

General Parenting Books

The Connected Child: Bring Hope and Healing to Your Adoptive Family is a book by Karyn B. Purvis, David R. Cross, and Wendy Lyons Sunshine provides guidance for adoptive parents on building bonds, addressing behavioral issues, and disciplining children with attachment challenges. It offers compassionate, research-based strategies for dealing with the unique needs of adopted children, helping families foster trust and affection while navigating emotional, medical, or behavioral difficulties

Calm the Chaos: A Fail-Proof Road Map for Parenting Even the Most Challenging Kids by Dayna Abraham is a science-backed, trauma-informed parenting guide for parents of neurodivergent children, those with ADHD, autism, or sensory needs, and kids with big emotions. It offers a 5-step framework (Getting to Safety, Restoring Trust, Finding Calm, Getting Ahead, Redefining Success) with practical tools like scripts and prompts to help parents move from surviving to thriving by focusing on connection and regulation instead of traditional discipline.

Raising Kids with Big, Baffling Behaviors by Robyn Gobbel is a neuroscience-based parenting book that helps caregivers understand and respond to challenging behaviors by explaining the brain's role in regulation, connection, and feeling safe. It uses simple metaphors (like the "Owl Brain," "Watchdog Brain," and "Possum Brain") to decode complex brain science, offering practical, science-backed strategies for managing meltdowns, dysregulation, and trauma-related issues, and helping parents regulate their own responses. The book is praised for being compassionate, easy to understand, and providing actionable tools for parents of children with additional needs or trauma histories.

Beyond Consequences, Logic, and Control by B. Bryan Post and Heather T. Forbes is a book that offers a trauma-informed, love-based parenting model for children with severe behavioral issues, particularly those with attachment challenges. It explains the neuroscience of trauma's impact on the brain and provides practical, science-based strategies to replace ineffective traditional methods, focusing on healing and building secure relationships rather than control. The book addresses specific behaviors like aggression, defiance, and lying, offering hope and a path to peace for families.

Twenty Things Adopted Kids Wish Their Adoptive Parents Knew by Sherrie Eldridge is a guide for adoptive parents that gives voice to the unspoken feelings and complex emotional issues adopted children experience, such as loss, fear, and shame. Written by an adoptee, the book uses personal anecdotes and expert insights to help parents understand their child's unique needs, encouraging them to proactively address topics like birth family history and the lifelong impact of adoption to foster a healthier parent-child bond. Key themes include validating the child's grief, taking initiative in conversations about their origins, and understanding that behaviors like acting out can stem from adoption-related fears like abandonment.

The Danish Way of Parenting by Jessica Joelle Alexander & Iben Sandahl focuses on raising happy, resilient, and empathetic children through a "democratic" approach that avoids ultimatums, yelling, and physical punishment (illegal since 1997 in Denmark). Based on the PARENT principles (Play, Authenticity, Reframing, Empathy, No-ultimatums, Togetherness/Hygge), this style emphasizes free, non-adult-led play, validating children's emotions, and cultivating a cozy, cooperative family environment.

The Connected Parent: Real-Life Strategies for Building Trust and Attachment by Karyn Purvis and Lisa C. Qualls offers practical, research-based advice for parents, especially those with children from "hard places" (trauma, adoption, foster care). The book combines Dr. Purvis's clinical expertise with Lisa Qualls's personal experience as a parent, providing tools like scripts, techniques for managing fear, and strategies to build secure attachment and connection. It aims to help parents understand and meet the unique needs of traumatized children, offering hope and restoration for families.

Securely Attached: How Understanding Childhood Trauma Will Transform Your Parenting--A Handbook for Adoptive and Foster Parents, co-authored by Mike Berry and Kristin Berry draws on the authors' experiences as adoptive and foster parents to eight adopted and twenty-three foster children. It combines personal anecdotes with therapeutic and medical facts to help parents understand and address the effects of trauma on a child's ability to form secure attachments.

The Adoptive Parents' Handbook: A Guide to Healing Trauma and Thriving with Your Foster or Adopted Child by Barbara Cummins Tantrum is a practical guide for parents of adopted and foster children, focusing on creating safety, healing attachment trauma, and managing challenging behaviors like sleep issues, anger, and fear. The book offers strategies for common concerns, addresses transracial adoption, and provides real-life examples, drawing on the author's experience as a trauma-informed therapist and adoptive parent. It's praised for being well-researched, organized, and helpful for parents navigating the complexities of adoption and foster care.

Parenting the Hurt Child: Helping Adoptive Families Heal and Grow by Gregory Keck and Regina Kupecky is a guide for parents of adopted children who have experienced trauma, offering strategies to help them heal from past abuse or neglect. The book provides practical advice, based on attachment theory, for managing difficult behaviors and fostering emotional development, using real-life stories to illustrate techniques for building connection and trust. It emphasizes that these children need informed parenting that addresses their specific needs, which differ from those of children from typical backgrounds, to help them overcome fear, anger, and attachment issues.

Attaching in Adoption: Practical Tools for Today's Parents by Deborah D. Gray is a highly recommended guide for adoptive parents, offering practical strategies to build healthy attachments with children who have experienced trauma, grief, or neglect. The book explains attachment theory, addresses the impact of grief and trauma, and provides age-specific advice, checklists, and case examples to help parents navigate challenges from infancy to adulthood, covering issues like international adoption and Fetal Alcohol Spectrum Disorder (FASD). It's praised for its straightforward, positive, and realistic approach, making it a valuable resource for both new and experienced adoptive families and professionals.

Foster the Family: Encouragement, Hope, and Practical Help for the Christian Foster Parent by Jamie C. Finn is a "from-the-trenches" guide for Christian foster parents, drawing on the authors personal experiences as a foster and adoptive mother to seven children. The book is not a "how-to" manual but an encouraging resource that addresses the unique emotional and practical challenges of the foster care journey, such as dealing with a complex and sometimes broken system, struggling biological parents, and the trauma experienced by foster children.

The A-Z of Therapeutic Parenting: Strategies and Solutions by Sarah Naish is a practical guide for parents of children with trauma, offering an alphabetical list of 60 common issues with strategies for in-the-moment, preventative, and post-incident responses, based on therapeutic parenting principles like empathy, structure, and self-care. Written by an experienced adoptive parent and expert, it's praised as an accessible, "must-have" resource for foster and adoptive parents, and beneficial for all parents, providing a "toolbox" of solutions for difficult behaviors.

Trauma-Informed Foster and Adoptive Parenting: Methods for Managing Meltdowns, Mishaps, and Maladaptive Behaviors by David Adams provides practical guidance rooted in behavioral science and personal experience for parents and professionals to understand and respond to the challenging behaviors of children with a history of trauma.

Thriving Families: A Trauma-Informed Guidebook for the Foster and Adoptive Journey by Jenn and Joshua Hook This guide offers a trauma-informed, faith-based perspective to assist adoptive and foster families. It integrates current research on trauma, attachment, sensory processing, cultural competence, and grief to help children heal and grow. Authors Jenn Ranter Hook, a trauma therapist, and Joshua N. Hook, a clinical psychologist, provide practical advice drawing on their professional and personal experiences.

The Whole-Brain Child by Daniel J. Siegel and Tina Payne Bryson is a parenting book that explains child brain development and offers 12 practical strategies to help parents foster emotional and intellectual growth, leading to calmer, happier children. It simplifies neuroscience, focusing on integrating the "upstairs brain" (logic, decision-making) with the "downstairs brain" (emotions, instincts) through techniques like "Connect and Redirect" to help kids manage tantrums and build resilience. The book uses illustrations and real-life examples to make brain science accessible for everyday parenting challenges.