



Barnardos

Because childhood lasts a lifetime

Book list for Birth Parents

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

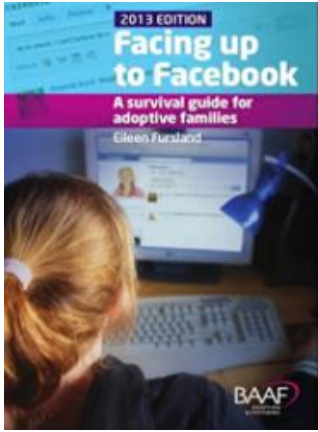


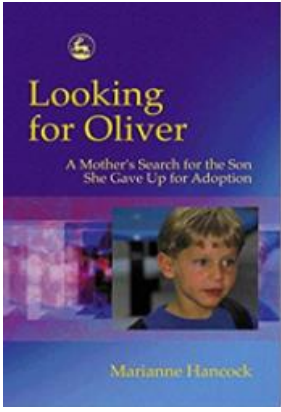
Helpline: (01) 4546388 – Tues & Thurs – 10am to 1pm

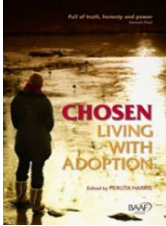
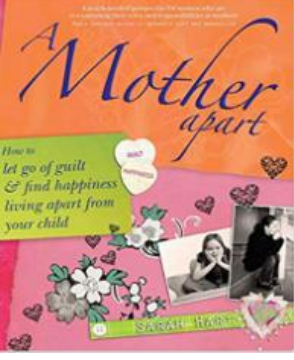


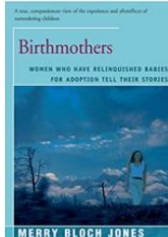
***Suggested reading
for birth parents***

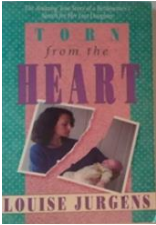
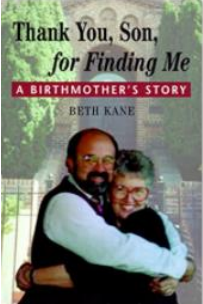
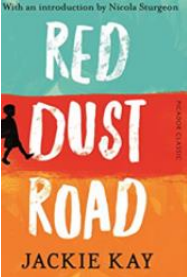
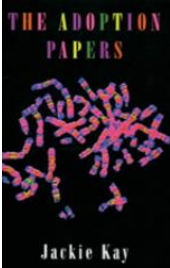
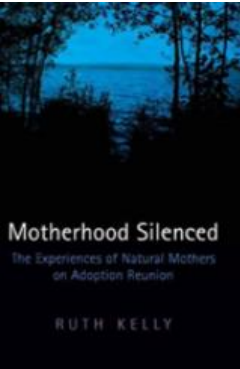
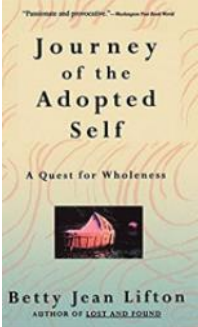


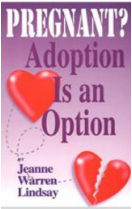


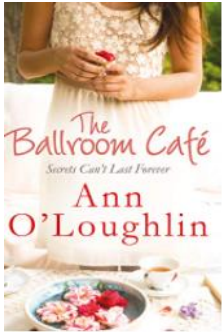
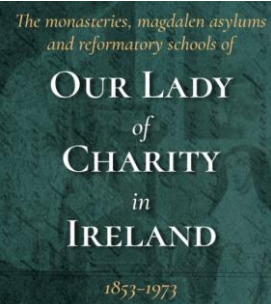
AUTHOR	BOOK NAME	DETAILS
	<p>A GOOD LIKENESS A personal story of an adopted person who finds married birth parents</p>	<p>Arnott, Paul Publisher: Abacus, London, U.K. (2000) ISBN-10 : 0349121028</p>
	<p>LETTER TO LOUISE In 1964, in a bare room in Waterloo, a young actress gave her baby for adoption. They were to be parted for more than twenty years. The actress was Pauline Collins. The baby was her daughter Louise.</p>	<p>Collins, Pauline Publisher: HarperCollins; 1st BCA Edition (1 Dec. 1992) ISBN-10 : 0060165898</p>
	<p>BIRTH FATHERS AND THEIR ADOPTION EXPERIENCES Virtually all literature about birth parents of adopted children has focused on mothers. In this pioneering study, Gary Clapton gives us a fresh perspective: he recounts the experiences of thirty birth fathers separated from their children at birth, and suggests ways of applying this knowledge to work with adopted children, their adoptive families and birth parents.</p>	<p>Clapton, Gary Publisher: Jessica Kingsley Pub (2008) ISBN-10: 1843100126</p>
	<p>EVERAFTER FATHERS – THE IMPACT OF ADOPTION Is the first book to integrate one father's personal experience with more general accounts of how men have reacted to losing a child to adoption. Informed by first-hand knowledge and research, it is an account of the impact of adoption on birth fathers and the influence of birth fathers on adoption.</p>	<p>Coles, Gary Publisher: Createspace Independent Pub (21 April 2006) ISBN-10 : 0646431935</p>

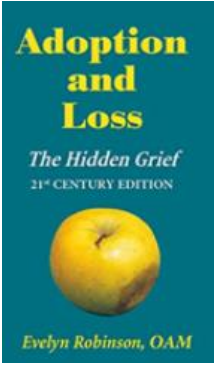

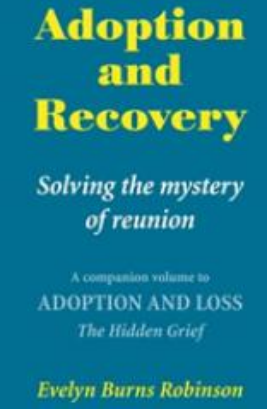
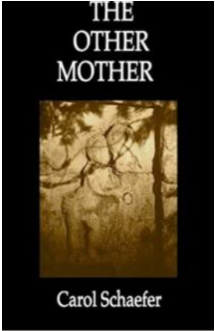
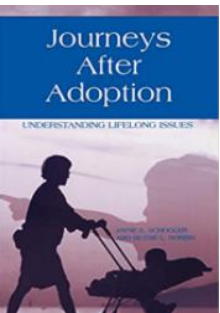
	<p style="text-align: center;">TRANSPARENT</p> <p>Seeing Through the Legacy of Adoption is a landmark book, because, for the first time, it exposes the benefits of the three members of the family of origin - the mother, the father and the adult adopted person - working collaboratively to mend the wounds caused by their separation.</p>	<p style="text-align: center;">Coles, Gary Publisher : BookSurge Australia (February 22, 2008) ISBN-10 : 1921019131</p>
	<p style="text-align: center;">Adoption Reunion in the Social Media Age: An Anthology</p> <p>This anthology gives voice to the wide experiences of adoptees and those who love them; examining the emotional, psychological and logistical effects of adoption reunion. Primarily adult adoptee voices, we also hear from adoptive parents, first moms and mental health professionals, all weighing in on their experience with reunion.</p>	<p style="text-align: center;">Dennis, Laura Publisher: Entourage Publishing; 1 edition (January 10, 2014) ISBN-10: 0985616857</p>
	<p style="text-align: center;">SHADOW BABY</p> <p>A powerful, moving story about motherhood, abandonment and guilt which casts a shadow across generations.</p>	<p style="text-align: center;">Forster, Margaret Publisher: Vintage Books (2012) ISBN-10: 009957053X</p>
	<p style="text-align: center;">THE BATTLE FOR CHRISTABEL</p> <p>With signature skill, Margaret Forster reveals the conflicting personal interests that lie behind each character's claim on the child. Drawn from the perspectives of social workers, grandparents, lovers and foster-mothers, this novel is a remarkable and heartfelt exploration of the complexities of motherhood.</p>	<p style="text-align: center;">Forster, Margaret Publisher: Vintage; New Ed edition (2004) ISBN-10: 0099455633</p>

	<p style="text-align: center;">FACING UP ON FACEBOOK</p> <p>Facing up to Facebook examines the challenges faced by all parties involved in contact after adoption and looks at how adoptive parents can help children satisfy their need to know about their birth families whilst minimising potential risks to their security and stability. Fully revised and updated to reflect advances in technology and changes to applications and privacy settings, it looks at the pressing questions facing adoptive parents and practitioners, provides a wealth of information and offers valuable advice.</p>	<p style="text-align: center;">Fursland, Eileen Publisher: British Association for Adoption and Fostering (2010) ISBN-10 : 1907585753</p>
	<p style="text-align: center;">BIRTH BOND: REUNIONS BETWEEN BIRTH PARENTS AND ADOPTEE'S LIFE GIVERS</p> <p>Framing the birth parent's experience in open adoption</p>	<p style="text-align: center;">Gedimen, J.K. And Brown, L, Gritter, J.L. Publisher: New Horizon Press, Far Hills, NW Jersey, 07931. Child Welfare League of America (2002) ISBN-10 : 0882820729</p>
	<p style="text-align: center;">SILENCE IN THE BLUE NIGHT</p> <p>Angela Greene's poetry speaks eloquently of the coming into being, flourishing and passing away of quiet worlds: the underlying movement of life, which is so often taken for granted. These are poems of deeply lived experience. They delve into the nature of things, roots physical and metaphysical, exposing the heart.</p>	<p style="text-align: center;">Green Angela Publisher: Salmon Publishing Ltd (1993) ISBN-10: 1897648065</p>
	<p style="text-align: center;">LOOKING FOR OLIVER</p> <p>This novel tells the story of Emma's search for the son she gave up for adoption 30 years ago. Recalling the stigma of her schoolgirl pregnancy and the pain of adoption, Emma discusses her search for and reunion with Oliver and the consequences this has for her and her family's life.</p>	<p style="text-align: center;">Hancock, Marianne Publisher: Jessica Kingsley Publications London. ISBN-10 : 1843101424</p>

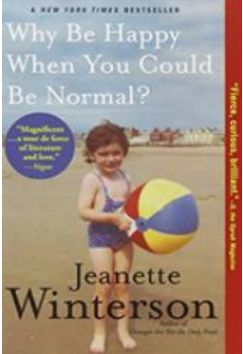



	<p>CHOSEN: LIVING WITH ADOPTION</p> <p>“Chosen” brings together writing and poetry by over 50 U.K. adopted adults born between 1934 and 1984.</p> <p>Through a broad range of perspectives, they capture the life-changing power of adoption and the different meanings</p>	<p>Harris, Perlita (Ed) Publisher: BAAF, U.K. 2012 ISBN-10 : 190758563X</p>
	<p>A MOTHER APART</p> <p>How to let go of guilt and find happiness living apart from your child.</p>	<p>Hart, Sarah Publisher: Crown House Publishing Ltd (2008) ISBN-10: 1845900944</p>
	<p>Republic of Shame- Stories from Irelands Institutions for fallen women</p>	<p>Hogan,Caelainn Publisher:Penguin (2019) ASIN : B07VMCM1BL</p>
	<p>HALF A MILLION WOMEN: Utilizing case histories and interviews throughout the text, this is an examination of all aspects of the experience of giving up a child for adoption. It explores the social stigma of being an unwed mother, the decision to relinquish a baby, the isolation from parents, society and the child's father, and the fear of being traced by a child in later life.</p>	<p>Howe, D Publisher: Penguin (1992) ISBN-10: 0140154159</p>
	<p>BIRTHMOTHERS: Women who have relinquished babies for adoption tell their stories</p>	<p>Jones, Merry Publisher: iUniverse; Authors Guild Backinprint.com Ed edition (4 Aug. 2000) ISBN-10: 059500637X</p>




	<p style="text-align: center;">TORN FROM THE HEART The Amazing True Story of a Birthmother's Search for Her Lost Daughter</p>	<p style="text-align: center;">Jurgens, L Publisher: Aslan Pub; 1st edition (November 1, 1992) ISBN-10: 0944031447</p>
	<p style="text-align: center;">THANK YOU, SON, FOR FINDING ME A birthmother's story</p>	<p style="text-align: center;">Kane, Beth Publisher: Aslan Publications, Connecticut. (1999) ISBN-10 : 094403182X</p>
	<p style="text-align: center;">RED DUST ROAD 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 much more than genes.</p>	<p style="text-align: center;">Kay, Jackie Publisher: Picador; Main Market edition (19 Oct. 2017) ISBN-10 : 1509858393</p>
	<p style="text-align: center;">THE ADOPTION PAPERS Jackie Kay tells 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 style="text-align: center;">Kay, Jackie Publisher: Bloodaxe Books, U.K. (1991) ISBN-10 : 185224156X</p>
	<p style="text-align: center;">MOTHERHOOD SILENCED Experiences of natural mothers on reunion</p>	<p style="text-align: center;">Kelly, Ruth J.A. Publisher: Liffey Press, Dublin. (2005) ISBN-10 : 1904148727</p>
	<p style="text-align: center;">JOURNEY OF THE ADOPTED SELF – LOST AND FOUND Betty Jean Lifton, whose Lost and Found has become a bible to adoptees and to those who would understand the adoption experience, explores further the inner world of the adopted person.</p>	<p style="text-align: center;">Lifton, Betty Jean Publisher: Basic Books; New Ed edition (15 April 1995) ISBN-10 : 0465036759</p>

	<p>PREGNANT: Adoption is an option Discusses adoption as an option for pregnant young women who do not have the resources to parent well, exploring how such a solution could affect the birthmother, the child, and the father.</p>	<p>Lindsay, Jeanne Publisher: ebrandedbooks.com, US ; Ex-library edition (1 Oct. 1996) ISBN-10: 1885356080</p>
	<p>CARE OF THE MOTHER GRIEVING A baby relinquished for adoption</p>	<p>Mander, Rosemary Publisher: Avebury (10 Feb. 1995) ISBN-10: 1856285979</p>
	<p>OUT OF THE SHADOWS Birth fathers' stories</p>	<p>Martin Mason, Mary Publisher: Baymsward Pub (1 May 1995) ISBN-10 : 0964625911</p>
	<p>OPEN: How learning to live from the heart changed everything. The author, who was adopted at 6 weeks old, recounts his own emotional struggles and challenges growing up adopted and reuniting with his birth mother and siblings as an adult.</p>	<p>Mccabe, Eoin Publisher: Eoin McCabe (Dec 2012) ISBN-10 : 1909483001</p>
	<p>THE BALLROOM CAFÉ Sisters Ella and Roberta O'Callaghan live in separate wings of their crumbling Irish mansion. They haven't spoken for decades, torn apart by a dark family secret from their past, and only communicate through the terse and bitter notes they leave for each other in the hallway.</p>	<p>O'Loughlin, Ann Publisher: Black and White Publishing (2015) ISBN-10: 1845029526</p>
	<p>OUR LADY OF CHARITY IN IRELAND: 1853-1973 A history of the Sisters of Our Lady of Charity in Ireland, an order of French origin which was invited to Dublin in 1853 to take charge of a Magdalene asylum</p>	<p>Prunty, Jacinta Publisher: Columba Press (30 Jun. 2017) ISBN-10: 1782183221</p>

	<p style="text-align: center;">ADOPTION AND LOSS:</p> <p>What becomes of women who give up their children for adoption? Why do so many adopted people feel such a strong desire to seek out their families of origin? In what ways are families with adopted children different from other families?</p>	<p style="text-align: center;">Robinson, Evelyn Burns Publisher: Clova Publications South Australia (2000) ISBN-10 : 0987193104</p>
	<p style="text-align: center;">ADOPTION REUNION – Ecstasy or Agony?</p> <p>A reunion between family members who have been separated by an adoption can be a very emotional event. For most people there is great joy and excitement, but for some there can be anger and disappointment. Sometimes there is a</p>	<p style="text-align: center;">Robinson, Evelyn Burns Publisher: Clova Publications, Australia (2009) ISBN-10: 0987193120</p>
	<p style="text-align: center;">ADOPTION AND RECOVERY Solving the mystery of reunion</p> <p>Is the first book to explain the dynamics of the reunion experience within a grief framework.</p>	<p style="text-align: center;">Robinson, Evelyn Burns Publisher: Clova Publications, South Australia. (2004) ISBN-10 : 0646433709</p>
	<p style="text-align: center;">OTHER MOTHER:</p> <p>A woman's love for the child she gave up for adoption</p>	<p style="text-align: center;">Schaefer, Carol Publisher: CreateSpace Independent Publishing Platform ISBN-10 : 1468053736</p>
	<p style="text-align: center;">JOURNEYS AFTER ADOPTION Understanding lifelong issues</p> <p>Drawing upon the experiences of dozens of triad members—adopted persons, birth parents, and adoptive parents—the authors offer insight into the concerns, issues, joys, and pain experienced by those whose lives are framed by adoption.</p>	<p style="text-align: center;">Schooler, Jayne, Norris, Betsie L Publisher: Praeger (30 July 2002) ISBN-10 : 0897898168</p>

	<p style="text-align: center;">DEATH BY ADOPTION</p> <p>The author dares to tell the truth about adoption and what happens to the lives of women who lose their babies to adoption</p>	<p style="text-align: center;">Shawyer, J Publisher: Cicado Press (1979) ISBN-10: 0908599021</p>
	<p style="text-align: center;">THE PRIMAL WOUND</p> <p>A book which adoptees call their "bible," it is a must read for anyone connected with adoption: adoptees, birth parents, adoptive parents, therapists, educators, and attorneys</p>	<p>Verrier Newton, Nancy Publisher: British Association for Adoption and Fostering; UK ed. edition (21 Sept. 2009) ISBN-10 : 1905664761</p>
	<p style="text-align: center;">THE ADOPTION READER</p> <p>Birth mothers, adoptive mothers and adoptive daughters tell their stories.</p>	<p style="text-align: center;">Wadia-Ells, Susan Publisher: Seal Press, Washington. ISBN-10: 1878067656</p>
	<p style="text-align: center;">WITHIN ME, WITHOUT ME</p> <p>Adoption: an open and shut case?</p>	<p style="text-align: center;">Wells, Sue Publisher: Scarlet Press 1994 London ISBN-10 : 1857270428</p>
	<p style="text-align: center;">YESTERDAY THEY TOOK MY BABY</p> <p>True stories of adoption give voice to the children and parents who set out to rediscover their missing families, and express the pathos, optimism and courage in ordinary people's lives.</p>	<p style="text-align: center;">Wicks, Ben Publisher: Lime Tree 1993 London ISBN-10: 0413455114</p>
	<p style="text-align: center;">BYE BYE BABY</p> <p>The story of the children the GIs left behind</p>	<p style="text-align: center;">Winfield, Pamela Publisher: Bloomsbury, London (1991) ISBN-10: 0747511233</p>

	<p>WHY BE HAPPY WHEN YOU COULD BE NORMAL Memoir of an adopted adult.</p>	<p>Winterson, Jeanette Publisher: Grove Press / Atlantic Monthly Press ISBN-10 : 0802120873</p>
	<p>The Paper Bracelet Every baby's bracelet held a mother's secret... Inspired by heartrending real events</p>	<p>English, Rachel Publisher: Hachette Books Ireland (27 Feb. 2020) ISBN-10 : 1529380626</p>
	<p>The Adoption Machine: The Dark History of Ireland's Mother and Baby Homes and the Inside Story of How Tuam 800 Became a Global Scandal</p>	<p>Redmond, Paul Jude Publisher: Merrion Press; Illustrated edition (20 Mar. 2018) ISBN-10 : 1785371770</p>
	<p>Philomena: The True Story of a Mother and the Son She Had to Give Away</p>	<p>Sixsmith, Martin Publisher: Pan; 1st edition (10 Oct. 2013) ISBN-10 : 1447245229</p>

	<p>A guide to healing the birthmothers heart</p>	<p>Christensen, Cynthia ASIN : B01F9QD300</p>
	<p>My adopted life: A birth mothers story Divorce in the eyes of the catholic church in the 1960's was forbidden and when Lizzie found herself pregnant after being legally separated from a violent husband for years, she only had one choice. Adoption. She had to give this baby away in order to bring up her legitimate daughter and keep them both safe . From Lancashire to Ireland and finally to Liverpool, follow the harrowing story of a birth</p>	<p>A.H.M. Beattie (Author), Al Coates MBE (Foreword), A Survivor (Foreword), Trudie Smith (Photographer), Crosby Past and Present Facebook (Preface), Caroline Brews (Preface), Tina Lee (Preface) Publisher: Independently published (21 Mar. 2019) ISBN-10 : 1091056641</p>
	<p>Does She Think of Me: A Birth Mother's Journey to Forgiveness "You're not permitted to see your child at birth." The nurse was cold and stern as she draped a curtain across the teenager's midsection. The baby's cries echoed off the cold operating room walls and boomeranged back to the girl's shattered heart. Wiping the tears from her eyes she desperately clung to her baby's fleeting shadow, cast upon the thin fabric that hung between them. An unplanned pregnancy at seventeen, and the feeling they had nowhere to turn, forced a young couple to make a decision they would regret for the rest of their lives</p>	<p>Cathy Williams-Thrun Publisher: Tellwell Talent; Illustrated edition (13 Mar. 2020) ISBN-10 : 0228822491</p>



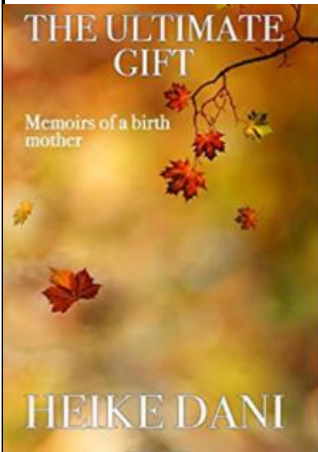
One Perfect Day: A Mother and Son's Story of Adoption and Reunion

The moment Diane Burke, an author and mother of two grown sons, received an unexpected certified letter in the mail, she had no idea her life would be shaken to its core. Memories of a past she had buried more than forty years ago suddenly resurfaced and she wasn't prepared to deal with them.

Diane Burke

Publisher: Skyhorse (April 8, 2014)

ISBN-10 : 1628737794



The ultimate gift: Life as a birth mother

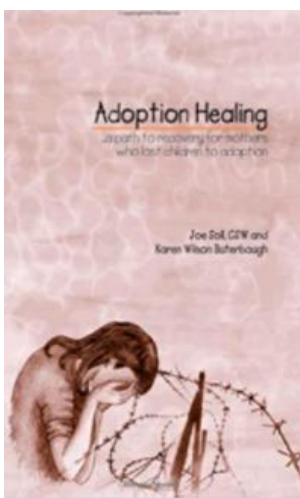
The true story of a birth mother, her difficult struggle with the church, her family, and the loss of her child. This book describes the effects of closed adoptions; a gripping story of multi-faceted pain and survival.

Heike Dani

Publisher: CreateSpace

Independent Publishing Platform; original edition (4 Oct. 2018)

ISBN-10 : 1725586517



Adoption Healing: A Path to Recovery for Mothers Who Lost Children to Adoption

Joseph M. Soll

Publisher: Joe Soll (1 Sept. 2003)

ISBN-10 : 9780967839011