

**Challenging, Rewarding, Inspiring**  
Change a child's world  
*Adopt with Perth and Kinross Council*

## Useful websites and additional reading:

### Useful Websites:

[www.adoptionuk.org](http://www.adoptionuk.org)

[www.baaf.org.uk](http://www.baaf.org.uk)

[www.afteradoption.org.uk](http://www.afteradoption.org.uk)

[www.scotlandsadoptionregister.org.uk](http://www.scotlandsadoptionregister.org.uk)

### Additional reading:

First Steps in Parenting the Child Who Hurts Tiddlers and Toddlers  
Caroline Archer and Jessica Kingsley, 1999

Attachment, Trauma and Resilience,  
K Cairns, BAAF, 2002

Why Love Matters; how affection shapes a baby's brain  
S Gerhardt, 2004

Building the Bonds of Attachment  
D Hughes and Jason Aronson, 1999

The Post Adoption Blues, Overcoming the Unforeseen Challenges of Adoption  
K J Fole and JR Thompson, 2004

Children Exposed to Parental Substance Misuse  
BAAF, 2007

Adopted Children Speaking  
C Thomas and Verna Beckford, BAAF, 1999

No Matter What  
Sally Donovan,

Tyler's Wishes

Helen Kahn, BAAF, 2003

Nutmeg Gets Adopted  
Judith Foxon, 2001