

Recommended books for Resource Families

“The Body Keeps the Score” by Bessel van der Kolk

- Discusses the ways in which trauma affects youth and adults, both emotionally and physically, with suggestions for building coping skills

“Til the End of June” by Cris Beam

- Relates stories of youths’ experience in foster care, especially adolescents, and the desire for permanency and connection

“Nature vs. Nurture” by Matt Ridley

- This is a very encouraging book that discusses children’s resiliency and the impact of a stable and nurturing environment, even in situations of early trauma

“Winning the Heart of your Child” by Mike Berry

- Discusses how to resolve parent/child conflict and successful parenting strategies

“The Whole Brain Child” by Dan Siegel

- Written by a neuroscientist about youth brain development, and parenting strategies based on this research

“The Connected Child” by Karyn Purvis

- Discusses the wide-ranging impact of trauma on children

“Temperament Perspective” by Jan Kristal

- This is written from a neuroscience research perspective, but useful chapters on the triggers of tantrums and manifestation of trauma

“Positive Discipline” by Jane Nelson

- Outlines a parenting philosophy that teaches children social and life skills in a manner that encourages respectful and responsible behavior