

### **Workbooks for Use with Children by Parents or Professionals**

362.76 PUC

*Finding Your Way: What Happens When You Tell About Abuse* by Linda Pucci

Addresses all kinds of abuse, with a focus on sexual abuse, provides guidelines and resources

618.92 KAG

*Real Life Heroes: A Life Storybook for Children* by Richard Kagan

Designed to be used with *Rebuilding Attachments with Traumatized Children* by Richard Kagan to help children overcome difficulties and trauma

### **Books for Use by Parents or Professionals**

618.92 KAG

*Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse, and Neglect* by Richard Kagan

Guide to help children move beyond traumatic experiences and rebuild connections and hope

362.82 BAN

*When Dad Hurts Mom: Helping Your Children Heal the Wounds of*

*Witnessing Abuse* by Lundy Bancroft  
Written for women who have been abused by their partners to promote their children's well-being

These books were selected from recommended books reviewed by the Mid-Coast Maine Trauma Informed Community Group in collaboration with the Thomaston Maine Public Library

## **Trauma Websites**

Centers for Disease Control and Prevention's Adverse Childhood Experiences (ACE) Study in collaboration with Kaiser Permanente on the links between childhood maltreatment and later-life health and well-being

<http://www.cdc.gov/ace>

National Center for Trauma-Informed Care (NCTIC) dedicated to building awareness of trauma-informed care and promoting the implementation of trauma-informed practices in programs and services

<http://www.samhsa.gov/nctic>

National Child Traumatic Stress Network (NCTSN) - a collaboration of academic and community-based service centers whose mission is to raise the standard of care and increase access to services for traumatized children and their families across the U.S.

<http://www.nctsn.org>

Program of Health Presentations to share findings of the Adverse Childhood Experiences (ACE) Study analyzing the relationship between multiple categories of childhood trauma and health and behavioral outcomes later in life

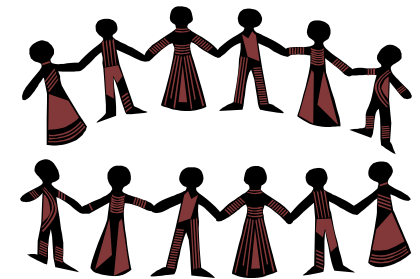
<http://www.cestudy.org>

Trauma resources from the Anna Institute (formerly the Anna Foundation) and the Mid-Coast Maine Trauma Informed Community

<http://www.theannainstitute.org>

## **Trauma Informed Community Resources**

Recommended Books at the Tarpon Springs Public Library and Selected Websites on Preventing or Helping Children with Difficult or Traumatic Experiences



Tarpon Springs Public Library  
138 East Lemon Street  
Tarpon Springs, FL 34689  
(727) 943-4922  
[tarpon Springslibrary.org](http://tarpon Springslibrary.org)

## **Books about Divorce**

E RAN

*I Don't Want to Talk About It* by Jeanie Franz Ransom

Child learns divorce involves big changes, but her parents' love for her will remain the same; includes note to parents

J306.89 LEV

*Was It the Chocolate Pudding? A Story for Little Kids About Divorce* by Sandra Levins

Explains divorce is not the child's fault, that it is a grown-up problem; has note to parents section

## **Books about Domestic Violence**

J362.73 CHA

*Changing Places: A Kid's View of Shelter Living* by Margie Chalofsky

Stories of children who were homeless and lived in shelters, some who had experienced domestic violence

J362.82 DAV

*Something Is Wrong at My House: A Book About Parents Fighting* by Diane Davis

Offers children ways to cope with domestic violence, has list of state Coalitions Against Domestic Violence

## **Books about Feelings**

J152.4 AVE

*Everybody has Feelings: Todos Tenemos Sentimientos: The Moods of Children* by Charles Avery

Visual expression of emotions, starting point for a discussion with a child about emotions

## **Books about Physical Abuse**

J372.17 AGA

*Hands Are Not for Hitting* by Martine Agassi

Offers children alternatives to hitting, has section for adults

## **Books about Physical Abuse**

J KLA

*I Don't Want to Go to Justin's House Anymore* by Heather Klassen

Story involves recognizing signs of abuse and helping others

J362.76 GIL

*I Told My Secret: A Book for Kids Who Were Abused* by Eliana Gil

Answers children's questions about abuse and telling after being abused, provides information to help heal the trauma

E CLI

*One of the Problems of Everett Anderson*

by Lucille Clifton

Everett wonders how to help his friend who appears to be a victim of child abuse and tells his mother

## **Books about Secrets**

J155.4 MOR

*Do You Have a Secret?* by Jennifer Moore-Mallinos

Distinguishes between good and bad secrets and when to tell

## **Books about Sexual Abuse**

J362.76 SHE

*Because It's My Body!* by Joanne Sherman

Teaches children how to assertively communicate that they do not want to be touched, includes note to parents

J362.76 GIL

*I Told My Secret: A Book for Kids Who Were Abused* by Eliana Gil

Answers children's questions about abuse and telling after being abused, provides information to help heal the trauma

J649.6 FRE

*It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch* by Lory Freeman

Helps children to respond appropriately to unwanted touches

## **Books about Sexual Abuse**

J362.76 KLE

*The Right Touch: A Read Aloud Story to Help Prevent Child Sexual Abuse* by Sandy Kleven

Received Benjamin Franklin Award for best parenting book of 1999, includes note for parents and teachers

362.7 HIN

*A Very Touching Book* by Jan Hindman

Parents and professionals can read this book to children to help facilitate discussion about touch and sexual abuse

J613.6 SPE

*Your Body Belongs to You* by Cornelia Spelman

Explains to children that they can say no to unwanted touches, includes note to parents

## **Books about Strangers**

E BER

*The Berenstain Bears Learn About Strangers* by Stan and Jan Berenstain

Has the Bears' rules for safe conduct among strangers

J362.7 GIR

*Who Is A Stranger, and What Should I Do?* by Linda Walvoord Girard

Explains how to deal with strangers in various situations

## **Books about Witnessing Violence or Trauma**

E HOL

*A Terrible Thing Happened* by Margaret Holmes

Story designed to help children who have witnessed any kind of violence or trauma, includes an afterward for parents with a list of resources