



Foster Parent Approved Book List

Foster Parents will receive 1 training hour for every 100 pages read.

A maximum of 3 credit hours per training cycle is allowed.

No later than 30 days after reading a book, foster parents are required to complete an [Outside Training Agreement](#).

*To obtain pre-approval for any book not listed on this document, please contact [Ryshel Bowling](#). Failure to get pre-approval may result in the inability to receive credit.

Book Title	Hours Approved	Description
<p><i>“Focusing on Peers: The Importance of Relationships in the Early Years”</i></p> <p>Donna S. Wittmer 2008 Pages: 164</p>	1.5	<p>This unique book presents a state-of-the-art research review on the development of infant and toddler relationships. Author Donna S. Wittmer provides empowering information for improving the way early childhood professionals and caregivers support children's social and emotional intelligence. Her insight offers professionals a fresh perspective on the social rules of play, conflict, individual differences, temperament, aggression, and family dynamics. <i>Focusing on Peers</i> is designed as an educational and practical resource for professionals who work with infants, toddlers, and their families.</p>
<p><i>Respecting Babies: A New Look at Magda Gerber’s RIE Approach</i></p> <p>By Ruth Anne Hammond Pages: 144</p>	1.5	<p>Respecting Babies is a guidebook that will help parents and caregivers learn to provide support to babies and toddlers in a way that allows them to become confident explorers. Focusing on the importance of building secure relationships, this guide is an easy-to-read and engaging summary of the history and methods of care originally conceived by Magda Gerber.</p>
<p><i>“Diagnosis and Treatment of Feeding Disorders in Infants, Toddlers, & Young Children”</i></p> <p>Irene Chatoor Pages: 141</p>	1.5	<p>Delays in development, as well as in growth, can occur when a feeding disorder arises. Irene Chatoor, MD, a world-renowned specialist in feeding disorders at Children's National Medical Center in Washington, DC, offers clinical guidelines for comprehensive diagnosis and treatment of feeding disorders in infants and toddlers. Grounded in the latest research and contemporary practice, the author discusses the consequences of early feeding problems and reviews relevant terminology, etiological factors, and how to distinguish serious feeding disorders from transient and milder feeding difficulties.</p>

<p><i>“The Early Intervention Guidebook for Families and Professionals: Partnering for Success”</i></p> <p>by Bonnie Keilty Pages: 216</p>	2	<p>This practical guide is essential reading for families of infants and toddlers with, or at risk for, developmental delays or disabilities and the early intervention professionals who partner with those families. <i>The Early Intervention Guidebook</i> shows what early intervention looks like when it is based on current research, policies, and best practices. It focuses on how families and professionals can collaborate effectively so that young children learn, grow, and thrive. Chapters address important issues in early intervention, including child learning and development, family functioning and priorities, early intervention as a support not a substitute, and thinking about “what’s next” after early intervention. Specific components of early intervention—evaluation and assessment, program planning, intervention implementation, service coordination, and transition—are discussed.</p>
<p><i>“Hope and Healing: A Caregiver’s Guide to Helping Young Children Affected by Trauma”</i></p> <p>By Kathleen Fitzgerald Rice and Betsy McAlister Groves Pages: 68</p>	.5	<p><i>Hope and Healing</i> is a guide for early childhood professionals who care for children in a variety of early care and education settings. The authors define trauma and help readers recognize its effects on young children. They also offer tips, resources, and proven intervention strategies for working with traumatized children and their families and for managing stress. This book will help professionals understand children and trauma and develop skills to help children and support families.</p>
<p><i>“The Scientist in the Crib”</i></p> <p>by Alison Gopnik Hardcover Pages: 304</p>	3	<p><i>The Scientist in the Crib</i> explains how the infant mind works and explores how babies recognize and understand their fellow humans, interpret sensory input, absorb language, learn and devise theories, and take part in building their own brains.</p>
<p><i>“The Philosophical Baby: What Children’s Minds Tell Us About Truth, Love, and the Meaning Of Life”</i></p> <p>by Alison Gopnik Pages: 243</p>	2	<p>Alison Gopnik reveals the latest scientific discoveries--many of them quite surprising--about the developing minds of young children. She also presents a richly provocative and endlessly insightful story that unites the endearing other-worldliness of children's imaginations with some of the oldest and most profound questions in philosophy. This book is at once touching, eloquent, and masterful in its fascinating revelations about what makes us human.</p>
<p><i>“The Secret Language of Babies”</i></p> <p>by Sally & Edwin Kiester Pages: 192</p>	2	<p>Describes how babies communicate their needs. Babies express themselves in a “secret language” that relies on wriggles and gestures, smiles and pouts, coos and cries. <i>The Secret Language of Babies</i> interprets the subtle but important nuances of these nonverbal communications so you know what your child really wants and you can decide how best to react.</p>
<p><i>“Parenting the Hurt Child”</i></p> <p>by Gregory Keck</p>	2.5	<p>The book consists of 12 chapters with six clear themes. 1- A review of attachment definitions and theory. 2- Parenting tactics including information about choices that do work 3- Nurturing hurt children with an extensive list of ways to nurture, 4 - Information for parents to help school personnel, 5- Discusses how</p>

<p>Pages: 279</p>		<p>some hurt children are resistant to changing inappropriate behaviors, the clearly outlines the fact that some children will make only minimal effort about correcting their behaviors, despite the efforts of their parents. 6- Resource lists of parenting tips.</p>
<p>“Young Children and Trauma: Intervention and treatment”</p> <p>by Joy Osofsky Pages: 339</p>	<p>3</p>	<p>Recent years have seen significant advances in knowledge about the effects of exposure to psychological trauma on young children from birth to age 5. This book brings together leading experts to address practical considerations in working with traumatized young children and their caregivers. Readers gain an understanding of the impact of severe stress on infants, toddlers, and preschoolers; how trauma disrupts crucial early relationships; and ways to collaborate with parents, other caregivers, and broader support systems to facilitate healing and prevent further traumatization.</p>
<p>“Working with Traumatized Children: A handbook for healing.”</p> <p>Kathryn Brohl Pages: 111</p>	<p>1</p>	<p>This practical handbook for anyone who works with traumatized children--teachers, parents, as well as professionals--provides needed information to understand and guide a child suffering from post-traumatic stress disorder (PTSD) through to recovery. It describes the physical and emotional effects of trauma, shows how to recognize maladaptive reactions, and offers specific strategies for treating its effects. Readers will especially appreciate its in-depth discussion of PTSD in abused and neglected children. Simply written and practical in orientation, "Working with Traumatized Children" offers an effective, step- by-step process for helping to heal the child traumatized by neglect and abuse.</p>
<p>“The Scared Child: Helping Kids Overcome Traumatic Events”</p> <p>by Barbara Brooks Pages: 145</p>	<p>1.5</p>	<p>Is your child afraid? There are many traumatic experiences that cause a child to become scared—from divorce to the death of a loved one, from natural disasters to abuse. Even a disturbing news event that a child only sees on television or hears about but does not experience, such as the Oklahoma City bombing or the classroom massacre in Scotland, can make a child fearful or sad. No matter what causes the situation, childhood trauma is common and should be dealt with quickly and effectively.</p> <p>Dr. Barbara Brooks, a psychologist who has successfully helped kids through all types of traumatic situations, provides you with the knowledge you need to put the child you love back on the path to a full and happy life. Kids don't always know how to react to feelings of distress. If these scared feelings are not expressed in a positive way, they can surface later in life when dealing with them becomes more difficult. Here are detailed instructions, based on professional techniques, to encourage kids of any age—from toddler to teenager—to reveal their feelings through words, drawings, and role playing with step-by-step advice for reassuring them and helping them let go of their fear.</p>
<p>“Good Inside: A Guide To Becoming The Parent You Want To Be”</p> <p>Dr. Becky Kennedy Pages: 298</p>	<p>3</p>	<p>Parents have long been sold a model of childrearing that simply doesn’t work. From reward charts to time outs, many popular parenting approaches are based on shaping behavior, not raising humans. These techniques don’t build the skills kids need for life, or account for their complex emotional needs. Add to that parents’ complicated relationships with their own upbringings, and it’s easy to see why so many caretakers feel lost, burned out, and worried they’re failing their kids. In <i>Good Inside</i>, Dr. Becky shares her parenting philosophy, complete with actionable strategies, that will help parents move from uncertainty and self-blame to confidence and sturdy leadership.</p> <p>Offering perspective-shifting parenting principles and troubleshooting for specific scenarios—including sibling rivalry, separation anxiety, tantrums, and more—<i>Good Inside</i> is a comprehensive resource for a</p>

		generation of parents looking for a new way to raise their kids while still setting them up for a lifetime of self-regulation, confidence, and resilience.
<p><i>“What Happened to You?: Conversations on Trauma, Resilience, and Healing”</i></p> <p>by Oprah Winfrey, Bruce D. Perry Pages: 336</p>	3	<p>Have you ever wondered "Why did I do that?" or "Why can't I <i>just</i> control my behavior?" Others may judge our reactions and think, "What's wrong with that person?" When questioning our emotions, it's easy to place the blame on ourselves; holding ourselves and those around us to an impossible standard. It's time we started asking a different question.</p> <p>Through deeply personal conversations, Oprah Winfrey and renowned brain and trauma expert Dr. Bruce Perry offer a groundbreaking and profound shift from asking “What’s wrong with you?” to “What happened to you?”</p> <p>Here, Winfrey shares stories from her own past, understanding through experience the vulnerability that comes from facing trauma and adversity at a young age. In conversation throughout the book, she and Dr. Perry focus on understanding people, behavior, and ourselves. It’s a subtle but profound shift in our approach to trauma, and it’s one that allows us to understand our pasts in order to clear a path to our future—opening the door to resilience and healing in a proven, powerful way.</p>
<p><i>“Dancing with a Porcupine: Parenting Wounded Children Without Losing Your Self”</i></p> <p>By: Jennie Lynn Owens Pages: 240</p>	2	<p>Parenting is hard. So what do you do when you’re parenting a child who has experienced trauma or has extra challenges? You often feel alone and inadequate. You want so much to help your child, but you are at the end of your own rope. You feel guilty that sometimes you want to just quit. What can you do — how can you make it through the day — how can you help your child while also taking care of yourself?</p> <p>Maybe someone you love is parenting a traumatized child. Or perhaps you are a social worker, counselor, or other professional who sees families like these every day. You want to know how to better help them.</p> <p>In <i>Dancing with a Porcupine</i>, Jennie Owens shares with humor and raw honesty the compelling story of her struggle to save her own life while caring for three children she and her husband adopted from foster care. How could she stay loving, giving, and forgiving in the midst of a daily battle with children acting out the rage, resentment, and pain of their own traumatic pasts?</p>
<p><i>“Trying Differently Rather Than Harder: Fetal Alcohol Spectrum Disorders”</i></p> <p>By: Diane Malbin Pages: 84</p>	1	<p>This book provides a readable, narrative discussion of the neurobehavioral approach for working effectively with children, adolescents and adults with FASD. After a brief review of the diagnosis, the focus is on understanding behaviors differently - primary, secondary and tertiary behavioral characteristics. One section explores the most common behavioral symptoms by providing case examples, interventions, and improved outcomes. The neurobehavioral approach in <i>Trying Differently Rather Than Harder</i> is illustrated by stories of how alternative interventions lead to less frustration.</p>

<p>“The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind”</p> <p>By: Daniel Siegel & Tina Payne Bryson</p> <p>Pages: 192</p>	<p>2</p>	<p>In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling <i>Mindsight</i>, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child’s brain is wired and how it matures. The “upstairs brain,” which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids throw tantrums, fight, or sulk in silence. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child’s brain and foster vital growth.</p> <p>Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations that will help you explain these concepts to your child, <i>The Whole-Brain Child</i> shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.</p>
<p>“The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity”</p> <p>By: Nadine Burke Harris, MD</p> <p>Pages: 273</p>	<p>2.75</p>	<p>The stunning news of Burke Harris’s research is just how deeply our bodies can be imprinted by ACEs—adverse childhood experiences like abuse, neglect, parental addiction, mental illness, and divorce. Childhood adversity changes our <i>biological</i> systems, and lasts a lifetime. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the fascinating scientific insight and innovative, acclaimed health interventions in <i>The Deepest Well</i> represent vitally important hope for preventing lifelong illness for those we love and for generations to come?.</p>