Read about adoption!



Just starting to think about adoption for the first time? Going through the adoption process and want to know what's coming next? Living together with your adopted child and want to learn more about coping with thoughts and feelings? CoramBAAF has the biggest and best range of books, guides and other resources to provide you with all the information, insight, advice and support you need.

First steps to adoption Before you read anything else – read these first!





Adopting a child

This best-selling guide describes clearly what adoption means, the sorts of children waiting to be adopted, the types of families agencies are looking, and how to go about applying to adopt, illustrated by short case studies.

£8.95 132pp 2016 (11th edition) ISBN 978 1 910039 53 3

🛨 BESTSELLER

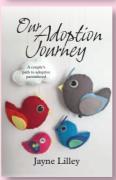
Great book, packed with information. A must-read for anyone thinking about adoption.

★★★★★ amazon.co.uk

Adopting a child in Scotland This edition of the guide has been specifically written for prospective adopters in Scotland. It includes useful addresses and a list of adoption agencies across Scotland.

£8.95 168pp 2013 ISBN 978 1 910039 00 7





The pink guide to adoption for lesbians and gay men

This essential step-by-step guide, the first of its kind to be published in the UK, explores the adoption process and examines how being a prospective lesbian or gay adopter can and does affect every aspect of this. Illustrated throughout with quotations and true stories, it is a must for any lesbian or gay man wishing to adopt.

£13.95 240pp 2012 (2nd edition) ISBN 978 1 907585 59 3

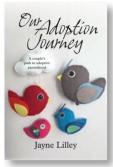
Our adoption journey

This is an inspirational account of a family's emotional journey to meeting their new daughter Jessie and growing together as a family. Full of joyful highs and heartbreaking lows, this deeply personal memoir follows Jayne, Dan and their son Charlie from their initial hopeful decision to adopt, to the eagerness and anxiety of preparation groups and social work appointments, to the breathtaking first meeting with Jessie. A fascinating insight into the adoption process today!

£9.95 128pp 2016 ISBN 978 1 910039 42 7

What does it feel like to adopt?

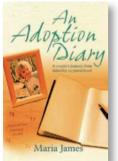
These real life stories explore the highs and lows of adoption. Written by adopters and carers, they reveal the hard times and happy times, the waiting and hoping, the setbacks and disappointments, and the absolute joy of adopting a child!



Our adoption journey

This is an inspirational account of a family's emotional journey to meeting their new daughter Jessie and growing together as a family. Full of joyful highs and heartbreaking lows, this deeply personal memoir follows Jayne, Dan and their son Charlie from their initial hopeful decision to adopt, to the eagerness and anxiety of preparation groups and social work appointments, to the breathtaking first meeting with Jessie. A fascinating insight into the adoption process today!

£9.95 128pp 2016 ISBN 978 1 910039 42 7



An adoption diary

This is a true story of an adoption, following Maria's and Rob's journey to adopting a twoyear-old child. Spanning almost four years, this enthralling diary chronicles the highs and lows along the way, until the approved adopters become parents for the very first time. An immensely readable account of what it's like!

£8.95 160pp 2006 ISBN 1 903699 21 8

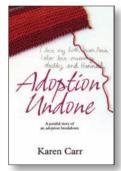


BESTSELLER

Flying solo

Inspiring and accessible, this book describes the realities of life on your own with an adopted child. The author tells her own very personal story, but it is one that will resonate loudly with single adopters everywhere. In this heartwarming account, she lays bare her mistakes and misconceptions and shares practical advice and top tips.

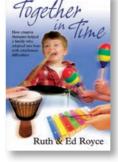
£8.95 144pp 2007 ISBN 978 1 905664 00 9



Adoption undone

The true story of an adoption and an adoption breakdown, bravely told by the adoptive mother. The author looks back over the four years that her daughter Lucy was with her and, without apportioning blame, describes what went wrong and why.

£7.95 144pp 2007 ISBN 978 1 905664 24 5





Together in time

From a dual perspective, each with their own anxieties, expectations and vulnerabilities, Ruth and Ed look back on their decision to adopt a boy with attachment difficulties, the fear that their family was falling apart, their experience of music and art therapy, and then on to their decision to adopt for a second time.

160pp 2008 ISBN 978 1 905664 39 9

Take two

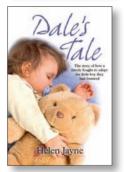
This candid account reveals the author's personal heartache at the realisation that she cannot have a child of her own. It examines the emotional and physical demands of IVF; how and why the decision to adopt is made; and why it is the right choice for this family in waiting. This honest memoir also focuses on the unusual adoption of not one, but two, baby girls.

160pp 2008 ISBN 978 1 905664 48 1 -

The family business

A revealing story of the adoption of William, a little boy with cerebral palsy, by a middle-aged couple with three birth children. Narrated by the adoptive father, this is an honest account of adopting a child with a disability, the impact of adoption on the whole family and the challenges of day-to-day family life.

£7.95 152pp 2008 ISBN 978 1 905664 32 0



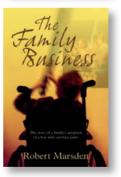
Dale's tale

This is the story of a foster carer, Helen, and what happened when Dale joined her family as a foster child. When his short-term placement becomes longer than expected, the family, inevitably, grow attached to Dale and he to them. Helen soon finds herself in a battle to adopt the little boy she has grown to love.

£7.95 136pp 2010 ISBN 978 1 905664 91 7

£7 95



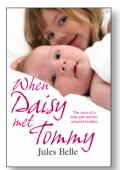




Frozen

Written from the perspective of the adoptive father, this honest and at times humorous account explores the lengths to which one couple are pushed to create their dream of the perfect family. It provides a shocking exposure of how IVF treatment can go horribly wrong and reveals how a flyer from a local adoption agency helps to change the couple's life for good.

£7.95 208pp 2010 ISBN 978 1 905664 92 4



When Daisy met Tommy

This is the real life story of how six-year-old Daisy and her parents adopted Tommy. Although written by her mother, it is really Daisy's adoption story. Throughout this humorous and poignant account, Daisy's thoughts and feelings about the family's decision to adopt Tommy, and her perspective on the adoption process, are vividly brought to life.

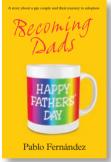
£8.95 136pp 2010 ISBN 978 1 907585 06 7



Is it true you have two mums?

This is the heart-warming true story of Ruby and Gail and their belief in their potential to adopt. Some social workers they encounter think that, as a lesbian couple, they are unfit to be parents; others recognise that their Asian dual-heritage family has much to offer. This honest account charts their journey to becoming parents to three adopted daughters and offers a glimpse of their family life over 18 extraordinary years.

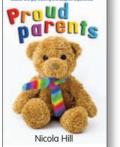
£8.95 144pp 2011 ISBN 978 1 907585 15 9



Becoming dads

This is the story of Pablo and Mike and their journey to becoming adopters. Set against a contemporary backdrop of diverse perceptions as to whether gay men should adopt, Pablo's diarised narrative tracks this journey, starting from their own initial doubts about whether or not they would be accepted and approved, through to the positive affirmations they receive. They tackle the process with commitment and determination till they become the proud dads of a young boy.

£8.95 152pp 2011 ISBN 978 1 907585 29 6



Proud parents Lesbian and gay fostering and adoption experiences

This is a compelling collection of stories of lesbians and gay men who have adopted or fostered children. Single and in partnerships, they share their experiences on a number of issues. What motivated them to adopt or foster? How did they respond to the assessment process? What was it like when the children first moved in? And what is life like now, together as a family? Contributors also talk honestly about the impact of adoption or fostering on their own lives, relationships, finances and work.

£13.95 176pp 2013 ISBN 978 1 907585 66 1



Loving and living with traumatised children

Reflections by adoptive parents

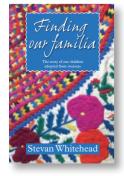
Based on the experiences of nine individuals who adopted traumatised children, this book looks at the "co-operative enquiry" they set up to investigate the effects of trauma on themselves.

£7.50 112pp 2005 ISBN 1 903699 67 6

COMING SOON

Adopters on adoption To be published Spring 2019

This inspiring collection features a rich variety of experiences based on interviews with Jill Turner, writer, journalist and editor of Adoption UK's magazine, *Adoption Today*. Contributors' stories include: adopting one or more children as a single person; as a couple and/or as older parents; adopting with or without birth children; transracial adoption; and fostering to adopt. Together they convey the joys and the sometimes immense challenges of taking a child from care into their home.



Finding our familia

This is the true story of the adoption of two children from Guatemala. It is also an inspirational account of how a couple find not only their adoptive son and daughter but also a group of people who will become their extended family – their familia. It charts their journey through the formal intercountry adoption process, follows them on their frequent trips to Guatemala, and describes how they develop supportive relationships with their newfound familia.

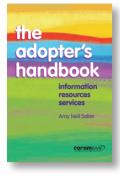
£9.95 128pp 2012 ISBN 978 1 907585 52 4 The titles featured in this catalogue – along with our full range of books, guides, research studies, training materials and practical resources – can all be viewed at www.corambaaf.org.uk/ bookshop

Inspiring anthologies

Adopters and carers come together to share their stories.

Taking the next step

Whether you're looking for help and support, guidance on the preparation and assessment process, signposts to resources and services, something just for dads or information for your family and friends, we've got the right books whatever the stage of your adoption journey.



The adopter's handbook Information, resources and services for adoptive parents

A "must have" guide to help families help themselves throughout the adoption process and afterwards. Organised in a quick-reference format and full of information about useful organisations, this handbook will help everyone involved in the adoption process to better help and support adopted children and adoptive families.

£15.95 157pp 2018 ISBN 978 1 910039 66 3



Me and my family A book for adopted children and their families to get to know each other

A unique, colourful and fun "welcome to our family" book that adopters can use to initially introduce themselves to the child who will be joining them and that the child can work through and use to 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 photos.

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

Understanding health conditions

This series is designed to help children aged seven to 11 years

old understand the health issues which may be affecting them,

range of queries, and provides practical information and advice

focusing on the personal impact of living with a particular

in a straightforward, child-friendly style.



Preparing to adopt: applicant's workbook *Preparing to Adopt* is a well-established and highly respected training programme that offers relevant, high quality and comprehensive preparation for people who wish to adopt. The applicant's workbook is full of useful information

preparation for people who wish to adopt. The applicant's workbook is full of useful information, insightful articles and first-hand personal accounts from adopters as well as adopted children and young people.

£27.50 185pp 2014 (4th edition) ISBN 978 1 910039 15 1



Related by adoption A handbook for grandparents and other relatives

This popular handbook gives grandparents-to-be and other relatives information about adoption today and how it will affect them. It shows how relatives can support building new families through adoption and the positive roles they can play. Sensitively written, the book contains many case examples.

£8.50 80pp 2014 (2nd edition) ISBN 978 1 910039 03 8



Approaching fatherhood A guide for adoptive dads

In this book, adoptive fathers' experiences are combined with a guide to the adoption process – from the man's point of view. It examines who these adoptive dads are, how they tick, and what they make of the families they create.

£9.95 192pp 2005 ISBN 1 903699 65 2



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

£6.95 40pp 2014 ISBN 978 1 910039 06 9

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

£6.95 48pp 2014 ISBN 1 910039 09 0

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

£6.95 40pp 2014 ISBN 978 1 910039 08 3

Why can't I be good?

A story about a girl with behaviour problems. **£6.95** 40pp 2014

ISBN 978 1 910039 07 6

Special offer – buy all 4 for £20.00

The Parenting Matters series

This unique series provides expert knowledge about a range of children's health conditions, coupled with facts, figures and guidance presented in a straightforward and accessible style. Adopters and foster carers also describe what it is like to parent an affected child, "telling it like it is", sharing their parenting experiences and offering useful advice.



Trauma

Examines what constitutes trauma in childhood, including its symptoms, prognosis and treatment. Outlines parenting tasks and how you can use PACE, addresses specific educational and social issues and answers a range of frequently asked questions.

£9.95 90pp 2016 ISBN 978 1 910039 50 2

Domestic violence

Explains the effects of domestic violence on children at various developmental stages – infants, children between the ages of five and 12, and adolescents – describing how these may manifest in behaviour, educational attainment, emotional development and relationships. Considers the challenges that adoptive and foster families face and what they can do to help children recover.

£8.95 96pp 2016 ISBN 978 1 910039 31 1

Mental health issues

Explains mental disorders generally and how they may manifest in children. Outlines the risk of mental disorder in a child from a family with a history of mental health issues, and the factors (genetic and environmental) that can put these children at greater risk. Explores what is known about the physiological processes that may explain a child's behaviours and higher vulnerability to mental disorder.

£7.95 108pp 2012 ISBN 978 1 907585 43 2

Parental substance misuse

Explores general issues around substance misuse and children entering care as well as the impact on children of exposure to substances during pregnancy, including both specific effects (such as Foetal Alcohol Syndrome) and wider issues (such as genetic susceptibilities).

£7.95 100pp 2012 ISBN 978 1 907585 47 0

Emotional and behavioural difficulties

Explains emotional and behavioural difficulties and their symptoms, prognosis and treatment. Examines the different ways in which emotional and behavioural difficulties can affect child development; the issues these conditions raise with regard to educational provision for affected children; and where and how to get help.

£8.95 104pp 2012 ISBN 978 1 907585 60 9

Developmental delay

Provides an explanation of developmental delay and how this can affect a child's gross motor and fine motor skills, as well as the development of language and understanding, and social and emotional behaviour. Explores the issues developmental delay can raise with regard to the educational provision for an affected child, and where and how to get help.

£8.95 100pp 2013 ISBN 978 1 907585 70 8

Sexual abuse

Addresses the long-term effects of sexual abuse and how experience in the adoptive and foster care family can support recovery and healthy development. Includes useful background information on child sexual development, the knowledge and insight that have been gained from adult survivors, and accounts of what it is like to parent a child who has been sexually abused.

£9.95 89pp 2016 ISBN 978 1 910039 45 8

Genetic disorders

Focuses on genetic disorders and the impact on human health, the problems of being "at risk" of a disorder, and the effect on children. Examines how disorders may pass through families; what parents can do when a child, or a child's birth parents, have, or may have, a genetic disease; and issues regarding genetic testing of adopted children.

£7.95 107pp 2014 ISBN 978 1 910039 05 2





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'The author's [Dan Hughes] knowledge and experience about the subject is manifest but he also has the skills to make the theory and concepts accessible, relating them to everyday life with troubled children...

encourages a deeper understanding of behaviours, rather than merely providing management techniques.'

Catherine Webley, independent social worker and children's guardian, *Seen and Heard*



Also available

Attention Deficit Hyperactivity Disorder

£7.95 88pp 2012 ISBN 978 1 907585 48 7

Dyslexia

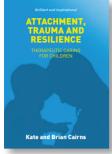
£7.95 88pp 2012 ISBN 978 1 907585 46 3

Autism spectrum disorder

£7.95 104pp 2013 ISBN 978 1 907585 69 2

Understanding your adopted child

Revealing insights into adopted children's emotions and behaviour.



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Attachment

Handbook

ISBN 978 1 910039 35 9 COLOUBANE

Attachment handbook for foster care and adoption

2016

Attachment, trauma and resilience Therapeutic caring for children

draw upon their personal and professional experience to offer an insight into the realities of family life with children who have lived through overwhelming stress. Vividly described scenarios

show how they responded to the children's

powerful feelings and difficult behaviours

following their experiences of attachment

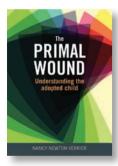
difficulties, loss, abuse and trauma.

£15.95 256pp

In this remarkable book, Kate and Brian Cairns

This comprehensive and authoritative book provides an accessible account of core attachment concepts, enabling readers to understand the kind of caregiving in foster and adoptive families that can help children to feel more trusting, confident, competent and secure.

£24.95 444pp 2018 ISBN 971 1 903699 96 6



The primal wound Understanding the adopted child

For 25 years thousands have read The primal wound and found in it profound insights and revelations on what being adopted means. The book explores the "primal wound" - the wound that results when a child is separated from his or her mother – and the trauma that it causes It examines the life-long consequences this can have for adopted people and provides information on pre- and perinatal psychology, attachment, bonding and the effects of loss.

Following on from the themes developed in The

2010

primal wound, this book considers the effects of separation trauma on brain development and offers an insight into the barriers that prevent many adopted people from achieving an authentic, mature and satisfying adulthood.

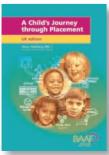
£14.95 208pp 2009 ISBN 978 1 905664 76 4

Coming home to self Healing the primal wound

£17.95 560pp

ISBN 978 1 905664 81 8



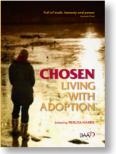


A child's journey through placement

Separation, loss, grief and change are experiences common to children requiring permanent placements. This essential reference book contains the theoretical knowledge base and skills necessary for understanding, working with, and planning for these children and their families

£15.00 416pp 2004 ISBN 1 873868 13 3

What do children think about adoption? How do adopted adults feel their lives have been affected by it? Read their stories.





Living with adoption This thought-provoking book brings together

Chosen

writing by over 50 UK adopted adults born between 1934 and 1984. Through a broad range of perspectives, they capture the life-changing power of adoption and the meanings it can take on at different stages in one's life.

£10.00 264pp 2012 ISBN 978 1 907585 63 0

REDUCED

REDUCED

The colours in me Writing and poetry by adopted children and

A unique collection of poetry, prose and artwork. Over 80 contributors – ranging from four to 20 years old - tell it like it is, revealing what it feels like and what it means to be adopted. A DVD of readings from The colours in me is also available.

Book £10.00 224pp 2008 ISBN 978 1 905664 59 7

In search of belonging

Reflections by transracially adopted people

This highly original anthology of poetry, artwork, autobiography, memoir and oral testimony gives voice to transracially adopted children and adults. Contributions are drawn from over 50 transracially adopted people, ranging in age from six to 56, and born and adopted in the UK and countries as different as Kenya, Hong Kong, Cambodia, Sri Lanka and El Salvador.

£15.00 400pp 2006 ISBN 978 1 903699 77 5

REDUCED



The book has a strong practical side. It is packed with examples and ideas which will be helpful in promoting recovery and resilience in hurt children...a compelling read, with a sensitive, responsible and objective approach.

Jenny Phillips, adoptive parent, Adoption Today

young people

To order visit www.corambaaf.org.uk/bookshop | T: 020 7520 7517

Every parent needs some help and advice along the way



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Why was I adopted? Helpful answers to your child's big adoption questions

Children's questions can often be difficult, unexpected and challenging. This short guide looks at some of the most common questions that adopted children ask, and explores the feelings behind them, with suggested dialogues. For adoptive parents, this book will help ensure they are never lost for words with their adopted child.

£4.95 36pp 2013 ISBN 978 1 907585 82 1

Talking about adoption to your adopted child

This popular and comprehensive guide outlines the whys, whens and hows of telling the truth about an adopted child's origins. It is packed with practical ideas suitable for children of all ages, and the wealth of information is brought to life with case studies detailing the experiences of adoptive parents and adopted children.

£9.50 216pp 2012 (5th edition) ISBN 978 1 907585 36 4

Facing up to Facebook A survival guide for adoptive families

This practical guide to social media explores a wide range of questions and concerns facing adoptive parents, including: how can you be equipped for new challenges in the Facebook age?; what do you need to know about protecting privacy and security in the best interests of your children and wider family?; and how can you manage the complex situations that arise from unauthorised and unmediated contact? **£14.95** 116pp 2013 (2nd edition)

ISBN 978 1 907585 75 3



Promoting attachment and resilience A guide for foster carers and adopters on using the Secure Base model

This practical guide is designed to support adopters in offering the best possible sensitive care for troubled children who have experienced trauma and loss. Using the Secure Base model of caregiving, it provides a valuable framework and strength-based approach for making sense of needs and behaviours, and sets out the dimensions of caregiving that can support children to thrive and fulfil their potential.

£12.95 68pp + DVD 2014 ISBN 978 1 910039 02 1



Caring for a child who has been sexually exploited

This comprehensive and accessible handbook is a must-read for anyone caring for a child affected by, or at risk of, child sexual exploitation. The book draws on research in this area, describes innovative practice and projects, and tells the stories of some young people whose lives have been turned around by positive interventions.

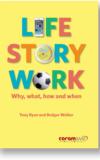
£12.95 112pp 2017 ISBN 978 1 910039 65 6

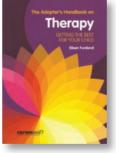




More adoption conversations What, when and how to tell









Adoption conversations What, when and how to tell

This in-depth practical guide explores the questions adopted children are likely to ask, with suggestions for helpful explanations and age-appropriate answers. Although the guide focuses primarily on the needs and questions of children adopted from abroad, the practical advice is applicable to any adopted child.

£13.95 256pp 2008 ISBN 978 1 905664 35 1

More adoption conversations What, when and how to tell

This in-depth practical guide explores the problems that adopted teenagers are likely to confront and provides suggestions for helpful solutions and achievable communication methods. Brimming with advice and ideas, it will help parents discuss the known – or unknown – aspects of their adopted teenager's history and be well equipped to communicate difficult issues. **£12.95** 232pp 2010 ISBN 978 1 905664 96 2

13011 978 1 903004 90 2

Life story work

This practical guide presents a rich assortment of useful techniques and exercises to help children understand their past. Life story work can help children to accept what has happened to them and move forwards positively into the future with a structured and understandable way of talking about themselves.

£16.95 158pp 2016 (4th edition) ISBN 978 1 910039 41 0

The adopter's handbook on therapy

Adoption offers a new start and a loving home for many children. However, for some children, putting the past behind them isn't easy – here, therapy can help. This guide offers clear and factual summaries of the different therapies and therapeutic parenting programmes that are available, as well as support groups and other resources.

£12.95 111pp 2016 ISBN 978 1 910039 496

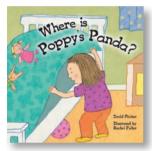
The adopter's handbook on education This is a must-read book for any parent seeking to support their adopted child through school. It contains information, advice and ideas on: choosing and starting a new school; working with a child's school and teachers; financial and other support available for previously looked after children; and rights, special needs support, exclusion and alternative provision.

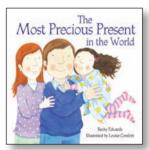
£14.95 150pp 2018 ISBN 978 1 910039 70 0

Stories to share with your adopted child

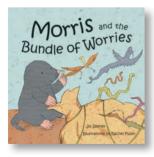


BESTSELLER









The Teazles' baby bunny

This colourful picture book for young children aged two to four years old tells the story of the Teazle rabbits and their adoption of a baby bunny. A gentle introduction to the subject of adoption, this book will help any adopted child to recognise how wanted and special they are.

£7.95 20pp 2008 ISBN 978 1 905664 49 8

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 (aged 3+) explores transition, loss, change and the importance of continuity.

£9.95 24pp 2009 ISBN 978 1 905664 72 6

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.

£9.95 24pp 2010 ISBN 978 1 905664 73 3

Picnic in the park

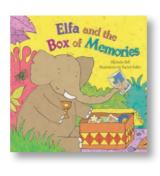
Using the device of a birthday picnic in the park, this vividly illustrated book introduces children to a range of family structures, including: two- and one-parent families; adoptive and foster families; gay and lesbian families; and step-families, and also shows a diverse range of adults and children.

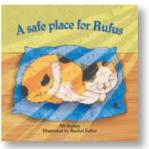
£8.95 24pp 2007 ISBN 978 1 905664 08 5

Morris and the bundle of worries Morris the mole has a great big bundle of worries. They are so big that Morris

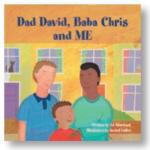
of worries. They are so big that Morris doesn't know what to do. One day he finds a friend who can help him.... This book explores the importance of sharing worries and thereby learning to cope with and manage them.

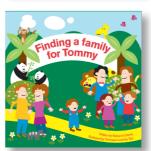
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