

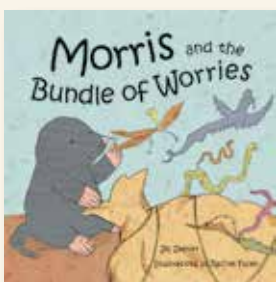
Books and resources for children and young people

Moving to live with foster carers for the first time? Worried about how to stay in touch with friends and family? Need to know more about why you are being adopted and how it will happen? Feeling nervous about a new brother or sister joining your family?

Whatever their situation CoramBAAF has the biggest and best range of books and other resources to provide children and young people in care or adopted with all the support, information and advice they need.

Dealing with feelings

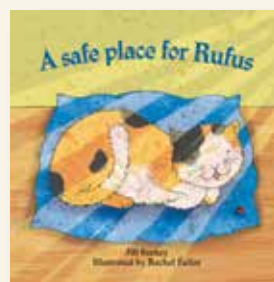
Because, sometimes, everybody feels sad, anxious, frightened or confused...



Morris and the bundle of worries

Morris the mole has a great big bundle of worries. They are so big that Morris doesn't know what to do. One day he finds a friend who can help him... This book explores the importance of sharing worries and thereby learning to cope with and manage them.

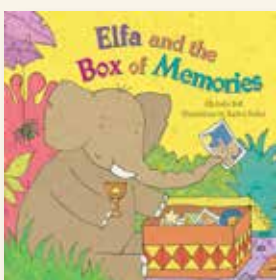
£9.95 24pp 2008
ISBN 978 1 905664 31 3



A safe place for Rufus

Rufus the cat lives with a family who care for him. He feels happy and safe, especially when he is lying on his favourite cushion. But he didn't always feel this way. Thinking about his past makes him angry and sad and Rufus struggles to find a place where he can relax and be himself. This book explores the importance of feeling safe and banishing fears.

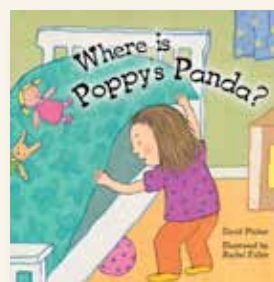
£9.95 20pp 2012
ISBN 978 1 907585 45 6



Elfa and the box of memories

Elfa the elephant carries her precious memories around with her in a brightly coloured box. When she discovers that some of them are missing she sets out to recapture them by visiting some of the key people, places and events in her past. A reminder that all memories, good or bad, help us to remember the story of our lives.

£9.95 28pp 2008
ISBN 978 1 905664 42 9



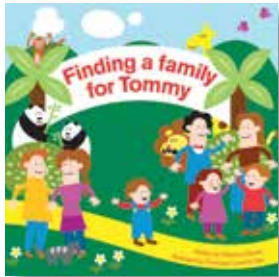
Where is Poppy's panda?

Poppy's panda has always been with her – but now he is lost! As Poppy searches high and low for her favourite toy she remembers all the times her panda has been with her. This beautifully illustrated book for young children explores transition, loss, change and the importance of continuity in a child's life.

£9.95 24pp 2009
ISBN 978 1 905664 72 6

Someone to look after me

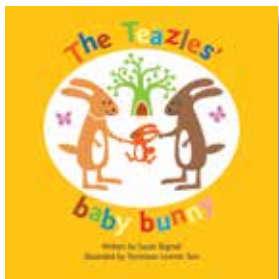
Every child deserves a safe place to live and someone to love and care for them.



Finding a family for Tommy

Tommy needs a new family to give him lots of love, but where will he find one? On a farm? In the pond? At the zoo? This lift-the-flap picture book introduces young children to the idea of different families and the meaning of belonging. It can also be used to address concepts of adoption and fostering.

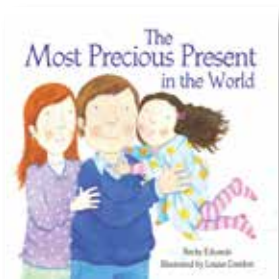
£9.95 18pp 2009
ISBN 978 1 905664 62 7



The Teazles' baby bunny

This colourful picture book tells the story of the Teazle rabbits and their adoption of a baby bunny. The simple tale and clear pictures provide a gentle introduction to broaching the subject of adoption and will help any adopted child to recognise how special they are and how much they are wanted.

£7.95 20pp 2008
ISBN 978 1 905664 49 8



The most precious present in the world

Why isn't Mia's hair straight like her mum's? Why are her eyes dark, not blue like her dad's? Why does being adopted make Mia feel sad and confused? This simply written, yet engaging story touches upon the profound themes of loss, separation, belonging and difference.

'This thoughtful picture book about adoption will be a welcome addition to school, library and family bookshelves alike.'

The School Librarian

£9.95 24pp 2010
ISBN 978 1 905664 73 3



Spark learns to fly

Spark the dragon lives happily with his parents and baby sister until his mum and dad start fighting. When the children get injured, they have to go and live with a foster carer, who helps them understand their situation and come to terms with their painful emotions. This book looks at the difficult issue of domestic violence and what this can mean for the children involved.

£9.95 24pp 2007
ISBN 978 1 905664 18 4

The Dennis Duckling series

Dennis the duckling is sad because he has to leave his mum and dad as they can no longer look after him. He goes to live on a river where he is cared for by grown-up ducks.



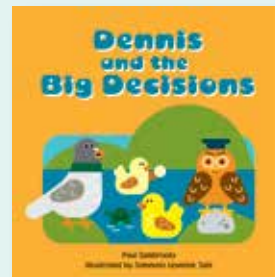
Dennis Duckling

Explains what may be happening to children who are leaving their birth families for the first time to be looked after by foster carers.

'Brilliant pictures and simple explanations for young children in care.'

Amazon.co.uk

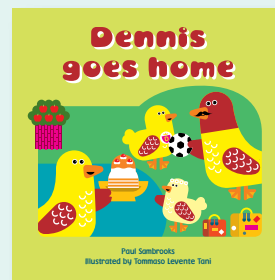
£5.95 24pp 2009
ISBN 978 1 905664 77 1



Dennis and the big decisions

Explores the range of adults who are involved in making decisions about children in care and how, whatever their age, they can be involved in making plans about their future.

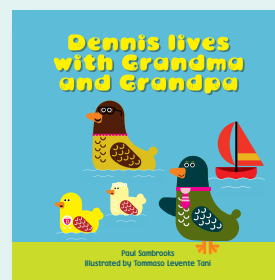
£6.95 24pp 2011
ISBN 978 1 907585 17 3



Dennis goes home

Focuses on returning home after spending time in foster care, and explores how children may feel anxious or confused about saying goodbye to their carers and reuniting with friends and family.

£6.95 20pp 2014
ISBN 978 1 910039 11 3



Dennis lives with Grandma and Grandpa

Explores kinship care, by following what happens to the ducklings when they become looked after by their grandparents.

£6.95 2016
ISBN 978 1 910039 38 0

Special offer
Buy all four books in the series for just £20.00 (save £6.80)

Families come in all shapes and sizes

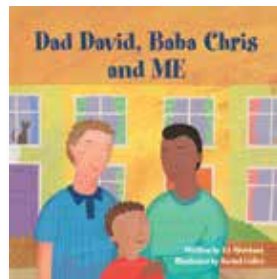
Picture books exploring the diversity and 'difference' of family groups.



Picnic in the park

Using the device of a birthday picnic, this vividly illustrated book introduces children to a range of family structures including: two- and one-parent families; adoptive and foster families; gay and lesbian families; and step-families. It also shows a diverse range of adults and children.

£9.95 24pp 2007
ISBN 978 1 905664 08 5



Dad David, Baba Chris and ME

Ben was adopted by his gay parents when he was four years old, and they live happily together in an ordinary house on an ordinary street. When some children at school begin to tease Ben because he lives with two dads he begins to worry that his life is not so ordinary any more.

£8.95 24pp 2010
ISBN 978 1 905664 89 4



Josh and Jaz have three mums

Josh and Jaz are five-year-old twins who have been adopted by a lesbian couple. When their school teacher asks them to produce a family tree they are worried that everyone in their class will laugh because they have two mums – and what will they say about their birth parents?

£9.95 24pp 2007
ISBN 978 1 905664 12 2

'... a wonderful initiative and a wonderful book.'

Adoption Today

'... an excellent source of information for either adopted children or children with parents of the same sex.'

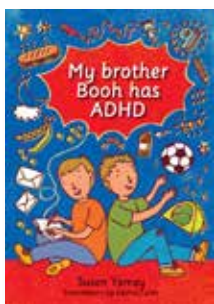
www.healthybooks.org.uk

Understanding health conditions

Stories, information and practical advice on a range of health conditions common to many looked after children.

Special offer

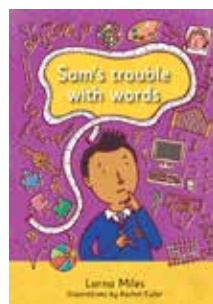
Buy all four books in the series for just £20 (save £7.80)



My brother Booh has ADHD A story about a boy with Attention Deficit Hyperactivity Disorder

Toby and his twin brother Booh were adopted when they were babies. They look so alike that people can't tell them apart. But there is one big difference between them. Booh is always getting into trouble and as he gets older his behaviour seems to get worse. When Booh is diagnosed with ADHD and helped to understand and manage his condition, day-to-day life becomes easier for everyone.

£6.95 40pp 2014
ISBN 978 1 910039 06 9



Sam's trouble with words A story about a boy with dyslexia

Sam has a secret: he has trouble reading, writing and spelling and is worried that his new foster family will not want him to stay if they find out. With the help of his carers, teachers and social worker, Sam discovers that his secret is a real problem with a real name – dyslexia – and that lots of clever people have the same problem too! With the right help Sam finds that school can be fun rather than scary.

£6.95 40pp 2014
ISBN 978 1 910039 08 3



Oli and the pink bicycle A story about a girl born with Foetal Alcohol Syndrome

It's Oli's birthday and she's excited about her special present – a new pink bicycle! But when her day doesn't go to plan Oli is so angry that she just screams and screams. Oli's first mamma drank too much alcohol and took bad medicine when Oli was just a bump in her tummy. Now Oli finds numbers and spelling difficult, can't always make her arms and legs do what she wants them to and often loses her temper. Oli doesn't know what to do, until the mysterious Aggie Witchhazel sets her a series of challenges to help her discover all the good things about herself.

£6.95 48pp 2014
ISBN 978 1 910039 09 0



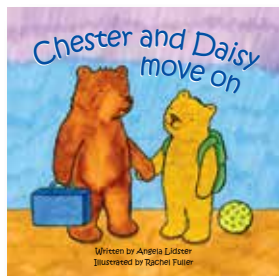
Why can't I be good? A story about a girl with behaviour problems

Every morning Hanna promises herself that she will be good all day. But somehow it never works out. She is very badly behaved but is also fed up with being told off and wants to show her parents that she is glad they have adopted her. She decides that she will try to be good one day at a time in one way at a time and soon discovers that she can make choices and change her behaviour.

£6.95 40pp 2014
ISBN 978 1 910039 07 6

Moving to a new family

Books to help children make the transition from foster care to adoption.



Chester and Daisy move on

This book tells the story of two little bear cubs who have to leave their parents and live with a foster family. Soon they learn they are to be adopted. The story encourages children to compare their own stories with that of Chester and Daisy and can be used to help them to explore feelings about their past and their moves.

'...ideal for sharing between adults and children. Schools and libraries should ensure they have copies of this very necessary book.'

School Library Association

£9.95 28pp 2012
ISBN 978 1 907585 49 4



Moving pictures

This practical resource is designed to help children to explore ideas of moving and permanence. It consists of a CD ROM which contains 16 black and white drawings, illustrating a range of scenarios. They can be printed out for children to colour in and are intended to spark discussion of the child's thoughts, wishes and hopes around the idea of moving to a new family.

£9.95 24pp + CD ROM 2012
ISBN 978 1 907585 58 6



Me and my family

A unique, colourful, interactive and fun 'welcome to our family' book through which adopters can initially introduce themselves to the child who will be joining them and for the child to work through and record the inevitable changes in their lives as they move to their new family. This beautiful and easy to use resource includes space for drawings, writing and photographs.

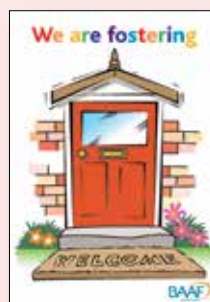
'... instantly offers a warm welcome, inviting the child/young person to open its pages and start filling it in... the book is a welcome addition to the toolkit needed to negotiate the complexities of the adoption process.'

Professional Social Work

£15.00 + £3.00 VAT 96pp 2011
ISBN 978 1 907585 37 1

Welcoming a new brother or sister

When a new child joins the family home it can be a confusing and unsettling time. These resources will help birth children to understand how adoption or fostering affects them.



We are fostering

This colourful workbook will help birth children to know themselves, their history and their role in the family, and prepare them to welcome new arrivals into their homes and lives. There is space for drawings, photographs, documents and a record of feelings and thoughts at various stages.

£15.00 + £3.00 VAT 112pp 2003
ISBN 1 903699 43 6



Welcome to our family

This unique board game has been designed for use with families with children who are going through the application process to become foster carers. The game traces a journey through a town, starting from a social services office and finishing at a foster home, with a range of fun, interesting and challenging questions to answer along the way.

£39.95 + £7.99 VAT 2012

Be the first to
know about new titles as
soon as they are published:
join our email list at

www.corambaaf.org.uk/
subscribe

The Nutmeg series

This engaging series of books follows Nutmeg the squirrel on his adoption journey. They encourage children from a wide age range to explore their own stories and to make sense of their experiences. Comprehensive practice guidelines accompany the books, to help explain the significance of each stage of the story.

Special offer

Buy all six books in the Nutmeg series for just £50 (save £22)

'If you, like us, are going down the adoption route then the Nutmeg series are a must for forever children and forever mums and dads alike.'

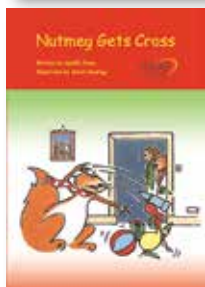
Amazon.co.uk



Nutmeg gets adopted

Nutmeg and his sister and brother go to live with a new family after their birth mother realises she cannot keep them safe. Explains why children need to be adopted.

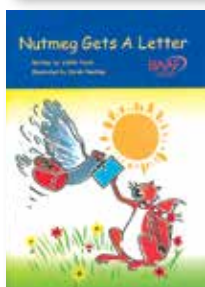
£12.00 28pp 2001
ISBN 1 873868 99 5



Nutmeg gets cross

Nutmeg is angry that being adopted makes him "different". He misses his birth family but is cross with them at the same time. Explores some of the painful feelings that are likely to surface after adoption.

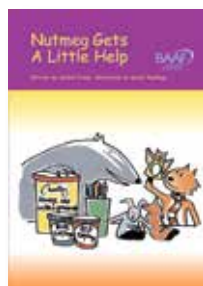
£12.00 24pp 2002
ISBN 1 903699 13 4



Nutmeg gets a letter

Nutmeg's birth mother's letter arrives late for his birthday and he is sad. Identifies and explores the strong feelings often aroused by contact with birth families.

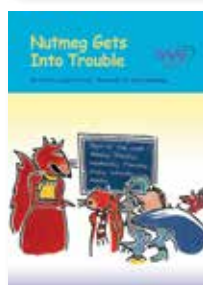
£12.00 24pp 2003
ISBN 1 903699 44 4



Nutmeg gets a little help

Nutmeg needs to know why his birth parents could not keep him and his siblings safe and why they had to live with another family. Focuses on adoption support and life story work.

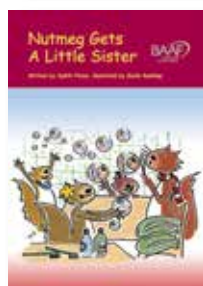
£12.00 32pp 2004
ISBN 1 903699 58 4



Nutmeg gets into trouble

Nutmeg likes school but has started having problems with bullying. He gets into trouble for fighting when he is trying to protect his friends. Looks at education and some of the problems that adopted children may encounter in the school environment.

£12.00 28pp 2006
ISBN 1 903699 97 5



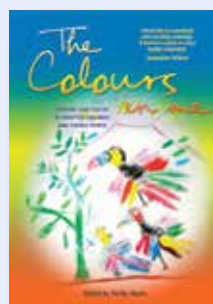
Nutmeg gets a little sister

Nutmeg's adoptive family is about to grow, as his parents have decided to adopt his baby sister, who can't be looked after by his birth mother any longer. Looks at the complexities of sibling adoption and family structures.

£12.00 24pp 2007
ISBN 978 1 905664 22 1

My life in my words

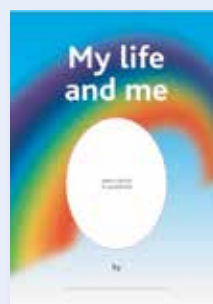
What does it feel like to leave your birth parents and join a new family? Resources to help young people cope with and understand this life-changing experience.



The colours in me

A unique collection of poetry, prose and artwork by adopted children and young people. Over 80 contributors tell it like it is, revealing what it feels like and what it means to be adopted. With clarity and candour they describe the huge changes that adoption brings and the impact of these changes on their identity, their relationships and their understanding of the meaning of "family".

£10.00 222pp 2008
ISBN 978 1 905664 59 7



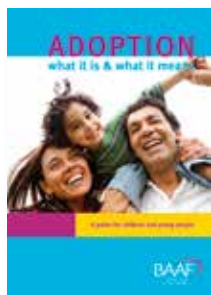
My life and me

This colourful life story work book will help children living apart from their birth family to develop and record memories and recollections of their past. Divided into colour-coded sections it includes space for drawings, photographs, documents and recording thoughts and feelings at various stages in a child's life.

£15.50 + £3.10 VAT 128pp 2001
ISBN 1 903699 00 2

Everything you need to know about...

This series of guides is designed to provide easily accessible information on a variety of topics which children who are looked after, fostered or adopted need to know about. Attractively designed, with full colour photographs and illustrations, they help to explain difficult concepts and complex processes. Many of them are interactive and will help children understand their status as well as enhance self-esteem.



Adoption

What is adoption? How is adoption different from fostering? How is adoption decided on? How will the right family be found? A good introduction to adoption, the process and procedures.

'I am very pleased to give this children's guide my personal welcome... Adopted children have often told us that they need good information about what adoption actually is, and what happens during the adoption process. This guide gives that information, and so does what children have asked.' Roger Morgan, former Children's Rights Director for England

£4.50 32pp 2012
ISBN 978 1 907585 54 8



Special guardianship

What is a special guardian? How is being looked after by a special guardian different to being adopted or fostered? Who can be a special guardian and how can they be chosen? A practical exploration of what special guardianship is and what it means.

£3.95 24pp 2007
ISBN 978 1 905664 21 4



Fostering

What is fostering? How is fostering different from adoption? How do children come to be fostered? How will the right family be found? A helpful introduction to fostering, the process and procedures.

£3.95 36pp 2003
ISBN 1 903699 50 9



Being a foster family

What exactly is fostering and why are we doing it? Will the foster children be my brothers and sisters, and how many of them will there be? What if we don't get on? A helpful guide to the complexities of being a fostering family.

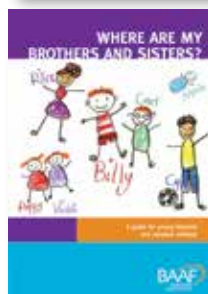
£3.95 28pp 2011
ISBN 978 1 907585 40 1



Stepfamily adoption

What is stepfamily adoption and why is it important? How does it happen and how long does it take? What will it change in a child's life, and what will stay the same? A good introduction to stepfamily adoption, the process and procedures.

£3.95 24pp 2010
ISBN 978 1 905664 94 8



Where are my brothers and sisters?

Where are my brothers and sisters and why are we not living together? Are they safe and being looked after? Do I have siblings I don't know about? This guide will help children to better understand their family situation and their feelings about this.

£3.95 28pp 2011
ISBN 978 1 907585 35 7



Adopting a brother or sister

What will my parents expect of me once an adoption has taken place? Will they still love me? How will I fit in after a new brother or sister has joined the family? A helpful guide for children whose parents may be considering adoption as a way to build their family.

£3.95 32pp 2010
ISBN 978 1 907585 00 5



Private fostering

What is private fostering? How is it different from being "in care"? Why are some children privately fostered? A good introduction to private fostering, the process, and what children can expect.

£3.95 24pp 2005
ISBN 978 1 903699 75 4



Kinship care

Who is in charge? Who makes the rules? How long does kinship care last? This guide provides an explanation of "kin" and explores why some children live in kinship care and what is special about it.

£3.95 24pp 2007
ISBN 978 1 905664 23 8



Life story work

What is life story work? What does it mean? And how do you do it? A helpful introduction to life story work, the different ways of doing it and why it is important.

£3.95 32pp 2006
ISBN 1 903699 50 9

Everything you need to know about...

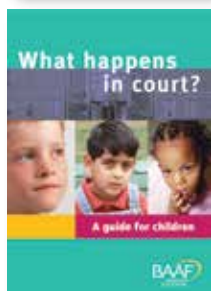
(continued)



What is a disability?

What does disabled mean? How do different disabilities affect the children who might have them? A practical explanation of a wide range of disabilities with the reaffirming message that every child is special.

£2.00 24pp 2004
ISBN 1 903699 57 6



What happens in court?

What is a court? What happens in it? Who works there? And what do they do? A practical guide for children in care about what happens in court.

£2.00 28pp 2004
ISBN 1 903699 49 5



What is contact?

What does contact mean? Why is it important? And how and when should it take place? A helpful introduction to what contact means for children living apart from their birth families.

£2.00 28pp 2004
ISBN 1 903699 59 2

Special offer
Buy all three books in the series for just £15.00 (save £11.85)

Something for teens

The Control series

This series of hard-hitting yet entertaining novels for teenagers aims to crack the common stereotype of care leavers as feckless or hapless victims struggling to get their lives together.



Control freak

Seventeen-year-old Holly Richards is tough, practical, determined and has her whole future carefully mapped out. So for her, leaving foster care to move into her own flat should be no problem. But Holly hasn't bargained for the problems an out-of-control brother, a too-good-to-be-true boyfriend and a lovestruck best friend can create! As all Holly's perfectly laid plans go pear-shaped, does she have the nerve to stay in control?

£8.95 216pp 2010
ISBN 978 1 907585 04 3



Losing control

Independent living, work and education, relationships, prejudice and the dangers of social networking – just some of the challenges facing Holly now that she has moved out of her foster home. How will she cope? And can she stay in control when everyday life descends into chaos?

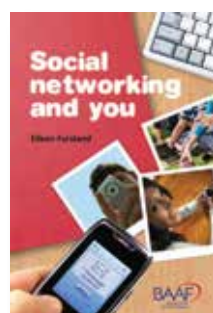
£8.95 264pp 2012
ISBN 978 1 907585 50 0



Remote control

Struggling to cope with her mother's death wish and the disappearance of her birth father, Holly is suddenly left holding her foster sister's baby. With her younger brother Ryan determined to harm himself and flatmate, Kesh, cracking up with fears about the future it seems as if Holly will never be able to keep her life on track. As she battles to keep calm amidst the chaos can Holly learn to let other people take control of their lives, so she can get on with hers?

£8.95 216pp 2013
ISBN 978 1 907585 81 4



Social networking and you

This booklet for adopted and long-term fostered teenagers raises important questions about young people's use of social networking and offers practical advice on sharing information (or not) and staying safe online. It addresses concerns about unexpected contact with birth family members, talking things through with adoptive parents and tracing birth relatives.

£3.95 32pp 2011
ISBN 978 1 907585 74 6