



Because childhood lasts a lifetime

Book list for Teenagers

BARNARDOS POST ADOPTION SERVICE

Dublin: 23/24 Buckingham Street, Dublin 1 Tel (01) 8134110

Cork: Blackmore House , Meade Street,Cork Tel (021) 2038005

Galway: "The Sanctuary" 27 Chois Chlair, Claregalway (091) 454489

Email: adoption@barnardos.ie

Helpline: (01) 4546388 – Tues & Thurs – 10am to 1pm



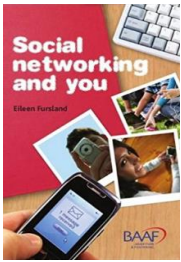
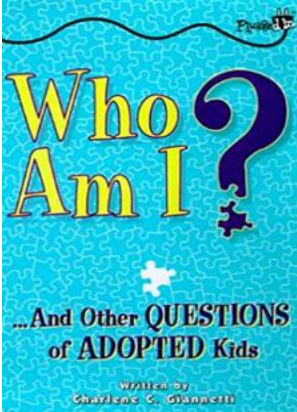
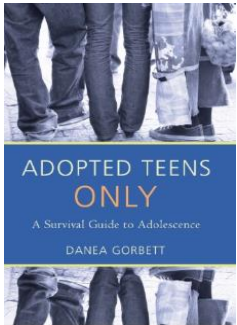
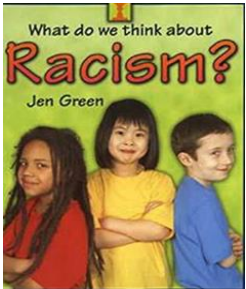
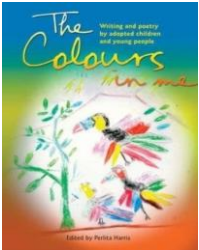
Suggested reading for teenagers

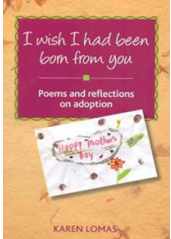


Book Cover	Book Name	Author & Publisher
	Beneath the Mask: For Teen Adoptees Teens and Young Adults Share Their Stories.	Center for Adoption Support and Education Publisher: CreateSpace Independent Publishing Platform (16 July 2018)
	The Adopted Teen Workbook Develop Confidence, Strength, and Resilience on the Path to Adulthood	Barbara Neiman Publisher: Instant Help; Workbook edition (1 Mar. 2019)
	Can I Tell You about Adoption? A Guide for Friends, Family, and Professionals	Anne Braff Brodzinsky Publisher: Jessica Kingsley Publishers (28 Aug. 2013)
	Owen and Mzee: The True Story of a Remarkable Friendship	Told by Isabella Hatkoff et al Publisher: Scholastic Press (29 Mar. 2016)
	How It Feels to Be Adopted In these wonderfully straightforward accounts of what it means to children to be adopted, nineteen boys and girls, from eight to sixteen years old—and from every social background—confide their feelings about this crucial fact of their lives.	Jill Krementz Publisher: Knopf (23 May 2012)
	Snowflakes: A Flurry of Adoption Stories The personal experiences from all sides of adoption	Teresa Kelleher Publisher: Tender Loving Communications, Wyatt-MacKenzie (4 Jan. 2010)

	<p>Find a Stranger, Say Goodbye</p> <p>Natalie Armstrong has all a girl could want: beauty and intelligence, a loving family and a great boyfriend. But something is missing; the answer to a most important question: "Who is my mother?"</p>	<p>Lois Lowry Publisher: Houghton Mifflin (Trade) (26 April 1978)</p>
	<p>Pieces of Me: Who do I Want to Be</p> <p>Voices for and by adopted teens.</p>	<p>Ballard, Robert L Publisher: EMK Press (November 2009) ISBN-10: 0972624449</p>
	<p>Adopted: The Ultimate Teen Guide (It Happened to Me)</p> <p>This guide enables young adults to explore their feelings as they read about the personal experiences of other adopted teens.</p>	<p>Buckingham Slade, Suzanne Publisher: Scarecrow Press (2012) ISBN-10: 0810885689</p>
	<p>A Long Way Home</p> <p>This is the miraculous and triumphant story of Saroo Brierley, a young man who used Google Earth to rediscover his childhood life and home in an incredible journey from India to Australia and back again...</p>	<p>Brierley Saroo Publisher: Viking- Penguin Books ISBN: 9780670077045</p>
	<p>My Life and Me</p> <p>This colourful, comprehensive and durable life story work book can be used flexibly with any child growing up away from their birth family, including children from abroad. (Older Teens)</p>	<p>Camis, Jean British Association for Adoption and Fostering (BAAF-2002) ISBN-10: 1903699002</p>
	<p>Will You Be There When I Get Home?</p> <p>Describes what the reality can be like for many adopted people and what challenges their families may face as they mature and wonder about the circumstances of their adoption. This story attempts to offer advice to someone who has gone through the process, made the mistakes, learned some lessons along the way and is still smiling.</p>	<p>Cashin, Catherine Mercier Press, Cork (2006) ISBN: 1 85635 521 7</p>

	<p>52 Ways to Talk About Adoption This deck of cards encourages family discussion of adoption in a playful and interesting way</p>	<p>Center for Adoption Support and Education (C.A.S.E.) www.adoptionsupport.org</p>
	<p>The Face in the Mirror The book, written for both teenagers and adults, is a frank discussion of the issues surrounding adoption, and in particular what adoptees, adoptive parents, and birth parents should know when adopted teens want to discover their past.</p>	<p>Crook, Marion Arsenal Pulp Press (2000) ISBN: 1-55152-079-6</p>
	<p>All Born Under The One Blue Sky Irish people share their adoption stories. (Older teens)</p>	<p>Cúnamh Cúnamh Child Care Agency CPRSI House, 30 Sth. Anne St. Dublin 2. February 2013. Tel: (01) 677 9664 www.cunamh.com</p>
	<p>I Wish for You a Beautiful Life: Letters from the Korean Birth Mothers of Ae Ran Won to Their Children</p>	<p>Dorow, Sara (Ed) Yeong & Yeong Book Company St. Paul, MN. 1999 ISBN-10: 0963847236 ISBN-13: 978-0963847232</p>
	<p>20 Life Transforming Choices Adoptees Need to Make Sherrie Eldridge is an adoptee and adoption expert, and in this book she draws on her personal experiences and feelings relating to adoption as well as interviews with over 70 adoptees</p>	<p>Eldridge, Sherrie Jessica Kingsley Publishers (March 21, 2015) ISBN-10: 1849057745</p>
	<p>20 Things Adopted Kids Wish Their Adoptive Parents Knew This extraordinary book, written by a woman who was adopted herself, gives voice to children's unspoken concerns, and shows adoptive parents how to free their kids from feelings of fear, abandonment, and shame.</p>	<p>Eldridge, Sherrie Dell Publishing (1999) ISBN: 0-440-50838-X</p>

	<p>Social Networking and Contact How social workers can help adoptive families</p>	<p>Fursland Eileen British Association for Adoption and Fostering (BAAF) ISBN: 978-1-905664-97-9</p>
	<p>Who am I? and Other Questions of Adopted Kids When neither picture books nor adult guides are of help, this latest Plugged In book speaks confidently to preteens and teens seeking answers to their questions about being adopted. Why am I so different from my family? Why did my biological mother give me up? Should I search for my birth parents? Who Am I? gives answers objectively and reassuringly with advice from experts and quotes from adopted teens.</p>	<p>Gianetti, Charlene C. Price Stern Sloan (Dec. 1999) ISBN: 0-8431-7529-X</p>
	<p>Adopted Teens Only: A Survival Guide to Adolescence This guide has answers. Based on true stories, extensive research, and Danae Gorbett's own in addition to her background in psychology and education, Adopted Teens Only delivers: Suggestions for bringing up sensitive topics</p>	<p>Gorbett , Danae Universe Star (November 2007) ISBN-10: 1583484817</p>
	<p>What do we think about: Racism? This book looks at what racism is, why people are racist and how to prevent racism occurring in their lives. It aims to promote respect between people of different backgrounds, including people from different cultures and religious groups.</p>	<p>Green, Jen Publisher: Wayland, 2002 ISBN 10: 0750241136 ISBN 13: 9780750241137</p>
	<p>The Colours in Me Writing and poetry by adopted children and young people.</p>	<p>Harris, Perlita (Ed) BAAF, London. (2008) ISBN: 9781 905664 59 7</p>

	<p>Chosen: Living with Adoption</p> <p>“Chosen” brings together writing and poetry by over 50 U.K. adopted adults born between 1934 and 1984.</p> <p>Through a broad range of perspectives they capture the life-changing power of adoption and the different meanings it can take on at different stages in one’s life.</p>	<p>Harris, Perlita (Ed) BAAF, U.K. 2012. ISBN: 978 1 907585 63 0</p>
	<p>Perspectives on a Grafted Tree</p> <p>Writing and poetry about adoption</p>	<p>Irwin Johnston, Patricia 1982 ISBN: 9609504-0-0 ISBN: 978-1-84905-906-0 (2012)</p>
	<p>The Invisible String : The Invisible String is a simple story that reminds children and adults that they are never truly alone</p>	<p>Karst, Patricia DeVorss & Co., California, USA. 2000. ISBN 13: 978-0-87516-734-3</p>
	<p>Red Dust Road</p> <p>As a little girl, Jackie Kay realizes that her skin is a different colour from that of her beloved Mum and Dad. Later in life, she decides to trace her birth parents. She discovers that inheritance is about much more than genes</p>	<p>Kay, Jackie Picador U.K. (2010) ISBN: 978-0-330-45106-2</p>
	<p>The Adoption Papers</p> <p>The story of a black girl’s adoption by a white Scottish couple – from three different viewpoints: the mother, the birth mother and the daughter.</p>	<p>Kay, Jackie Bloodaxe Books, U.K. (1991) ISBN: 1 85224 156 X</p>
	<p>Once They Hear My Name</p> <p>Korean adoptees and their journeys toward identity</p>	<p>Lee Ellen, Lammert Marilyn & Hess Mary Anne Tamarisk Books, Silver Spring, MD, USA. 2008. 0-9793756-0-6</p>
	<p>I Wish I Had Been Born From You</p> <p>A collection of poems and reflections by an adoptive parent and her daughter.</p>	<p>Lomas, Karen BAAF, London, Nov 2009 ISBN 978 1 905664 83 2</p>

	<p>Self Esteem and the 6 Second Secret</p> <p>This is one book you will want to keep close at hand and read over and over again. I recommend it for anyone wishing to improve an important relationship, and not just those relationships dealing with children.</p>	<p>Podesta, Connie Corwin Press ISBN: 0-7619-7836-4</p>
	<p>Life Story Books for Adopted Children: A Family Friendly Approach</p>	<p>Rees, Joy Jessica Kingsley Publishers (2009)</p>
	<p>Gold from the Stone</p> <p>The poet's early years of rejection and isolation left him with emotional scars, but it helped shape him as an artist. As his new collection is published, he talks about growing up and finding his voice</p>	<p>Sissay, Lemn ISBN: 9781782119098 Publisher: CANONGATE BOOKS</p>