

Iowa Foster and Adoptive Parents Association

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ATTACHMENT RESOURCES

Attachment disorder is common in foster care and adoption, occurring during the first years of life, due to early abuse, neglect, and loss of birth mother. Attachment disorder can also occur if a child experienced ongoing medical problems and continual physical pain during their first year of life. The degree of disorder can range from mild to severe and is directly related to the severity of early trauma that the child endured.

Attachment disorder varies by degree of severity, and a thorough assessment by a therapist who is experienced with attachment disorder is imperative. Traditional therapy methods are usually ineffective for children who struggle with attachment issues. These children require specialized techniques taught to parents by trained therapists.

Because children with attachment disorder require specialized parenting techniques, here is a list of resources that other foster and adoptive parents and professionals have found to be helpful in parenting children with these issues. ****IFAPA does not recommend or endorse any specific techniques for parenting children with attachment disorder, but advises to use caution and consult your child's therapist and psychiatrist before implementing techniques to heal attachment disorder. Please check with your child's therapist before implementing any parenting program.**

BOOKS

"Children who Shock and Surprise: A Guide to Attachment Disorders" by Elizabeth Randolph

"When Love is Not Enough: A Guide to Parenting Children with RAD – Reactive Attachment Disorder" by Nancy L. Thomas

"Broken Spirits, Lost Souls: Loving Children with Attachment and Bonding Difficulties" by Jane E. Ryan

"Parenting Teens with Love and Logic" (updated and expanded edition) by Foster W. Cline and Jim Fay

"Parenting with Love and Logic" (updated and expanded edition) by Foster W. Cline and Jim Fay

"Attaching in Adoption: Practical Tools for Today's Parents" by Deborah D. Gray

"Building the Bonds of Attachment: Awakening Love in Deeply Troubled Children" by Daniel Hughes

"Real Parents, Real Children" by Holly Van Gulden

"Parenting the Hurt Child: Helping Adoptive Families Heal and Grow" by Gregory Keck and Regina Kupecky

"Adopting the Hurt Child: Hope for Families with Special-Needs Kids: A Guide for Parents and Professionals" by Gregory Keck and Regina Kupecky

"Becoming Attached, First Relationships and How They Shape Our Capacity to Love" by Robin Karen

"Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play" by Ann Jernberg