

### Books for adults.

**1. John Bowlby and Attachment Theory – Jeremy Holmes.**

An overview and summary of Bowlby's life and work. It examines the origins of his ideas and explores the relationship between psychoanalysis and Attachment Theory.

**2. The Healing Power of Play, Working with abused children. – Eliana Gil**

Combines theory and a practical 'how to' approach. An essential resource for carers who work with abused children.

**3. Neglected Children: Issues and Dilemmas. – Olive Stevenson.**

Sets out guidelines for the assessment of neglect, offers practical guidance and support.

**4. The AD/HD handbook. – Alison Munden et al.**

Comprehensive account of ADHD and practical advice for professionals and parents.

*Book Review – I found this book very useful and have a much better understanding of ADHD and how similar it is to ADD.*

**5. The Out of Sync Child. Recognising and coping with sensory integration dysfunction. – Carol Stock.**

Accessible, clearly written guide to Sensory Integration Dysfunction and a drug free approach to it.

**6. Theraplay. - Ann Jernberg et al.**

Shows carers how to use play to communicate love and authority and engage children in interactions that develop competence, self-esteem, and trust.

## HFN Library books available to borrow

**7. A Child's Journey through Placement. – BAAF**

Contains theoretical knowledge base and skills necessary for understanding, working with, and planning for children and their families. Contains sections on attachment, separation, child development and helping children move on.

**8. Adolescence, The Survival Guide for parents and teenagers. – Elizabeth Fenwick et al.**

Covers every aspect of adolescence sympathetically. Helps both carers and teenagers survive.

**9. Fostering Adolescents. – Elaine Farmer et al**

Examination of what makes fostering adolescent placements work

**10. Foster Carers, why they stay and why they leave. – Ian Sinclair et al.**

Examines the joys, sadness and strains of fostering, the support carers want and need, and why they leave.

**11. What is Narrative Therapy. – Alice Morgan**

An easy to read introduction.

**12. Storytelling with Children in Crisis. – Molly Salans.**

Reveals the author's methodology she uses to help heal children and their families through storytelling.

**13. How to Promote Children's Social and Emotional Competence. – Carolyn Webster-Stratton.**

For teachers of 4-8 years. Shows how teachers can work with parents to promote educational and emotional needs.

**14. Introduction to Therapeutic Play. – Jo Carroll.**

Provides an outline of the theoretical framework of current practice and describes the application of theory.

**15. If You Don't Stick with Me, Who Will? The challenges and rewards of foster care. – BAAF**

Collection of first person accounts from foster carers.

**16. When Love is Not Enough. A guide to parenting children with RAD – Reactive attachment disorder. – Nancy L Thomas.**

A clear focused plan for parenting disturbed children back to health.

**17. The Extra Dimension, Making sense of attachments – both positive and negative. – Sheila Fearnley.**

Helps carers clearly understand the mind, behaviours, and difficulties of children whose backgrounds have been profoundly disturbed.

## HFN Library books available to borrow

**18. Managing Children's Disruptive Behaviour – Martin Herbert et al.**

A guide for carers who care for children whose behaviour problems are beyond those encountered normally.

**19. The Defiant Child. A parent's guide to oppositional Defiant Disorder. – Dr Douglas A Riley.**

Insight into this clinical problem and teaches proven methods for modifying behaviour.

**20. The Primal Wound. Understanding the adopted child. – Nancy Newton Verrier.**

Revolutionizes the way we think about adoption. Looks at separation, bonding, and loss.

**21. Children Exposed to Parental Substance Misuse. Implications for family Placement – Rena Phillips**

Provides much needed information on the effects of substance misuse on children and addresses the challenges of assessing and supporting these children

## HFN Library books available to borrow

**22. The Grieving Child. A parent's Guide. – Helen Fitzgerald.**

Provides practical, compassionate advice for helping a child deal with the death of a loved one.  
Careers of children from pre-school age to teens.

**23. When Parents Die. - Rebecca Abrams.**

Honest, compassionate, and insightful exploration of the experience of losing a parent.

**24. How to Talk so Kids Will Listen and Listen so Kids Will Talk. – Adele Faber and Elaine Mazlish.**

Offers innovative ways to solve common problems

**25. From Surviving to Thriving. Promoting mental health in young people. – Andrew Fuller**

Offers a practical approach to refining communication techniques, engendering a sense of belonging in young people and developing preventative programs.

**26. Connections. The threads that strengthen families. – Jean Illsley Clarke**

Illustrates the importance of connections and offers poignant examples and suggestions for appreciating and responding to this vital human need.

**27. Think before you act – Michael Hymans**

Thinking skills and behaviour improvement for 9 to 16-year olds.

**28. Shining Through. Pulling it together after sexual abuse. – Mindy Loiselle and Leslie Bailey Wright.**

For girls aged 10 or up. Provides space and insightful support for the courage these young women show in their everyday lives as they help themselves towards healing.

## HFN Library books available to borrow

**29. Helping children cope with Attention Deficit Disorder. - Dr Patricia Gilbert.**

A guide through argon and technical terms to understand what the child is going through and how to help.

**30. The Art Therapy Source Book. – Cathy A Malchiodo.**

A powerful and effective form of communication, art has increasingly become a therapeutic method for enhancing health and wellbeing, releasing traumatic experiences and alleviating stress or physical pain.

**31. The Sexualized Child in Foster Care. – Sally G Hoyle**

A practical guide which gives information, training tips and a wide range of resources for dealing with foster children who have been sexually abused.

**32. Living with the Active, Alert Child. – Linda S Budd**

Ideas and advice from 15 years' experience with these intense youngsters and their frustrated parents.

**33. Helping children cope with grief. – Rosemary Wells.**

Advice and practical help.

**34. Using Story Telling as a Therapeutic Tool with children. – Margot Sunderland.**

Practical ways of maximising the therapeutic value of storytelling.

**35. Therapeutic Approaches in Work with Traumatized Children and young People. – Patrick Tomlinson**

Invaluable record of working with traumatized children. Provides continual opportunities to respond to Childrens needs in innovative ways.

## HFN Library books available to borrow

**36. Developmental Dyspraxia – Madeleine Portwood.**

A practical manual for parents and professionals.

**37. Creative Storytelling with Children at Risk. - Sue Jennings.**

A practical book which will improve play skills of anyone working with children.

**38. The Early Years.**

**39. The School Years**

**40. Adolescence.**

**41. Assessing and promoting resilience in vulnerable children vol 1-3 – Brigid Daniel and Sally Wassell.**

Clear and practical workbooks.

**42. Therapeutic Parenting in a Nutshell – Sarah Naish.**

A Short overview of therapeutic parenting with some important tips and facts and lots of links to further useful reading.

**Readers review.** – This book is really useful to start to get to grips with the complicated behaviours shown by children with AD and a great introduction to therapeutic parenting. Very easy to read and very short so can easily fit it in to our busy lives.

**43. Stuart – A life backward. – Alexander Masters.**

A story of a man who started his life in care. Very funny and moving.

**44. How I survived in and out of Care – Eve Higgins**

Eve was abandoned as a baby and went through a series of foster placements before ending up in a Childrens home where she met Ella, an abused teenager. This is their story.

**45. Neurotribes, the legacy of autism and how to think smarter about people who think differently. – Steve Silberman.**

A book that will change how you think about Autism.

**46. Baby x. – Harry Keeble with Kris Hollington.**

Pulls no punches in describing what life is like for some of the UK's most disadvantaged children.

**47. Nobody heard me cry – John Devane.**

True story of John who was abused by a neighbour aged 8 then sold as a prostitute by the age of 12.

## HFN Library books available to borrow

**48. Someone to watch over me – Izzy Hammond.**

True story of Izzy's survival of vicious abuse from her parents.

**49. Ugly – Constance Briscoe**

The True story of a loveless childhood.

**50. Why can't my child behave? Amber Elliot.**

Empathetic parenting strategies that work with adoptive and foster families.

*Review: - This book is brilliant for giving ideas and techniques which work for traumatised children. It's easy to read and easy to follow. The advice really works.*

**51. Safer Caring. The fostering network.**

A practical, comprehensive collection of ideas and practises to guide you in meeting the challenges of fostering.

**52. Parenting a child who has been sexually abused.**

A training program for foster carers and adopters.

**53. Child first, migrant second: Ensuring that every child matters.**

Immigration law practitioner's association.

**54. NSPCC Child sexual abuse. Longman.**

Listening, hearing, and validating experiences of children.

**55. Adolescence. Ann Wheal.**

Positive approaches for working with young people.

**56. Averting Aggression. Owen Booker.**

A personal and practical guide for everyone whose work can require them to deal with aggressive behaviours.

**57. Helping people with a learning disability explore relationships. Eve and Neil Jackson**

**58. Sex and your teenager. A parent's guide. John Coleman.**

Provides parents and carers with clear and helpful advice.

**59. Cultural diversity guide.**

An ITV guide to cultural diversity.

- 60. The Social Baby. Understanding baby's communication from birth. Lynne Murray and iz Andrews.**
- 61. How we feel. An insight into the emotional world of teenagers. Jacki Gordon and Gillian Grant.**
- 62. Trauma, Attachment, and Family Permanence. Fear can stop you loving. Caroline Archer and Alan Burnell.**  
Focuses on ways of integrating attachment theory and developmental psychology into effective practise.
- 63. Learning through Play. Babies, Toddlers, and the foundation years. Tina Bruce.**  
Learn to encourage children to learn through play.
- 64. How Children Learn. Volumes 1-3. Linda Pound.**  
An introduction to the pioneers of educational theory.
- 65. Ways of learning. Alan Pritchard.**  
Learning theories and learning styles in the classroom.
- 66. Childhood and Society. Erik H. Erikson.**  
One of the leading figures in the field of psychoanalysis and human development.
- 67. The Well Balanced Child. Movement and early learning. Sally Goddard Blythe.**  
A whole-body approach to learning which integrates the brain, senses, movement, and play.
- 68. An introduction to child development. G C Davenport.**  
Covers all areas of the subject from the early theories of Freud and the experiments of Pavlov, to the effects of the media on aggression in children.
- 69. Understanding Childrens Development. Peter K. Smith et al.**  
Considers all major aspects of development from conception to adolescence.
- 70. The A-Z of therapeutic Parenting. Sarah Naish**  
This is the bible for all therapeutic parenting. It is easily accessible and easy to read. Highly recommended. Look out for the review in the HFN news letter.
- 71. The Incredible years – Carolyn Webster-Stratton.**  
A parenting book to help carers and parents prevent behaviour problems from occurring and to promote childrens social, emotional and academic competence.



## HFN Library books available to borrow

### **72. Unprotected – Norman Wells**

How the normalisation of underage sex is exposing children and young people to the risk of sexual exploitation.

### **73. Another Forgotten Child – Cathy Glass.**

A true story of a young girls journey from abuse and neglect into foster care.

### **74. Abandoned – Anya Peters.**

A true story of Anya who was abandoned by her real mother as a baby and grew up with her abusive alcoholic uncle and his chaotic family.

### **75. The shyness and social anxiety workbook for teens. – Jennifer Shannon.**

A workbook to help teens learn to handle awkward social situations

### **76. Childhood Disrupted – Donna Jackson Nakazawa**

This book looks at the role early adversity plays in physical and emotional adult health.

### **77. Conversations that Matter – Margot Sunderland.**

Gives parents and carers a thorough evidence based and inspiring grounding in every aspect of talking with children who are hurting.

### **78. Recovery is my best revenge. – Carolyn Spring**

The author writes candidly from a number of perspectives about her experiences of living with trauma related dissociation and her journey to recovery.

### **79. Get out of my life... But first take me and Alex into town. – Tony Wolf and Suzanne Franks**

A witty, enjoyable and insightful guide to having teenagers.

### **80. Death by video game – Simon Parkin**

Uncovers the real stories behind video game obsessions. Investigating the impact of video games on our lives.

### **81. Making friends with anxiety – Sarah Rayner**

A warm supportive little book to help ease worry and panic.

## HFN Library books available to borrow

### **82. Fostering Adolescents – Elaine Farmer, Sue Moyers and Jo Lipscombe**

Authors examine what helps to make placement of teens work, looking at key issues for the age group.

### **83. Trauma, Attachment and Family Permanence – Caroline Archer, Alan Burnell.**

This book looks at the challenges faced by looked after children due to attachment and trauma.

Contributors provide a variety of complimentary perspectives on the needs of these children and their families

### **84. Managing Anger – Gael Lindenfield**

The author explains the affects of anger on our bodies and minds. strategies for preventing the build-up of frustration. How to deal assertively with problems of buried and misdirected anger and how to keep calm when faced with outbursts.

### **85. This is the parenting puzzle. – Family links**

Your guide to transforming family life.

### **86. Teenagers – Rob Parsons**

Including 'What is going on in your teenagers brain', 'Keys for dealing with a really testy teenager'. And danger signs for teenage high achievers.

## **Books for Children**

#### **A. For Every Child.**

Story book. (age 3+)

#### **B. Everything I do you blame on me/ Why should I it's not my birthday.**

Story book. (aged 5+)

#### **C. Teen Esteem.**

A self- direction manual for young adults.

#### **D. I'm Proud.**

Helping a child to learn self-Affirmation.

#### **E. I'm Mad.**

Helping children learn options for coping with disappointment

#### **F. I'm frustrated.**

Empowering children to achieve.

## HFN Library books available to borrow

- G. Amy Elizabeth goes to play therapy.**  
Story book. (5+)
- H. The huge bag of Worries.**  
Story book about dealing with feelings. (2+)
- I. The boy who built a wall around himself.**  
Story book (4-9) Uses a simple metaphor to show how traumatised children can put up barriers around themselves.
- J. Sensory Smarts.**  
A book for kids with ADHD or Autism Spectrum Disorders struggling with sensory integration problems.
- K. Dads in Prison.**
- L. Rosie.**  
Coming to terms with the death of a sibling.
- M. Malpas the dragon.**  
Beautifully illustrated book about loss and survival.
- N. Danny's mum.**  
Danny's mum is sent to prison.
- O. A safe place for Caleb.**  
An interactive book for kids, teens, and adults with issues of attachment, grief and loss or early trauma.
- P. It's my body.**  
A book to teach young children how to resist uncomfortable touch.
- Q. Love will never die.**  
A practice book to help children grieve after the death of a loved one.
- R. Nutmeg gets a little help.**  
This book focuses on adoption support and life story work and how these can aid adopted children.