5-1-2020

James' "The science of parenting adopted children: A brain-based, trauma-informed approach to cultivating your child's social, emotional, and moral development" (book review)

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Book Reviews

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James, A. (2019). *The science of parenting adopted children: A brain-based, trauma-informed approach to cultivating your child's social, emotional, and moral development*. Philadelphia, PA: Jessica Kinsley Publishers. 272 pp. $19.95. ISBN 9781785927539

Arletta Jones' *Science of Parenting Adopted Children* immerses its readers in practical and informative methods for nurturing the healthy development of adopted children entering their new forever families. The task of raising an adopted child, especially one wrestling with early developmental trauma, is a unique experience and uniquely revealed and nurtured with each child. Jones establishes a keen focus on adopted children whose entry into homes often come with a history of trauma or early developmental disruption which require immediate attention and care. New adoptive parents are typically unprepared and inadequately equipped with the skills necessary to identify, plan and appropriately intervene when trauma–based cognitive and behavioral stresses manifest.

The book provides a smartly woven discussion of key topics on parent–child relationships and healthy learning development. Each chapter delivers stepwise, tip-filled approaches for parents to address issues of concern that are informed by current knowledge in neuroscience with an overlay of the author's more than 24 years of experience as a Licensed Professional Clinical Counselor. Readers will capitalize on helpful chapter summaries and a well–organized collection of resources found at the conclusion of the book including additional reading, supportive websites and workbooks, and even suggested songs for musical therapy.

This book is an excellent companion to any public library in service to families with adopted children and community programs with foster and adoption services. Likewise, this book will make a strong addition to any academic library whose institutions have programs in social work, psychology and counseling. Other comparable reads of related interest include Sharon Rozia and Allison Maxon's *Seven Core Issues in Adoption and Permanency*, Sarah Naish's *The A-Z of Therapeutic Parenting* and Christine Gordon's *Parenting Strategies to Help Adopted and Fostered Children with Their Behaviors*.

The collective work within this book supports adoptive parents' transition from just coping with distressful relationships to actually walking confidently in a journey of healing, balance and restoration with their child.

Reviewer

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