

Suggested book list for helping young children to understand different family patterns and supporting transitions to a new home.

Suggested books for under 8 years

Books in red are good for preparing children who will be moving onto adoption.

<p>The Teazles Baby Bunny The book tells the story of The Teazle Rabbits and their adoption of a baby bunny. The simple tale provides a gentle introduction to broaching the subject of adoption with clear and colourful pictures.</p>	<p>Susan Bagnall</p>
<p>I Wished For You A little bear named bear asks his adoptive mum questions about adoption – some American style to the narrative.</p>	<p>Marianne Richmond</p>
<p>The Nutmeg Series Nutmeg gets adopted, Nutmeg Gets Cross, Nutmeg gets a letter, Nutmeg gets a letter.</p>	<p>Judith Foxon</p>
<p>The feelings Book, It's okay to be Different, The Family Book, We Belong Together Todd Parr creates colourful books exploring feelings and family identity with young children.</p>	<p>Todd Parr</p>
<p>Moses The Kitten A kitten in a new family, adapting to new family life.</p>	<p>James Herriot</p>
<p>Dragon Love Penguin The story of a dragon finding an egg and being a parent to a penguin and how this parent can love the penguin regardless of looking different.</p>	<p>Debi Gliori</p>
<p>A safe place for Rufus A story of a dog and how he moved from his family to a safe family.</p>	<p>Jill Sonney</p>
<p>Tango Makes Three</p>	<p>Justine Richardson</p>

Roy and Silo are both boy penguins. Then, one day, when Mr Gramzay the zookeeper realises that it may be time for Roy and Silo to become parents for real.	
Mommy, Mama and Me A toddler in family life with two mums.	Leslea Newman
Picnic in The Park Promotes discussion about different types of families from Jason's birthday picnic.	Joe Griffiths and Tony Pilgrim
Oh Brother, Tom Gets A New Adopted Brother (older end) Tells the story of Tom single birth child whose parents decide to adopt another child.	Claire Friday
Chester and Daisy Move On This popular and engaging picture book is for use when children move onto adoption.	Angela Lidster
A Mother For Choco Choco wishes she had a motherso he sets off to find her ...theme is adoption popular with moving onto adoption work.	Keiko Kasza
Dennis Duckling Dennis is sad because he and his sister must leave their mum and dad find out what happens next – popular book for children moving onto adoption.	Paul Sambrooks
You're the Biggest Celebrates the role an older sibling has and the celebrated moments of having a new sibling.	Lucy Tapper and Steve Wilson
My New Family A book explaining adoption and some associated dilemmas that can happen a question-and-answer book.	Pat Thomas
Elfa and the box of memories A book to talk about memories and lead into memory boxes.	Michelle Bell
Josh and Jaz Have Three Mums Story of Josh and Jaz five year old twins who have been adopted by two mums the story explains the diversity and difference that is in different families.	Heidi Argent
Horace A tiger cub who is trying to find his identity he has spots, and they have stripes and how he is trying to find his identity.	Holly Keller
Over The Moon: An Adoption Tale A story of how the family is anticipating the arrival of an adopted child internationally written by an adoptive parent. A good choice for	Karen Katz

an adopted child who was born overseas, or lives in a multi-cultural home.	
<p>The Lamb A Roo</p> <p>A lost and Lonely lamb is found by a Kangaroo and she is placed in her pocket and what happens when she is different from her mum.</p>	Diana Kimpton
<p>Help A Hamster</p> <p>Encourages children to think about adoption, blended families and attachment through the parallel stories of the little boy Alfie, whose mother gave him up for adoption, and the baby hamster, Alfonzo, who is rejected by his mother and littermates.</p>	Hilary Robinson and Mandy Stanley
<p>Rosie Rudley</p> <p>Children who have had a difficult start in life, who are finding it hard to adapt to life within a new family, may benefit from this book. Children in other situations who are struggling with emotional and behavioral issues may identify with Rosie in the book, and, with the guidance of a parent or other trusted adult, may be able to take the first steps to improving their situation.</p>	Sarah Naish and Rosie Jefferies
<p>The Most Precious Present in the World</p> <p>Adoption - loss, separation and belonging. May also support children who are asking questions and have mixed feelings about their adoption.</p>	Becky Edwards
<p>The Great Big Book of Families</p> <p>Highlighting the fact that families come in all shapes and sizes, this book celebrates diversity, explaining how every personal situation is different. It's a good book for debunking the traditional storybook myth that happy families usually consist of mother, father and two children.</p>	Mary Hoffman
<p>Minnie and Max are Ok!</p> <p>A book that helps develop the message that everyone is different, and we all have our specific strengths. There is a very useful section at the back of the book entitled "Suggested questions to help children explore the topic further". This is a great resource, and covers teasing, appearance, family resemblances, diversity, our amazing bodies and celebrating the things we are good at. There is also a reference made to adopted children, and those in care, and how researching a family resemblance may help such children to develop a sense of identity.</p>	Chris Calland and Nicky Hutchinson
<p>The Invisible String</p> <p>A story that explains even though we apart from our family and friends we can be connected using imaginary string – contact theme</p>	Patrice Karst

<p>Owl Babies, Little Bear series Park In The Dark Martin Waddell creates a theme in a variety of books with a family theme which can be used for discussion on how different families are structured.</p>	<p>Martin Waddell</p>
<p>My Parents Picked Me! Provides an easy-to-understand introduction to the subject of adoption for young children.</p>	<p>Pat Thomas</p>
<p>The Worrysaurus Helpful messages in this picture book for helping with anxiety. Helps to introduce useful ways to cope with emotions and the concept of mindfulness.</p>	<p>Rachel Bright</p>
<p>The Huge Bag of Worries To introduce useful ways to cope with emotions and to talk about worries.</p>	<p>Virgina Ironside.</p>
<p>A Mummy for Owen Children who have lost a parent or experienced a change in circumstances, such as fostering or adoption, will relate to orphaned Owen and find comfort in his loving relationship with his adoptive mother, Mzee, a 130-year-old male tortoise.</p>	<p>Marion Dane Bauer</p>
<p>Dad David, Baba Chris and Me Provides guidance and support to children who are being parented by gay men. Encourages an appreciation of, and acceptance of, same-sex parents, and shows that families come in all shapes and sizes. Promotes a positive view of gay relationships.</p>	<p>Ed Merchant</p>
<p>Croc and Bird Children living in families to which they are not biologically related will enjoy a story that shows the ties of love to be stronger than the ties of biology.</p>	<p>Alexis Deacon</p>
<p>What's Worrying You? A picture book to help children explore worries.</p>	<p>Molly Potter</p>

[Suggested books for older children](#)

<p>Life Doesn't frighten Me. A poem about overcoming obstacles.</p>	<p>Maya Angelou</p>
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<p>The Scared Gang Written by occupational therapist. Series of books helping children to recognise their own survival patterns through the Scared Gang characters. Introduces children to self-regulation techniques.</p>	<p>Éadaoin Bhreathnach</p>
<p>The Bean Seed Opens up conversations about adoption and children who feel worthless and are struggling to accept the empathetic grownup can be trusted and depended on.</p>	<p>Judith Bush and Robert Spottswood</p>
<p>Something Else Explores feelings about not belonging.</p>	<p>Kathryn Cave</p>
<p>The Making of U Children's book commissioned by After Adoption, written by Paul Summers and a group of young, adopted people, 'The Making of U' tells the story of a little alien on a quest to discover his identity. It tells a story of self-discovery and adventure, providing a perfect narrative for kids just trying to work out who they are.</p>	<p>K.Fairburn</p>
<p>The Red Tree Book about feelings and exploring them but also the message that hope is always there.</p>	<p>Shaun.Tan</p>
<p>The Lost Thing Book with lots of meanings but from it the theme of friendship, belonging and being aware can be explored.</p>	<p>Shaun Tan</p>
<p>Supposing Good book to discuss nightmares and fears</p>	<p>F. Thomas</p>