



PARENT RESOURCE CENTER RESOURCE LIST

BOOKS



ALCOHOL

ALCOHOLISM: (Arthur Diamond) Well-organized, factually forthright and unintimidating this delivers a substantial quantity of information in an economy of space.

ALCOHOLICS ANONYMOUS: (World Services Inc.)

KID'S POWER Healing games for children of alcoholics:

(Jerry Moe & Don Pohlman) Healing games that help kids to step back and look at situations with safety and provide the means to express things they wouldn't feel safe expressing any other way.

STUDENT DRUG and ALCOHOL ABUSE: (Richard L. Towers)

WHEN YOUR PARENT DRINKS TOO MUCH: (Eric Ryerson) A self-help guide for teenagers with alcoholic parents, discussing alcoholic parents, discussing alcoholism, methods of dealing with it, and where to go for help.

CONDUCTING SUPPORT GROUPS FOR STUDENTS

AFFECTED BY CHEMICAL DEPENDENCE: (Martin Fleming) This book: Clarifies the effects of chemical dependence, discusses the basic types and goals of support groups, provides practical information on starting groups, outlines support group programs and formats, describes strengths needed by group leaders, outlines strategies for identifying affected students and describes evaluation of groups and group members.

"MY DAD LOVES ME, MY DAD HAS A DISEASE":

(Claudia Black) A child's view of living with a parent with an addiction.

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BULLYING

"Words Will NEVER Hurt Me" Helping Kids Handle Teasing, Bullying and Putdowns: (Sally Northway Ogden)

This book teaches tons of practical, memorable and fun methods to teach kids so that they can handle situations that used to make them feel stressed and inadequate. Using quotes, humor, illustrations, and real-life examples, this book makes it easy to remember and apply the skills that could make your children's relationships more pleasant and their lives more enjoyable.

EASING the TEASING: (Judy S. Freedman, M.S.W., L.C.S.W. The guidance you need to help your child cope with taunts, name-calling and bullying.

HOW To HANDLE BULLIES, TEASERS and OTHER

MEANIES: (Kate Cohen-Posey, M.S., LMHC, LMFT) A wonderful parent-child, how-to resource that every young person will need at some time in her or her life.

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DISCIPLINE



TAKING "NO" FOR AN ANSWER AND OTHER SKILLS

CHILDREN NEED: (Laurie Simons, M.A.) 50 quick, lively games to play with your children to help instill some essential skills like listening, solving their own problems, and getting along with siblings, just to name a few.

WITHOUT SPANKING or SPOILING-(Toddler & Preschool):

(Elizabeth Crary) This book is packed with tips on how to set limits, encourage good behavior, and avoid problems. It is full of helpful examples, exercises, and summary sheets-plus 150 specific ideas for overcoming the most common behavior problems. This classic parenting guidebook is the answer for discouraged parents.



DIVORCE



I DON'T WANT TO TALK ABOUT IT-A Story About Divorce For Young Children-(Ages 4 to 8:

(Jeanie Franz Ransom, M.A.; Illustrated by Kathryn Kunz Finney) This book features a comprehensive after word that describes children's common reactions to divorce and offers suggestions to parents for helping their own children adjust and thrive.

THE BOYS AND GIRLS BOOK ABOUT DIVORCE: (Richard A. Gardner, M.D.) A warm and honest book that provides reassuring answers to these and many more crucial questions children ask about divorce.

THE KIDS' BOOK OF DIVORCE - by, for & about kids: (The Unit at the Fayerweather Street School) The first book to address the subject of divorce specifically from a child's point of view.

DIVORCED KIDS: (Warner Troyer)

DIVORCE AND THE AMERICAN FAMILY: (Franklin Watts) This book discusses the history of the family and divorce, laws pertaining to divorce and their reform, formerly married persons and their children, remarriage, alternate life-styles, and the future of the family.

DIVORCED BUT STILL MY PARENTS: (Shirley Thomas, Ph.D. and Dorothy Rankin) This book educates children about the divorce process, identifies and validates their feelings, and leads them through the grief process in an organized and compassionate way.

MOM'S HOUSE, DAD'S HOUSE FOR KIDS: (Isolina Ricci, Ph.D.) An inside view of separation, divorce, and forming a stepfamily. It is primarily for children ten and older to read alone or with their parents. It is meant to be an encouraging and realistic friend that empowers children with practical ways to gain understanding, some perspective, and self-knowledge.

GINNY MORRIS AND MOM'S HOUSE, DAD'S HOUSE: (Mary Collins Gallagher) A resourceful book/story with some ideas and solutions to solve the practical problems and hard feelings that inherently follow a joint custody arrangement.

WAS IT THE CHOCOLATE PUDDING?: (Sandra Levins) A story for little kids about divorce. With this gentle story, young children can begin to understand that divorce is about grown-up problems, while getting comforting answers to their most pressing questions. (Ages 2-6)

WHEN MY PARENTS FORGOT HOW TO BE FRIENDS: (Jennifer Moore-Mallinos) The purpose of this book is to acknowledge some of the concerns and anxieties your child may experience during this transition of change within your family unit.

FEELINGS



When I Feel Scared/When I Feel Sad (Ages 3 to 6): (Two books by Cornelia Maude Spelman) These two books help children address feelings of fear and sadness and learn new ways to cope with these emotions. The short, well-reasoned narratives, child-centered points of view, and practical suggestions make these books a good choice for preschoolers. An excellent note to parents and teachers precedes each story.

SOMETIMES I WORRY TOO MUCH (Ages 5-10): A surprising number of children worry too much, often for reasons that may seem completely illogical to others. This sensitively written book helps children cope with their predisposition towards excessive worry, and hopefully will prevent more serious anxiety disorders.

WHAT TO DO WHEN YOU'RE SCARED & WORRIED, a guide for kids: (James J. Crist, Ph.D.) Everyone has fears and worries some of the time. But you don't have to stay scared and worried. This book can help!

FEELING SAFE/FEELING STRONG: (Susan N. Terkel & Janice E. Rench) Fictional vignettes depict acts of child sexual abuse, such as pornography, incest, rape and obscene phone calls; and information on handling such situations is offered.

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*GRIEF



WHAT ON EARTH DO YOU DO WHEN SOMEONE DIES?

(Grades K-5) (Trevor Romain) This book helps young people through the pain of losing a loved one by answering in simple, honest words many of the questions that are part of the grieving process. Also offers practical strategies for dealing with the overwhelming emotions one experiences when grieving.

WHEN A FRIEND DIES: (Marilyn E. Gootman, Ed.D.) A book for teens about grieving & healing. Speaks directly and simply to anyone who has suffered the loss of a friend.

DEATH & DYING opposing viewpoints: (David L. Bender/Richard C. Hagen) This book is part of the **opposing viewpoints series**, developed to help readers become more intelligent and discriminating consumers of information in our media-centered culture. The series uses magazines, journals, books and newspapers, as well as statements and position papers from a wide range of individuals and organizations.

THE GRIEVING CHILD: (Helen Fitzgerald) This book offers practical, compassionate advice for helping a child cope with the death of a parent or other loved one. Covers much needed guidance for parents of children from preschool age to the teen years.

THE YEAR MY MOTHER WAS BALD: (Ann Speltz) For ages 8-13. This book is based on the family experiences of a loved one with cancer.

SAMMY'S MOMMY HAS CANCER: (Sherry Kohlenberg) For ages 3-8. This a warm, sensitive, straightforward story that will help young children understand and accept the changes in their lives when a parent is diagnosed with a life-threatening illness.

SAMANTHA JANE'S MISSING SMILE: (Julie Kaplow and Donna Pincus) A story about coping with the loss of a parent.

WHAT ABOUT ME? WHEN BROTHERS AND SISTERS GET SICK: (Allan Peterkin, M.D.) This is a sensitive and tender story about a subject rarely treated and yet so often experienced.

THE YOUNG DIE QUIETLY: (Whitney North Seymour, Jr.) Centering on the narcotics problem in America.

▣ **WHEN STUDENTS GRIEVE: A guide to Bereavement in the School:** (Alfred J. Liotta, Ed.D.) Explores the special roles that anger and guilt play in mourning and understand how deaths by suicide, homicide or other violent events complicate the normal grieving process.

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MISCELLANEOUS



STUDENT EATING DISORDERS: Anorexia, Nervosa and Bulimia (Michael P. Levine)

HELP YOUR TEENAGER BEAT AN EATING DISORDER: (James Lock, MD, PhD; Daniel Le Grange, PhD) This book offers a comprehensive account of the challenges of dealing with an adolescent's eating disorder-and what you can do to restore your child to a normal, healthy life.

RAPE: (Janet Bode) This book discusses the crime of rape, what it is, why it may occur, how to prevent it, and how to handle the legal, medical, and emotional aftermath.

CHILD ABUSE & NEGLECT (2nd edition): (Cynthia Crosson Tower)
How schools can help combat child abuse and neglect.

STUDENT PREGNANCY: (Nancy Compton, Mara Duncan, Jack Hruska)

PRIDE & PREJUDICE: Working with lesbian, gay and bisexual youth: (Central Toronto Youth Services)

HOW TO MAKE (and keep) FRIENDS: (Elizabeth Karlsberg) Ready to let the real you shine in everything you do? This book has drawings, charts, do's and don'ts, questionnaires and quizzes while showing you how to make the most of yourself and your world.

NOBODY LIKES ME, EVERYBODY HATES ME: THE TOP 25 FRIENDSHIP PROBLEMS AND HOW TO SOLVE THEM:
(Michele Borba, Ed.D.) A hands-on guide for parents and teachers of kids from 4-15. This book will help your child build skills they need to make and keep friends, as well as survive the social pressures from peers.

HOW TO GET ALONG WITH PEOPLE - A woman's guide to the world around her: (Michael Drury) In this wise and knowing book, Miss Michael Drury shows how every woman can magnify her own personal happiness through the delicate art of learning to get along with everyone around her.

VIOLENCE IN AMERICA: (Stephen Goode) Author Stephen Goode's clarification of the causes and his estimate of America's future path make this a valuable book about a serious American problem.

WHAT'S RIGHT WITH OUR YOUNG PEOPLE: (Grace Nies Fletcher)

WHO CARES WHAT I THINK?: (American Teens talk about their lives and their country) A chance to listen to thoughtful young Americans describing the nitty-gritty of their lives as well as their hopes for themselves and the American dream.

HELP! WE'RE MOVING: (Dianna Daniels Booher) This book helps sort through some of your feelings and attitudes about moving, and gives you tips and pointers on how to make the event easier.

YOU'LL SURVIVE!: (Fred Powledge) Late blooming, early blooming, loneliness, klutziness, and other problems of adolescence, and how to live through them.

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YOUR PARENTS and YOUR SELF: (David Klein and Marymae E. Klein) Examines the effects of parents and home experience on the life and behavior of young people, discussing such aspects as genetics, environment, learning, intelligence, moral attitudes, character building, friends, higher education, and job choices.

TWO TEENAGERS IN TWENTY: (Writings by gay and lesbian youth)

TAKING DOWN SYNDROME to SCHOOL: (Jenna Glatzer) Very easy to read book about down syndrome and the different feelings and varying degrees of down syndrome.

TAKING AUTISM to SCHOOL: (Andreanna Edwards) Explains some of the differences that children with autism have.

TAKING A.D.D. to SCHOOL: (Ellen Weiner) A story about ADD.

*PARENTING



LOVE and LOGIC Magic When Kids Leave You Speechless: (Jim Fay & Charles Fay, Ph.D.)

This book helps you learn when and how to take action. Discover what to say and do in the heat of battle and how to handle some of the most frustrating things that your kids will throw your way. A wonderful toolkit full of answers to those tough questions that children ask when parents are most vulnerable. We know that children will misbehave. Now parents have a powerful source for answers that can be given with love, hugs, and smiles.

SEVEN STEPS to HELP YOUR CHILD WORRY LESS: (Sam Goldstein, Ph.D., Kristy Hagar, Ph.D., and Robert Brooks, Ph.D.; Foreword by Edward Hallowell, M.D.) This book presents a seven-step plan to reduce worry, build confidence, and develop resilience in children. It tells parents how to help children communicate their concerns and face their worries, how to work with them to develop an anxiety management plan, and how to give them a resilient mindset.



HELPING YOUR CHILD OVERCOME SEPARATION ANXIETY OR SCHOOL REFUSAL: (Andrew R. Eisen, Ph.D. & Linda B. Engler, Ph.D.)

This book shows you how to identify when your child's separation anxiety or school refusal (among other things) is more than just a phase and offers effective tools that you can use to manage your child's anxiety.

HELPING YOUR DEPRESSED CHILD: (Martha Underwood Barnard, Ph.D.) You will learn how to assess and understand your child's symptoms, seek the appropriate help, and discover how you and your family can help your child through this rough time and participate together in a wellness plan.

HELPING YOUR CHILD WITH OCD: (Lee Fitzgibbons, Ph.D., & Cherry Pedrick, RN) You'll learn how to recognize your child's specific OCD symptoms, understand causes of and treatment options for OCD, and teach your child the tools and techniques they need to deal with their OCD behavior.

"The Answer is NO"~SAYING IT and STICKING TO IT (Ages 2 to 12): (Cynthia Whitham, MSW) This book tackles 26 problems: biting,

lying, rotten restaurant behavior, bad manners, balking at bedtime, homework resistance, too much TV, grocery store begging, the “**everyone else can**” syndrome, phone trouble, and more. Organized for quick reference, this no-nonsense book provides hands-on strategies for getting the behavior you want. For those situations that are already out of control, it gives you the tools to set firm, fair limits.

The SLEEP BOOK for TIRED PARENTS: This book covers every common sleep problem, including frequent waking, trouble getting to sleep, reluctance to sleep alone, unusual sleep cycles, and nightmares. It gives parents not just a single solution, but also several options. Easy to read and full of practical suggestions, this book helps both parents and children get the rest they need.

NIGHT-NIGHT: (Cynthia MacGregor) Settle-down activities for easy bedtimes.



LITTLE SCHOOL (Ages 2 to 5): (Beth Norling) This book is perfect for young ones just starting preschool, it explains the routine, from bathroom breaks to playground fun, showing children just what to expect. Youngsters love learning the names of the 20 preschoolers featured and following them through their action-packed day at little school.

PARENTING the STRONG-WILLED CHILD~Revised and Updated Edition (Ages 2 to 6): (Rex Forehand, Ph.D. and Nicholas Long, Ph.D.) Every stressed out parent of a demanding, defiant youngster needs this book. This book helps you understand strong-willed behavior, gives you a 5-week blueprint for dealing with it, and shows you how to create a positive climate in the home.

BUT MOM, Everybody Else Does (Ages 5 to 10): (Kay Winters) This is a hilarious book about a girl who imagines what life would be like if everybody did as he or she pleased and nobody had any responsibilities. Suddenly the claim that “everybody else does” seems a little silly.

Set Of All 7 Family Power Books (Ages K-8): (John F. Taylor, Ph.D.)

***No More Sibling Rivalry**-Helps parents increase harmony in their homes and help their children to become better friends. Explains how to decrease competition and encourage cooperation. Included are ways to deal with jealousy, fighting, and more.

***Helping Hands And Smiling Faces**-Practical Methods for training children in helpfulness. Topics include methods of assigning chores, gearing chores to the child, adding variety to chores, and adjusting parental and children's attitudes towards work.

***Correcting Without Criticizing**-Learn and encouraging way to talk to children about their misbehavior by following this stop-by-stop guide. Includes ways to set realistic standards for children and destructive roles to avoid.

***Encouraging The Discouraged Child**-Contains the essential ingredients to reverse malperformance and discouragement in children and build self-confidence. Practical and easy-to-learn methods for parents and teachers.

***Listening For Feelings**-Shows parents how to provide an accepting arena to encourage children to "open-up," convey their feelings honestly and openly, and practice healthy, effective personal assertiveness.

***Creative Answers To Misbehavior**-Teach parents how to avoid the ignore-nag-yell-punish-cycle. Included are 16 different ways to confront a child about misbehavior and 14 methods of effective disciplinary responses.

***Answers To Attention Deficit Disorder**-Find the tools you need to understand, cope with, and encourage a child with ADD/ADHS. Read about the causes of ADHD, medication, sensor motor training, preventing homework hassles, and building self-esteem.

SET OF ALL 10 INSTANT HELP BOOKS FOR PARENTS & KIDS:

***My Feeling Better Workbook**-(Sara Hamil, LCSW) Help for kids who are sad & depressed.

***My Lifebook Journal** (Therese Accinelli, LMFT) A workbook for children in Foster Care.

***Coping with Tourette Syndrome** (Sandra Buffolano, MA) A workbook for kids with Tic Disorders.

***Why Did You Die?** (Erika Leeuwenburgh, LPC & Ellen Goldring, LPC) Activities to help children cope with grief & loss.

***The Divorce Workbook for Children** (Lisa M. Schab, LCSW) Help for kids to overcome difficult family changes & grow up happy.

***Learning to Listen, Learning to Care** (Lawrence E. Shapiro, Ph.D.) A workbook to help kids to learn self-control & empathy.

***Knowing Yourself, Knowing Others** (Barbara Cooper, MPS & Nancy Widdows, MS) A workbook for children with Asperger's Disorder, Nonverbal Learning Disorder & other social-skill problems.

***I Bet I Won't Fret** (Timothy A. Sisemore, Ph.D.) A workbook to help children with generalized anxiety disorder.

***Say Goodbye to Being Shy** (Richard Brozovich, Ph.D. & Linda Chase, LMSW) A workbook to help kids overcome shyness.

***Finding Sunshine After the Storm** (Sharon A. McGee, LMFT & Curtis Holmes, Ph.D.) A workbook for children healing from sexual abuse.

COMPLETE LIBRARY OF CHILD DEVELOPMENT (Ages 1-14):

These books help parents better understand their children and guides them through the trials and experiences of parenthood. 1-3 Year Olds is a 3-book set that discusses all of the important questions that concern each age group, from sleeping and feeding routines to toilet training. 4-6 Year Olds is a 3-book set offering advice on sibling relationships, nursery school through school readiness and lying. 7-14 Year Olds is a 4-book set (with volumes on the 7-, 8-, 9-, and 10-14 year old) that deals with body awareness through sexual curiosity and drug and alcohol awareness. Comprehensive and highly readable, these volumes offer practical advice and enlightening psychological insights.

SURVIVAL TIPS for WORKING MOMS: (Linda Goodman Pillsbury)

This book is written for moms who are "sick of doing it all." From packing school lunches to supervising homework, from getting kids to do chores to finding after school care, the author offers concrete suggestions for making life easier. A light, but no nonsense resource that includes many inventive suggestions.

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PATHWAYS to LEARNING ACTIVITY BOOKS (Ages K-3):

These beautifully illustrated 16-page activity books help children deal with issues important to their emotional and physical health. Each book features an appealing animal character whose story helps the reader learn about the issue through activities such as word searches, mazes, coloring pages and thought-provoking, open-ended questions. Titles include: *Patty Porcupine Learns About Angry Feelings*, *Boo Bear Learns About Bullying*, *Sarah Skunk Learns About Teasing*, *Dana Deer Learns About Making Friends*, *Rachel Rabbit Learns About Cooperation*, *Sammy Squirrel Learns About Honesty*, *Otto Otter Learns About Good Manners*.

BUILDING CHARACTER BOOK SET: This appealing book set puts values in everyday terms kids can understand! 12 paperback books feature easy-to-read text filled with irresistible rhyme & rhythm...and full-color images on every page provide concrete examples of positive behavior. Books are 16 pages and include the following titles: *Working Together*; *Would It Be Right?*; *Think Before You Act*; *Show You Understand*; *Dare to Have Courage*; *Telling the Truth*; *Never Give Up*; *You Can Count On Me*; *Everyone Is Special and Unique*; *Following the Rules*; *Be a Friend*; *Sharing Is Caring*.

NO MORE MISBEHAVIN' 38 Difficult Behaviors and How to STOP Them: (Michele Borba, Ed.D.) Here is insightful, realistic, and straightforward advice that is sure to get immediate results.

HOW TO TALK TO YOUR KIDS ABOUT REALLY IMPORTANT THINGS: (Charles E. Schaefer, Ph.D. and Theresa Foy DiGeronimo, M.Ed) Specific Questions and Answers and Useful Things to Say. This book offers practical guidance on a wide range of life's experiences, from family changes like moving to a new home, divorce, and remarriage to controversial subjects such as child abuse and AIDS. For children four to twelve.

10 DAYS TO A LESS DEFIANT CHILD: (Jeffrey Bernstein, Ph.D.) This book offers exercises to help you evaluate your own behaviors and

respond to rebellious children in a more constructive way. Simple-to-follow and extremely effective.

REWARDS FOR KIDS! READY-TO-USE CHARTS &

ACTIVITIES FOR POSITIVE PARENTING: (Virginia M. Shiller, Ph.D. with Meg F. Schneider) This book shows parents how to use a variety of child-friendly sticker charts and other tools to help children improve their behavior without scolding, threats, or bribery. For preschoolers and elementary school children.

HELPING YOUR STRUGGLING TEENAGER: (Dr. Les Parrott III)

Start here for dependable expert advice. Practical information you need as a parent on 36 common, critical concerns your child may face. From drug and alcohol abuse to parental divorce and premarital sex, professional Christian counselor Les Parrott gives you essential insights not only on specific issues, but also on how to offer effective help as a parent.

HELPING YOUR CHILD OVERCOME AN EATING DISORDER

This book offers concrete strategies to use at home to facilitate and support recovery from eating disorders.

HELPING YOUR CHILD OVERCOME SEPARATION ANXIETY OR SCHOOL REFUSAL

This book describes practical, step-by-step strategies to help manage a child with separation anxiety.

HELPING YOUR CHILD WITH OCD (OBSESSIVE

COMPULSIVE DISORDER) This guide explains the causes of obsessive compulsive disorder and the scope of available treatments.

HELPING YOUR DEPRESSED CHILD

Parents can come to understand the causes of childhood depression, how to assess symptoms and behaviors, and how to help.

YOUR ANXIOUS CHILD: (John S. Dacey, Ph.D. & Lisa B. Fiore, Ph.D.)

This book offers dozens of activities that teachers and parents can use

immediately to teach children how to alleviate stress, build courage and trust, and become creative problem solvers.

PROBLEM SOLVER GUIDE FOR STUDENTS WITH ADHD:

(Harvey C. Parker, Ph.D.) A quick reference guide for busy teachers and parents who are looking for proven classroom strategies and parents tips for children of all ages with ADHD (with or without hyperactivity).

ADHD A TEENAGER'S GUIDE: (James J. Crist, Ph.D.) Easy to read comprehensive book which features everything teens want to know about ADHD.

HELPING YOUR ANXIOUS CHILD: Parents want to help their anxious children but often do not know how. Here at long last is a book designed just for that. It offers extensive and concrete steps to teach the child to cope with anxiety, using the means of behavior and thought. This book is highly recommended.

THE WORRIED CHILD: (Paul Foxman, Ph.D.) Recognizing anxiety in children and helping them heal.

WHAT TO DO WHEN YOUR BRAIN GETS STUCK (A KID'S GUIDE TO OVERCOMING OCD-OBSESSIVE COMPULSIVE DISORDER):

With engaging examples, activities, and step-by-step instructions, this book helps children master the skills needed to break free from OCD'S sticky thoughts and urges, and live happier lives.

HELPING YOUR ANGRY CHILD: This new book teaches essential skills that will put you safely back in you parental role, helping you and your child cope with anger in healthy ways. Included are many interactive worksheets that will help the entire family by practicing these new skills feel closer and more unified.

PARENTING TEENS WITH LOVE & LOGIC: (Foster W. Cline, M.D. and Jim Fay) This book is ideal for preparing adolescents for responsible adulthood.

INTERACTIONS: (Debbie Pincus) For parents and teachers to help assist in the skill of getting along with others. Over 40 creative activities to open communication lines between student and parent and student and teacher and between school and home!

PEER PRESSURE REVERSAL An Adult Guide to Developing a Responsible Child: (Sharon Scott) A systematic approach for adults to help school-age children learn to reverse negative peer pressure. It allows children to keep their friends while making good decisions.

HYPERACTIVITY - Why Won't My Child Pay Attention: (Dr. Sam Goldstein, child psychologist and Dr Michael Goldstein, Child Neurologist) This book offers parents current and accurate information about ADD which is essential to developing life-long strategies for our children. It will help parents avoid the pitfalls of those who have gone before us.

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STRESS / DEPRESSION



HUMOR, PLAY & LAUGHTER Stress-Proofing Life With Your Kids: (Joseph Michelli, Ph.D.)

This book contains practical advice and humorous real-life stories that will show you how to use humor to view your children's behavior from a new vantage point. You'll find yourself responding in more positive ways to even the most challenging parenting situations. And, each chapter contains creative activities to "open the door and let humor in," allowing you to put the play in and take the work out of parenting.

The HANDBOOK for HELPING KIDS With ANXIETY & STRESS:

(Kim "Tip" Frank, Ed.S.,LPC) A collection of practical, easy-to-follow tips and activities to help kids with various types of fears, anxieties and phobias. The first section includes insights, hints and suggestions for individuals working to help kids learn to cope with their anxiety and stress. The second section is for kids themselves. It includes stories, activities and suggestions that can help kids face fears such as:

sleeping alone, monsters, school phobia, bullies, the dark, test anxiety, germs/sickness and terrorism to name a few.

The SCARRED SOUL, Understanding & Ending Self-Inflicted

Violence: (Tracy Alderman, Ph.D.) This is the first book written for the victims of self-inflicted violence - and the first to teach them what they can do to STOP hurting themselves. This book will bring a sigh of relief to those seeking reasonable and logical insights and solutions to the problem of self-inflicted violence.

RAISING A MOODY CHILD. How to cope with depression and

bipolar disorder: (Mary A. Fristad PhD and Jill S. Goldberg Arnold, PhD) These trusted child psychologists translate decades of clinical and research experience into a detailed roadmap for teaching your moody child to get along better in the world.

RECOVERING From DEPRESSION: (Mary Ellen Copeland/Stuart

Copans) "I have nothing to look forward to." "I feel like crying all the time." "No one would miss me if I were gone." "Nothing seems to matter anymore." If this sounds like you, then this interactive workbook is just what you need. **Recovering from Depression** helps you recognize if you're depressed, learn what you can do to feel better, and build a safety plan to stay well.

WHEN NOTHING MATTERS ANYMORE: (Bev Cobain, R.N.C.) A

remarkable and much needed resource for young people with depression.

BUT EVERYONE ELSE LOOKS SO SURE OF THEMSELVES A

Guide to Surviving the Teen Years: (Denise V. Lang) Hones answers to some very tough questions from hundreds of ten to seventeen-year-old kids from all over the country.

HELPING YOUR DEPRESSED CHILD: (Martha Underwood Barnard,

Ph.D.) If your child shows symptoms of depression this book offers new hope and practical help for you and your family, as well as guidance for those times when you are not sure when and if you should seek outside help.

25 THINGS TO DO WHEN GRANDPA PASSES AWAY, MOM AND DAD GET DIVORCED, OR THE DOG DIES: (Laurie A. Kanyer, MA) Activities to Help Children Suffering Loss or Change.

WHY ARE YOU SO SAD?: (Beth Andrews) A child's book about parental depression.



□ INFORMATION CENTERS (PAMPHLETS/BROCHURES/ETC.)

Helping Hands Information Center - Help yourself...or give someone else a helping hand. This information center contains easy to read, quick to grab & take reference pamphlets about six different topics that parents may deal with at some point in their lives: *Helping Your Child Succeed in School; Handling Anger In Healthy Ways; Helping Your Child Cope with Death & Grief; Helping Your Child Cope with Divorce; What To Do About Children Who Lie, Cheat & Steal; Teaching Your Kids to Say "No" to Peer Pressure.*

For Parents Only Information Center - This center entails six different brochures for parents to take home and keep. The titles of the brochures are: *Teaching Your Child Responsibility; Teaching Conflict Resolution Skills; Encouraging A Positive Attitude; Building Your Child's Self-Esteem; Getting Along Better With Your Child; and Teaching Your Child To Make Smart Choices.*

Pointers For Preschool Parents- The purpose of this pamphlet is to answer frequently asked questions by parents about their children in a quick reference guide. The topics of this series of pamphlets are as follows: *Handling Your Child's Anger; Building Self-Esteem In The Preschooler; Disciplining Your Child; Handling Your Difficult Child; Sharing Positive Activities; Issues For Working Parents.*

Parent Resource Center (Helping Children with Common Behavioral Problems)

- This kit includes 5 self-help books for kids, the acclaimed 1-2-3 Magic videotape, two card games, and the just-released home version of the Catch Them Being Good! Behavior game. The kit comes in a cardboard carrying case for easy storage. Included are the following: *Every Time I Blow My Top I Lose My Head*- Teaches kids stress control techniques; *Everything I Do You Blame On Me*- Teaches children to take responsibility for their own actions; *1-2-3 Magic Tape*- One of the most effective and popular techniques for helping children with behavior problems; *The Very Angry Day That Amy Didn't Have*- Teaches children the importance of keeping cool while dealing with difficult situations; *Catch Them Being Good-Home Version*- Teaches 44 positive behaviors and is both a game and a positive behavior program; *Sometimes I Drive My Mom Crazy*- A unique book for helping ADHD kids understand their problems; *Anger Solution Card Game*- Teaches anger control techniques that make a significant difference in a child's life; *You & Me Card Game*- Includes 4 ways to teach children social skills.

Lakeshore Theme Boxes/Packs and Book Libraries

- Each of the following Theme Boxes is packed with props and manipulatives that give kids a tactile & visual sense of each concept. Plus, each box includes an invaluable guide with tips on how to use the props. Themed materials come in stackable plastic tubs. The following are the **Theme Boxes** we have available in the Parent Resource Center: *All About Me; Community & Careers; Families; Homes; Friendship*. Also available in take-home **Theme Packs** are the following themes: *School; Pets*. These packs come with tons of materials for children and parent to share...from write & wipe activity cards and themed manipulatives to puzzles & skill-building games! Plus, each pack includes a delightful paperback book that reinforces the theme even further-and encourages at-home reading! The **Theme Books** include the titles: *All About Me; Community & Careers; Families; Homes, and Friendship*. Each library includes 5 paperback books specially selected to complement the boxes above, all in a vinyl pouch for easy transporting.

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VIDEOS



Building Blocks For Successful Parenting- This video series helps parents with preschool children address the issues that are so important in the early years. Created to empower parents immediately, the series gives real help and real tools that every parent, including teenage parents, can use right away. The following five videos are what's available: *Handling Anger, Temper Tantrums and Sibling Rivalry Effectively; Preschooler Discipline: Making It a Positive Experience; Ages and Stages: Knowing What To Expect and When; Preparing Your Preschooler for Success in School; Working Parents and Your Preschooler.*

Hope for Underachieving Kids~Opening the Door to Success with Love and Logic- This video has an enormous amount of excellent information, ideas, and strategies for reaching the most apathetic kid. You will hear and see: *Why traditional techniques such as reminders, rewards, and punishments make the problem worse; How the brain rewards learning...and how to rebuild the internal drive to achieve; A step by step plan for reaching kids who just don't seem to care about school; Tools for preventing battles over schoolwork and homework; What to do when your child brings home a poor report card; How to respond when a child says, "I don't care"; Specific words to use with kids...not just theory.*

Parenting Doesn't Have To Be Rocket Science~Teach Kids Good Choices- This video was created to show that it is not what parents say, but how they respond; not the content of their lectures but the quality of their questions. With humor, compassion, common sense, and delightful clarity, Dr. Cline models reaching children.

You Can Be A Better Parent In 30 Minutes- This is a quick video with some tips on parenting your children.

Positive Parenting Video Series- These videos show parents how to handle situations with their children in a positive manner. The videos deal with issues such as the following: *Anger; Challenging Behaviors; Consequences; Limits; Physical Punishment; Listening.*

GAMES

Mind Your Manners (Ages 4 to 10): This delightful game helps children learn to behave in a considerate way at home, at school, and in the community. More than 100 colorful, illustrated game cards depict classroom courtesy, table manners, polite language, honesty, thoughtfulness, sportsmanship, grooming, punctuality, and more. Because good manners are essential to social acceptance, this game can benefit all children.

The Pocket-Sized Ungame (Ages 5 through Adult) (Rhea Zakich): This noncompetitive game encourages people to share thoughts, feelings, and ideas as they explore a variety of topics. Players respond to cards that pose personal questions. Contains 140 questions that helps families spend time together sharing their feelings and listening to one another. Kids love this game!

The Whodunit Responsibility Game (Ages 7-12): While children figure out "whodunit" in this game, they learn how to make positive, responsible choices in their own lives. Children love mysteries...and what better mystery game than one that teaches positive behavior? Includes a lively, colorful game board, checklists to help uncover the mystery, and even a Top Secret Envelope!

Consequences Game (Ages 3 and up): This game is a fun way to introduce or reinforce the idea that there is a consequence for all actions and behavior.

Catch Them Being Good Game (Ages 3-8): This game teaches more than 44 positive behaviors, like being patient, being kind, and respecting the rights of others. It also converts into an instant behavioral program with the special Star Wallets and Charts. Play this game just 15 minutes a day and watch how children learn good values and good behavior!

The Anger Control Collection: Children benefit most from training in anger control when they learn techniques from a variety of methods. This complete collection includes a board game, card game, script book, workbook, and comment ball.

OTHER

Parent Activity Cards (PAC)~Early Prevention of School

Failure- The activities in the box have provided a meaningful way for parents to follow-up with practice in specific skill areas at home. Examples of the activity areas available are language, visual, motor coordination ~ gross/fine, and auditory. Each card tells you why you are doing a specific card, what you need, and what to do. Extremely easy to follow!

****NOTE:** Numerous magazines on parenting are available. Also, there is literature on a variety of topics concerning your child's health, discipline, etc. **