

**Shenandoah Valley Social Services  
Resource Library  
August 2008**

The books and videos in the following lists are available as learning resources for Foster Families. Call Steve Young at 245-5901 or email [steve.young@dss.virginia.gov](mailto:steve.young@dss.virginia.gov) if one of these resources will help you increase your parenting skill or help you resolve an issue that your family is facing. 1 credit maximum for each resource, 2 credit limit per person per year

**Miscellaneous Guidance for Parents**

Books

Adopting the Older Child	hardback; essential information and tools for working with older adopted and foster children; 1 credit max.
Attention Deficit Hyperactivity Disorder	booklet; National Institute of Health, understanding the problem, getting help, sustaining hope; .5 credit max.
Attention Deficit Hyperactivity Disorder Q & A	paperback; questions and answers for parents includes practical advice and charts; 1 credit max.
Because You Love Them	Paperback large format; a parent's planning guide; .5 credit max.
Before it's Too Late	hardback; why some kids get into trouble and what parents can do about it; 1 credit max.
Boy v. Girl	paperback; how gender shapes who we are, what we want, and how we get along; 1 credit max.
Children on Consignment	hardback; handbook for parenting foster children and their special needs; 1 credit max.
Families at Risk	Paperback large format; guide to understanding and protecting children and care providers involved in out-of-home or adoptive care; 1 credit max.
How to Raise an Adopted Child	hardback; a guide to help your child flourish from infancy through adolescence, includes breakdown by age and advice on typical situations; 1 credit max.
Listening for Feelings	paperback; practical guide for parents to help children express emotions in a healthy way; .5 credit max.
Merry-Go-Round-and-Round	Large format paperback; Oppositional Children – a plan of action for foster parents; 1 credit max
Parenting Teens with Love and Logic	hardback; teaching teens to operate with consequences, not punishment; 1 credit max.
Professional Parenthood	booklet; guide for foster care; .5 credit max.
The Next Step	paperback large format; life skills workbook for adult survivors of emotional abuse; 1 credit max.
Understanding Children's Sexual Behaviors	booklet; discussion of what's natural and healthy; .5 credit max.
Using Visitation to Support Permanency	paperback large format; best practice in planning and implementing visitation between children in out-of-home care and their parents; 1 credit max.
What Do You Do with a Child Like This?	paperback; an approach to understanding the perceptions and feelings of children to help those confronted with the adventure of working with a troubled child; 1 credit max.
When Love is Not Enough	paperback; how mental health professionals can help special needs adoptive families; 1 credit max.
When Love is Not Enough-RAD	paperback; a guide to parenting children with reactive attachment disorder; 1 credit max.

## Physical and Sexual Abuse

### Books

About Adults Abused as Children	booklet; quick explanation of how adult survivors of abuse are affected; .5 credit max.
Adoption and the Sexually Abused Child	paperback; includes chapters on feelings, structuring for safety, acting out, and siblings; 1 credit max.
Children Who Molest	booklet; a guide for parents of young sex offenders; .5 credit max.
Deaf Teen Sexual Assault Prevention	paperback large format; gives hearing impaired students more tools to reduce the risk of being sexually abused, includes teen dating situations; 1 credit max.
Helping Children with Sexual Behavior Problems	booklet; a guide for parents and caregivers for children under 12 with sexual behavior issues; .5 credit max.
How Family Violence Affects Children	booklet; quick explanation of how children are affected by family violence; .5 credit max.
How Long Does it Hurt?	paperback; a guide to recovering from incest and sexual abuse for teenagers, their friends and their families; 1 credit max.
How to Survive the Sexual Abuse of Your Child	booklet; clear, concise information in question and answer format, helpful for relieving stress and setting things straight; .5 credit max.
I Can Be Safe	booklet; personal safety guidebook for deaf children; .5 credit max.
I Told My Secret	booklet; a book for kids who were sexually abused, another good guide for parents/caregivers to use to start discussions; .5 credit max.
I'm Afraid to Go Home	paperback large format; a program to help students (and other children) cope with violent families or violent neighborhoods; 1 credit max.
it happens to BOYS too...	booklet; discussion boys as victims of sexual assault, tool for parents to use but written at the child's level; .5 credit max.
It's MY Body	booklet; a book to teach young children how to resist uncomfortable touch; .5 credit max.
Just Because I Am Leaders Guide	paperback large format; companion guide to the children's version, an introduction to self-esteem; .5 credit max.
Loving Touches	booklet; a book for children about positive, caring kinds of touching; .5 credit max.
Please Tell!	paperback; a child's story about sexual abuse, tool for parents to use but written at the child's level; .5 credit max.
Sexualized Children	paperback; assessment and treatment of sexualized children and children who molest; 1 credit max.
So What's it to Me?	paperback; sexual assault information for guys, teaching teens about personal safety and the safety of others; .5 credit max.
Something is Wrong at My House	paperback; a book about parents fighting, can be used to help pre-school and school age children overcome experiences in a violent home; .5 credit max.
Sophie and Her Uncle	booklet; a program about abuse in the family, a tool for counselors to use when working with sexually abused children; .5 credit max.
Stop It Now!	paperback large format; a guide for the prevention of sexual harassment for elementary school children; .5 credit max.
The Sexualized Child in Foster Care	paperback; a guide for foster parents and other professionals, information, training tips and a wide range of resources; 1 credit max.
We Can Get Along Leaders Guide	paperback large format; companion guide to the children's version, an introduction to conflict resolution and choice making; .5 credit max.
What's Going to Happen	booklet; stories about neglect, physical abuse, sexual abuse, for young children with animals as characters, can be used with suspected victims or as preventative program; .5 credit max.
What's the Big Deal?	paperback; sexual harassment information for teens; .5 credit max.
When Something Feels Wrong	paperback; a survival guide about abuse for young people; .5 credit max.

## Drugs and Alcohol

### Books

Growing Up Drug Free	paperback; a parent's guide to preventing drug abuse; .5 credit max.
Heroin - a Deadly Drug	booklet; a quick explanation of what you should know about heroin use; .5 credit max.
HIV / AIDS education for foster Parents	paperback; a brief handout for introduction to HIV, risk behaviors, control strategies; .5 credit max.
Our FAScinating Journey	paperback large format; keys to brain potential along the path of prenatal brain injury / Fetal Alcohol Syndrome; 1 credit max.
Preventing Fetal Alcohol Effects	booklet; a quick explanation of what you should know about consuming alcohol while pregnant; .5 credit max.
Smoking Hurts Your Baby	booklet; quick explanation of how smoking by a pregnant women harms the baby; .5 credit max.
The Danger of Crack Cocaine	booklet; a quick explanation of what you should know about cocaine use; .5 credit max.
The Dangers of Meth	booklet; a quick explanation of what you should know about methamphetamine; .5 credit max.

## Discipline

### Books

Creative Conflict Resolution	paperback; more than 200 activities for keeping the peace in the classroom K-6 so it could be useful in a foster care setting; 1 credit max.
Grounded for LIFE!	paperback; stop blowing your fuse and start communicating with your teenager; 1 credit max.
How to Talk so Kids Can Learn	paperback; shows how to motivate kids to learn and succeed in school; 1 credit max.
I'm Furious	booklet; dealing with feelings for use when children's anger overwhelms them; .5 credit max.
Red, White & Bruises	booklet; spanking in the U.S.A and what to do instead; .5 credit max.
Telling Isn't Tattling	booklet; helps children learn when to tell an adult they need help, also helps adults know when to pay attention to kid's requests for help; .5 credit max.
Without Spanking or Spoiling	paperback large format; a practical approach to toddler and preschool guidance, pull s together the best from four major child guidance philosophies; 1 credit max.

## Miscellaneous for Children

### Books

Brave Bart	paperback; a story for traumatized and grieving children, told from the viewpoint of a kitten
Hands Are Not for Hitting	paperback; a gentle, encouraging book that helps young children understand these important concepts; .5 credit max.
I Like Being Me	paperback; poems for children about feeling special, appreciating others, and getting along; .5 credit max.
Just Because I Am	paperback; a child's book of affirmation, comes with a Leaders Guide; .5 credit max.
The Trouble with Secrets	paperback; helps children distinguish between worrisome secrets and surprises, teaches children to think for themselves; .5 credit max.
The Way I Feel	hardback; read through this book of feelings with your child to explore the world out there and the world within; 1 credit max.
We Can Get Along	paperback; a child's book of choices, comes with a Leaders Guide; .5 credit max.
What is a Feeling	paperback; a gentle, humorous, yet powerful book that introduces feelings to children; .5 credit max.

## All Topics Videos

Advocacy - A Judge's View	Reasonable Efforts Series - Short and specific topics; .5 credit max
Bonding & Attachment	Reasonable Efforts Series - Short and specific topics; .5 credit max
CASA Overview	Reasonable Efforts Series - Short and specific topics; .5 credit max
Family Preservation Values	Reasonable Efforts Series - Short and specific topics; .5 credit max
Judicial Review/Judge's Discussion	Reasonable Efforts Series - Short and specific topics; .5 credit max
Model Family Preservation Program	Reasonable Efforts Series - Short and specific topics; .5 credit max
Panel Discussion of Reasonable Efforts	Reasonable Efforts Series - Short and specific topics; .5 credit max
Paying for Reasonable Efforts	Reasonable Efforts Series - Short and specific topics; .5 credit max
Role of the Court/Importance of Reasonable Efforts/Legal Representation for Parents	Reasonable Efforts Series - Short and specific topics; .5 credit max
Separation & Loss – Stages of Grief	Reasonable Efforts Series - Short and specific topics; .5 credit max
Service Needs of Drug Exposed Mothers	Reasonable Efforts Series - Short and specific topics; .5 credit max
Shelter Care Hearing /Dispositional Hearing	Reasonable Efforts Series - Short and specific topics; .5 credit max
1-2-3 Magic	Discipline system for managing difficult behavior; 1 credit max
Adoption Options	A perspective of all sides of adoption; .5 credit max
Attachment	Emotional relationships between child/parent and the results; .5 credit max
Breaking Peaces	Babies have their say about domestic violence; .5 credit max
Chain of Pain: Child Abuse and Neglect	Breaking patterns of abuse and neglect; .5 credit max
Daring to Parent in the 90s	Modeling thoughtful, caring and loving lives; 1 credit max
Domestic Violence and Children	Effects of children observing domestic violence ; .5 credit max
Foster Care	Profile of foster care through eyes of children, parents, judges; .5 credit max
Foster Care: Point of View	Point of view from children, parents and case workers
From Here to Self-Esteem	Cambridge Educational series; .5 credit max
Gentle Transitions	Short video of newborns point of view in foster care; .5 credit max
I Am the Boss of My Body	Thoughtful program on preventing child sexual abuse; .5 credit max
Managing the Defiant Child	Discipline for defiant children 1 credit max
Monsters in the Closet	Cambridge Educational series on Children's fears; .5 credit max
Multiple Transitions	Young child's perspective in foster care; .5 credit max
Negative Behavior and Positive Discipline	Cambridge Educational series, discipline system; .5 credit max
Non-Violent Discipline	Joan Harris in a taped in-service training; 1 credit max
Searching for Family	Moments in the lives of children in foster care; .5 credit max
Shaking, Hitting, Spanking: Instead	Alternatives to corporal punishment; .5 credit max
Sexual Responsibility	Kidsrights series explaining sexual responsibility; .5 credit max
Stranger Danger	Protecting children from strangers 1 credit max
The First Years Last Forever	Brain development in the first years of life; .5 credit max
Valuing Parents in the I.E.P. Process	Making decisions about what/where students learn; .5 credit max
Foster Parents Have Feelings, Too	Respecting and supporting the foster family
Respite Care	The gift of time every foster family needs
Somebody New Lives at Our House	Foster families and transitions 1 credit Max
What Can I Do When I Feel	Kidsrights series about managing feelings; .5 credit max

## Summary of Self-Directed Learning Activity

Name \_\_\_\_\_ Date \_\_\_\_\_

Title of Book / Video \_\_\_\_\_

What was the most important thing you learned from this Book / Video and how will you use it to improve your parenting skills? (continue on back or another sheet of paper if needed)

Write about three other things you learned from this Book / Video and how you may improve as a professional parent. (continue on back or another sheet of paper if needed)

1.

2.

3.