to help them explore feelings and come to terms with their past and prepare them for the future.

How I Was Adopted

Joanna Cole. Mulberry Books, USA (1995)

Sam has a joyful story to tell, one completely her own, yet common to millions of families -- the story of how she was adopted. Most of all, it's a story about love. And in the end, Sam's story comes full circle, inviting young readers to share stories of how *they* were adopted.

The Snake-Stone

Berlie Doherty. Hamish Hamilton, UK (1995)

Fifteen-year-old James is mad about diving and trains. He has a natural talent and his dad encourages him to aim high. But James has always known he is adopted, and now he decides to find his birth mother and his true identity. He sets out alone, on the journey of a lifetime...

When You Were Born in China

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Sara Dorow, USA (1997)

A memory book for children adopted from China.

**Tell Me Again About The Night I Was Born
Jamie Lee Curtis. Harper Collins, USA (1996)**

In asking her mother and father to tell her again about the night of her birth, a young girl shows that it is a cherished tale she knows by heart.

**Nutmeg Gets Cross
Judith Foxon. BAAF, UK (2002)**

Suitable for post-adoption work with children, this story offers a practical way to identify, explore and understand painful feelings that are likely to surface following adoption.

**Nutmeg Gets A Letter
Judith Foxon. BAAF, UK (2003)**

Another story from the "Nutmeg" series, suitable for post-adoption work with children, this book is about contact in adoption.

**Nutmeg Gets A Little Help
Judith Foxon. BAAF, UK (2004)**

Now Nutmeg is settled with his adoptive family, powerful feelings have resurfaced about his past, which confuse and worry him...

**You're Not My Real Mother!
Molly Friedrich. Little Brown & Co, USA (2004)**

When a little girl announces that she knows her mother is not her REAL mother, an adoptive mother thinks on her feet and comes up with a loving answer.

**Where The Sun Kisses The Sea
Susan Gabel. Perspectives Press, USA (1989)**

A little boy from overseas joins an adoptive family in America.

**Maybe Because
Aimee Garcia-Tice. Bacon and Eggs Media, USA (2010)**

A little boy who is adopted describes to a friend what makes him himself.

**Picnic in the Park
Joe Griffiths & Tony Pilgrim. BAAF, UK (2007)**

A fully illustrated book for children which tells the story of Jason's birthday picnic and the guests who help him to celebrate. It introduces children to a range of family structures including two- and one-parent families, adoptive and foster families, same-sex parents, step families and more, showing a diverse range of adults and children.

Pieces of Me

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Edited by Perlita Harris. BAAF, UK (2009)

A collection of poetry, prose and artwork by more than 80 adopted children and young people portraying what it is like to be adopted.

Adoption Stories for Young Children

Randall B. Hicks. Wordslinger Press, USA (1995)

Illustrated and photo book for children depicting what adoption means and how it comes about.

A Mother for Choco

Keiko Kasza. Puffin Books, USA (1999)

Choco, a young bird living all alone in the forest, wants desperately to find his mother. At first he feels sure that she must look precisely like him....

I Don't Have Your Eyes

Carrie A. Kitz. EMK Press, USA (2003)

This illustrated book, for 1-5 yr-olds, discusses outside differences and inside sameness.

Our Baby: A Birth and Adoption Story

Janice Koch. Perspectives Press, USA (1985)

For 3-7 yr-olds, explaining how babies are made and the different ways in which families are created.

Chester and Daisy Move On

Angela Lidster. BAAF, UK (1995)

This popular and engaging picture book is for use with children who are moving on to adoption. It tells the story of two little bear cubs who have to leave their parents and live with a foster bear family. Soon they learn they are to be adopted.

Don't Tell Me About Goldilocks!

Eva May. Lowden, Australia (1976)

Written in the 1970s, aimed at helping to answer adopted children's questions about their origins.

Borya and the Burps: An Eastern European Adoption Story

Joan McNamara. Perspectives Press, USA (2003)

For children adopted from a European orphanage.

Dad David, Baba Chris, and Me

Ed Merchant. BAAF, UK (2010)

A brightly illustrated book for children aged 5-10 years old which tells Ben's story of his ordinary life with his adoptive gay parents, Dad David and Baba Chris.

We Belong Together: A Book About Adoption and Families

Todd Parr. ABC Books, Australia (2007)

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A colourful book depicting that no matter how families come together, they are connected forever by bonds of love.

Mommy Far, Mommy Near: An Adoption Story

Carol Antoinette Peacock. Albert Whitman & Co., USA (200)

Elizabeth, who was born in China, describes the family who has adopted her and tries to sort out her feelings for her unknown mother.

Through Moon and Stars and Night Skies

Ann Turner. HarperCollins, USA (1990)

A simple story narrated by a young Southeast Asian boy about his adoption by an American couple.

William Is My Brother

Jane T. Schnitter. Perspectives Press, USA (1991)

Two brothers have the same parents, but one was born to them and one was adopted. Tony, the biological child, tells the story of William's adoption and of their relationship. Like all siblings, he and William are alike in some ways and different in others.

Why Am I Different?

Norma Simon. Albert Whitman & Co., USA (1976)

Illustrated book for children on what makes us all different and uniquely ourselves

Other

Check On Me.

Andrew Daddo. ABC Books, Australia (2009)

A precise -- but cuddly! -- set of story time instructions for any young reader finding it hard to go to bed!

When I'm Feeling Angry

Tracey Moroney. The Five Mile Press, Australia (2005)

Carefully designed to help children better understand their feelings, and in doing so, gain greater autonomy over their lives.

When I'm Feeling Lonely

Tracey Moroney. The Five Mile Press, Australia (2006)

Carefully designed to help children better understand their feelings, and in doing so, gain greater autonomy over their lives.

Some Things Are Scary

Florence Parry Heide. Walter Books, UK (2000)

This book has fun illustrations and clever text that can be a light read while addressing that some things are scary.

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The I Love You Book

Todd Parr. ABC Books, Australia (2009)

Simple message and bright illustrations for young children.

It's Okay to Be Different

Todd Parr. ABC Books, Australia (2007)

Colourful book that celebrates diversity by discussing what makes everyone unique and special.

Let Me Explain: A Story About Donor Insemination

Jane T. Schnitter. Perspectives Press, USA (1995)

A little girl explains how she was conceived through artificial insemination and that although she has genes from her mother and a donor, her dad is her only father.

Morris and the Bundle of Worries

Jill Seeney. BAAF, UK (2008)

A colourful picture book for young children in which Morris the Mole learns that talking about his problems, and facing his worries with the help of others, is more helpful than hiding his fears.

The Day The Sea Went Out and Never Came Back

Margot Sunderland. Speechmark Publishing, UK (2004)

Eric is a sand dragon who loves the sea very much. Each day, he watches it going out and coming back. But one day, the sea goes out and does not come back. In time, he realises that his memories of his precious sea are like a special kind of treasure in his mind, a treasure he will never lose.

Helping Children With Loss

Margot Sunderland. Speechmark Publishing, UK (2003)

A guidebook to help children aged 4-12 to understand and connect with feelings of loss.

A Niffleloo Called Nevermind

Margot Sunderland. Speechmark Publishing, UK (2004)

Nevermind always carries on whatever happens! Each time something horrible happens to him he just tucks his feelings away and carries on with life. Find out what happens to Nevermind and how he begins to understand that his feelings do matter, how he learns to express them and stand up for himself.

Some of these book may be available for loan from PARC and PASQ. Please contact your respective service for more details.

Post Adoption Resource Centre (PARC)

Mail: Locked Bag 6002,
Hurstville BC NSW 1481
Phone: 02 9504 6788
Email: PARC@benevolent.org.au
Website: www.benevolent.org.au

Post Adoption Support Queensland (PASQ)

Location: Ground Floor, 189 Coronation Dr,
Milton QLD 4064
Phone: 07 3170 4600
Email: PASQ@benevolent.org.au
Website: www.benevolent.org.au