



RESOURCES AND SUPPORTIVE SERVICES FOR ADOPTIVE FAMILIES AND PROSPECTIVE ADOPTIVE FAMILIES

ACI does not endorse or vouch for any particular organization or resource

ACI'S BUDDY PROGRAM

Being a parent can be challenging regardless of a family's journey to parenthood, including adoptive parents who went through an entire training process beforehand. Navigating through the adoption process can be very stressful for prospective adoptive parents. Although parents or prospective adoptive parents may have supportive spouses, family members, and friends, they may wish to find support from someone who has been in their shoes and knows exactly what they are feeling.

ACI's Buddy Program was created to provide ACI parents and prospective adoptive parents with individualized support from the ACI community. The ACI Buddy Program Coordinator, Lindsay Weinberg, will pair parents or prospective adoptive parents ("Participants") with ACI alumni ("Buddies") based on the needs expressed by Participants and the areas of experience identified by Buddies.

Interested? Contact Lindsay at lweinberg@adoptillinois.org or 773-321-0308.

PLEASE NOTE: Buddies are not experts or trained mentors and do not represent ACI in an official capacity. Rather, Buddies are peers who generously provide Participants with support and insight due to their shared experiences.

BOOK RECOMMENDATIONS

- [Attaching in Adoption: Practical Tools for Today's Parents](#)
- [Center for Adoption Support and Education \(CASE\): Bibliography of Adoption-Related Books](#)
- [Creating a Family: Best Adoption Books for Kids and Adults](#)
- [In on it: What adoptive parents would like you to know about adoption](#)
- [The Connected Child: Bring hope and healing to your adoptive family](#)
- [The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind](#)
- [Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive](#)
- [The Boy Who Was Raised as a Dog: And Other Stories from a Child Psychiatrist's Notebook--What Traumatized Children Can Teach Us About Loss, Love, and Healing](#)
- [White Fragility: Why It's So Hard for White People to Talk About Racism](#)

FACT SHEETS & INFORMATIONAL ARTICLES

Children from Hard Places (Foster Care, History of Abuse/Neglect)

- [Being matched with a child](#)
- [Complex Trauma: Facts for Caregivers](#)
- [Creating a Safe Space: Healthy Boundaries for Children Impacted by Sexual Abuse](#)
- [Helping Your Child Transition from Foster Care to Adoption](#)
- [Long-Term Consequences of Child Abuse and Neglect](#)
- [Nine Qualities of Successful Foster and Adoptive Parents](#)
- [Parenting a Child Who Has Been Sexually Abused: A Guide for Foster and Adoptive Parents](#)
- [Parenting Children and Youth Who Have Experienced Abuse or Neglect](#)
- [Receiving an adoptive placement](#)
- [Supporting Maltreated Children: Countering the Effects of Neglect and Abuse](#)
- [What is Complex Trauma? A Resource Guide for Youth and Those Who Care About Them](#)

Grief and Loss

- [Impact of Adoption on Adopted Persons](#)
- [Impact of Adoption on Adoptive Parents](#)
- [Impact of Adoption on Birth Parents](#)
- [Seven Core Issues in Adoption and Permanency](#)

Getting Started With Adoption

- [Adopting as a Single Parent](#)
- [Adoption Options: Where do I Start?](#)
- [Adoptive Parents' Bill of Rights](#)
- [Frequently Asked Questions From Lesbian, Gay, Bisexual, Transgender, and Questioning \(LGBTQ\) Prospective Foster and Adoptive Parents](#)
- [Illinois Licensing Standards for Foster Family Homes](#) (Part 402)
- [Military Families Considering Adoption](#)
- [Nine Qualities of Successful Foster and Adoptive Parents](#)
- [Planning for Adoption: Knowing the Costs and Resources](#)
- [Top Ten Tips for Blending Children by Birth and Adoption](#)

International Adoption

- [CDC Travelers' Health](#)
- [FY 2018 Annual Report on Intercountry Adoption](#) (US Department of State)
- [International Adoption: Health Guidance and the Immigration Process](#) (CDC)
[Preparing Children for the Adoption of a Sibling: Recommendations for Families Considering Intercountry Adoption](#)

Parenting

- [5 Tips for Parenting Harder to Parent Kids](#)
- [Adoption & Sibling Relationships: What Children Have Taught Me](#)
- [Common Sense Internet Rules for Kids \(Adopted or Otherwise\)](#)
- [Dr. Karen Purvis: 6 Crucial Things Every Adoptive Parent Must Do](#)
- [Entitlement and Claiming](#)
- [Finding and Working with Adoption-Competent Therapists](#)
- [Helping Children Manage Behaviors: Increasing Affect Regulation](#)
- [Impact of Adoption on Adopted Persons](#)
- [Impact of Adoption on Adoptive Parents](#)
- [The Past Is Present: The Impact of Your Childhood Experiences on How You Parent Today](#)
- [Playful Parenting Builds Better Brains: 10 Tools for Success](#)
- [Through the Lens of Adoption: Understanding Child Development & Adoption's Impact](#)
- [When Things Aren't Perfect: Caring for Yourself and Your Children](#) (Link to PDF)

Prenatal Substance Exposure

- [5 Sanity Saving Tips for Kids with Fetal Alcohol Spectrum Disorders \(FASD\)](#)
- [5 Surprising Facts You Need to Know about Prenatal Opiate Exposure](#)
- [8 Things to Remember about Child Development](#)
- [Myths of Prenatal Alcohol and Drug Exposure](#)

Relationship with Birth Family

- [Embracing Open Adoption](#)
- [Impact of Adoption on Birth Parents](#)
- [Searching for Birth Relatives](#)

School

- [Adoption at School](#)
- [Ask About Adoption: What Teachers Should Know About Adoption](#)
- [Child Trauma: Toolkit for Educators](#)
- [Complex Trauma: Facts for Educators](#)
- [Helping Classmates Understand Adoption](#)
- [Supporting Adopted Children with Special Needs in the School Setting](#)
- [Tackling Tricky Assignments](#)
- [The ABCs of Back to School with Fetal Alcohol Spectrum Disorders \(FASD\)](#)

Seeking Supportive Resources: Things to Consider

- [Accessing Adoption Support and Preservation Services](#)
- [Finding and Working with Adoption-Competent Therapists](#)

Talking with your Child about Adoption

NOTE: Consider your child by their developmental/emotional age (not chronological)

- [Adolescents and Adoption](#)
- [Talking to Your Child About Adoption: Recommendations for Parents](#)
- [Talking to your Three- to Five-Year-Old About Adoption](#)
- [Talking to your Six- to Eight-Year-Old About Adoption](#)
- [Talking to Your Nine- to Twelve-Year-Old About Adoption](#)
- [6 Themes for the Adopted Adolescent](#)
- [Talking with Children – Basics](#)
- [Talking with Children – Difficult](#)
- [Talking with Children – Teen Years](#)
- [Through the Lens of Adoption: Understanding Child Development & Adoption's Impact](#)
- [Why Foster & Adopted Kids Create Fantasy Families](#)

Transracial Adoption

- [5 Ways to Talk About Racism](#)
- [Moving From Racial Awareness to Racial Identity](#)
- [Race and Identity in Transracial Adoption: Suggestions for Adoptive Parents](#)
- [Ten Things Adult Transracial Adoptees Want You to Know](#)
- [The Personal is Political: Racial Identity and Racial Justice in Transracial Adoption](#)
- [Transracial Adoption: Love Is Just the Beginning](#)

Trauma

- [8 Things to Remember about Child Development](#)
- [Helping to Heal Invisible Hurts: The Impact of In-utero Stress & Trauma](#)
- [Practical Guide to Parenting a Child Exposed to Trauma](#)
- [Stress & Early Brain Growth: Understanding Adverse Childhood Experiences \(ACEs\)](#)
- [The Past Is Present: The Impact of Your Childhood Experiences on How You Parent Today](#)
- [The Teen Years: Brain Development and Trauma Recovery](#)

MEDICAL REVIEW PROVIDERS

- [Looking for a Medical Review Provider?](#)
- [Adoption Medicine Clinic University of Minnesota](#)
- [Center for Adoption Medicine University of Washington](#)
- [Find a Pediatrician or Pediatric Specialist](#)
- Illinois Resources:
 - [Ann & Robert H. Lurie Children's Hospital of Chicago](#)
 - [University of Chicago Medicine Adoption Center at Comer Children's Hospital](#)

NEUROPSYCHOLOGICAL EVALUATIONS

- [Children's Research Triangle](#)
- [Erickson Institute](#) (children ages 3-8)
- [Jewish Child & Family Services](#)

RESOURCE DATABASES

- [Adoption Parenting Pathways](#)
- [The SPIDER Collaboration](#) (Illinois)
- [Find a Pediatrician or Pediatric Specialist](#)

SPECIAL EDUCATION/SCHOOL ADVOCACY

- [Early Intervention](#) (children 0 -3)
- [Equip for Equality](#) (Illinois)
- [Illinois Early Intervention Clearinghouse](#) (children 0 -3)
- [Illinois State Board of Education](#)
- [U.S. Department of Education: Individuals with Disabilities Education Act \(IDEA\)](#)

SUPPORT GROUPS

Illinois Support Groups

- [Adopteen Chicago](#)
- [Catholic Charities](#)
- [Just Like Me: Connecting Multiracial Families](#) (Chicago)
- [TraumaTribe](#) (at Individual & Family Connection)

Online or National Support Groups

- [Creating a Family: Talk about Adoption and Infertility](#)
- [Resolve: The National Infertility Association](#)
- [Transracial Adoption Perspectives](#)

THERAPISTS

- [Adoption Parenting Pathways](#)
- [Catholic Charities – Adoption Preservation Services](#)
- [Erickson Institute Center for Children & Families](#)
- [Holt-Sunny Ridge Clinical Program](#)
- [House Calls Counseling](#)
- [Illinois Post Adoption and Guardianship Services Booklet](#)
- [Individual & Family Connection](#) (IFC)
- [Jewish Child & Family Services](#) (JCFS)
- [Kay Holler](#)
- [Metropolitan Family Services – Adoption Preservation Services](#)
- [The Baby Fold](#)
- [Theraplay Practitioners](#)
- [Trust-Based Relationship Intervention® \(TBRI®\) Practitioner List:](#)

WEBINARS/TRAINING RESOURCES

Please note that we strongly recommend that prospective adoptive parents and parents attend as many in-person trainings as possible.

- [Adoption Center of Illinois at Family Resource Center](#)
- [Adoption Learning Partners](#)
- [Bridge Communications, Inc.](#)
- [Center for Adoption Support & Education](#) (CASE)
- [Creating a Family](#)
- [Harmony Family Center](#)
- [Heart of the Matter Education](#)
- [Stylz 4 Kids](#)
- [The National Child Traumatic Stress Network](#)

ADDITIONAL RESOURCES

- [Adoptive Families](#)
- [AdoptUSKids](#)
- [Association for Treatment & Training in the Attachment of Children](#)
- [Attachment & Trauma Network](#) (ATN)
- [Chicago Area Families For Adoption](#) (CAFFA)
- [Center for Adoption Support and Education, Inc.](#) (CASE)
- [Center on the Developing Child](#)
- [Child Trauma Academy](#)
- [Child Welfare Information Gateway](#)
- [Child Welfare League of America](#)
- [Dave Thomas Foundation for Adoption](#)
- [Illinois Licensing Standards for Foster Family Homes](#) (Part 402)
- [Jockey Being a Family](#)
- [Karen Purvis Institute of Child Development](#)
- [National Child Traumatic Stress Network](#)
- [National Council for Adoption](#)
- [National Organization of Fetal Alcohol Syndrome](#)
- [North American Council on Adoptable Children](#) (NACAC)
- [Pact: An Adoption Alliance](#)
- [Path Beyond Adoption](#) (Illinois)
- [Sesame Street in Communities](#)
- [U.S. Department of State: Intercountry Adoption](#)
- [Zero to Three](#)

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Would you like to consult with ACI about what resources may be a good fit for your family? Contact Lindsay Weinberg at 773-321-0308 or lweinberg@adoptillinois.org.