

## **Booklist**

### **For parenting:**

**The Primal Wound:** Nancy Verrier (the book to get to better understand the fundamental struggle of being adopted)

**Parenting From the Inside Out:** Dan Siegel (a great book that integrates attachment & neuroscience for parents)

**Creating Loving Attachments:** Dan Hughes & Kim Golding (a great book for parents to understand attachment and communicating to children)

**Parenting the Whole Brain Child:** Dan Siegel (a book that deepens understanding of the need for parents to understand the impact of parenting upon brain development)

**Brain Based Parenting:** Dan Hughes & Jonathan Baylin (As above)

### **For parents:**

**Attachment Across the Life Course:** David Howe (a great, readable book about attachment and the kind of parenting children may have experienced to have a particular attachment style)

### **For education:**

**Smart but Scattered or Executive Skills in Children & Adolescents:** Dawson & Guare (a book that explored Executive Functioning for parents and how to support children with concerns in this area)

**Late, Lost & Unprepared:** Cooper Kahn & Dietzel (as above)

### **For Contact Related Queries**

**Facilitating Meaningful Contact in Adoption & Fostering (An attachment & trauma approach):** Louis Sydney and Elsie Price

### **Social networking:**

**Facing up to Facebook:** Eileen Fursland (a useful book for adoptive parents to understand the growing impact of social networking upon adoption)

**Key people to google and see on youtube:**

- Bruce Perry (Youtube: Helping Children Heal; trauma, brain & relationship)
- Dan Hughes
- Dan Siegel (HCH DVD, as above)
- Stephen Porges (particularly his talk on compassion)
- Van Der Kolk (talking about trauma)
- Peter Levine (talking about the impact of trauma upon the body and nervous system)
- Ken Robinson: Youtube clip on 'Why education is killing creativity' > RLA talk done in a 'cartoon style' with hand drawing what Robinson says