

# Manor Park Lending Library

## Topics:

- Adoption
- Allergies and sensitivities
- Anxiety Disorders (generalized anxiety, social phobia, panic disorder, separation anxiety, obsessive compulsive disorder)
- Autism, Aspergers, PDD-NOS
- Attention Deficit/Hyperactivity Disorders
- Behaviour Regulation
- Bullying and mental health
- Depression
- Developmental Disabilities
- Divorce
- Effective Parenting/Effective Discipline
- Emotional Regulation Disorders
- Giftedness and Mental/Emotional Health
- Internet Safety
- Learning Disabilities/Academic Achievement
- Medical/Physical health issues
- Sexual Orientation/Transgendered children
- Sensory Processing Disorders
- Special Situations (illness, death, crisis, trauma)
- Social Skills/Peer Relationships
- Tourette Syndrome

# **Adoption**

## **Twenty Things Adopted Kids Wish Their Adoptive Parents Knew**

by [Sherrie Eldridge](#)

"Birthdays may be difficult for me." "I want you to take the initiative in opening conversations about my birth family." "When I act out my fears in obnoxious ways, please hang in there with me." "I am afraid you will abandon me."

The voices of adopted children are poignant, questioning. And they tell a familiar story of loss, fear, and hope. This extraordinary book, written by a woman who was adopted herself, gives voice to children's unspoken concerns, and shows adoptive parents how to free their kids from feelings of fear, abandonment, and shame.

Filled with powerful insights from children, parents, and experts in the field, plus practical strategies and case histories that will ring true for every adoptive family, **Twenty Things Adopted Kids Wish Their Adoptive Parents Knew** is an invaluable guide to the complex emotions that take up residence within the heart of the adopted child.

## **Raising Adopted Children Revised Edition: Practical Reassuring Advice for Every Adoptive Parent**

by [Lois R Melina](#)

In this completely revised and updated edition of Raising Adopted Children, Lois Melina, editor of Adopted Children newsletter and the mother of two children by adoption, draws on the latest research in psychology, sociology, and medicine to guide parents through all stages of their child's development. Melina addresses the pressing adoption issues of today, such as open adoption, international adoption, and transracial adoption, and answers parents' most frequently asked questions, such as: How will my child "bond" or form attachments to me?

When and how should I tell my child that he was adopted? What should schools be told about my child? Will adoption make adolescent upheavals more complicated?

Up-to-date, sensitive, and clear, Raising Adopted Children is the definitive resource for all adoptive parents and concerned professionals.

## **Parenting the Hurt Child: Helping Adoptive Families Heal and Grow**, by Gregory C. Keck, Ph.D. and Regina M. Kupecky, L.S.W.

This book discusses the challenges involved in parenting a child who comes from difficult beginnings, described as a "hurt child" or a child with an "attachment disorder." It offers updated information regarding therapy, contacts with school and other professionals, and sources of funding and services that will aid parents to help their child grow. Adoptive parents are offered suggestions to help their hurt child heal and learn how to love and trust in the bonds of family.

# **Allergies and Sensitivities**

## **Healing The New Childhood Epidemics: Autism, Adhd, Asthma, And Allergies: The Groundbreaking Program For The 4-a Disorders**

by [Kenneth Bock](#), [Cameron Stauth](#)

Autism is an epidemic: It has spiked 1,500 percent in the last twenty years. ADHD, asthma and allergies have also skyrocketed over the same time period. One of these conditions now strikes one in every three children in America. But there is hope. Leading medical innovator Kenneth Bock, M.D., has helped change the lives of more than a thousand children, and in this important book, with a comprehensive program that targets all four of the 4-A disorders, he offers help to children everywhere. This is the book that finally puts hope within reach.

Doctors have generally overlooked the connections among the 4-A disorders, despite their concurrent rise and the presence of many medical clues. For years the medical establishment has considered autism medically untreatable and utterly incurable, and has limited ADHD treatment mainly to symptom suppression. Dr. Bock and his colleagues, however, have discovered a solution - one that goes to the root of the problem. They have found that deadly modern toxins, nutritional deficiencies, metabolic imbalances, genetic vulnerabilities and assaults on the immune and gastrointestinal systems trigger most of the symptoms of the 4-A disorders, resulting in frequent misdiagnosis and untold misery.

Dr. Bock's remarkable Healing Program, drawing on medical research and based on years of clinical success, offers a safe, sensible solution that is individualized to each child to help remedy these root causes. The biomedical approach to autism, ADHD, and the other 4-A epidemics, as innovated by Dr. Bock and some of America's finest integrative physicians, is one of the most promising and exciting medical movements of our time.

In this eminently readable account, written by Dr. Bock in collaboration with critically acclaimed author Cameron Stauth, you will meet children and parents whose dramatic stories will inspire you to change the life of your own child. This program may be the help that you have been praying for.

## **The Autism and ADHD Diet**

By Barrie Silberberg

This is a simple step-by-step guide to the breakthrough diet that produces extraordinary results in helping children eliminate many traits and symptoms associated with autism spectrum disorders, ADHD, celiac disease, and other conditions. The Gluten-Free, Casein-Free (GFCF) Diet has been hugely effective for thousands of families.

## **The N.D.D. Book: How Nutrition Deficit Disorder Affects Your Child's Learning, Behavior, And Health, And What You Can Do About It.**

by [William Sears](#)

Little, Brown And Company | April 29, 2009 | Trade Paperback

The Sears Parenting Library's latest addition is an exploration of how nutrition affects the brains and behavior of youngsters. N.D.D., or Nutrition Deficit Disorder, as coined by Dr. Bill Sears, is based on the idea that if "you put junk food into a child's brain, you get back junk behavior and learning."

Dr. Sears will explore the latest scientific research on the effects of nutrition on the brain. He will present case studies of his own patients who were diagnosed as "N.D.D." and showed major improvement in learning and behavior with diet change. Instead of simply medicating his patients, Dr. Sears looked for a better solution--in fact, with better nutrition, many of his patients were able to greatly reduce or even stop their medication. The book will also provide parents with a prescription, shopping and meal tips, and recipes to make implementing a healthier lifestyle that much easier.

THE N.D.D. BOOK will be a must-have for all parents who want to help their children become healthier, happier, and better prepared to learn.

## **Could It Really Be Something They Ate?: The Life Changing Impact Of Addressing Food Sensitivities In Children**

by [Margaret Evans Rn Bscn Cpcc](#)

Does your child have chronic health problems, such as stomach aches, constipation, diarrhea, repeated infections, excessive fatigue, bed wetting, or asthma, that are making life challenging for both your child and your family? Is your child's behaviour making it difficult for them to develop friendships at school or making them feel isolated and alone? Are learning difficulties or disabilities resulting in your child falling behind at school and feeling 'stupid'? This book offers practical advice and support to identify the often hidden trigger food that can be the cause of health, behaviour and learning challenges in children.

## **Anxiety**

**Freeing Your Child from Anxiety**, by Tamar E. Chansky, Ph.D.

Anxiety is the number one mental health problem facing young people today. All children have fears, but when should a parent be concerned? In this book, the author examines all manifestations of childhood fears, including social anxiety, panic disorder and obsessive-compulsive disorder, as well as tics and hair-pulling, and provides parents with simple solutions through a proven program to help their child return to emotional safety.

## **Helping Your Anxious Child, Second Edition: A Step-by-Step Guide for Parents**

by Ronald M. Rapee, PhD., Ann Wignall, D. Psych., Susan H. Spence, PhD., Vanessa Cobham, Ph.D., and Heidi Lyneham, Ph.D.

Most children are afraid of the dark and some fear monsters under the bed. But about 10 percent of children have excessive fears and worries – phobias, separation anxiety, panic attacks, social anxiety or obsessive-compulsive disorder. The program in this book offers practical advice to parents on how to help their child overcome intense fears and worries and learn important social skills.

## **Letting Go of Perfect: Overcoming Perfectionism in Kids and Teens**

by [Jill L. Adelson](#), [Hope E. Wilson](#)

Proven strategies for helping kids and teens break free of the bonds of perfectionism. Letting Go of Perfect: Overcoming Perfectionism in Kids and Teens pinpoints a crippling state of mentality among many kids and teens today - the need to be absolutely perfect - and gives parents and teachers the guidance and support they need to help children break free of the anxieties and behaviors related to perfectionism.

For children who believe their best is never good enough, perfectionism can lead to excessive guilt, lack of motivation, low self-esteem, depression, pessimism, obsessive and compulsive behavior, and a sense of rigidity. By delineating the major types of perfectionists and providing practical tips, the authors show parents and teachers how they can help these children effectively control their perfectionist tendencies and use those to their advantage.

This engaging, practical book is a must-have for parents, teachers, and counselors wanting to help children overcome perfectionism, raise self-confidence, lessen guilt, increase motivation, and offer a future free of rigidity.

## **Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program For Parents Of Children And Adolescents**

by [Tamar Chansky](#)

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions.

In her landmark book, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD -- the hand washing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis.

## **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety**, by Dawn Huebner, Ph.D.

Through lively metaphors and illustrations, this book guides children and parents through the cognitive-behavioural techniques most often used in the treatment of anxiety. Clear how-to steps help children master new skills related to reducing anxiety.

## **Autism, Asperger's and PDD NOS**

**School Success for Kids with Asperger's Syndrome**, by Stephan M. Silverman, Ph.D., and Rick Weinfeld.

Hundreds and thousands of children face life with Asperger's syndrome, a mild form of autism spectrum disorder that affects a child's language and social skills. Children with Asperger's have average to above-average intelligence, but often have obsessive interests, are socially awkward, and do not understand the subtleties of language and conversation. This book covers topics such as recognizing and diagnosing Asperger's syndrome, implementing successful practices in the classroom, and providing interventions in the home to help develop needed skills.

## **A Parent's Guide to Asperger Syndrome and High-Functioning Autism: How to Meet the Challenges and Help Your Child Thrive**

by [Sally Ozonoff](#), [Geraldine Dawson](#), [James Mcpartland](#)

Asperger Syndrome and high-functioning autism are detected earlier and more accurately today than ever before. Children and teens with these disorders often stand out for their precocious intelligence and language abilities--yet profound social difficulties can limit every aspect of their lives. This hopeful, compassionate guide shows parents how to work with their child's unique impairments and capabilities to help him or her learn to engage more fully with the world and live as self-sufficiently as possible. From leading experts in the field, the book is packed with practical ideas for helping children relate more comfortably to peers, learn the rules of appropriate behavior, and participate more fully in school and family life. It also explains what scientists currently know about autistic spectrum disorders and how they are diagnosed and treated. Real-life success stories, problem-solving ideas, and matter-of-fact advice on everything from educational placements to career planning make this an indispensable reference that families will turn to again and again.

## **Carly's Voice: Breaking Through Autism**

by [Arthur Fleischmann](#) with: [Carly Fleischmann](#)

At the age of two, Carly Fleischmann was diagnosed with severe autism and an oral motor condition that prevented her from speaking. Doctors predicted that she would never intellectually develop beyond the abilities of a small child. Carly remained largely unreachable through the years. Then, at the age of ten, she had a breakthrough.

While working with her devoted therapists, Carly reached over to their laptop and typed "HELP TEETH HURT," much to everyone's astonishment. Although Carly still struggles with all the symptoms of autism, she now has regular, witty, and profound conversations on the computer with her family and her many thousands of supporters online.

In Carly's Voice, her father, Arthur Fleischmann, blends Carly's own words with his story of getting to know his remarkable daughter. One of the first books to explore firsthand the challenges of living with autism, it brings readers inside a once-secret world and in the company of an inspiring young woman who has found her voice and her mission.

## **Asperger's Answer Book: Professional Answers to 300 of the Top Questions Parents Ask**

by [Susan Ashley](#)

It is currently estimated that over 500,000 families struggle with Asperger's Syndrome, a highly prevalent yet difficult to diagnose disorder that affects hundreds of thousands of children and adults. In a time when parents are overwhelmed with confusing-and often conflicting-information, The Asperger's Answer Book provides them with clear and confident counsel. Written by an experienced child psychologist, The Asperger's Answer Book covers such topics as: --Is it autism or is it Asperger's? --Getting your child evaluated --Emotional intelligence --Routines and rituals --Motor skills --Sensory sensitivity --Growing up with Asperger's Syndrome Written in an easy-to-read Q&A format, The Asperger's Answer Book helps parents understand and accept their child's illness and develop a plan for success.

## **A Mind Apart: Understanding Children with Autism and Asperger Syndrome**, by Peter Szatmari, M.D.

How do you know if your child is happy or sad, tired or hungry, when all he wants to talk about is wasps, or the colour of subway train doors? How can you build a nurturing relationship with a daughter who hates to be touched? This book helps parents understand how children with autism or Asperger's actually think and feel, and how their minds work differently from those of typical children. Through stories of children he has worked with, the author helps parents see the world through their child's eyes and how gaining a better sense of his or her experience can deepen the bonds that support learning and growth – and help lead the way toward a happier future.

## **The ADHD-Autism Connection: A Step Toward More Accurate Diagnoses and Effective Treatments**

by [Diane Kennedy](#)

The Doubleday Religious Publishing Group | March 19, 2002 | Trade Paperback

At last, long-awaited answers to the questions you've been asking. Help for frustrated ADHD patients and their families. (As well as those with autism, PDD, Asperger's syndrome, and other related conditions.)

Attention deficit/hyperactive disorder (ADHD) is one of the most rapidly growing diagnoses of our generation. Often the diagnosis fails to provide real help, leaving patients, doctors, and families at a loss to know what to do next. But for the first time ever, new insights into the overwhelming number of similarities between Autism and ADHD are giving those with ADHD genuine hope.

For years, the label of Autism has carried a negative connotation. Parents were afraid to admit the diagnosis and banished the term from discussion. Finally, The ADHD-Autism Connection gives parents, educators, and doctors a reason to embrace autism with a renewed sense of hope and understanding. This book will show how these understandings can minimize the frustration, misdiagnoses, and misunderstandings ADHD sufferers and their families face.

## **The Out-of-sync Child**

by [Carol Kranowitz](#) Preface by: [Lucy Jane Miller](#)

The Out-of-Sync Child broke new ground by identifying Sensory Processing Disorder, a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. This newly revised edition features additional information from recent research on vision and hearing deficits, motor skill problems, nutrition and picky eaters, ADHA, autism, and other related disorders.

## **Helping a Child with Nonverbal Learning Disorder or Asperger's Disorder, Second Edition**, by Kathryn Stewart, Ph.D.

About one in every 100 children struggles with nonverbal learning disorder (NLD), and another 1 percent suffers from Asperger's Disorder. This book offers parents of a child with NLD or Asperger's ways of assessing the child's strengths and weaknesses in areas such as visual and spatial functioning, information processing, and organizational skills. It presents easy and engaging activities that can help parents help their child develop his or her social and emotional capabilities, language and writing skills, and interactive abilities.

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In this eminently readable account, written by Dr. Bock in collaboration with critically acclaimed author Cameron Stauth, you will meet children and parents whose dramatic stories will inspire you to change the life of your own child. This program may be the help that you have been praying for.

## **101 Games and Activities for Children With Autism, Asperger's and Sensory Processing Disorders**

by [Tara Delaney](#)

LEARNING THROUGH PLAY One of the best ways for children with autism, Asperger's, and sensory processing disorders to learn is through play. Children improve their motor skills, language skills, and social skills by moving their bodies...

## **Shut Up About Your Perfect Kid: A Survival Guide For Ordinary Parents Of Special Children**

by [Gina Gallagher](#), [Patricia Konjoian](#)

On a "perfection-preoccupied planet," sisters Gina and Patty dare to speak up about the frustrations, sadness, and stigmas they face as parents of children with disabilities (one with Asperger's syndrome, the other with bipolar disorder).

This refreshingly frank book, which will alternately make you want to tear your hair out and laugh your head off, should be required reading for parents of disabled children. Shut Up About Your Perfect Kid provides wise and funny advice about how to:

- Find a support group-either online or in your community
- Ensure that your child gets the right in-school support
- Deal with people-be they friends, family members, or strangers-who say or do insensitive things to you or your child
- Find fun, safe, and inclusive extracurricular activities for your child
- Battle your own grief and seek professional help if you need it
- Keep the rest of the family intact in moments of crisis

## **Attention Deficit/Hyperactivity Disorders**

### **Taking Charge of ADHD: The Complete Authoritative Guide for Parents**, by Russell A. Barkley, Ph.D.

Bombarded with conflicting advice and worn down by the frustration of caring for their child, most parents of children with ADHD end up exhausted, confused, and feeling totally helpless. This book empowers parents by arming them with the most up-to-date information, expert advice, and the confidence they need to ensure that their child receives the best care possible.

### **Healing the Hyperactive Brain Through the New Science of Functional Medicine**, by Michael R. Lyon, B.Sc., M.D.

Millions of children and an ever-increasing number of adults are now on Ritalin. Are drugs the only effective way to cope with the ADHD epidemic? This book outlines in detail a comprehensive, highly effective scientific method for uncovering the hidden causes of ADHD and for managing this condition effectively without the need for drugs.

## **Attention Difference Disorder: How to Turn Your ADHD Child or Teen's Differences into Strengths in 7 Simple Steps**

by [Kenny Handelman](#)

Parents of kids and teens with ADD or ADHD often struggle with the myths and stigma surrounding their child's condition. This can often lead to parental guilt and shame. In Attention Difference Disorder, Dr. Handelman combines his clinical and scientific background with a positive, strength based approach to bring you 7 simple steps to succeed with ADD. Dr. Handelman shares that there is not always a deficit in attention with ADD, rather there are differences. As he writes: " One of the themes of this book is to take your child's deficits and turn them into differences, and then turn those differences into strengths." In this concise, easy to read and thorough book, you'll begin to see ADD in a completely different light. The science is combined with a practical and easy to implement approach, where the 7 steps help parents navigate the different treatments needed to help their children succeed. The 7 steps include strategies for home, school, medications as well as one of the most thorough reviews of the science behind the Alternative Treatments for ADD yet published. Attention Difference Disorder helps parents to understand their "Parent's ADD Journey", and address whether ADD can be a gift and provides a 6 step plan to help you to unwrap the gifts in ADD

## **No Mind Left Behind: Understanding And Fostering Executive Control**

by [Adam J. Cox](#)

From a clinical psychologist who has devoted his clinical and research work to the study of executive control skills, here is a program for helping children master the eight essential cognitive skills that are critical for success in life in work:

- Taking initiative
- Screening out distractions
- Organizing
- Thinking flexibly
- Planning
- Regulating emotions
- Self-monitoring
- Using memory effectively

Using case studies and anecdotes, Dr. Cox presents a comprehensive and practical plan for parents. The book addresses special-needs children as well as neuro-typical children, and includes practical suggestions for parents and educators.

## **Superparenting for ADD** by Edward Hallowell, MD and Peter Jensen MD

The authors in the book aim to bring you an upbeat and encouraging new approach to living with and helping your ADD child. The focus is on celebrating the positive sides of the negative symptoms associated with ADD, teaching a 5-step process to help a child develop self and social awareness and helping you and your child pinpoint their inner strengths.

## **Survival Strategies For Parenting Your ADD Child: Dealing With Obsessions, Compulsions, Depression, Explosive Behavior, and Rage**

by [Lynn](#)

Underwood Books, Incorporated | September 1, 1996 | Trade Paperback

Children with ADD can have severe and very challenging behavioral problems. Research has shown that some children are "born" difficult to parent. These kids may be unmanageable, have no friends, be full of rage, or take dangerous or destructive risks. They may carry any number of psychiatric labels: "ADD, " "ADHD, " "Tourette Syndrome, " "Obsessive Compulsive, " or "Depressed" and their extremely stressful behavior can destroy family unity.

In our society these children are frequently medicated or placed in mental hospitals. But this doesn't have to happen. Author and therapist George Lynn works with "difficult" kids in his practice and he has addressed these problems on "National Public Radio." Writing from his experience as both a parent and a counselor, he provides parents with methods which can heal the fractures and pain that occur in families with these problems. He believes these "troubled" children are invariably gifted in unusual ways.

George Lynn describes six essential strategies parents can use to deal with their own distress and rage as a result of a child's provocation. He also addresses the problems confronting single parents with ADD children

## **Attention Games: 101 Fun, Easy Games That Help Kids Learn To Focus**

by [Barbara Sher](#) Illustrator: [Ralph Butler](#)

Wiley | June 16, 2006 | Trade Paperback

If you want to focus children's attention, you first have to capture their interest. Attention Games is filled with interesting and child-tested activities that can help children of all ages become better at focusing and paying attention. By sharing the upbeat, joyful activities in Attention Games, you can enhance your child's intelligence, boost his confidence, increase his ability to concentrate on one thing for long periods, and show that you care. Developed by Barbara Sher - parent, teacher, play therapy specialist and pediatric occupational therapist - these activities are specially designed to encourage kids to expand their powers of attention in ways that will help them throughout their lives.

## **Delivered From Distraction** by Edward Hallowell, MD and John Ratey MD

This books includes information about new diagnostic procedures for ADD, genetic links, links between ADD and other conditions, ways people with ADD can free up their inner talents, the truth about new drugs and who they work, information about nonpharmaceutical therapies. It includes strategies for dealing with procrastination, clutter and chronic forgetfulness.

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## **From Chaos to Calm: Effective Parenting of Challenging Children with ADHD and Other Behavioral Problems**, by Janet E. Heininger, Ph.D. and Sharon K. Weiss, M.Ed.

This book is intended to help parents deal with children who present challenges because they may be suffering from ADHD, OCD, depression or other disorders. It offers advice on how to engage in proactive parenting, how to work with teachers, find professional help when needed, establish daily routines and teach their child important social skills.

## **Organize your ADD/ADHD Child: A Practical Guide for Parents**

by [Cheryl R. Carter](#)

Cheryl R. Carter is the director of Organize Your Life, an organization that helps families manage their time and activities. She is a featured expert on LearningDisorders.com and maintains the website [www.add123.org](http://www.add123.org).

# **Behavioural Regulation**

## **Setting Limits with Your Strong-Willed Child: Eliminating Conflict By Establishing Clear, Firm, And Respectful Boundaries**

by [Robert J. Mackenzie](#)

Disruptive misbehavior, constant power struggles, manipulative or aggressive behavior--the challenges facing parents and teachers of strong-willed children can seem overwhelming at times. That's why thousands of parents and educators have turned to the solutions in *Setting Limits With Your Strong-Willed Child*. This revised and expanded second edition offers the most up-to-date alternatives to punishment and permissiveness--moving beyond traditional methods that wear you down and get you nowhere, and zeroing in on what really works so parents can use their energy in more efficient and productive ways. With fully updated guidelines on parenting tools like "logical consequences," and examples drawn directly from the modern world that children deal with each day, this is an invaluable resource for anyone wondering how to effectively motivate strong-willed children and instill proper conduct

## **You Can't Make Me (but I Can Be Persuaded): Strategies for Bringing Out the Best in Your Strong-Willed Child**

by [Cynthia Tobias](#)

It's easy to recognize a strong-willed child. Difficult to discipline, at times impossible to motivate, strong-willed children present unique, frustrating, and often exhausting challenges to those who care for them. But now, the miracle parents long for can happen. Offering new hope, achievable goals, and a breath of fresh air to families and teachers, Cynthia Tobias explains how the mind of a strong-willed child works - and how to use that information to the child's best advantage

## **What Your Explosive Child Is Trying To Tell You: Discovering The Pathway From Symptoms To Solutions**

by [Douglas A. Riley](#)

From the author of *The Defiant Child* comes the first book to connect explosive behavior -when kids go from Jekyll to Hyde and back in the blink of an eye - with its underlying causes. Does your hitting, kicking, screaming child explode with so little provocation that you can't help but wonder if he's possessed? Are his extreme tantrums becoming the stuff of playground legend? And are you about to lose your job because his daycare or school repeatedly asks you to pick him up early?

Dr. Douglas Riley's ear-to-the-ground insights will give much-needed help to desperate parents who have one overriding question: Why does my child act like this? This compassionate yet no-nonsense therapist explains that explosive behavior is the mere tip of the iceberg. Instead of using a one-size-fits-all strategy, Dr. Riley identifies the eleven most common causes of explosions and accordingly tailors his treatment strategies to address the underlying cause of the behavior.

*What Your Explosive Child Is Trying to Tell You* is a lifeline for parents who are at their wits' end.

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- Organizing
- Thinking flexibly
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- Regulating emotions
- Self-monitoring
- Using memory effectively

Using case studies and anecdotes, Dr. Cox presents a comprehensive and practical plan for parents. The book addresses special-needs children as well as neurotypical children, and includes practical suggestions for parents and educators.

## **Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger**

by [Meg Eastman](#)

Wiley | January 12, 1994 | Trade Paperback

Provides parents with realistic, healthy and positive ways to understand and diffuse situations that trigger their child's tantrums, flare-ups, sulks and arguments. Shows parents how to recognize and break their own anger patterns which their children may be imitating. Each chapter combines specific information and advice with realistic examples of what to do in a variety of typical situations

## **Got An Angry Kid? Parenting Spike: A Seriously Difficult Child**

by [Andrew D. Gibson](#)

Gibson's guide can help parents of out-of-control children restore love and integrity to the family dynamic.

## **Raising your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, Energetic**, by Mary Sheedy Kurcinka

The spirited child – often called “difficult” or “strong-willed” – can easily overwhelm parents, leaving them feeling frustrated and inadequate. Spirited children are, in fact, simply more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. This book will help parents understand their child’s temperamental traits, cope with tantrums and develop strategies for handling mealtimes, bedtimes, holidays, school and many other situations.

## **Taming The Spirited Child: Strategies For Parenting Challenging Children Without Breaking Their Spirits**

by [Michael H. Popkin](#)

Do you dread parent-teacher conferences? Does your child really know how to push your hot button? Has your child been labeled "defiant" or "rebellious"? Here are proven strategies that have helped millions to tame -- not break -- a spirited child.

Parents are often faced with scary labels for their children, such as attention deficit disorder, learning disabilities, bipolar disorder, or hyperactivity. In this uniquely prescriptive guide, leading parenting expert Dr. Michael Popkin shows parents how to think differently about so-called problem children. The effective strategies within this guide will quiet the difficulties spirited children have at home and school while exposing the unique, special gifts they possess.

Develop a relationship with your spirited child by:

-- Building relationship skills -- Disciplining with encouragement

-- Balancing the power dynamic -- Curbing tantrums effectively

With step-by-step methods for every type of misbehavior and every child's unique personality, this comprehensive guide will help parents cultivate their child's spark, not extinguish it -- and reach beyond depressing labels for their beloved children.

## **Is My Child OK? When Behavior Is a Problem, When It's Not, and When to Seek Help**, by Henry A. Paul, M.D.

This guide, written by an expert in children's mental health, offers parents reassuring advice on ways to tell the difference between a normal stage of development and a true problem their child may exhibit. Organized by symptom, and covering everything from tantrums to learning disorders, this reference book tells parents how best to help their child through a rocky period and when to get an expert's help.

## **With All Due Respect: Keys for Building Effective School Discipline**, by Ronald G. Morrish.

This volume is intended to help teachers develop their personal discipline skills and offers advice on the essential strategies for building discipline as a team. Teachers will learn such strategies as how to increase time for teaching, improve standards for student work, put authority back in the teacher role, and decrease reliance on punishment and suspension. These strategies are designed to keep students on task, minimize disruptions and maintain general control of the learning environment. (2 copies)

## **From Chaos to Calm: Effective Parenting of Challenging Children with ADHD and Other Behavioral Problems**, by Janet E. Heinger, Ph.D. and Sharon K. Weiss, M.Ed.

This book is intended to help parents deal with children who present challenges because they may be suffering from ADHD, OCD, depression or other disorders. It offers advice on how to engage in proactive parenting, how to work with teachers, find professional help when needed, establish daily routines and teach their child important social skills.

## **The Defiant Child: A Parent's Guide to Oppositional Defiant Disorder**

by [Douglas Riley](#)

Taylor Trade Publishing | October 1, 1997 | Trade Paperback

The perfect book to help you give your oppositional-defiant child the help he or she needs.

## **I Just Don't Like the Sound of NO!**

by [Julia Cook](#)

Winner of the 2011 MOM's Choice Awards Honoring Excellence.

Author Julia Cook helps K-6 readers laugh and learn along with RJ as he understands the benefits of demonstrating the social skills of accepting "No" for an answer and disagreeing appropriately both at home and in school. Tips for parents and educators on how to teach and encourage kids to use the skills appropriately are included in the book.

## **A Volcano in My Tummy: Helping Children To Handle Anger**

by [Eliane Whitehouse](#), [Warwick Pudney](#)

A Volcano in My Tummy presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. The book offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult caregivers experience, and distinguishes between anger the feeling, and violence the behavior. Primarily created for ages 6 to thirteen, it is accessible for use in class or at home.

## **Teamwork Isn't My Thing, and I Don't Like to Share**

by [Julia Cook](#)

RJ's having another bad day... His teacher wants him to work with bossy Bernice, messy Frankie, and Norma (who just sits and picks her nose) on a report about Egyptian mummies. After a frustrating school day with his 'team', RJ goes home to find only one cookie left in the jar. And his mom makes him share it with his sister! With the help of his coach, RJ learns that working as a team and sharing are skills needed not just on the soccer field, but in school and at home too!

## **Bullying and Mental Health**

### **Cyber Bullying No More: Parenting A High Tech Generation**

by [Holli Kenley](#) Foreword by: [Laurie Zelinger](#)

Loving Healing Press | November 12, 2011 | Trade Paperback

Every day children are being humiliated, violated, and degraded through the use of electronic devices. This resource will give parents and guardians a manageable number of effective strategies and practical safety measures that can be easily implemented for the protection of children.

## **Bullied: What Every Parent, Teacher, And Kid Needs To Know About Ending The Cycle Of Fear**

by [Carrie Goldman](#)

Carrie Goldman became an unexpected voice for the anti-bullying movement after her blog post about her daughter Katie's bullying experience went viral and an online community of support generated international attention. In *Bullied*, Goldman brings together the expertise of leading authorities with the candid accounts of families dealing firsthand with peer victimization to present proven strategies and concrete tools for teaching children how to speak up and carry themselves with confidence; call each other out on cruelty; resolve conflict; cope with teasing, taunting, physical abuse, and cyber bullying; and be smart consumers of technology and media. As a mother, she calls on us all - families, schools, communities, retailers, celebrities, and media - to fiercely examine our own stereotypes and embrace our joint responsibility for creating a culture of acceptance and respect.

For parents, educators, and anyone still wrestling with past experiences of victimization and fear, *Bullied* is an eye-opening, prescriptive, and ultimately uplifting guide to raising diverse, empathetic, tolerant kids in a caring and safe world.

At least 25 percent of kids have been bullied online. One in five teens has been bullied at school. More than half of bullying behaviors will stop in less than ten seconds when another student intervenes.

## **The Bully the Bullied and the Bystander: From Pre-School to High School - How Parents and Teachers Can Help Break the Cycle of Violence**

by [Barbara Coloroso](#)

It's the deadliest combination going: Bullies who get what want from their target, bullied kids who are afraid to tell, bystanders who either watch, participate, or look away, and adults who see the incidents as simply 'teasing' and a normal part of childhood. We have only to look to the headlines to understand that this is a recipe for tragedy. Some bullying victims, their cries unheard, have fought back with violence that has devastated entire communities; others have committed suicide; many more suffer in silence, their lives a constant round of emotional and physical pain. In *The Bully, the Bullied, and the Bystander*, Barbara Coloroso gives parents, caregivers, educators and most of all, kids, the tools to break the cycle of violence. Drawing on her decades of work with troubled youth, and her wide experience in the areas of conflict resolution and reconciliatory justice, Coloroso offers a compassionate and practical guide that is destined to become a groundbreaking reference on the subject of bullying

## **The Hurt**, by Teddi Doleski.

Intended for both children and adults, this illustrated book describes the hurt feelings of a child, Justin, when his best friend Gabriel calls him a name. Finally, through sharing his feelings and reconciliation, Justin is able to let the Hurt go, and enjoy life with his family and friends.

# **Depression**

## **Is My Child OK? When Behavior Is a Problem, When It's Not, and When to Seek Help**, by Henry A. Paul, M.D.

This guide, written by an expert in children's mental health, offers parents reassuring advice on ways to tell the difference between a normal stage of development and a true problem their child may exhibit. Organized by symptom, and covering everything from tantrums to learning disorders, this reference book tells parents how best to help their child through a rocky period and when to get an expert's help.

## **Helping Your Depressed Child: A Step-by-Step Guide for Parents**

by [Martha Underwood Barnard](#)

New Harbinger Publications | May 10, 2003 | Trade Paperback

From this book, come to understand the causes of your child's depression and find out how to assess his or her symptoms and behaviors.

Once a child's initial or ongoing depression has been established, this book offers you a step-by-step program for advocating for his or her care. Learn to evaluate which therapies are most appropriate for your particular situation, how and when to seek professional help, and how to understand the pharmacological treatments used with children today. Find out about other diagnoses associated with depression that may be affecting your child. The book stresses ways in which your whole family can participate in your child's wellness by reinforcing cognitive-behavioral techniques at home. These include disciplining your child without exacerbating symptoms, learning how to help your child think positively by monitoring his or her thoughts, encouraging positive affirmations, and helping with visualization techniques and deep breathing.

## **The Parent's Guide To Self Harm: What Parents Need to Know**

by [Jane Smith](#)

Lion UK | October 1, 2012 | Trade Paperback

**Written by parents for parents, this handy guide book shows both how to deal-and help-when a child is engaging in self-harm**

An ever-increasing number of young people are turning to self-harm in order to cope with the pressures of modern living, and this poses a huge problem for parents and others who care for them. This book provides the answers needed to the pressing questions these parents struggle with daily, and shows that there is hope in these distressing situations. Questions addressed include: How do I know for sure whether my child is self-harming? How should I approach my child? What help and treatment is available to us? What can I do to help my child? and How have other parents coped? Full of the real-life experiences of parents who have been there, this is a practical book that will both inform and equip parents to help their children and themselves get through this difficult time.

# **Developmental Disability**

## **Down Syndrome Parenting 101**

by [Natalie Hale](#)

Is a required read for parents or anyone who has a relationship with a person with Down Syndrome. Natalie hale offers advice on everything from celebrating a child's unique personality and seeing him for who he is to insisting he finished his chores and ensuring he has the space to be his own person as an adult.

## **A Parent's Guide To Developmental Delays: Recognizing And Coping With Missed Milestones In Speech, Movement, Learning, And other Areas**

by [Laurie Fivozinsky Lecomer](#)

Penguin USA | January 3, 2006 | Trade Paperback

Developmental delays affect millions of children each year, and often go undetected until an alert and caring parent recognizes there's a problem. In **A Parent's Guide to Developmental Delays**, special education expert and consultant Laurie LeComer, M.Ed., provides essential information for any parent with a child who might have cognitive, physical, or emotional delays. Easy to understand, reassuring, and up-to-date, the book covers everything concerned parents need to know.

Using real-life examples and case studies along with checklists, exercises, and other hands-on advice, the book covers a range of delays and disorders that include autism, ADHD, learning disabilities, Sensory Processing Disorder, aggressive behavior, and motor-control problems.

Topics include:

- Spotting the "red flags" of delayed development, for every age group
- Identifying your child's specific challenges
- Acting swiftly in order to gain the advantages of early intervention
- Getting a diagnosis and treatment plan that fits your child's needs
- Working with teachers, health professionals, and specialists for maximum results
- Tracking your child's progress
- Understanding your rights and making the most of every available resource
- Trusting your instincts in order to help your child learn, develop, and thrive

## **A Friend Like Zilla**, by Rachna Gilmore

A chapter book for young people, this story describes the friendship that develops between Nobby, who is holidaying with her family on an isolated island, and Zilla, who is developmentally disabled but who knows everything there is to know about the birds, animals and nooks and crannies on the island. They develop a great friendship, but everything changes when snooty Uncle Chad arrives.

## **Breakthrough Parenting For Children With Special Needs: Raising The Bar Of Expectations**

by [Judy Winter](#)

Breakthrough Parenting for Children with Special Needs challenges families and professionals to help children with special needs to reach their full potential by using a proven motivational, how-to approach. This groundbreaking and inspiring book provides detailed information on how to let go of the "perfect-baby" dream, face and resolve grief, avoid the no-false-hope syndrome, access early intervention services, and avoid the use of limiting and outdated labels. Also included are specific guidelines for working with professionals, understanding the law and inclusion, planning for the future, and insightful interviews with Dana Reeve of the Christopher Reeve Foundation, Tim Shriver of Special Olympics, and Diane Bubel of the Bubel/Aiken Foundation.

## **Shut Up About Your Perfect Kid: A Survival Guide For Ordinary Parents Of Special Children**

by [Gina Gallagher](#), [Patricia Konjoian](#)

### **AUTHORS' DISCLAIMER:**

**We are not in any way experts on parenting children with disabilities. Our goal is simply to share strategies that have worked for each of us in the event it may help those in a similar situation. If you're different from us (i.e., you are bright or of the perfect persuasion), we advise you not to try the following at home.**

On a "perfection-preoccupied planet," sisters Gina and Patty dare to speak up about the frustrations, sadness, and stigmas they face as parents of children with disabilities (one with Asperger's syndrome, the other with bipolar disorder).

This refreshingly frank book, which will alternately make you want to tear your hair out and laugh your head off, should be required reading for parents of disabled children. Shut Up About Your Perfect Kid provides wise and funny advice about how to:

- Find a support group-either online or in your community
- Ensure that your child gets the right in-school support
- Deal with people-be they friends, family members, or strangers-who say or do insensitive things to you or your child
- Find fun, safe, and inclusive extracurricular activities for your child
- Battle your own grief and seek professional help if you need it
- Keep the rest of the family intact in moments of crisis

# **Divorce**

## **Smart Parenting During and After Divorce**, by Peter J. Favaro, Ph.D.

This book is intended to help parents make their divorce a more peaceful, healthy and manageable experience for their children. Divorcing parents inevitably must deal with conflict over custody, visitation and money. To help these parents raise healthier, happier, less-stressed children, the author provides guidance on how to talk to their children about divorce, how both parents can remain active in their children's lives, establish fair visitation schedules, learn the art of compromise and deal with common problems, such as rebellion and anger, affecting their children.

## **Does Wednesday Mean Moms House or Dads" Parenting Together While Living Apart**

by [Marc J. Ackerman](#)

Thorough in coverage and updated with topics that affect today's families, Does Wednesday Mean Mom's House or Dad's?, Second Edition helps you keep your children in the number-one, priority spot before, during, and after your divorce. Nonjudgmental in tone, the new edition will show you how to put your kids' best interests first as you work with your spouse to parent together while living apart

## **The Truth About Children And Divorce: Dealing With The Emotions So You And Your Children Can Thrive**

by [Robert Emery](#)

Plume | January 31, 2006 | Trade Paperback

Nationally recognized expert Robert Emery applies his twenty-five years of experience as a researcher, therapist, and mediator to offer parents a new road map to divorce. Dr. Emery shows how our powerful emotions and the way we handle them shape how we divorce-and whether our children suffer or thrive in the long run. His message is hopeful, yet realistic-divorce is invariably painful, but parents can help promote their children's resilience. With compassion and authority, Dr. Emery explains:

- Why it is so hard to really make divorce work
- How anger and fighting can keep people from really separating
- Why legal matters should be one of the last tasks
- Why parental love-and limit setting-can be the best "therapy" for kids
- How to talk to children, create workable parenting schedules, and more

## **The Everything Parent's Guide To Children And Divorce: Reassuring advice to help your family adjust**

by [Carl E. Pickhardt](#)

Packed with practical advice, this book is a hands-on resource for approaching a delicate and difficult subject.

## **Step Parenting and the Blended Family: Recognizing the Problems and Overcoming the Obstacles**

by [Scott Wooding](#)

Despite the fact that more than 40 percent of Canadian marriages end in divorce each year, over 70 percent of divorced people eventually remarry and fail again-over 50 percent of the time. Among the many reasons for the failure of these second marriages between supposedly older and wiser participants, the problems stemming from step-parenting and the blending of the families ranks high, explains psychologist and author Scott Wooding in this comprehensive and groundbreaking look at the challenges faced by couples starting over again. Starting with the breakup itself, and after outlining the pitfalls and hurdles surrounding the love which most adults assume will lead to new found happiness, Dr. Wooding presents a comprehensive roadmap, a one step-at-a-time guide to successful remarriage for parents and children alike.

## **The Co-Parenting Survival Guide: Letting Go of Conflict After a Difficult Divorce**

by [J. Zimmerman](#), [E. Thayer](#)

You may be winning the battle in court, but losing the war at home, saddened at the wounds your children bear as a result of this conflict. But because you are willing to do anything to help your children thrive, you can learn to build a parenting partnership with your former mate in spite of the history between you. "The Co-Parenting Survival Guide" shows you how to avoid the hot spots and the common traps of hostility, inflexibility, and constant squabbling, and develop skills to sustain a co-parenting partnership based on love and concern for your children, so they can best benefit from two parents living separately but working together.

## **Helping Your Kids Cope With Divorce The Sandcastles Way**

by [M. Gary Neuman](#), [Patricia Romanowski](#)

Random House Publishing Group | July 27, 1999 | Trade Paperback

Divorce is painful and confusing. Perhaps now more than ever, you want to give your child all the love, support, and guidance he or she needs, but everything seems harder and more complicated. **Helping Your Kids Cope with Divorce the Sandcastles Way** can help. Based on Gary Neuman's phenomenally successful Sandcastles program, which has helped more than fifty thousand children cope with divorce, this warm, empathetic guide shows you:

- How to build a co-parenting relationship--even when you think you can't
- Age-appropriate scripts for addressing sensitive issues
- What to do when a parent moves away
- How to stop fighting with your ex-spouse
- How to navigate the emotional turmoil of custody and visitation
- How to help your child deal with change
- How to cope with kids' common fears about separation
- How to introduce significant others into the family and help your child cope with a new stepfamily

# **Effective Parenting/Effective Discipline**

## **Am I A Normal Parent?: Expert Advice, Parenting Tips, And The Reassurance You've Been Looking For**

by [Sara Dimerman](#) Foreword by: [Nanny Deb Carroll](#)

**Your guide to the stresses, fears, and anxieties NORMAL to parenting.**

Am I a Normal Parent? features a powerful self-assessment quiz that will quickly help you understand what is wrong (and right) in your parenting style. Just by answering 50 easy-to-complete, highly revealing questions, you will know if what you are thinking, doing, and feeling as a parent is normal...or not. And what can be done about it.

Children, while often angelic and sweet, can be challenging as well. You can feel overwhelmed by your children's behavior, and ask yourself:

- Are my responses and actions correct?
- Do other parents feel unsure of how to handle certain situations with their children as well?
- Is it normal to be so uncertain that what I am doing is correct?

This book addresses your needs and concerns as a parent. Created by parenting expert Sara Dimerman, Am I A Normal Parent? reveals the behaviors, questions, and problems that you face on a daily basis and addresses the insecurities and fears common to parents world-wide.

Every parent faces questions and uncertainties when it comes to raising children. There are no absolutes, and in the face of the profound responsibility of being a parent in this day and age, it can be very stressful to have self-doubt.

Rest assured: you are not alone. All parents question their actions and often feel insecure about their choices. In addition, there are numerous questions that parents are often afraid to ask.

## **Becoming The Parent You Want To Be: A Sourcebook Of Strategies For The First Five Years**

by [Laura Davis](#) Contribution by: [Janis Keyser](#)

Informative, inspiring, and enlightening, **Becoming the Parent You Want to Be** provides parents with the building blocks they need to discover their own parenting philosophy and develop effective parenting strategies. Through in-depth information, practical suggestions, and many lively first-person stories, the authors address the many dilemmas and joys that the parent of young children encounter and demonstrate a range of solutions to the major issues that arise in the raising of babies, toddlers and preschoolers. Full of warmth, clarity, humor, and respect, **Becoming the Parent You Want to Be** gives parents permission to be human: to question, to learn, to make mistakes, to struggle and to grow, and, most of all, to have fun with their children.

## **The Discipline Book: Everything You Need to Know to Have a Better-Behaved Child From Birth to Age Ten**

by [William Sears](#), [Martha Sears R.n.](#), [William Sears M.d](#)

Everything you need to know about discipline to raise a happy, well-adjusted, well-behaved child-from America's foremost baby and childcare experts Disciplining children means equipping them with the tools to succeed in life. In this unique guide, Dr. Bill and Martha Sears, the pediatrics specialists whose books on birth, babies, and parenting have become widely praised bestsellers, explain what you can do to shape your child's behavior so that good conduct comes naturally. With a focus not just on managing behavior problems but also on preventing them, the Seares offer clear, practical advice on a broad range of disciplinary issues, including: \* mother's role vs. father's role \* developing the connection with your baby that will make discipline easier in years to come \* saying no \* taming temper tantrums \* self-esteem as the foundation of good behavior \* helping a child to express feelings \* the constructive use of anger \* good nutrition for good behavior \* sleep and nighttime discipline \* sibling rivalry \* spanking and alternatives to spanking \* how to eliminate bothersome behaviors such as whining and talking back \* how to respond when your child lies, cheats, or steals \* discipline after divorce and in the single-parent household.

## **I'm Not Your Friend, I'm Your Parent: Helping Your Children Set the Boundaries They Need...and Really Want**

by [E. D. Hill](#)

Thomas Nelson | September 2, 2008 | Hardcover

**Fox News host and busy mother of eight E. D. Hill offers the antidote to permissive parenting by giving parents permission to be in charge.**

Instructional and conversational, Im Not Your Friend, Im Your Parent challenges parents to reclaim their roles, make the hard decisions, and put their childrens characters and well-being ahead of peer pressue and social status. With entertaining stories from her own family and those of others she has encountered in her profession as a journalist, E. D. tackles parental challenges.

## **You Can't Make Me (but I Can Be Persuaded): Strategies for Bringing Out the Best in Your Strong-Willed Child**

by [Cynthia Tobias](#)

It's easy to recognize a strong-willed child. Difficult to discipline, at times impossible to motivate, strong-willed children present unique, frustrating, and often exhausting challenges to those who care for them. But now, the miracle parents long for can happen. Offering new hope, achievable goals, and a breath of fresh air to families and teachers, Cynthia Tobias explains how the mind of a strong-willed child works - and how to use that information to the child's best advantage

## **Taming The Spirited Child: Strategies For Parenting Challenging Children Without Breaking Their Spirits**

by [Michael H. Popkin](#)

Do you dread parent-teacher conferences? Does your child really know how to push your hot button? Has your child been labeled "defiant" or "rebellious"? Here are proven strategies that have helped millions to tame -- not break -- a spirited child.

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## **Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger**

by [Meg Eastman](#)

Wiley | January 12, 1994 | Trade Paperback

Provides parents with realistic, healthy and positive ways to understand and diffuse situations that trigger their child's tantrums, flare-ups, sulks and arguments. Shows parents how to recognize and break their own anger patterns which their children may be imitating. Each chapter combines specific information and advice with realistic examples of what to do in a variety of typical situations

## **How to Talk so Kids Will Listen...And Listen So Kids Will Talk**

by [Adele Faber](#), [Elaine Mazlish](#) Read by: [Adele Faber](#)

Simon & Schuster Audio | September 1, 2002 | Audio Book (CD)

Get your kids' cooperation...without arguing. Morning hassles and bedtime battles disappear when you apply the communication techniques these experts have been teaching parents nationwide. Even if you've felt you had no other alternative than to lecture or criticize, you'll be able to reduce the wear and tear on yourself and your family with this practical program. Adele Faber and Elaine Mazlish -- once frustrated mothers themselves -- use real-life situations to show how you can respect and respond to your child's feelings and satisfy your own needs

## **Secrets of Discipline the 12 Keys of Raising Responsible Children,**

by Ronald G. Morrish.

This book is written for parents and teachers and offers advice on dealing effectively with defiance, disrespectful behaviour, arguing and confrontations with children. The focus is on how to raise responsible and respectful children.

## **Parent Effectiveness Training: The Proven Program for Raising Responsible Children**

by [Thomas Gordon](#)

P.E.T., or **Parent Effectiveness Training**, began almost forty years ago as the first national parent-training program to teach parents how to communicate more effectively with kids and offer step-by-step advice to resolving family conflicts so everybody wins. This beloved classic is the most studied, highly praised, and proven parenting program in the world -- and it will work for you. Now revised for the first time since its initial publication, this groundbreaking guide will show you:

How to avoid being a permissive parent

How to listen so kids will talk to you and talk so kids will listen to you

How to teach your children to "own" their problems and to solve them

How to use the "No-Lose" method to resolve conflicts

Using the timeless methods of P.E.T. will have immediate results: less fighting, fewer tantrums and lies, no need for punishment. Whether you have a toddler striking out for independence or a teenager who has already started rebelling, you'll find P.E.T. a compassionate, effective way to instill responsibility and create a nurturing family environment in which your child will thrive

## **You're Not The Boss Of Me: Brat-Proofing Your Four- To Twelve-Year-Old Child**

by [Betsy Braun](#)

"Save me! My child is acting like a brat!"

What parent hasn't thought her child was a brat at one point or another? Whether your child really is a brat, is at risk of becoming one, or is simply trying to grow up in a world filled with temptations and distractions, you'll love this book! It's the ultimate hands-on guide to cultivating character traits that are tried-and-true "bratbusters." Full of no-nonsense, practical "Tips and Scripts," *You're Not the Boss of Me* offers just the help you need to deal with many of the more challenging behaviors typical of four- to twelve-year-olds. With Betsy Brown Braun's humorous, supportive, and authoritative voice as a guide, navigating some of the most exasperating aspects of these formative years with confidence and laying the groundwork for your child's future just got a whole lot easier!

## **Be a Great Step-Parent: A Teach Yourself Guide: A Teach Yourself Guide**

by [Suzie Hayman](#)

Written by the United Kingdom's number one parenting counselor, *Be a Great Step Parent* is a practical guide to coping with the many issues you face as part of a blended family and to deriving a positive relationship with new family members. It is full of straightforward and easy-to-follow advice that anyone can act on, with plenty of emotional support in times of need. With help for children of all ages, moms and dads, it takes a step-by-step approach to the subject, covering everything from the earliest days of a new relationship to the issues raised by a new baby, with practical information on finances and schools, and suggestions for stress-free holidays.

Topics include: Getting together; Early days and introductions; Moving in and living together; Practical issues; Coming together; From partner to stepparent; Emotions; Chores, rules, traditions and discipline; Working together; Sharing children with another family; "You can't tell me what to do, you're not my Mom/Dad"; Different parenting styles; Schools; Fighting the myths; Financial issues--finances and child support, names and responsibilities; Grandparents and other family members; Communication and negotiation; Moving on; New babies for both parents; Building cooperation and avoiding conflict; Finances; Legal issues; Names and identity; Looking after yourselves

## **Setting Limits with Your Strong-Willed Child: Eliminating Conflict By Establishing Clear, Firm, And Respectful Boundaries**

by [Robert J. Mackenzie](#)

Disruptive misbehavior, constant power struggles, manipulative or aggressive behavior--the challenges facing parents and teachers of strong-willed children can seem overwhelming at times. That's why thousands of parents and educators have turned to the solutions in *Setting Limits With Your Strong-Willed Child*. This revised and expanded second edition offers the most up-to-date alternatives to punishment and permissiveness--moving beyond traditional methods that wear you down and get you nowhere, and zeroing in on what really works so parents can use their energy in more efficient and productive ways. With fully updated guidelines on parenting tools like "logical consequences," and examples drawn directly from the modern world that children deal with each day, this is an invaluable resource for anyone wondering how to effectively motivate strong-willed children and instill proper conduct

## **A Mind at a Time** by Mel Levine, MD

Dr. Levine shows parents how to identify individual learning patterns in their children and then use this understanding to both strengthen a child's abilities and/or bypass or help a child's weaknesses. It discusses how to handle a situation when a child's learning style does not match the style in which they are being taught..

## **Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child**

by [Robert Brooks](#), [Sam Goldstein](#)

### **TOP CHILD PSYCHOLOGISTS OFFER EXPERT INSIGHT AND PRACTICAL ADVICE FOR RAISING STRONG KIDS IN TODAY'S COMPLICATED WORLD**

"Thoughtful and sound in its approach, practical and clear in its suggestions, direct and supportive in its tone, Raising Resilient Children is the perfect book for parents searching for a caring method to help their children grow into healthy, happy, loving, and mature adults." William Pollack, Ph.D., author of Real Boys

## **The Rules of Parenting**

by [Richard Templar](#)

Pearson Education | October 31, 2007 | Trade Paperback

Some parents make it look so easy. They are eternally calm, have great relationships with their kids, and seem to have parenting down to a fine art. But is this really possible? How do they do it? Have you ever wondered what makes them so good?

These parents do many things right but have one thing in common. They know The Rules of Parenting. The set of golden behaviours that help you to help your kids look after themselves, enjoy life, be caring and kind, and help you to enjoy the whole experience too.

## **The Pampered Child Syndrome** By Dr. Maggie Mamen

This book will be helpful to parents who have children who are given everything but still demand more; who believe that they are entitled to the same rights as adults but are not ready to accept group-up responsibilities; who are loved, nurtured and protected, yet are unhappy, anxious or angry. These children are increasingly being diagnosed with emotional, behavioural or other major psychiatric disorders. The goal of this book is to help parents to take back the power they have given away and to be confident in raising resilient, empathic, and mentally healthy children who are well-prepared for the work outside the family.

## **Step Parenting and the Blended Family: Recognizing the Problems and Overcoming the Obstacles**

by [Scott Wooding](#)

Despite the fact that more than 40 percent of Canadian marriages end in divorce each year, over 70 percent of divorced people eventually remarry and fail again-over 50 percent of the time. Among the many reasons for the failure of these second marriages between supposedly older and wiser participants, the problems stemming from step-parenting and the blending of the families ranks high, explains psychologist and author Scott Wooding in this comprehensive and groundbreaking look at the challenges faced by couples starting over again. Starting with the breakup itself, and after outlining the pitfalls and hurdles surrounding the love which most adults assume will lead to new found happiness, Dr. Wooding presents a comprehensive roadmap, a one step-at-a-time guide to successful remarriage for parents and children alike.

## **I Just Don't Like the Sound of NO!**

by [Julia Cook](#)

Winner of the 2011 MOM's Choice Awards Honoring Excellence.

Author Julia Cook helps K-6 readers laugh and learn along with RJ as he understands the benefits of demonstrating the social skills of accepting "No" for an answer and disagreeing appropriately both at home and in school. Tips for parents and educators on how to teach and encourage kids to use the skills appropriately are included in the book.

## **Positive Discipline For Single Parents, Revised And Updated 2nd Edition: Nurturing Cooperation, Respect, And Joy In Your Single-parent Family**

by [Jane Nelsen](#), [Cheryl Erwin](#), [Carol Delzer](#)

**A Positive, Proven Approach to Single Parenting!** As a single parent in our complex world, you face the challenge of doing alone a job that was meant for two people. In addition, self-doubt and guilt may dampen the joy you experience raising your child. What do you do? Over the years, millions of parents just like you have come to trust **Jane Nelsen's** classic **POSITIVE DISCIPLINE** series for its consistent, commonsense approach to child rearing. In this completely revised and updated edition of Positive Discipline for Single Parents you'll learn how to succeed as a single parent in the most important job of your life: raising a child who is responsible, respectful, and resourceful.

Inside this reassuring book, you'll discover how to:

- Identify potential problems and develop skills to prevent them
- Budget time each week for family activities
- Create a respectful coparenting relationship with your former spouse
- Use nonpunitive methods to help your children make wise decisions about their behavior
- And much, much more!

## **Single Parenting That Works: Six Keys to Raising Happy, Healthy Children in a Single-Parent Home**

by [Kevin Leman](#),

Tyndale House Publishers | October 18, 2006 | Trade Paperback

Being a parent is challenging enough. Being a single parent can seem downright impossible until now. Drawing on material from his successful Single Parenting That Works curriculum guide and video series, America's favorite parenting expert, Dr. Kevin Leman, brings help and hope to the legions of single parents struggling to raise happy, healthy, well-adjusted children in a loving, caring and biblically grounded way. Using his trademark quirky, no-nonsense approach, Dr. Leman shows parents how to build healthy, mature relationships with their former spouses, how to develop their children's self-esteem, and how to discipline and relate to their kids in accordance with their unique God-given personalities.

## **The 7 Habits of Highly Effective Families**

by [Stephen R. Covey](#) Foreword by: [Sandra M. Covey](#)

In his first major work since *The 7 Habits of Highly Effective People*, Steven R. Covey presents a practical and philosophical guide to solving the problems--large and small, mundane and extraordinary--that confront all families and strong communities. By offering revealing anecdotes about ordinary people as well as helpful suggestions about changing everyday behavior, *The 7 Habits of Highly Effective Families* shows how and why to have family meetings, the importance of keeping promises, how to balance individual and family needs, and how to move from dependence to interdependence. *The 7 Habits of Highly Effective Families* is an invaluable guidebook to the welfare of families everywhere.

## **Breakthrough Parenting For Children With Special Needs: Raising The Bar Of Expectations**

by [Judy Winter](#)

Wiley | February 22, 2006 | Trade Paperback

*Breakthrough Parenting for Children with Special Needs* challenges families and professionals to help children with special needs to reach their full potential by using a proven motivational, how-to approach. This groundbreaking and inspiring book provides detailed information on how to let go of the "perfect-baby" dream, face and resolve grief, avoid the no-false-hope syndrome, access early intervention services, and avoid the use of limiting and outdated labels. Also included are specific guidelines for working with professionals, understanding the law and inclusion, planning for the future, and insightful interviews with Dana Reeve of the Christopher Reeve Foundation, Tim Shriver of Special Olympics, and Diane Bubel of the Bubel/Aiken Foundation. -

practical and philosophical guide to solving the problems--large and small, mundane and extraordinary--that confront all families and strong communities. By offering revealing anecdotes about ordinary people as well as helpful suggestions about changing everyday behavior, *The 7 Habits of Highly Effective Families* shows how and why to have family meetings, the importance of keeping promises, how to balance individual and family needs, and how to move from dependence to interdependence. *The 7 Habits of Highly Effective Families* is an invaluable guidebook to the welfare of families everywhere.

## **The Complete Lesbian And Gay Parenting Guide**

by [Arlene Istar Lev](#)

Gay parenting is a productive and positive decision, but author and lesbian mother Arlene Lev admits it isn't always an easy one. With practical wisdom and advice, and personal real-life stories, Lev prepares gay parents for this endeavor with everything they need to know and everything they can expect while making their own significant and challenging mark on family life in the 21st century.

## **Between Parent and Child: The Bestselling Classic That Revolutionized Parent-Child Communication**

by [Haim G. Ginott](#) Editor: [Alice Ginott](#), [H. Wallace Goddard](#)

Over the past thirty-five years, **Between Parent and Child** has helped millions of parents around the world strengthen their relationships with their children. Written by renowned psychologist Dr. Haim Ginott, this revolutionary book offered a straightforward prescription for empathetic yet disciplined child rearing and introduced new communication techniques that would change the way parents spoke with, and listened to, their children. Dr. Ginott's innovative approach to parenting has influenced an entire generation of experts in the field, and now his methods can work for you, too.

In this revised edition, Dr. Alice Ginott, clinical psychologist and wife of the late Haim Ginott, and family relationship specialist Dr. H. Wallace Goddard usher this bestselling classic into the new century while retaining the book's positive message and Haim Ginott's warm, accessible voice. Based on the theory that parenting is a skill that can be learned, this indispensable handbook will show you how to:

- Discipline without threats, bribes, sarcasm, and punishment
- Criticize without demeaning, praise without judging, and express anger without hurting
- Acknowledge rather than argue with children's feelings, perceptions, and opinions
- Respond so that children will learn to trust and develop self-confidence

## **Ending The Homework Hassle**

by [John Rosemond](#)

Andrews McMeel Publishing | January 1, 1990 | Trade Paperback

Homework can be one of the most frustrating of all problem areas for children and parents. In this helpful guide, Rosemond warns against parental interference and demonstrates ways to help children learn to work on their own and to take responsibility for getting the work done themselves.

## **Earn It, Learn It: Teach Your Child the Value of Money, Work, and Time Well Spent**

by [Alisa T Weinstein](#)

What Experts Say:

"A clever and fun way to teach your kids the true value of money." -Jen Singer, author of *You're a Good Mom (and Your Kids Aren't So Bad, Either)*

"Great concept, great lessons, and every family. What Experts Say: "A clever and fun way to teach your kids the true value of money." -Jen Singer, author of *You're a Good Mom (and Your Kids Aren't So Bad, Either)* "Great concept, great lessons, and every family can implement these ideas." -Lori Mackey, "The Earn My Keep philosophy is so creative and innovative and I love the message it promotes: that hard work and money earned have value-a notion that seems to have lost its strength for our youth over the past couple decades." Teach your kid the difference between making the bed as a member of the family and earning a living in the real world.

Expose your child to art, manners, math, and more. And build a foundation for a lifelong love of learning and fiscal independence. All while having fun!

## **Hold On To Your Kids Why Parents need to matter more than Peers:**

By Gordon Neufeld and Gabor Mate

This book helps parents understand a new and worrying trend in which peers are replacing parents in the lives of children and youth. When this happens, children look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, sabotages healthy development, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture

## **Emotional Regulation Disorders**

### **Understanding the Mind of Your Bipolar Child: The Complete Guide to the Development, Treatment, and Parenting of Children with Bipolar Disorder**

by Gregory T. Lombard, M.D., Ph.D.

Bipolar disorder has an impact not only on children's mood and behaviour but on the way they experience the world, and consequently on the way they think. The intensity with which a bipolar child perceives things can be the source of creativity and talent, but it can also be a source of confusion and disorganization. This book provides comprehensive information on professional diagnosis, developmental issues, disorders that go hand-in-hand with bipolar such as ADHD and oppositional defiant disorder, and treatment, including psychotherapy and medication.

### **What Your Explosive Child Is Trying To Tell You: Discovering The Pathway From Symptoms To Solutions**

by [Douglas A. Riley](#)

From the author of *The Defiant Child* comes the first book to connect explosive behavior -when kids go from Jekyll to Hyde and back in the blink of an eye - with its underlying causes.

Does your hitting, kicking, screaming child explode with so little provocation that you can't help but wonder if he's possessed? Are his extreme tantrums becoming the stuff of playground legend? And are you about to lose your job because his daycare or school repeatedly asks you to pick him up early?

Dr. Douglas Riley's ear-to-the-ground insights will give much-needed help to desperate parents who have one overriding question: Why does my child act like this? This compassionate yet no-nonsense therapist explains that explosive behavior is the mere tip of the iceberg. Instead of using a one-size-fits-all strategy, Dr. Riley identifies the eleven most common causes of explosions and accordingly tailors his treatment strategies to address the underlying cause of the behavior.

*What Your Explosive Child Is Trying to Tell You* is a lifeline for parents who are at their wits' end.

## **Got An Angry Kid? Parenting Spike: A Seriously Difficult Child**

by [Andrew D. Gibson](#)

Gibson's guide can help parents of out-of-control children restore love and integrity to the family dynamic.

## **Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger**

by [Meg Eastman](#)

Wiley | January 12, 1994 | Trade Paperback

Provides parents with realistic, healthy and positive ways to understand and diffuse situations that trigger their child's tantrums, flare-ups, sulks and arguments. Shows parents how to recognize and break their own anger patterns which their children may be imitating. Each chapter combines specific information and advice with realistic examples of what to do in a variety of typical situations

## **Is My Child OK? When Behavior Is a Problem, When It's Not, and When to Seek Help**, by Henry A. Paul, M.D.

This guide, written by an expert in children's mental health, offers parents reassuring advice on ways to tell the difference between a normal stage of development and a true problem their child may exhibit. Organized by symptom, and covering everything from tantrums to learning disorders, this reference book tells parents how best to help their child through a rocky period and when to get an expert's help.

## **Giftedness and Mental/Emotional Health**

### **A Parent's Guide to Gifted Children**

by [James Webb, Ph.D.](#)

James T. Webb, Ph.D., is a clinical psychologist and founder of SENG (Supporting Emotional Needs of Gifted). Janet L. Gore, M.Ed., is a former guidance counselor, administrator, and teacher of gifted students. Edward R. Amend, Psy.D., is a clinical psychologist in private practice in Lexington, KY. Arlene R. DeVries, M.S.E., is a frequent gifted conference speaker with 24 years of experience as a gifted/talented program consultant

## **Guiding the Gifted Child: A Practical Source for Parents and Teachers**

by James T. Webb, Ph.D., Elizabeth A. Meckstroth, M.S.W. and Stephanie S. Tolan, M.A.

The intensity, sensitivity and other unique social and emotional characteristics of gifted children can put them at risk for problems. This book discusses such topics as motivation, discipline, peer relationships, sibling relations, stress management, depression and parenting strategies, among others. The authors are all parents of gifted children.

## **Parenting Gifted Children: The Authoritative Guide From the National Association for Gifted Children**

by [Donald J. Treffinger](#), [Tracy F. Inman](#), [Jennifer L. Jolly](#)

Prufrock Press Inc. | October 1, 2010 | Trade Paperback

When parents need the most authoritative information on raising gifted kids, they can turn to Parenting Gifted Children: The Authoritative Guide From the National Association for Gifted Children. This comprehensive guide covers topics such as working with high achievers and young gifted children, acceleration, advocating for talented students, serving as role models and mentors for gifted kids, homeschooling, underachievement, twice-exceptional students, and postsecondary opportunities. The only book of its kind, this guidebook will allow parents to find the support and resources they need to help their children find success in school and beyond. Written by experts in the field of gifted education and sponsored by the leading organization supporting the education of gifted and advanced learners, this book is sure to provide guidance, advice, and support for any parent of gifted children. Texas Association for the Gifted and Talented 2011 Book Award Winner – Parenting

## **Internet Safety**

### **Staying Safe in a Wired World: A Parent's Guide to Internet Safety**

by Rob Nickel

This book was written for parents who, like the author, realize that the Internet can be intimidating and confusing. It discusses most of the applications used on the Internet by children, and helps teach parents the dangers that are lurking online. Also included are the terms used by children when they are chatting online, and resources for parents they can use online.

## **Cyber Bullying No More: Parenting A High Tech Generation**

by [Holli Kenley](#) Foreword by: [Laurie Zelinger](#)

Every day children are being humiliated, violated, and degraded through the use of electronic devices. This resource will give parents and guardians a manageable number of effective strategies and practical safety measures that can be easily implemented for the protection of children.

## **Cyber-Safe Kids, Cyber-Savvy Teens: Helping Young People Learn To Use the Internet Safely and Responsibly**

by [Nancy E. Willard](#)

Essential strategies to keep children and teens safe online

As our children and teens race down the onramp to the Information Superhighway, many parents feel left behind in the dust. News stories about online sexual predators, child pornography, cyberbullies, hate groups, gaming addiction, and other dangers that lurk in the online world make us feel increasingly concerned about what our children are doing (and with whom) in cyberspace. In *Cyber-Safe Kids, Cyber-Savvy Teens*, Internet safety expert Nancy Willard provides you with need-to-know information about those online dangers, and she gives you the practical parenting strategies necessary to help children and teens learn to use the Internet safely and responsibly.

Parents protect younger children by keeping them in safe places, teaching them simple safety rules, and paying close attention. As children grow, we help them gain the knowledge, skills, and values to make good choices--choices that will keep them safe and show respect for the rights of others. In *Cyber-Safe Kids, Cyber-Savvy Teens*, Willard shows you how those same strategies can be translated from the real world to the cyberworld, and that you don't have to learn advanced computer skills to put them into effect. As you work on these strategies with your child, you will also discover that remaining engaged with what your children are doing online is much more valuable than any blocking software you could buy.

## **Learning Disabilities/ Academic Achievement**

**Bright Minds, Poor Grades** By Michael Whitley, Ph D.

This book identifies six different types of underachievers and offers an easy-to-follow, proven ten-step program to help children get back on track. This is a no-excuses, no-nonsense approach to motivating kids to take responsibility for their actions and inspiring them to want to do better.

## **The Complete Learning Disabilities Handbook: Ready-to-Use Strategies & Activities for Teaching Students with Learning Disabilities**, by Joan M. Harwell and Rebecca Williams Jackson.

This resource book provides comprehensive information, strategies and activities for working with learning disabled students, including diagnostic tools and remediation techniques, specific interventions for specific problems and ways to increase motivation, participation and self-esteem in even the most reluctant learner. It also suggests classroom management strategies proven to work with learning-disabled students and tips for working successfully with parents.

## **The Official Parent's Sourcebook on Dysgraphia: A Revised and Updated Directory for the Internet Age**

by [.. Icon Health Publications](#)

Icon Health Publications | September 1, 2002 | Mass Market Paperbound

This sourcebook has been created for parents who have decided to make education and Internet-based research an integral part of the treatment process. Although it gives information useful to doctors, caregivers and other health professionals, it also tells parents where and how to look for information covering virtually all topics related to dysgraphia, from the essentials to the most advanced areas of research. The title of this book includes the word official. This reflects the fact that the sourcebook draws from public, academic, government, and peer-reviewed research. Selected readings from various agencies are reproduced to give you some of the latest official information available to date on dysgraphia.

## **Breakthrough Parenting For Children With Special Needs: Raising The Bar Of Expectations**

by [Judy Winter](#)

Wiley | February 22, 2006 | Trade Paperback

Breakthrough Parenting for Children with Special Needs challenges families and professionals to help children with special needs to reach their full potential by using a proven motivational, how-to approach. This groundbreaking and inspiring book provides detailed information on how to let go of the "perfect-baby" dream, face and resolve grief, avoid the no-false-hope syndrome, access early intervention services, and avoid the use of limiting and outdated labels. Also included are specific guidelines for working with professionals, understanding the law and inclusion, planning for the future, and insightful. This is a practical and philosophical guide to solving the problems--large and small, mundane and extraordinary--that confront all families and strong communities. By offering revealing anecdotes about ordinary people as well as helpful suggestions about changing everyday behavior, *The 7 Habits of Highly Effective Families* shows how and why to have family meetings, the importance of keeping promises, how to balance individual and family needs, and how to move from dependence to interdependence. *The 7 Habits of Highly Effective Families* is an invaluable guidebook to the welfare of families everywhere.

## **Shut Up About Your Perfect Kid: A Survival Guide For Ordinary Parents Of Special Children**

by [Gina Gallagher](#), [Patricia Konjoian](#)

### **AUTHORS' DISCLAIMER:**

**We are not in any way experts on parenting children with disabilities. Our goal is simply to share strategies that have worked for each of us in the event it may help those in a similar situation. If you're different from us (i.e., you are bright or of the perfect persuasion), we advise you not to try the following at home.**

On a "perfection-preoccupied planet," sisters Gina and Patty dare to speak up about the frustrations, sadness, and stigmas they face as parents of children with disabilities (one with Asperger's syndrome, the other with bipolar disorder).

This refreshingly frank book, which will alternately make you want to tear your hair out and laugh your head off, should be required reading for parents of disabled children. Shut Up About Your Perfect Kid provides wise and funny advice about how to:

- Find a support group-either online or in your community
- Ensure that your child gets the right in-school support
- Deal with people-be they friends, family members, or strangers-who say or do insensitive things to you or your child
- Find fun, safe, and inclusive extracurricular activities for your child
- Battle your own grief and seek professional help if you need it
- Keep the rest of the family intact in moments of crisis

## **The Everything Parent's Guide To Children With Dyslexia: All You Need To Ensure Your Child's Success**

by [Jody Swarbrick](#), [Abigail Marshall](#)

Adams Media Corporation | September 10, 2004 | Trade Paperback

This intensively researched book guides parents on how to:

- Understand how to interpret reading assessment tests and scores
- Know to ask for the most effective reading instruction methods
- Introduce children to hands-on strategies for classroom success
- knowledgeable about other disorders that often coexist with dyslexia

## **Nonverbal Learning Disabilities At Home: A Parent's Guide**

by [Pamela B Tanguay](#)

Jessica Kingsley Publishers | April 1, 2001 | Trade Paperback

...explores the variety of daily problems children with NLD may face and provides practical strategies for parents and professionals to help them cope and grow, from preschool through the challenges of the adolescent years

## **The Parent's Guide to Speech and Language Problems**

by [Debbie Feit](#)

McGraw-Hill Companies, Inc. | July 23, 2007 | Trade Paperback

**Your definitive guide for helping your speech-impaired child--cowritten by two in-the-trenches experts**

When a child has communication problems-- diagnosed or not--parents are first looking for a place to go for help. The Parent's Guide to Speech and Language Problems is a one-stop resource, offering not just the most up-to-date medical information but also advice and encouragement from a mom who's been there.

Author Debbie Feit has two children with speech problems and knows what it takes to survive and thrive day-to-day as a family. No other book on the market can match this one for its combination of clinical research and real-world, hands-on parenting solutions.

## **Medical/Physical Health Issues at school**

### **The Everything Parent's Guide To Children With Juvenile Diabetes: Reassuring advice for managing symptoms and raising a happy, healthy child**

by [Maira Mccarthy](#), [Jake Kushner](#)

Adams Media Corporation | April 2, 2007 | Trade Paperback

As a parent of a child diagnosed with diabetes, you are faced with overwhelming, and sometimes frightening, questions like: Will my child be able to eat sweets again? How will I ever be able to let them go out on their own? What is the newest technology and how can it help my child? Is a cure really on the horizon? The Everything Parent's Guide to Children with Juvenile Diabetes helps you cope with the challenges of helping your children live happy, healthy lives while controlling the disease. This reassuring, easy-to-use guide features advice on: Adjusting to life with diabetes. Helping your children take control of their health · Monitoring diet and insulin levels · Handling emergencies · Finding support for you and your children The Everything Parent's Guide to Children with Juvenile Diabetes > helps parents deal with the challenges you and your child face when living

## **Get a Healthy Weight for Your Child: A Parent's Guide To Better Eating And Exercise**

by [Brian McCrindle](#), [James Wengle](#)

Robert Rose | September 8, 2005 | Trade Paperback

One in seven American children is either overweight or obese.

More than 10 million American children are overweight or obese and the numbers are growing. Kids are consuming too many calories, eating too much fast food, and not getting enough exercise. Such oversized kids are at risk for the early onset of adult diseases such as diabetes, hypertension, high cholesterol and even strokes.

**Get a Healthy Weight for Your Child** is designed to help parents prevent and treat childhood obesity using the best medical and scientific methods rather than potentially dangerous fad diets and exercise routines. This book will help parents to:

- Recognize if their child is overweight

- Realize the medical consequences of being overweight

- Understand the social, behavioral, and biological causes of being overweight

- Improve both their child's and family's eating habits, nutrition and overall physical fitness.

The book features practical treatment and prevention with hands-on exercises and informative charts for:

- The stages of diagnosing overweight problems

- Treatment options

- Parental support and encouragement

- A step-by-step recovery map

- Helpful suggestions for family members, teachers, coaches, and friends

## **Sensory Processing Disorders**

### **The Out-of-sync Child**

by [Carol Kranowitz](#) Preface by: [Lucy Jane Miller](#)

The Out-of-Sync Child broke new ground by identifying Sensory Processing Disorder, a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. This newly revised edition features additional information from recent research on vision and hearing deficits, motor skill problems, nutrition and picky eaters, ADHA, autism, and other related disorders.

## **Parenting a Child with Sensory Processing Disorder: A Family Guide to Understanding and Supporting Your Sensory-Sensitive Child**

by [Christopher R. Auer](#) Foreword by: [Lucy Jane Miller](#) with: [Susan L. Blumberg](#)

New Harbinger Publications | December 15, 2006 | Trade Paperback

Does your child react strongly to noises or smells or textures that other children take in stride? Or does he or she beg for more touch and massage, rocking until he or she is dizzy? This child may be living with a little-known condition called sensory processing disorder (SPD). Kids with SPD may seem unduly sensitive to physical sensations, light, and sound, or they may seek out sensations that might make another child woozy. SPD can make it hard for kids to concentrate in school, engage in social events, and live peaceably with other family members. Until now, there have been only limited resources for parents of kids with this condition, but in this book a child advocate and child psychologist offer a comprehensive guide to parenting a child with SPD and integrating his or her care with the needs of the entire family. The book describes the symptoms of SPD and offers an overview of what it means to live with and care for a child with the condition. It provides a range of activities that help strengthen family relationships, improve communication about the disorder, and deal with problem situations and conditions a child with SPD may encounter. Throughout, the book stresses the importance of whole-family involvement in the care of a child with SPD, making sure that everyone is given the attention they need.

## **When the Brain Can't Hear: Unraveling The Mystery Of Auditory Processing Disorder**

by [Teri James Bellis](#)

In this landmark book, Dr. Teri James Bellis, one of the world's leading authorities on auditory processing disorder (APD), explains the nature of this devastating condition and provides insightful case studies that illustrate its effect on the lives of its sufferers.

Millions of Americans struggle silently with APD. For many of them, holding a simple conversation can be next to impossible. As sound travels through an imperfect auditory pathway, words become jumbled, distorted, and unintelligible. As Dr. Bellis notes, the most profound impact of this highly specific impediment to auditory comprehension may be on the young. Facing a severely reduced ability to read, spell, comprehend, and communicate, children with APD are subject to anxiety, academic failure, and a damaged sense of self. Often, they are misdiagnosed.

Discussing the latest and most promising clinical advances and treatment options, and providing a host of proven strategies for coping, Dr. Bellis takes much of the mystery out of APD. If you or anyone you know has difficulty comprehending spoken language, or if your child is struggling in school, this important book may have the answers you need.

## **The Parent's Guide to Speech and Language Problems**

by [Debbie Feit](#)

McGraw-Hill Companies, Inc. | July 23, 2007 | Trade Paperback

### **Your definitive guide for helping your speech-impaired child--cowritten by two in-the-trenches experts**

When a child has communication problems-- diagnosed or not--parents are first looking for a place to go for help. The Parent's Guide to Speech and Language Problems is a one-stop resource, offering not just the most up-to-date medical information but also advice and encouragement from a mom who's been there.

Author Debbie Feit has two children with speech problems and knows what it takes to survive and thrive day-to-day as a family. No other book on the market can match this one for its combination of clinical research and real-world, hands-on parenting solutions.

## **101 Games and Activities for Children With Autism, Asperger's and Sensory Processing Disorders**

by [Tara Delaney](#)

LEARNING THROUGH PLAY One of the best ways for children with autism, Asperger's, and sensory processing disorders to learn is through play. Children improve their motor skills, language skills, and social skills by moving their bodies...

## **Sexual Orientation/Transgendered Children**

### **Always My Child: A Parent's Guide to Understanding Your Gay, Lesbian, Bisexual, Transgendered or Questioning Son or Daughter,**

by Kevin Jennings, Executive Director of the Gay, Lesbian and Straight Education Network (GLSEN) with Pat Shapiro, M.S.W.

Parents whose children are gay, lesbian, bisexual, transgender or who are going through a "questioning phase" are often in the dark about what their children face every day. The author explains what these children often encounter – teasing and harassment – and offers advice on how parents can initiate constructive communication with their child, recognize depression and signs of drug abuse and harassment, and successfully advocate for their child's well-being outside the home.

## **The Complete Lesbian And Gay Parenting Guide**

by [Arlene Istar Lev](#)

Gay parenting is a productive and positive decision, but author and lesbian mother Arlene Lev admits it isn't always an easy one. With practical wisdom and advice, and personal real-life stories, Lev prepares gay parents for this endeavor with everything they need to know and everything they can expect while making their own significant and challenging mark on family life in the 21st century.

## **Special Situations:**

### **When A Parent is Sick: Helping Parents Explain Serious Illness to Children**

by [Joan Hamilton](#)

What do you tell children when a parent has been diagnosed with a serious illness? What should you do? What should you talk about? When do you tell them? What words should you use? This book provides parents and other care givers with suggestions on how to approach children with the information that their parent is seriously ill. Joan reviews a child's understanding and response to serious illness at different stages of development. She provides suggestions of how adults may help the child cope with their feelings and the daily disruptions the illness has created. Joan Hamilton is a clinical nurse specialist for cancer care in Halifax, Nova Scotia. She has worked with cancer patients and their families over the last 20 years

### **Parenting Through Crisis: Helping Kids In Times Of Loss, Grief, And Change**

by [Barbara Coloroso](#)

In this companion to her bestselling "Kids are Worth It!," parenting educator Barbara Coloroso shows how parents can help children find a way through grief and sorrow during the difficult times of death, illness, divorce, and other upheavals. She offers concrete, compassionate ideas for supporting children as they navigate the emotional ups and downs that accompany loss, assisting them in developing their own constructive ways of responding to what life hands them. At the heart of her approach is what she calls the T.A.O. of Family -- Time, Affection, and Optimism -- coupled with her deep understanding of how people move through grief. Barbara Coloroso's clear answers to difficult questions are enriched by uplifting humor and insightful anecdotes from her own experiences as a Franciscan nun, mother of three, and her thirty years as a parenting educator. With this Guide in hand, parents can feel assured that they are responding with wisdom and love when children need them most.

## **Parenting a Grieving Child: Helping Children Find Faith, Hope, and Healing**

by [Mary DeTurrís Poust](#)

Loyola Press | March 15, 2002 | Trade Paperback

Teaching children how to deal with death can be a difficult process, but it can be made easier by following certain guidelines. In "Parenting a Grieving Child," author Mary DeTurrís Poust offers practical advice for parents helping children through the grieving process, whether it's the loss of a parent, the death of a sibling, even the death of a pet. Stories from real parents enhance the information and offer hope for healing.

Written from a faith perspective, the book emphasizes the role of religion in grieving and healing. Parents also learn how to deal with their children's emotions and help them face the reality and finality of death and begin healing.

## **Lifetimes: The Beautiful Way To Explain Death To Children**

by [Bryan Mellonie](#) Illustrator: [Robert Ingpen](#)

When the death of a relative, a friend, or a pet happens or is about to happen . . . how can we help a child to understand?

Lifetimes is a moving book for children of all ages, even parents too. It lets us explain life and death in a sensitive, caring, beautiful way. Lifetimes tells us about beginnings. And about endings. And about living in between. With large, wonderful illustrations, it tells about plants. About animals. About people. It tells that dying is as much a part of living as being born. It helps us to remember. It helps us to understand.

Lifetimes . . . a very special, very important book for you and your child. The book that explains-beautifully-that all living things have their own special Lifetimes.

## **The Parent's Guide To Self Harm: What Parents Need to Know**

by [Jane Smith](#)

Lion UK | October 1, 2012 | Trade Paperback

**Written by parents for parents, this handy guide book shows both how to deal-and help-when a child is engaging in self-harm**

An ever-increasing number of young people are turning to self-harm in order to cope with the pressures of modern living, and this poses a huge problem for parents and others who care for them. This book provides the answers needed to the pressing questions these parents struggle with daily, and shows that there is hope in these distressing situations. Questions addressed include: How do I know for sure whether my child is self-harming? How should I approach my child? What help and treatment is available to us? What can I do to help my child? and How have other parents coped? Full of the real-life experiences of parents who have been there, this is a practical book that will both inform and equip parents to help their children and themselves get through this difficult time.

**The Hurt**, by Teddi Doleski.

Intended for both children and adults, this illustrated book describes the hurt feelings of a child, Justin, when his best friend Gabriel calls him a name. Finally, through sharing his feelings and reconciliation, Justin is able to let the Hurt go, and enjoy life with his family and friends.

## **Social Skills/Building Peer Relationships**

### **Nobody Likes Me, Everybody Hates Me: The Top 25 Friendship Problems and How to Solve Them**

by [Michele Borba](#)

Wiley | March 11, 2005 | Trade Paperback

Do you wish your kid had more friends or could keep the ones she has?

Is teasing, gossiping, bullying, or cyber-bullying a problem?

Is she often left out or rejected by other kids?

Does he just follow the crowd? Are you concerned about his friends?

Does she complain that she's unpopular or that nobody likes her?

Are you at a loss for how to help your child handle those play dates, sleepovers, being shy, too sensitive, too competitive, or having a bad reputation?

Look no further. The resource you need to solve these problems and boost your child's social competence is in your hands. Based on a survey of five thousand teachers and parents, *Nobody Likes Me* shows how to teach your child the 25 most essential friendship-building skills kids need to find, make, and keep friends, as well as survive that social pressure from peers.

### **The Unwritten Rules of Friendship: Simple Strategies to Help your Child Make Friends**

by [Natalie Madorsky Elman](#), [Eileen Kennedy-moore Ph.d.](#)

This practical and compassionate handbook helps parents sharpen any child's social skills by identifying the "unwritten rules" that govern all relationships.

### **The Friendship Factor: Helping Our Children Navigate Their Social World—and Why It Matters For Their Success And Happiness**

by [Kenneth Rubin](#), [Andrea Thompson](#)

Penguin Books | April 29, 2003 | Trade Paperback

Based on twenty-five years of research on friendship, Dr. Kenneth H. Rubin reveals the importance of children's social development to their emotional and intellectual growth—and future success. In *The Friendship Factor* he uses vivid case studies to differentiate normal development from potential problems and real distress.

## **Mom, They're Teasing Me: Helping Your Child Solve Social Problems**

by [Michael Thompson](#)

Random House Publishing Group | August 3, 2004 | Trade Paperback

Through vividly written case studies and a reader-friendly question-and-answer format, *Mom, They're Teasing Me* is full of specific, how-to advice for parents to help their children navigate the sometimes harsh terrain of social life-which includes name-calling, after-school fights, esteem-crushing cliques, and malicious exclusion by the popular kids. Through thoughtful discussion and insightful suggestions, parents will discover

- The difference between real risk and normal social pain
- The appropriate time to intervene-and when to step back
- Tips on how to mediate between children-without appearing meddlesome
- The importance of teaching and encouraging leadership
- The redemptive power of friendship

*Mom, They're Teasing Me* answers key questions about the many manifestations of social cruelty, offers compelling descriptions of prime "teasing" scenarios, and illustrates how to counter them. It is an indispensable book for involved parents who want to make their child's formative years rich and rewarding

## **Teaching Your Child the Language of Social Success**

by [Marshall Duke](#), [Stephen Nowicki](#), [Elisabeth Martin](#)

Peachtree Publishers | September 18, 2003 | Trade Paperback

### **Help your child master the language of nonverbal communication.**

Do you know what nonverbal language is? Even if you can't define it, you speak it every day through your postures, gestures, facial expressions, and tone of voice, and you must constantly read these same signals from others. In fact, nonverbal messages can carry up to 90% of the meaning of human interaction and contribute significantly to social, academic, and professional success.

Yet even though we recognize the importance of nonverbal communication, we have generally left the teaching of this essential language to chance. Now parents and teachers can help children develop nonverbal skills so that they will be able to communicate more effectively and to interact with others more successfully.

In *Teaching Your Child the Language of Social Success*, clinical psychologists Marshall Duke and Stephen Nowicki and educator Elisabeth Martin describe and explain the methods and rules of nonverbal communication. Together they have created an easy-to-use guide which offers definitions and techniques for assessing a child's strengths and weaknesses in this unspoken realm, as well as case studies, illustrations, and exercises for teaching or improving nonverbal skills at home or in the classroom.

# **Tourette Syndrome**

## **Is My Child OK? When Behavior Is a Problem, When It's Not, and When to Seek Help**, by Henry A. Paul, M.D.

This guide, written by an expert in children's mental health, offers parents reassuring advice on ways to tell the difference between a normal stage of development and a true problem their child may exhibit. Organized by symptom, and covering everything from tantrums to learning disorders, this reference book tells parents how best to help their child through a rocky period and when to get an expert's help.