

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.



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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.

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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.

HFN Library books available to borrow

- 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.

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.