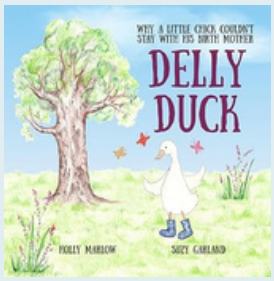
Telling children about adoption

ADOPT LONDON

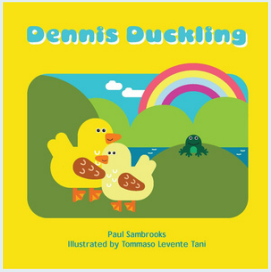
Book recommendations for supporting children on their adoption journey.

These carefully selected books can be used by social workers and foster carers to help children understand and process their adoption journey. While the links provided direct you to Amazon, we encourage you to also explore your local library, independent bookshops, or other online retailers to access these titles.

About foster care



Delly Duck by Holly Marlow
Why a little chick couldn't stay with her birth mother. This book can be used to help answer difficult questions.
Suitable for ages 2 years+
ISBN: 978-1739916800



Dennis Duckling by Paul Sambrooks
Dennis is sad because he must leave his mum and dad as they can no longer look after him. Dennis is cared for in foster care.
Suitable for ages 2 years+
ISBN: 978-1905664771

Feelings

I Love You When You're Angry by Erin Winters
This heartwarming book affirms that a parent or caregiver's love is unconditional with practical activities.
Suitable for very young children and activities for ages 4+
ISBN: 978-1734346459

The Whatifs by Emily Kilgore
A story that can help open up conversations with children about their worries and anxiety.
Suitable for ages 4 years+
ISBN: 978-1499810295

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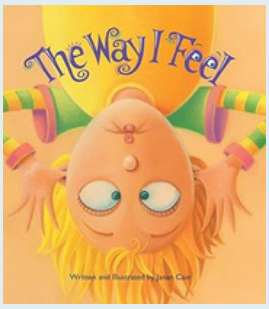
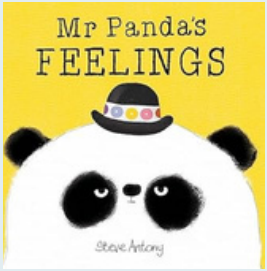
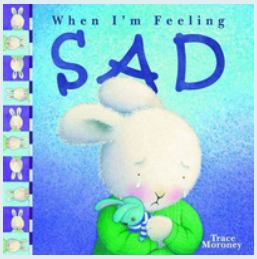


The Way I Feel By Janan Cain
A fun and engaging story helping children identify and name feelings.
Suitable for ages 3 years+
ISBN: 978-1641604987

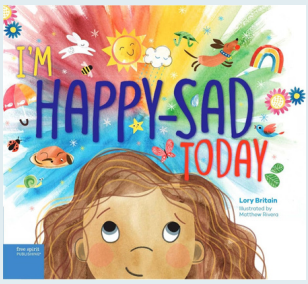


Mr Panda's Feelings Board Book by Steve Antony
Lemur is happy and Swan is scared. But how is Mr Panda feeling?
Suitable for ages 12 months+
ISBN: 978-1444932317

Grief and loss



When I'm Feeling Sad by Trace Moroney
A story helping children recognise and talk about sadness. Even though feeling sad isn't nice, it's okay to feel sad sometimes.
Suitable for ages 3 years+
ISBN: 978-1741245042



I'm Feeling Happy-Sad Today by Lory Britain
Helping children make sense of mixed-up feelings.
Suitable for ages 4 years+
ISBN: 978-1631983054

The Invisible String by Patrice Karst
A book to help children cope with separation, loss and grief. Even though you can't see it with your eyes, you can feel it.
Suitable for ages 3 years+
ISBN: 978-0316486231

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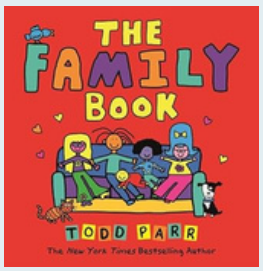
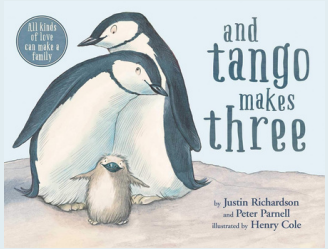
Different types of family

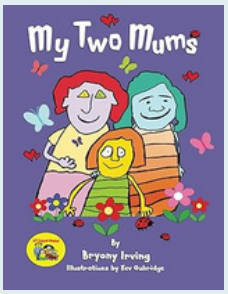


The Family Book by Todd Parr
A celebration of different types of families. Whether you have two mums or two dads, a big family or a small family. All are unique.
Suitable for ages 12 months+
ISBN: 978-0316070409

Love Makes a Family by Sophie Beer
A bright, happy board book about different types of family.
Suitable for ages 12 months+
ISBN: 978-1838910679



And Tango Makes Three by Justin Richardson & Peter Parnell
Penguins Roy and Silo create a non-traditional family and become adoptive parents. They welcome a baby penguin of their very own. Suitable for ages 4 years+
ISBN: 978-1847381484



My Two Mums by Bryony Irving
A sweet story poem book celebrating having two adoptive mums. Written based on 20 years of therapeutic practice.
Suitable for ages 3 years+
ISBN: 978-1999339685

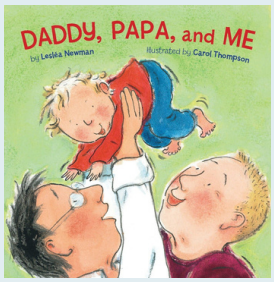
My Daddies! by Gareth Peter
A board book championing same sex parents and inclusive families. Incredible family adventures as the stories burst into life.
Suitable for ages 2 years+
ISBN: 978-0241405772

Heather Has Two Mummies by Lesléa Newman

A book about Heather and her two mummies, who discovers it doesn't matter who makes up a loving family.

Suitable for ages 5 years+

ISBN: 978-1406365559



Daddy, Papa and Me by Lesléa Newman

A heartwarming book is about gay parents. The rhythmic text and illustrations show a toddler spending the day with its daddies.

Suitable for ages 18 months+

ISBN: 978-1582462622

All Kinds of Families by Suzanne Lang

Lots of non-traditional family structures are celebrated in this book! Children will enjoy seeing the different kinds of families.

Suitable for ages 12 months+

ISBN: 978-0553499407

The Great Big Book of Families by Mary Hoffman

A book celebrating difference. It introduces children to the fact that not all families look the same in a unique and wonderful way.

Suitable for ages 2 years+

ISBN: 978-1847805874

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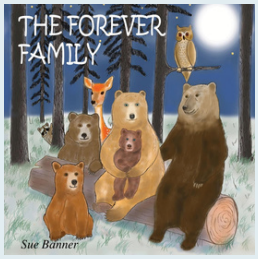
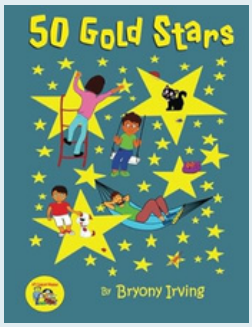


The Forever Family by Sue Banner

There are many reasons why some parents cannot care for their young. Forest creatures come together to create a forever family.

Suitable for ages 2 years+

ISBN: 978-1838252120

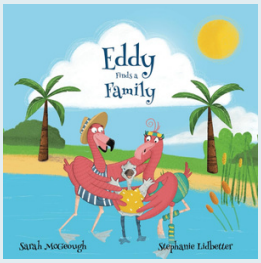


50 Gold Stars by Bryony Irving

Two brothers tell their friend about the 50 gold stars that all adopters must get before they are allowed to adopt!

Suitable for children ages 4+ Suitable for ages 4+

ISBN: 978-1916042841



Eddy Finds a Family By Sarah McGeough

The story all about how flamingo Eddy finds his family through adoption.

Suitable for ages 3 years+

ISBN: 978-1838276744