

Book, Podcast and Website recommendations related to Adoption, Kinship and Foster Care Issues

List compiled by Karin MacDonald, President, AKFFA. December 2021

Books for Adults:

- *The Connected Child* by Karyn B Purvis, David R Cross and Wendy Lyons Sunshine, 2007
- *The Connected Parent: Real-Life Strategies for Building Trust and Attachment* by Karyn Purvis and Lisa Qualls, 2020
- *Toddler Adoption: The Weavers Craft* by Mary Hopkins-Best, 1997
- *The Primal Wound: Understanding the Adopted Child* by Nancy Verrier, 2003
- *Adoption Parenting: Creating a Toolbox, Building Connections* Edited by Jean MacLeod and Sheena Macrae, PhD
- *No-Drama Discipline* by Daniel J. Siegel and Tina Payne Bryson, 2015
- *The Whole Brain Child* by Daniel J. Siegel and Tina Payne Bryson, 2018
- *Love Our Way* by Julia Rollings, 2008. Julia is a Canberra local who has adopted 6 children through inter country adoption. She and Barry have also adopted their daughter who came to them as an emergency placement and they have fostered many children. She was also the ACT recipient for the Local Hero award in the Australian of the Year awards.
- *The Gift of Adoption* by Anne Hutchison, 2019. Anne and her husband Alan live in Sydney and adopted a sibling group of two from the Philippines. The children were older at adoption, and Anne's book has useful information for those doing older child adoption and some of the education and trauma issues.

Books for Children:

- *We love you Hundreds and Thousands* by Dara Read, 2021, (available for purchase from www.dararead.com)
- *We Belong Together* by Todd Parr, 2007
- *The Goodbye Book* by Todd Parr, 2015
- *The New Small Person* by Lauren Child, 2014
- *Questions and Feelings About...Adoption* by Anita Ganeri, 2018

Podcasts:

- *My Unknown Truth – The Australian Adoption Podcast*. This is a new podcast series that deals with adoption in Australia. Nadia Levett is the host, and is an adult adoptee. So far there are four episodes, but they are all very good and deal with different issues. I highly recommend this podcast. You can listen to it through Spotify or iHeart radio.
- *The TBRI Podcast*. From the Karyn Purvis Institute of Child Development. The podcast has been relaunched in the last year and goes into the science of Trust Based Relational Intervention. Available on Apple podcasts, Spotify, or through the Institute's webpage which is listed below. Look under the resources tab.

- *Empowered to Connect*. A podcast that discusses a healing centred approach for families. The podcast started last year in the first year of the pandemic, but Empowered to Connect has been around for several years now. It is an “attachment rich community focused program that exists to support, resource, and educate caregivers...especially helpful for caregivers of children who have experience adverse childhood experiences (ACEs), toxic stress, and maltreatment.” ETC uses TBRI (see above) heavily, but has many speakers on from different areas of expertise including psychologists, adoption counsellors, adult adoptees, occupational therapists and authors to name but a few. Recently they had an episode which was a conversation of three members of the adoption triad. The Empowered to Connect podcast can be found on Apple podcasts, through Spotify and also through the ETC website that is listed below.
- *Parenting After Trauma with Robyn Gobbel*. Robyn is a social worker who has done extra study in psychology, and also worked in the adoption and foster care space. Her podcast is on Apple podcasts, Spotify and also can be linked through her website below.

Websites:

- ✓ **adoption.org.au** – The website of the Adoptive, Kinship and Fostering Families Association of the ACT and surrounding region – AKFFA. We have just changed our name at the AGM, so the website needs to be updated.

AKFFA started life as the Adoptive Parents Association in 1975, then a few years later became the Adoptive Families Association. We are a support group for families formed or forming through the adoption, foster care and kinship. We are a volunteer committee made up of people who live the experience. We have a wide variety of membership, try to get together for regular events such as coffee mornings, weekends away, training and many more things. There is more information about our organisation on the website, including how to join.
- ✓ **child.tcu.edu** – The website for the Karyn Purvis Institute of Child Development. Dr Purvis and Dr David Cross wrote the book *The Connected Child* which is a go to resource for parents in the adoption and foster community. As well as looking at the resources on this website, I would recommend looking at videos from Dr Purvis on YouTube.
- ✓ **empoweredtoconnect.org** – The website for Empowered to Connect. There are many resources on here helpful for parenting children who have trauma.
- ✓ **robbygobbel.com** – This website has some free resources to access on it, has a blog, and has links to Robyn’s podcast.
- ✓ **intercountryadoption.gov.au** – The Federal Government agency (DSS) that deals with international adoption. There are a number of resources on their website. They also list the current ICA programs available.
- ✓ **icafss.org.au** – This is the website for the Intercountry Adoptee and Family Support Service. Relationships Australia South Australia took over the contract for this service in July, but they have a history of providing resources for adoptive families.
- ✓ **On YouTube** – I recommend the videos from Dr Karyn Purvis. I also highly recommend the videos from Davo and Brett, adult Korean adoptees who have created *Yes I’m Adopted. Don’t Make It Weird*.