

## Movies & Books Approved for Foster Parent In-service Training Credit

**A maximum of 3 credit hours per training cycle is allowed for Movies/Books**

**Movies receive 1 credit hour for each 2 program hours**

(Theatre and most TV movies are not approved.)

**Books receive 1 credit hour for every 100 pages read**

Foster Parents are required to submit a report (470-2540 Foster Parent Training Report) about what they read or viewed, including a summary of it and include what they learned and how it applies to increasing their skill as a foster parent.

**At least 30 days** before viewing the movie or reading a book, submit Foster Parent (In-service) Training Application (form 470-2541) request for Movies & Books to the Foster Family Program Manager in Central Office (Heather Davidson)

Movies, DVD, VCR, Cassette	Books	Credit Hour	Information
	<p><i><b>“Focusing on Peers: The Importance of Relationships in the Early Years”</b></i>                      Donna S. Wittmer 2008 Format: Paperback                      Pages: 164   <a href="http://www.zerotothree.org/bookstore">www.zerotothree.org/bookstore</a></p>	1.5	<p>This unique book presents a state-of-the-art research review on the development of infant and toddler relationships. Author Donna S. Wittmer provides empowering information for improving the way early childhood professionals and caregivers support children's social and emotional intelligence. Her insight offers professionals a fresh perspective on the social rules of play, conflict, individual differences, temperament, aggression, and family dynamics. <i>Focusing on Peers</i> is designed as an educational and practical resource for professionals who work with infants, toddlers, and their families.</p>
	<p><i><b>Respecting Babies: A New Look at Magda Gerber’s RIE Approach</b></i>                      By Ruth Anne Hammond Pages 144   <a href="http://www.zerotothree.org/bookstore">www.zerotothree.org/bookstore</a></p>	1	<p>Respecting Babies is a guidebook that will help parents and caregivers learn to provide support to babies and toddlers in a way that allows them to become confident explorers. Focusing on the importance of building secure relationships, this guide is an easy-to-read and engaging summary of the history and methods of care originally conceived by Magda Gerber, founder</p>

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			of the Resources for Infant Educators (RIE) program. This book highlights key elements of the RIE program and examines how to effectively put them to use. Readers will learn about the importance of following routines, using language, and creating safe environments in order to promote a child’s ability to experiment, explore, and learn.
	<p><b><i>“Diagnosis and Treatment of Feeding Disorders in Infants, Toddlers, &amp; Young Children”</i></b> Irene Chatoor 2009 Pages 141  <a href="http://www.zerotothree.org/bookstore">www.zerotothree.org/bookstore</a></p>	1	Delays in development, as well as in growth, can occur when a feeding disorder arises. Irene Chatoor, MD, a world-renowned specialist in feeding disorders at Children's National Medical Center in Washington, DC, offers clinical guidelines for comprehensive diagnosis and treatment of feeding disorders in infants and toddlers. Grounded in the latest research and contemporary practice, the author discusses the consequences of early feeding problems and reviews relevant terminology, etiological factors, and how to distinguish serious feeding disorders from transient and milder feeding difficulties.
	<p><b><i>“The Early Intervention Guidebook for Families and Professionals: Partnering for Success”</i></b>  <i>Edited by Bonnie Keilty</i> Published by Teachers College Press Pages 216  <a href="http://www.zerotothree.org/bookstore">www.zerotothree.org/bookstore</a></p>	2	This practical guide is essential reading for families of infants and toddlers with, or at risk for, developmental delays or disabilities and the early intervention professionals who partner with those families. <i>The Early Intervention Guidebook</i> shows what early intervention looks like when it is based on current research, policies, and best practices. It focuses on how families and professionals can collaborate effectively so that young children learn, grow, and thrive. Chapters address important issues in early intervention, including child learning and development, family functioning and priorities, early intervention as a support not a substitute, and thinking about “what’s next” after early intervention. Specific components of early intervention—evaluation and assessment, program planning, intervention implementation, service coordination, and transition—are discussed.
	<p><b><i>“Building Literacy With Love: A Guide for Teachers and Caregivers of Children Birth</i></b></p>	3	Building Literacy With Love suggests loving ways adults can provide experiences that foster a child’s ability to become

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	<p><b><i>Through Age 5</i></b>            By Betty S. Bardige and Marilyn M. Segal            Pages 384  <a href="http://www.zerotothree.org/bookstore">www.zerotothree.org/bookstore</a></p>		<p>literate. This book offers practical suggestions for implementing effective, research-based teaching practices in child care settings. This practical guide will help professionals grasp the skills, concepts, and processes intrinsic to learning to read and write and presents ways adults can help. It also includes numerous fun and practical activities to promote phonemics, phonetic awareness, alphabetic knowledge, and fluency.</p>
	<p><b><i>“Hope and Healing: A Caregiver’s Guide to Helping Young Children Affected by Trauma”</i></b>            By Kathleen Fitzgerald Rice            and Betsy McAlister Groves            Pages 68  <a href="http://www.zerotothree.org/bookstore">www.zerotothree.org/bookstore</a></p>	1	<p><i>Hope and Healing</i> is a guide for early childhood professionals who care for children in a variety of early care and education settings. The authors define trauma and help readers recognize its effects on young children. They also offer tips, resources, and proven intervention strategies for working with traumatized children and their families and for managing stress. This book will help professionals understand children and trauma and develop skills to help children and support families.</p>
	<p><b><i>Bringing Up Baby: Three Steps to Making Good Decisions in Your Child’s First Years</i></b>            By Claire Lerner and            Amy Laura Dombro            Pages 168  <a href="http://www.zerotothree.org/bookstore">www.zerotothree.org/bookstore</a></p>	1.5	<p>Parents are faced with hundreds of questions in their child’s first years. Breast or bottle? Comfort a 6-month-old child now or let her cry? Allow some TV or none at all? Child care specialists Claire Lerner and Amy Dombro help parents sort through the confusion with a practical 3-step skill-building approach. In Step 1, parents learn to understand their own parenting style. The tips and techniques in Step 2 help parents better observe and understand their child’s feelings, and Step 3 shows parents how to use those observations to make healthy and effective decisions.</p>
	<p><b><i>“Special kids need special parents: A resource for parents of children with special needs.”</i></b> Lavin, J.L. (2001). New York: Berkley Books. Paperback Pages 336</p>	3	
	<p><b><i>“Extending the Dance in Infant &amp; Toddler Caregiving, Enhancing Attachment &amp; Relationships”</i></b> by Helen Raikes Paperback Pages 224</p>	2	

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	<p><i>“The Scientist in the Crib”</i> by Alison Gopnik Hardcover Pages 304</p>	3	<p><i>The Scientist in the Crib</i> explains how the infant mind works and explores how babies recognize and understand their fellow humans, interpret sensory input, absorb language, learn and devise theories, and take part in building their own brains.</p>
	<p><i>“The Philosophical Baby: What Children’s Minds Tell Us About Truth, Love, and the Meaning Of Life”</i> by Alison Gopnik Pages 243</p>	2	<p>Alison Gopnik reveals the latest scientific discoveries--many of them quite surprising--about the developing minds of young children. She also presents a richly provocative and endlessly insightful story that unites the endearing other-worldliness of children's imaginations with some of the oldest and most profound questions in philosophy. This book is at once touching, eloquent, and masterful in its fascinating revelations about what makes us human.</p>
	<p><i>“The Secret Language of Babies”</i> by Sally &amp; Edwin Kester Paperback Pages 192</p>	2	<p>Describes how babies communicate their needs. Babies express themselves in a “secret language” that relies on wiggles and gestures, smiles and pouts, coos and cries. <i>The Secret Language of Babies</i> interprets the subtle but important nuances of these nonverbal communications so you know what your child really wants and you can decide how best to react.</p>
	<p><i>“Parenting the Hurt Child”</i> by Gregory Keck &amp; Regina Kupecky Pages 279</p>	2	<p><b>The book consists of 12 chapters with six clear themes.</b></p> <ul style="list-style-type: none"> <li>• <b>1- A review of attachment definitions and theory.</b> Describing how early childhood trauma changes a child's life, and includes information about therapy that can help heal the emotional scars of trauma.</li> <li>• <b>2- Parenting tactics including information about choices that do work:</b> avoiding control battles when possible, staying flexible, managing parental anger, and</li> </ul>

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			<p>keeping realistic expectations.</p> <ul style="list-style-type: none"> <li>• <b>3- Nurturing hurt children with an extensive list of ways to nurture</b> that are emotionally and physically safe, and don't cost a fortune.</li> <li>• <b>4- Information for parents to help school personnel</b> understand the unique dynamics of children who have traumatic pasts. With suggestions about how parents can make sure the school teaches children in a way that will sever them well.</li> <li>• <b>5- Discusses how some hurt children are resistant to changing inappropriate behaviors,</b> the child learned to use as a survival tactic before they found a safe and loving home. This theme clearly outlines the fact that some children will make only minimal effort about correcting their behaviors, despite the efforts of their parents.</li> <li>• <b>6- Throughout the book there are resource</b> lists of parenting tips, lists of agencies that can help and a bibliography of additional reading materials parents may find supportive.</li> </ul>
	<p><b><i>“Young Children and Trauma: Intervention and treatment”</i></b> by Joy Osofsky Pages 339</p>	<p>3</p>	<p>Recent years have seen significant advances in knowledge about the effects of exposure to psychological trauma on young children from birth to age 5. This book brings together leading experts to address practical considerations in working with traumatized young children and their caregivers. Readers gain an understanding of the impact of severe stress on infants, toddlers, and preschoolers; how trauma disrupts crucial early relationships; and ways to collaborate with parents, other caregivers, and broader support systems to facilitate healing and prevent further traumatization.</p>

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	<p><i>“Sexually Aggressive Children: Coming to Understand Them”</i> by Sharon.K. Araji Pages 219</p>	2	<p>Accessible and insightful, <b>Sexually Aggressive Family</b> provides a comprehensive overview of sexual abuse perpetrated by family 12 years and younger. Drawing attention to this frequently overlooked population, the author explores the family, extra-familial and situational factors conducive to various types of sexual abuse by family so young.</p>
	<p><i>“Working with Traumatized Children: A handbook for healing.”</i> Kathryn Brohl Pages 111</p>	1	<p>This practical handbook for anyone who works with traumatized children--teachers, parents, as well as professionals--provides needed information to understand and guide a child suffering from post-traumatic stress disorder (PTSD) through to recovery. It describes the physical and emotional effects of trauma, shows how to recognize maladaptive reactions, and offers specific strategies for treating its effects. Readers will especially appreciate its in-depth discussion of PTSD in abused and neglected children. Simply written and practical in orientation, "Working with Traumatized Children" offers an effective, step-by-step process for helping to heal the child traumatized by neglect and abuse.</p>
	<p><i>“The Scared Child: Helping Kids Overcome Traumatic Events”</i> by Barbara Brooks &amp; Paula Siegel Pages 145</p>	1.5	<p>Is your child afraid? There are many traumatic experiences that cause a child to become scared—from divorce to the death of a loved one, from natural disasters to abuse. Even a disturbing news event that a child only sees on television or hears about but does not experience, such as the Oklahoma City bombing or the classroom massacre in Scotland, can make a child fearful or sad. No matter what causes the situation, childhood trauma is common and should be dealt with quickly and effectively.</p> <p>Dr. Barbara Brooks, a psychologist who has successfully helped kids through all types of traumatic situations, provides you with the knowledge you need to put the child you love back on the path to a full and happy life. Kids don't always know how to react to feelings of distress. If these scared feelings are not expressed in a positive way, they can surface later in life when dealing with them becomes more difficult.</p> <p>Here are detailed instructions, based on professional techniques, to encourage kids of any age—from toddler to teenager—to reveal their feelings through words, drawings, and role playing with step-by-step advice for reassuring them and helping them let go of their fear.</p>

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	<i>“Helping Children Cope With Separation and Loss”</i> by Claudia Jewett	2	A valuable tool. Here is a compassionate, practical book for any adult who wants to help a child recover from the stages of denial and mourning that can follow the loss of a loved one.
	<i>“The Sexualized Child in Foster Care: A Guide for Foster Parents and Other Professionals”</i> by Sally Hoyle		This guide explains typical sexual behavior and reviews the signs and symptoms of sexual abuse that might not have been previously disclosed. Assessment and treatment issues are specifically discussed.
<b>Learning through Observation DVD</b> <i>By Lisa Zbar and Claire Lerner</i> 65-minutes <a href="http://www.zerotothree.org/bookstore">www.zerotothree.org/bookstore</a>		.5	This video shows five practitioners in the infant–family field interacting with very young children and their families in a range of service settings, such as an Early Head Start home visit, a home visit with a child with special needs and his family, and drop off at a child care center. The DVD vignettes, each about 10 minutes long, are presented without narration so that students and teachers, practitioners, and supervisors can learn through observation.
<b>Trust-Based Parenting (DVD)</b> Dr. Karyn Purvis - 3 Hours 35 minutes	IFAPA has copies of this DVD to loan to support groups.	<b>Support Group 2 hours &amp; Individual 1 hour</b>	This DVD is a training helps the parent with children who have experienced abuse, neglect, abandonment and/or trauma in early development. Their survival behaviors can be confusing, frustrating and difficult to manage even for the most patient and loving parents. A Chapter 1 topic: <i>Traditional Discipline Does Not Work</i> . The DVD features Drs. Purvis and Cross coaching families through real-life, problem-solving scenarios. <b>They demonstrate</b> throughout the DVD proven, practical skills and strategies for applying Trust Based Relational Intervention (TBRI) principles (Empowering, Connecting and Correcting) to everyday life to build a stronger parent-child connection, which leads to better behavior. Parents from around the world praise TBRI for giving them hope in times of crisis and lifelong solutions that can benefit the entire family.
	<i>“Worried No More: Help &amp; Hope for Anxious Children”</i> by Aureen Wagner	2	The book has information and practical strategies to help children cope with disasters, shyness, obsessions & compulsions.
	<i>“The Bully, the Bullied &amp; the Bystander”</i> By Barbara Coloroso	2	Practical solutions to a problem that may affect 80% of school children.

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	<p><i>“School Success for Kids With Emotional &amp; Behavioral Disorders” by Davis, Culotta, Levine, Hess</i></p>	2	<p>This book is geared to teaches &amp; the classroom. The book talks about restraint to control &amp; <b>DHS does not allow restraint of foster children</b>. It has strategies to help children overcome their struggles and find success in school.</p>
	<p><i>“The Defiant Child: A Parent’s Guide to Oppositional Defiant Disorder”by Douglas Riley</i></p>	1	<p>Teaches parents how to recognize the signs and modify the behavior of their ODD child.</p>
	<p><i>“Empowering Teens to Build Self-Esteem” by Suzanne Harrill</i></p>	.5	<p>A self-help book for adolescents to help them learn to become their own bed friend and have a belief system that encourages personal responsibility.</p>
	<p><i>“Love &amp; Logic Magic for Early Childhood: Practical Parenting from Birth to Six Years”by Jim &amp; Charles Fay</i></p>	1	<p>This is a tool for parents of little ones to start them off on the right foot.</p>
	<p><i>“The Everything Tween Book: A Parent’s Guide to Surviving the Turbulent Preteen Years” by Linda Sonna</i></p>	2	<p>Tween years fall between the ages of 8 &amp; 12. This book helps you navigate the years between childhood and adolescence.</p>
<p><b>Babies</b> 79 minutes Released May 7th, 2010 By: <u>Alain Chabat</u>, <u>Amandine Billot</u>, <u>Christine Rouxel</u></p>		.5	<p>Everybody loves... BABIES. This visually stunning new movie simultaneously follows four babies around the world - from first breath to first steps. From Mongolia to Namibia to San Francisco to Tokyo, BABIES joyfully captures on film the earliest stages of the journey of humanity that are at once unique and universal to us all. Documentary</p>
<p><b>Learning Happens DVD</b> By <u>Claire Lerner and Rebecca Parlakian</u> 60 minutes <a href="http://www.zerotothree.org/bookstore">www.zerotothree.org/bookstore</a></p>		.5	<p><i>Learning Happens</i> features 30 DVD vignettes that show parents and children—age birth to 3 years—interacting during everyday play and routines. These vignettes provide rich examples of how:</p> <ul style="list-style-type: none"> <li>• Development unfolds from birth to 3</li> <li>• Young children acquire school readiness skills through everyday interactions and activities</li> <li>• Parents and caregivers support children’s early learning and development through daily interactions and activities</li> </ul> <p>These vignettes serve as powerful tools for professionals to use both in direct work with families and for training other early child development professionals. They act as catalysts for discussion about all aspects of early development and provide vivid illustrations of the significant influence parents have in getting their young children ready for school.</p>

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<p><i>Ten Things Every Child Needs For the Best Start In Life!</i>  <u>T. Berry Brazelton</u> DVD 1 hour 2004</p>		.5	This DVD gives specific examples of what helps and what hinders healthy development.
<p><i>Discipline: Teaching Limits with Love</i>  <u>Dr. T. Berry Brazelton</u> 30 minutes 2005</p>		.5	
<p><i>The Baby Human</i> DVD 2004  152 minutes</p>		1	Focuses on vital psychological and motor skill advancements in infants from birth to 18 months: walking, thinking, and talking.
<p><i>The Baby Human 2</i> DVD 2009  155 Minutes</p>		1	The second series examines the developing mental capabilities of babies in the episodes "To Feel," "To Belong," and "To Relate."
<p><i>Baby Human: Geniuses in Diapers</i> DVD 2005  150 minutes</p>		1	Imagine you're suddenly thrust into a world where you can't speak, can barely move, and must unravel the meaning behind a maze of sounds and sights in order to survive. This is the world of the baby. For the first time, experience the first two years of a child's life just as they do. This groundbreaking program reveals what only the little ones know. What is their most profound need? How do they really see their parents? What does it feel like to struggle to walk or learn or speak? It's an incredible journey each of us has taken--but none of us remember. Get a carpet-and-crib eye view of the baby's world as they take their first humorous, death-defying, wondrous steps into life.
<p><i>Early Childhood and Brain Development: How Experience Shapes Child, Community and Culture</i> Dr. Bruce Perry 1 hour</p>		.5	In this one hour program, Dr. Perry speaks passionately about the critical role early developmental experiences play in shaping the child, and ultimately community and culture. This presentation is the best overview of the core concepts related to the impact of trauma and neglect on children and the practice, program and policy implications of maltreatment