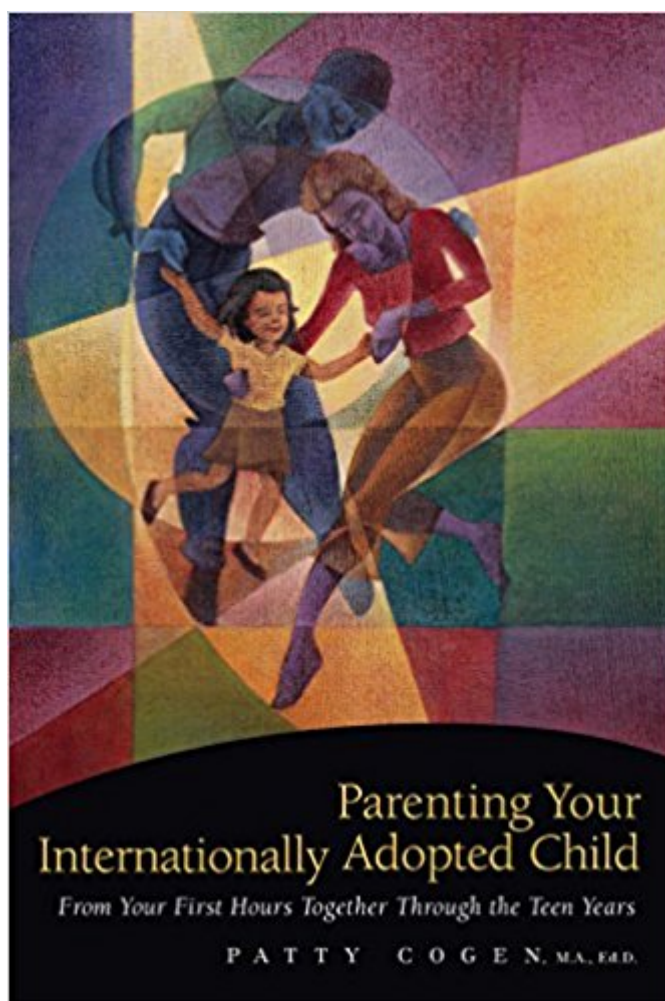


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# Parenting Your Internationally Adopted Child: From Your First Hours Together Through The Teen Years



## Synopsis

A guide for adoptive parents from preparations for a child's arrival through the teen years.

## Book Information

Paperback: 448 pages

Publisher: Harvard Common Press; 53010th edition (May 7, 2008)

Language: English

ISBN-10: 1558323260

ISBN-13: 978-1558323261

Product Dimensions: 6 x 1.1 x 9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 49 customer reviews

Best Sellers Rank: #206,238 in Books (See Top 100 in Books) #33 in Books > Parenting & Relationships > Family Relationships > Stepparenting & Blended Families #166 in Books > Parenting & Relationships > Adoption

## Customer Reviews

Parenting Your Internationally Adopted Child is a remarkably comprehensive and useful resource for both parents and practitioners. This book is a wise roadmap that anyone adopting internationally should have for easy reference. --Susan Soonkeum Cox, vice president, Holt International adoption agency  
Parenting Your Internationally Adopted Child is a wonderful, thoughtful resource for adoptive parents. As both a therapist and a parent, Patty Cogen offers valuable, practical advice with hands-on suggestions and great tips. This is a book that will grow with you as you navigate your parenting journey. --Carrie Kitze, author of *We See the Moon and I Don't Have Your Eyes*

Patty Cogen has a doctorate in education and a master's degree in clinical psychology and has taught in both universities and elementary schools. She leads First Year Home groups for adoptive families, and advises parents all over the United States about their internationally adopted children and lectures to organizations across the nation on adoption and child development. She lives with her husband and two children, one of whom was adopted from China.

The book arrived on time and in great condition. I am an international adoptee, and I wanted to read this book from the perspective of a parent to be better able to parent myself now that I'm an adult. I find it very useful in the ways in which the author makes me aware of certain feelings and behaviors

from my past. Rather than feeling so crazy, it has helped me to understand why I felt or did certain things. I highly recommend this book. Sometimes I can only read a little at a time because it can be a lot to process, but I trust the process and am grateful for this resource.

I'm not a parent and probably won't be one for some time, but this book gave me wonderful insight into the psyche of an adopted child. Before reading this book I honestly thought that adoption was an easy transition for both parent and child, but now I have a realistic vision of what post-adoption parenting will be like. I honestly feel more confident in my abilities to be a parent now that I know what to expect, and I think anyone who reads this will too. The only thing that it really left to be desired was perspective of adoption from non-white couples. I know that one or two of the parents were not white, but for the most part it seemed like it was aimed at white parents with American backgrounds. As a woman of color who has two cultural backgrounds I worry how that may confuse or even upset a child who already has a background of her own. Side note: During the summer I spent (just one day) at an orphanage in Tanzania. It was amazing how easily I could recognize scenarios from the book in real time. "Oh, there's the 'Royal Boss,' demanding my friend gives him her iPhone. Wow, a 'Dizzy Performer.' He sure is funny. I eventually came across a very small kid who seemed like a 'Stunned Rag Doll' and we made friends. At first he wouldn't talk to me and only looked at me in stunned silence, but after using some of the techniques in the book he warmed up and was showing me around! Of course that doesn't mean that he's attached to me or is completely over any feelings of loss, but at least I know that these methods really do help!

An easy read that takes a holistic view of what changes and feelings a child may experience joining their new adoptive family. Our family has adopted 4 times in the last 10 years, and the research and understanding of the heart and body needs of internationally adoptive children has changed significantly from the adoptive books we read that were published in the 1990's. A must for any international adoptive family.

We have two daughters, ages 12 and 8, who have been home with us for just over 20 months. Prior to the adoption, we took some training to meet Hague requirements. After that we went on reading and learning because we wanted to have a broad understanding of the issues we might encounter and approaches that might be useful. I estimate that we have 20 well-worn books on our adoption bookshelf. All are excellent, but this one is the best. Although the author clearly has therapeutic preferences, she isn't trying to convince us that she is RIGHT. She offers quite practical ideas to

help parents to see concrete ways of building trust and attachment, for example, and for understanding our children's difficult behaviors. I think this book should remove 'Internationally Adopted' from its title: it would benefit all parents!

This book is easy to read and understand. A must read for adoptive families! It starts with your child coming home and how they perceive the transition, your role as the parent and how they feel. I should have read this before bringing our daughter home. However there is still wisdom to be had about parenting! It is through the teen years and my daughter is a toddler. I plan to read chapters as they are relevant. Of adopting internationally get your hands on it!! This book was cheap on used and worth every dollar.

Although I am only currently 1/2 way through this book it is the best book with application that I have read on adopting a child internationally although I am sure this would help even adopting locally. I was worried it would be too technical and hard to read but I have found that the author has a way of explaining complex topics in an easy to understand way. There is so much I have learned already and I find myself reading this book whenever I have a few extra minutes. It is broken down into chapters and smaller sub chapters which makes it easy to read even at shorter periods of time. I can't wait to finish it and I know I will be going back to this book often. I cannot recommend this book more highly.

As a parent of an internationally adopted son, I have found this book very helpful in assessing behaviors witnessed in my son and getting to root causes to deal with them. The book also includes several games and strategies that foster attachment. Most importantly, it will help clarify your expectations regarding the parenting of internationally adopted children. This is a difficult adventure and you must always take time to relish the victories when they occur (such as when your child takes you by the hand to show you a toy for the first time).

We adopted older children from another country. This book gave me insight into some of the issues that we were facing and how to help the children adjust. The profiles in the book were younger than our children, but there was plenty of information that we could apply to our children.

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