

## Adoption Resources

- **K-PARC Resource Center**
  - <https://www.adoptkiskids.org/>
  - Go to “For Families” tab
  - Click on “Post Adoption”
  - Scroll down to K-PARC Resources and click on it for websites, books, and other resources for adoptive parents
  - Explore the rest of what K-PARC has to offer such as support groups, retreats, and trainings for adoptive parents
- ***The Connected Child*** by Karyn Purvis – A very helpful book for parents raising children who have experienced trauma.
- ***The Connected Parent*** by Karyn Purvis – Gives you practical advice and powerful tools you can use to encourage secure attachment in your family.
- ***Beyond Consequences, Logic, and Control*** by Heather T. Forbes – Traditional parenting and discipline does not work with kids who’ve experienced trauma. This book walks parents through the paradigm shift in parenting children who behave out of their trauma.
- ***From Fear to Love*** by Bryan Post – Helps parents understand the impact of early life trauma and the impact of interruptions in the attachment process.
- ***The Great Behavior Breakdown*** by Bryan Post – Identifies 27 of the most problematic and challenging behaviors that parents face. Breaks them down and provides step-by-step guidance for transforming your family conflict. A must-read for parents working with children who seemingly have uncontrollable behavior.
- ***No Drama Discipline*** by Dr. Dan Siegel - Highlights the fascinating link between a child’s neurological development and the way a parent reacts to misbehaviors. Provides effective, compassionate roadmap for dealing with tantrums, tensions, and tears without causing a scene.
- ***What Happened to You?*** by Bruce D. Perry and Oprah Winfrey – Provides scientific and emotional insights into the behavioral patterns so many of us struggle to understand.
- ***The Boy Who was Raised by a Dog*** by Dr. Bruce Perry with Maia Szalavitz – Stories of trauma and transformation.

- **TBRI** (Trust-Based Relational Intervention) training is highly recommended. Your adoption worker can help find a course that works for your schedule.
- **“The Club”** by Robyn Gobbel – resource for education and community support. Find it on Facebook or [robbyngobbel.com](http://robbyngobbel.com). You can also listen to her podcast *Parenting After Trauma*.
- **Facebook Adoption Support Group** – Join the KS Adoption Support Group on Facebook!
- **North American Council on Adopted Children ([nacac.org](http://nacac.org))** – Explore their website for online trainings and support groups in your area.