



Rescuing Julia Twice: A Mother's Tale of Russian Adoption and Overcoming Reactive Attachment Disorder

Tina Traster

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2015 IPPY Award Silver Medalist in the Parenting Category

In moving and refreshingly candid prose, *Rescuing Julia Twice* tells Traster's foreign-adoption story, from dealing with the bleak landscape and inscrutable adoption handlers in Siberia, to her feelings of inexperience and ambivalence at being a new mother in her early forties, to her growing realization over months then years that something was "not quite right" with her daughter, Julia, who remained cold and emotionally detached. Why wouldn't she look her parents in the eye or accept their embraces? Why didn't she cry when she got hurt? Why didn't she make friends at school? Traster describes how uncertainty turned to despair as she blamed herself and her mothering skills for her daughter's troublesome behavioral issues, until she came to understand that Julia suffered from reactive attachment disorder, a serious condition associated with infants and young children who have been neglected, abused, or orphaned in infancy.

Hoping to help lift the veil of secrecy and shame that too often surrounds parents struggling with attachment issues, Traster describes how with work, commitment, and acceptance, she and her husband have been able to close the gulf between them and their daughter to form a loving bond, and concludes by providing practical advice, strategies, and resources for parents and caregivers.

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