

## Recommended Reading/Resources

### Understanding Developmental Trauma and Building Attachments

- The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma by *Bessel Van Der Kolk*
- The Primal Wound: Understanding the Adopted Child, *Nancy Newton Verrier*
- Why Love Matters by *Sue Gerhardt*
- Healing Developmental Trauma: How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship by *Laurence Heller*
- Building the Bonds of Attachment, *Dan Hughes*
- Attachment Focused Parenting, *Dan Hughes*
- Creating Loving Attachments - Parenting with PACE, *Kim S. Golding and Daniel A. Hughes*
- Attaching in Adoption: Practical Tools for Today's Parents - *Deborah D. Gray*
- The Boy Who Was Raised As a Dog: And Other Stories from a Child Psychiatrist's Notebook - *Dr. Bruce Perry*
- The Brightness of Stars: *Lisa Cherry*
- Parenting the Hurt Child: Helping Adoptive Families Heal and Grow by *Gregory Keck and Regina Kupecky*
- Parenting from the Inside Out by *Daniel J. Siegel M.D. and Mary Hartzell M.Ed*
- The Whole-Brain Child - 12 proven strategies to nurture your child's developing mind by *Daniel Siegel and Dr. Tina Bryson*
- First Steps in Parenting the Child who hurts by *Caroline Archer*
- CoramBAAF collection: <http://corambaaf.org.uk/bookshop>
- <https://beaconhouse.org.uk/useful-resources/>

### Life Story Work / Attuned Responses

- [www.lifestoryworks.org](http://www.lifestoryworks.org)
- Connecting with Kids through stories: Using narratives to facilitate attachment in adopted children, *Melissa Nichols, Denise B. Lacher, Joanne C. May, Todd Nichols*
- Conversations that matter, *Margot Sunderland*
- Life Story Work, *Tony Ryan and Rodger Walker* (guide with useful techniques and exercises)
- Life Story Books, for Fostered and Adopted Children - *Joy Rees*
- Using stories to build bridges with traumatised children - *Kim Golding*
- Life Story Work with children who are fostered or adopted - *Katie Wrench and Lesley Naylor*
- When Father Kills Mother. Guiding Children through Trauma and Grief By *Jean Harris-Hendriks, Dora Black, and Tony Kaplan*
- Templates for Memory Books:  
[http://www.lifestoryworks.org/Life\\_Story\\_Works/TEMPLATES\\_DOCUMENTS.html](http://www.lifestoryworks.org/Life_Story_Works/TEMPLATES_DOCUMENTS.html)

### Books for Children

- Elfa and the box of memories - CoramBAAF
- Nutmeg gets adopted - CoramBAAF
- How I was adopted - Joanna Cole
- Chester and Daisy move on - CoramBAAF
- Murphy's three homes - a story for children in foster care - Jan Levison
- The Invisible String - Patrice Karst
- The making of U - Kendra Fairbairn
- Motherbridge of Love (intercountry/multicultural placements)
- The boy who built a wall around himself - Ali Redford

### Managing Anxiety

- Helping Children to Cope with Change, Stress and Anxiety: A Photocopiable Activities Book by *Deborah M. Plummer*
- My Book of Feelings By *Tracey Rose*
- Helping Children who are Anxious or Obsessional By *Margot Sunderland & Nicky Armstrong* \*Comes with 'Willy and the Wobbly House' storybook for children\*
- The Huge Bag of Worries by *Virginia Ironside*
- William Wobbly and the Very Bad Day: A story about when feelings become too big - by *Sarah Naish, Rosie Jefferies, Amy Farrell (Illustrator)*
- When My Worries Get Too Big: A Relaxation Book for Children Who Live With Anxiety - by *Kari Dunn Buron*
- The Incredible 5-Point Scale - by *Kari Dunn Burin & Mitzi Curtis*
- Little Meerkat's Big Panic: A Story About Learning New Ways to Feel Calm - by *Jane Evans*
- Stay Cool and In Control with The Keep Calm Guru: Wise Ways for Children to Regulate their Emotions and Senses - by *Lauren Brukner*
- Help I've got an alarm bell going off in my head - by *K L Aspden*

### Helpful websites with information and resources for Anxiety

- [www.relaxkids.co.uk](http://www.relaxkids.co.uk)
- [www.cosmickids.com](http://www.cosmickids.com) children's yoga stories
- [www.childhood101.com](http://www.childhood101.com)
- [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)
- [www.autism.org.uk](http://www.autism.org.uk) - useful information and printouts on visual timetables etc.
- [www.youngminds.co.uk](http://www.youngminds.co.uk)
- Emotions/ Feelings fans: [www.theplaydoctors.co.uk](http://www.theplaydoctors.co.uk)

### Cognitive Behavioural Workbooks

- Helping Your Anxious Child: A Step-by-Step Guide for Parents by *Rapee, Spence, Cobham & Wignell*.
- Overcoming your Child's Fears and Worries: A Self Help Guide using Cognitive Behavioural Techniques- by *Cathy Cresswell & Lucy Willets*
- *Starving the Anxiety Gremlin* - by *Kate Collins- Donnelly (age 5-9 yrs)*
- *Starving the Stress Gremlin* - by *Kate Collins - Donnelly (young people)*

## Emotion/Sensory Regulation

- Improving Sensory Processing in Traumatized Children By Sarah Lloyd
- How to be a Superhero called Self Control - super powers to help younger children to regulate their emotions and senses By Lauren Brukner (4-7 yrs)
- Stay Cool and in Control with the Keep Calm Guru - wise ways for children to regulate their emotions and senses By Lauren Brukner (7-14 yrs)
- [www.jkp.com/media/wysiwyg/Resources/2016/Brukner-9781785927140/Brukner-Stay\\_Cool\\_and\\_In\\_Control-Resources.pdf](http://www.jkp.com/media/wysiwyg/Resources/2016/Brukner-9781785927140/Brukner-Stay_Cool_and_In_Control-Resources.pdf)
- Raising a Sensory Smart Child - Definitive handbook of helping your child with sensory processing issues, By Lindsey Biel & Nancy Peske
- [www.berkshirehealthcare.nhs.uk/media/168310/bh\\_cypittoolkit\\_advicesh\\_sy\\_sensoryprocessing\\_pr1.pdf](http://www.berkshirehealthcare.nhs.uk/media/168310/bh_cypittoolkit_advicesh_sy_sensoryprocessing_pr1.pdf) Sensory Processing Outline and Toolkit
- [www.sensoryintegration.org.uk](http://www.sensoryintegration.org.uk)
- [www.sensationalbrain.com](http://www.sensationalbrain.com)
- [www.sensoryattachmentintervention.com](http://www.sensoryattachmentintervention.com)
- [www.relaxkids.co.uk](http://www.relaxkids.co.uk)
- [www.cosmickids.com](http://www.cosmickids.com)
- [www.childhood101.com](http://www.childhood101.com)
- [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

## Understanding and Managing Challenging Behaviour

- Parenting a Child with Emotional & Behavioural Difficulties by *Dan Hughes*
- 'Why can't my child behave?' By *Amber Elliot*
- The Great Behaviour Breakdown, by *B. Bryan Post*
- From Fear to Love: Parenting Difficult Adopted Children, *Bryan Post*
- [www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)
- Helping Children Locked in Rage or Hate: A Guidebook By *Margot Sunderland & Nicky Armstrong*\* Comes with 'How Hattie Hated Kindness' story book for children \*
- Helping Teenagers with Anger & Low Self Esteem (10-18 yrs) By *Margot Sunderland* \*Comes with 'Smasher' story book for teenagers\*
- Helping Children who Bottle up their Feelings By *Margot Sunderland & Nicky Armstrong* \*Comes with 'A Niffleloo called Nevermind' storybook for children\*

### Books for children:

- Rosy Rudey and The Very Annoying Parent. *A story about a prickly child who is scared of getting close.* By *Sarah Naish & Rosie Jeffries*
- The Red Beast. *Controlling Anger in children with Asperger's Syndrome* By *K.I. Al-Ghani*. \*  
*useful for all children not just those with Asperger's\**

### Cognitive Behavioural Workbooks

- Starving the Anger Gremlin for children aged 5-9 By *Kate Collins-Donnelly*
- Starving the Anger Gremlin (Young People) By *Kate Collins- Donnelly*

## Supporting Children with Attachment Difficulties in School

- Inside I am hurting - Louise Michelle Bomber
- What about me? Louise Michelle Bomber
- [www.theyellowkite.co.uk](http://www.theyellowkite.co.uk)
- <https://beaconhouse.org.uk/useful-resources/>
- [www.pac-uk.org/education/](http://www.pac-uk.org/education/)
- Dealing with trauma in the classroom: <https://www.lisacherry.co.uk/resources/>
- [www.specialneedsjungle.com](http://www.specialneedsjungle.com) - magazine-style site with information and resources about children with SEN, disabilities and health conditions
- [www.ipsea.org.uk](http://www.ipsea.org.uk) - lots of information which explains the law
- [www.sossen.org.uk](http://www.sossen.org.uk) (SOS SEN) - useful factsheets and a helpline

Individual support around educations, contact Information, Advice & Support Service (previously Parent Partnership):

Reading: 0118 937 3421

Wokingham: 0118 908 8233

West Berks: 0300 303 2644

### Pupil Premium Plus

<https://www.gov.uk/government/publications/pupil-premium-conditions-of-grant-2018-to-2019/pupil-premium-2018-to-2019-conditions-of-grant>

<https://www.pac-uk.org/wp-content/uploads/2019/04/Pupil-Premium-Plus-Guide-Web-Version-V1.5.pdf>

### EHCP Guidance

- [https://www.cafamily.org.uk/media/784739/education\\_health\\_care\\_and\\_care\\_needs\\_assmnts.pdf](https://www.cafamily.org.uk/media/784739/education_health_care_and_care_needs_assmnts.pdf)
- [https://www.cafamily.org.uk/media/784706/education\\_health\\_and\\_care\\_plans.pdf](https://www.cafamily.org.uk/media/784706/education_health_and_care_plans.pdf)

## Support for Foster Carers

Fosterline - free, impartial, confidential support for foster carers: <http://www.fosterline.info/>

Research in Fostering and Education: REES Centre - University of Oxford:  
<http://reescentre.education.ox.ac.uk/>

Fostering Services: National Minimal Standards:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/192705/NMS\\_Fostering\\_Services.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/192705/NMS_Fostering_Services.pdf)

<https://corambaaf.org.uk/fostering-adoption/adoption>

National Youth Advocacy Service - for children in care and in need: <https://www.nyas.net/>

### **Support for Adopters**

<https://www.adoptionuk.org/>

[www.pactcharity.org/](http://www.pactcharity.org/)

<https://corambaaf.org.uk/fostering-adoption/adoption>

Adoption Support Fund Explained:

<https://www.adoptionuk.org/Pages/FAQs/Category/adoption-support-fund>

### **Support for Kinship Carers**

<http://www.fosterline.info/kinship-care-friends-and-family-care/>

<https://www.kinshipcarersuk.com/>

<https://www.grandparentsplus.org.uk/what-is-kinship-care>

### **Financial Support - organisations that provide grants**

<http://www.berkshirecarershub.org/>

[http://www.berkshirecarershub.org/assets/ct\\_readingwbhubleaflet\\_download.pdf](http://www.berkshirecarershub.org/assets/ct_readingwbhubleaflet_download.pdf)

<https://www.buttuk.org/>

<https://www.familyfund.org.uk/>

<http://johnsykesfoundation.org/>

<http://www.readingdispensarytrust.org.uk/>