

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Parenting, General

Material Title: **10 Days to a Less Defiant Child**

Author: Jeffrey Bernstein *Books* 7/14/2015 336

Occasional clashes between parents and children are not uncommon, but when defiant behavior-including tantrums, resistance to chores, and negativity-becomes chronic, it causes big problems within the family. In *10 Days to a Less Defiant Child*, family and child psychologist Dr. Jeffrey Bernstein shares a groundbreaking ten-day program to help parents understand their child's behavior and regain control of their household.

In this updated edition, parents will learn how to face new challenges, including defiance resulting from excessive technology use (even to the point of addiction) and the stress of modern family life. Dr. Bernstein explains what causes defiance in kids and why it's so destructive to the family, then offers parents a step-by-step guide on how to reduce conflict and end upsetting behaviors.

Material Title: **101 Activities for Kids in Tight Spaces**

Author: Carol Kranowitz *Books* 1995 162 pages

Full of fun, creative ideas to keep kids busy in "tight spaces," this book has something for all parents. From cooking fun to outdoor entertainment, the ideas in this book are designed to keep your kids happy wherever they may be.

Material Title: **55 Favorite Communication Techniques: That Get Kids Talking & Thinking**

Author: Lawrence E Shapiro *Books* 2005 137 pages

Expressing concerns, conflicts, and feelings are critical to a child's emotional and behavioral development. This book is divided into four sections describing proven techniques that help children "open up" about their feelings, including: 50 Conversation Cards, reproducible writing activities; and "talking rituals" to help make emotional communication a daily habit. Activities are designed for use by counselors, teachers, or parents. Ages 3 to 10

Material Title: **7 Strategies for Developing Capable* Students and Resourceful**

***Responsible, Respectful,**

Author: H. Stephen and Michael L. Brock Glenn *Books* 1998 320

A Proven Program That Helps Every Child Succeed

The number one goal of every parent and educator is to help children become successful adults. To achieve this goal children must learn self-discipline, responsibility, and judgment—the very same principles that help them become good students. But how do we teach such essential concepts in today's complex and temptation-filled world?

Nationally acclaimed educators H. Stephen Glenn and Michael L. Brock are renowned for their Developing Capable People workshops. Here they show you how to help children become more confident, motivated, respectful, and emotionally stable.

Material Title: **A Fine Young Man: What Parents, Mentors, and Educators can do to Shape Adolescent Boys into Exceptional Men**

Author: Michael Gurian *Books* 1999 320

From depression to dropping grades, from incidents of violence to teen suicide, today's adolescent boys are one of the largest at-risk groups in America today. In this bracing and insightful book, the bestselling author of *The Wonder of Boys* directs our attention to the unknown problems and marvels of this age group, helping parents and mentors shepherd boys through the challenging ages of ten to twenty.

Puberty encourages guilty alienation and fear. The result is that other boys often have a good deal of influence in the lives of younger adolescent friends, for better or for worse. A number of medical conditions have become almost common among adolescent boys, at least in part because of a lack of support. These range from simple depression, to trauma, to the elaborately named attention deficit hyperactive disorder (ADHD). Experimentation with drugs and alcohol has become almost common, and these contribute to delinquency and sometimes even to suicide.

In *A FINE YOUNG MAN* Gurian establishes three major stages in a boy's progress to manhood: transformation (the metabolic changes from ages nine to thirteen), determination (characterized by alternate aggression and withdrawal), and consolidation (indicated by determining and testing definitions of adult male behavior). He concludes by offering what he considers indications that the process of individuation has begun. He returns often to the worthwhile observation that what boys need at every stage of the process of maturing is consistent support from a variety of sources both within and outside of the family. It is this support that is too often lacking.

Material Title: **Active Communication: How to Strengthen Your Relationship with your Teen**

Author: Michael H. Popkin, PhD *DVDs*

Parenting, General

Material Title: **Active Parenting: A Parent's Guide to Raising Happy and Successful Children**

Author: Michael H. Popkin *Books* 2014 219 pages

Dr. Michael Popkin—one of the nation's foremost experts on parent education—explains positive discipline and communication techniques to help your family run more smoothly. This guide shows you why children misbehave and how to redirect them, nonviolent discipline that really works, how to prevent future problems with drugs, and much more. Millions of parents have used this "active" approach to raise courageous, cooperative children—and now you can, too!

Material Title: **Active Parenting: First Five Years**

Author: Michael H. Popkin, PhD *Books* 2017 144 pages

This guide teaches practical parenting skills that really work to help you make the most of your child's first five years. Written by one of the nation's foremost parenting experts, Dr. Michael H Popkin, in collaboration with university child development specialists, Active Parenting: First Five Years will help you nurture your child with a "just right" combination of freedom and nonviolent discipline.

You'll learn about:

- what a baby's cry means
 - your child's growing brain
 - preventing tantrums and other problems
 - building a loving bond
 - caring for your child at different ages and stages
 - using mindfulness to keep your cool
 - 6 ways to prepare your child for school success
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Material Title: **Addiction and Families: A Survival Guide**

Author: Joan Callender and Chad Dingle *Books* 2012 177 pages

This book interweaves personal stories from those who have been to the darkest places and back, with practical information and faith-based advice for anyone parenting a child of an alcoholic or drug user. Addiction & Families provides the tools necessary to help you reclaim your joy in everyday living and transform your life.

Material Title: **ADHD, ADD & ODD (DVD)**

Author: Foster Parent College *DVDs*

This course explores diagnosis and treatments of ADHD, ADD, and ODD. The course discusses steps to help children with the disorder

Material Title: **Adolescent Self, The**

Author: David B. Wexler *Books* 1991 183 pages

Dr Wexler helps the reader understand the adaptive functions served by adolescent behaviors that are often viewed by others as simply pathological. The PRISM program teaches new coping skills through creative, often humorous activities, encouraging adolescents to be physically and mentally active throughout the treatment process. There is a workbook which accompanies this book. "The Prism Workbook."

Material Title: **Adoptive Parent Intentional Parent**

Author: Stacy Manning *Books* 2013 249 pages

This book is meant to offer hope. I offer you my story among others so that you will truly understand that you are not alone on this journey. This book is meant to offer peace. I offer you a formula to follow that will aid you in building and maintaining the safety net your child needs to be able to truly heal. This book is meant to offer knowledge. I offer you knowledge about the hurdles you will face; knowledge truly is power. If used intentionally, it will aid you in changing lives. This book is meant to offer clarity. I offer you techniques that help you gain self awareness so that you can more easily move some of your obstacles out of the way. This book is meant to offer support. I offer you tools that will enable you to be the intentional parent you need to be.

Material Title: **Amor y límites: Una guía para ser padres creativos [Love and Limits]**

Author: Elizabeth Crary *Libros en español*

Amor y límites es un libro práctico de "STAR Parenting" para los padres, que los ofrece muchísimas ideas útiles para criar a niños seguros de sí mismos, cooperadores y capaces. Deje que la STAR, o estrella, lo guíe a través de un proceso para resolver problemas, eficaz y fácil de usar: S—Suspenda y enfoque, T—Tenga muchas ideas, A—Actúe eficazmente, R—Repase, revise, premie. Cada una de las cinco puntas de la estrella (STAR) contiene varias herramientas para guiar a los niños.

Love and Limits is a practical book utilizing the STAR Parenting model, which offers many useful ideas for raising children who are self-confident, cooperative and capable. Let the STAR guide you through an effective, easy-to-use process to solve problems: S-Stop and focus, T-Think, A-Act effectively, R-Review, and reward. Each of the five points of the star (STAR) contains several tools to help parents guide children.

Parenting, General

Material Title: **Anger Pie (DVD)**

Author: Foster Parent College

DVDs

Rick Delaney, PhD discusses the ABCs of behavior in relation to anger outbursts in 5- to- 10-year-old children. Understanding the Antecedent, Bias/Behavior and Consequences of children's challenging behaviors can help parents anticipate, successfully handle, and help change anger outbursts. Also discussed are the impacts of child maltreatment on behavior, warning signs of anger outbursts, positive and negative consequences of behavior, healthy anger, and when to seek professional help.

At the end of this course, you will be able to:

identify the ABCs of anger outbursts
identify antecedents and consequences of anger outbursts
understand how past experience influences bias
describe how bias influences behaviors
give examples of positive and negative consequences
describe healthy anger

Material Title: **Angry Child, The: Regaining Control When Your Child is Out of Control**

Author: Tim Murphy and Loriann Oberlin

Books

2001

244 pages

Every child has an off day when nothing seems to go right, but for some, angry outbursts, frustration, and resentment are the norm. When a child's anger threatens to jeopardize his school and social life and introduces an element of strain into the family dynamis that affects every member, it's time for a parent to ask: When is angry too angry?

With simple, direct techniques, Dr. Murphy shows it is possible to help an angry child understand what triggers his outbursts and develop new approaches for coping with potentially explosive situations.

Material Title: **Art of Screen Time, The: How Your Family Can Balance Digital Media & Real Life**

Author: Anya Kamenetz

Books

2018

266 pages

Today's babies often make their debut on social media with the very first sonogram. They begin interacting with screens at around four months old. But is this good news or bad news? A wonderful opportunity to connect around the world? Or the first step in creating a generation of addled screen zombies?

Many have been quick to declare this the dawn of a neurological and emotional crisis, but solid science on the subject is surprisingly hard to come by. In *The Art of Screen Time*, Anya Kamenetz--an expert on education and technology, as well as a mother of two young children--takes a refreshingly practical look at the subject. Surveying hundreds of fellow parents on their practices and ideas, and cutting through a thicket of inconclusive studies and overblown claims, she hones a simple message, a riff on Michael Pollan's well-known "food rules": Enjoy Screens. Not too much. Mostly with others.

This brief but powerful dictum forms the backbone of a philosophy that will help parents moderate technology in their children's lives, curb their own anxiety, and create room for a happy, healthy family life with and without screens.

Material Title: **Attaching Through Love, Hugs and Play**

Author: Deborah D. Gray

Books

2014

196 pages

Capturing the warmth and fun of forming close relationships with children, this book offers simple advice to parents of children who find it difficult to attach and bond - whether following adoption, divorce or other difficult experiences. Attachment therapist Deborah D. Gray describes how to use the latest thinking on attachment in your daily parenting. She reveals sensory techniques which have proven to help children bond - straightforward activities like keeping close eye contact or stroking a child's feet or cheeks - and explains why routines like mealtimes and play time are so important in helping children to attach. The book offers positive ideas for responding to immediate crises like difficult behavior and meltdowns, but importantly also offers longer-term strategies to help children to develop the skills they need to cope as they grow up - the ability to plan, concentrate and be in control of their emotions.

Material Title: **Attachment and Separation: Putting the pieces together**

Author: Vera Fahlberg

Books

1979

64 pages

A workbook about attachment and separation

Material Title: **Attachment: How Ours Impacts Theirs (Audio)**

Author: Robyn Gobbel

DVDs

2017

83 minutes

When we offer our children experiences in secure attachment, we provide them an optimal foundation for healthy relationships and mental health. This webinar will clearly explain how attachment is directly related to regulation (and dysregulation) in the nervous system, identify common characteristics of the different attachment patterns- while emphasizing that attachment is so much more than behavior, as well as provide a starting point for how you might begin to shift your own attachment patterns.

Parenting, General

Material Title: **Attachment: How Ours Impacts Theirs (Video)**

Author: Robyn Gobbel

DVDs

2017 83 minutes

When we offer our children experiences in secure attachment, we provide them an optimal foundation for healthy relationships and mental health. This webinar will clearly explain how attachment is directly related to regulation (and dysregulation) in the nervous system, identify common characteristics of the different attachment patterns- while emphasizing that attachment is so much more than behavior, as well as provide a starting point for how you might begin to shift your own attachment patterns.

Material Title: **Autism and Asperger Syndrome**

Author: Uta Frith

Books

247 pages

The story of autism contains many puzzles, but none more tantalizing than the problem of the eccentric individual who appears to be both intellectually gifted and mentally handicapped and who finds it difficult to deal with everyday social interaction and communication. Such individuals are increasingly recognized as suffering from Asperger Syndrome. The argument presented in this book is that they suffer from a form of autism, but that they can compensate for this handicap to a remarkable degree. In this volume the foremost experts in the field discuss the diagnostic criteria of the syndrome, richly illustrated with examples from their clinical practices. Clinical accounts are balanced with personal accounts and some as yet preliminary research data. Asperger's classic paper is translated and annotated. The insights of this pioneer of autism have been unjustly neglected but reflect a very modern awareness of the many forms of autism and the wide range of individual differences in the men and women who suffer from this disorder. Asperger Syndrome individuals with their intellectual and linguistic ability and their desire for social adaptation are extremely vulnerable.

Material Title: **Aware Baby, The**

Author: Solter, Aletha Jauch

Books

2011 288

The Aware Baby marks a major breakthrough in our understanding of babies' needs from conception to two-and-a-half years of age. Now translated into eleven languages, it has contributed to a revolution in parenting around the world. This revised edition includes new research and insights from the author's extensive experience as a consultant and international workshop leader. This book will teach you how to bond with your infant, respond to your baby's crying, enhance your baby's intelligence, help your baby sleep better, find alternatives to punishment, and raise your child to be non-violent.

Material Title: **A-Z of Therapeutic Parenting, The**

Author: Sarah Naish

Books

4/16/2018 343

Therapeutic parenting is a deeply nurturing parenting style, and is especially effective for children with attachment difficulties, or who experienced childhood trauma. This book provides everything you need to know in order to be able to effectively therapeutically parent.

Providing a model of intervention, The A-Z of Therapeutic Parenting gives parents or caregivers an easy to follow process to use when responding to issues with their children. The following A-Z covers 60 common problems parents face, from acting aggressively to difficulties with sleep, with advice on what might trigger these issues, and how to respond.

Material Title: **Baby Book, The: Everything You Need to Know About Your Baby From Birth to Age Two**

Author: William Sears, M.D. & Martha Sears, R.N.

Books

2003 767 pages

The Baby Book focuses on the essential needs of babies -- eating, sleeping, development, health, and comfort -- as it addresses the questions of greatest concern to today's parents. The Baby Book presents a practical, contemporary approach to parenting that reflects the way we live today. The Searses acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child. The Baby Book is a rich and invaluable resource that will help you get the most out of parenting -- for your child, for yourself, and for your entire family.

Material Title: **Baby Owl Lost Her Whoo* (Children's Materials)**

Author: Cindy R. Lee

Children's Books

2014 30 pages

Do you have a bossy child at home or a child obsessed with control? Professionals know that children become controlling when they are afraid. Parents who don't know this spend all their energy fighting for control and are left feeling frustrated, angry and confused. Baby Owl Lost Her Whoo teaches children WHY they need to let go of control. When left to manage on her own, Baby Owl freezes in the cold, eats only sweets and forgets to brush her beak! A book designed to teach concepts developed by Dr. Karyn Purvis, this story cleverly teaches children that parents are indeed in charge. When children know a safe loving adult is in charge, they can let go of control and spend their time laughing, playing and exploring.

Material Title: **Bear Inside, The**

Author: Peter & Mark Molchan Mortola

Children's Books

2016 30 pages

We all have a bear inside. Sometimes the bear will act in ways that can hurt others, biting someone at preschool, hitting our sibling, or using vicious words to attack someone on social media. Of course, we want our children to control this aggressive, inner bear. But sometimes, we need our bear to help us. We want our children to be appropriately assertive when confronted by a bully, when they are facing unhelpful peer pressure, or even when they are trying to score a goal in soccer. Clearly, coming to terms with "the bear inside" is important work for any growing child. This book was written to help children, parents, teachers, and counselors to do just that.

Parenting, General

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- Material Title:** **Becoming the Parent You Want To Be: A Sourcebook of Strategies for the First Five Years**
Author: Laura Davis & Janis Keyser *Books* 1997 415 pages
- This book is not about adoption, but it offers 415 large pages on a wide range of issues parents face including crying, tantrums, fear, separation, childcare, sleep, eating, toilet training, difficult behavior, testing, biting, swearing, lying, parental anger, punishment, balancing needs in families, teaching kids to negotiate, sharing, gender roles, supporting children's friendships, diversity, sibling relationships, etc.
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- Material Title:** **Behavior Management Using Supportive Controls (DVD)**
Author: Vera Fahlberg, M.D. *DVDs* 2003 95 minutes
- Traditional methods of discipline will often fail with children who have been abused or neglected. In this insightful video, Dr. Vera Fahlberg presents Supportive Control, an alternative method of behavior management. Dr. Fahlberg speaks openly, compassionately, and informatively on the importance of positive solutions. She brings the prospect of hope to families who care for abused and neglected children (description from Sociallearning.com). DVD also includes a Viewer Guide and Questionnaire.
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- Material Title:** **Behavior With a Purpose: Thoughtful Solutions to Common Problems of Adoptive, Foster and Kinship Youth**
Author: Richard Delaney *Books* 2009 156
- Provides a practical understanding of and clinically relevant interventions for common problems of youth in adoptive, foster and kinship homes. Specific attention is placed on food hoarding, wetting, defiance, lying, stealing, and negative attention seeking behavior. The book also explains how the positive intent of adoptive, foster and kinship parents can often work at cross purposes with the motivations of the child. Numerous case examples illustrate the dynamics of a problem. The book firmly endorses the healing power of the family and is written from a strengths-based perspective.
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- Material Title:** **Beneath the Mask: Understanding Adopted Teens**
Author: Debbie Riley and John Meeks *Books* 2005 207 pages
- This book offers parents and professionals a wealth of case histories; and treatment resources and therapy tools. Parents will discover the 6 most common adoption "stuck-spots;" a deeper understanding of identity, abandonment, grief and loss, and relinquishment issues - and how they affect personal and family development; and how therapy may help the adoptive family learn and grow together.
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- Material Title:** **Better Behavior Without Stress**
Author: Karen DeBolt, MA *Books* 2010 114 pages
- This little parenting book is designed to give parents the tools they need to help their intense child to be happier and more successful without being stressed out all the time themselves. Written in a warm and humorous style without a lot of fluff, this book will help you to calm the chaos in your home.
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- Material Title:** **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children With Severe Behaviors (Volume 1)**
Author: Heather T. Forbes and Bryan Post *Books* 2006 109 pages
- This book is divided into three parts - "The Principles of a New Understanding;" "Seven Behaviors Based in Fear;" and "Parenting Bonus Section." The middle part devotes a chapter each to "Parents Appear Hostile and Angry;" "Lying;" "Stealing;" "Hoarding and Gorging;" "Aggression;" "Defiance;" and "Lack of Eye Content."
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- Material Title:** **Beyond Consequences: Logic and Control, Volume One **RUSSIAN VERSION****
Author: Heather Forbes *Books* 170
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- Material Title:** **Birth of an Adoptive, Foster or Stepmother, The: Beyond Biological Mothering Attachments**
Author: Barbara Waterman *Books* 2004 227 pp
- Adoptive, foster and stepmothers, like biological mothers, find their lives completely changed by motherhood although they are not always granted the rights and privileges accorded to those who give birth. Barbara Waterman explores the common experiences that are shared by all those who enter the motherhood portal. She highlights the importance of wider family, community and professional support for non-biological parents and primary care-givers of both genders, and their children. A stepmother herself and a practicing psychologist, Waterman's writing is illustrated throughout with vignettes of children and parents from a range of backgrounds. She shows the important ways in which a non-biological attachment is both more similar to and more different from a biological attachment than is currently understood. In doing this, Waterman broadens the notion of the 'traditional' family, and offers a positive alternative to the myth of the perfect mother. All kinds of step-, adoptive and foster families and those coming into contact with them will find this thoroughly researched and personal book an indispensable guide. Barbara Waterman earned her doctorate in Psychological and Social Relations from Harvard University in 1975. After working through not being able to conceive a child herself and several unsuccessful attempts to adopt, Dr. Waterman became a stepmother to twelve-year-old twin daughters over a decade ago. She has a private consultation and psychotherapy practice in Oakland, California.
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Parenting, General

Material Title: **Bol'shaja kniga pro vas i vashego rebenka Big Book About You and Your Child, The (RUSSIAN)**
Author: Ljudmila Petranovskaja *Russian Language Ma* 2017 432

Combining her books "Secret Support" and "What to do if it's Difficult with a Child" into one, Petranovskaja talks about the role of parents on the path to growing up: "How do dependence and helplessness turn into maturity?" and "How do our love and care, year after year, form in the child a secret support, on which, like on a rod, his personality holds?" You can see what's really behind the kids. " In the second part of the book, Ludmila will talk about how to learn to navigate in difficult situations, resolve conflicts and adequately deal with them. You will be able to understand how to help your child, so that he grows and develops, without wasting his strength on the struggle for your love.

Material Title: **Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment**
Author: Daniel and Jonathan Baylin Hughes *Books* 2012 272 pages

In this groundbreaking exploration of the brain mechanisms behind healthy caregiving, attachment specialist Daniel A. Hughes and veteran clinical psychologist Jonathan Baylin guide readers through the intricate web of neuronal processes, hormones, and chemicals that drive—and sometimes thwart—our caregiving impulses, uncovering the mysteries of the parental brain.

Material Title: **Brainstorm: The Power and Purpose of the Teenage Brain**
Author: Daniel J. Siegel *Books* 2015 352 pages

Between the ages of twelve and twenty-four, the brain changes in important and, at times, challenging ways. In *Brainstorm*, Dr. Daniel Siegel busts a number of commonly held myths about adolescence—for example, that it is merely a stage of "immaturity" filled with often "crazy" behavior. According to Siegel, during adolescence we learn vital skills, such as how to leave home and enter the larger world, connect deeply with others, and safely experiment and take risks

Material Title: **Buddhism for Mothers of Young Children; Becoming a Mindful Parent**
Author: Sarah Naphthali *Books* 2008 256

A combination of personal narrative and stories gathered from mothers, this guide shows how spiritual and mindful parenting can help all mothers—Buddhists and non-Buddhists—be more open, attentive, and content. By guiding mothers on a spiritual path, this evocation also helps them cultivate wisdom, open-heartedness, and a better understanding of themselves and their children. The Buddhist teachings and principles help answer questions that all mothers face, especially those with young children: Who are my children? Who am I? How can I do my best by my children and myself? What to do about all that housework? and Is this all? Written in a clear and engaging style, this warm and simple meditation facilitates parenting with awareness, purpose, and love.

Material Title: **Building Self-Esteem in Children and Teens Who Are Adopted or Fostered**
Author: Sue Cornbluth *Books* 7/21/2014 160

How do you give your adopted or fostered child the best opportunities to grow up to be happy, healthy and successful?

In this accessible book, psychologist and trauma expert Dr. Sue offers simple advice to those supporting children aged 7+. She explains why adopted or fostered children can often experience self-esteem issues, the impact it can have on their lives, and offers everyday strategies to help the child to move beyond their trauma and develop healthy self-esteem.

Ideal for foster and adoptive parents as well as professionals supporting children and families, this book reveals the powerful role you can play in your child's well-being.

Material Title: **Building the Foundation of the Family: How Relationship Strengthening Helps Adoptive Families Thrive (2 CDs)**
Author: Katheryn Trujillo and Richard Delaney *CDs* 8/6/2011 55 minutes

Presented by Kathryn Trujillo of The Adoption Exchange, Colorado and Richard Delaney of Hawaii Behavioral Health, Texas at the 37th NACAC Conference 2011 in Denver, Colorado. This interactive workshop will share data, stories, and lessons learned from the Colorado Coalition of Adoptive Families' five-year federal demonstration grant that focused on strengthening couples' relationships as part of post-adoption services. Join us for great discussion, videos from our project, and resources for offering parent support in your community. The workshop demonstrates how emphasis on supporting parents as a couple is a wise investment.

Material Title: **Busy Mom, The**
Author: Sharon Murphy Yates *Children's Books* 2001

A busy mother pauses to reflect on how quickly time has passed, how her son has grown, and how precious he is to her, as she tucks him into bed and says a silent prayer of thanks.

Material Title: **Calm and Compassionate Children: A Handbook**
Author: Susan Usha Dermond *Books* 2007 228 pages

Building on such inherent qualities as openheartedness and trust, parents and teachers can help children develop empathy and integrity as they grow and mature. From nature activities to conscious quiet time to tips on daily routines, CALM AND COMPASSIONATE CHILDREN provides practical guidance to help grown-ups model behavior and suggests dozens of activities to foster children's joy, wonder, kindness, and love.

Parenting, General

Material Title: **Case Against Spanking, The: How to Discipline Your Child Without Hitting**
Author: Irwin A. Hyman *Books* 1997 250

This book offers parents and teachers constructive methods of discipline, useful for everyday situations. It documents the long-term negative effects of spanking how it brutalizes kids and creates violent adults. Irwin Hyman, an expert in the field of home and school discipline, explains in a passionate and compelling style why spanking or hitting children is abusive, destructive, and counterproductive. He then gives common sense advice on alternative forms of discipline, which help to raise happy and emotionally stable children.

Material Title: **Celebration of Family (Audiotape)**
Author: Audiotape *Audiotapes* 2001 45 minutes

With a diverse assortment of artists and musical styles, this cassette speaks to the beauty of family and the special relation of parents to their children. Artists include John Lennon, Yoko Ono, Faith Hill, Sweet Honey in the Rock, Brenda Lee, Boyz II Men, Raffi, Victoria Jackson, and several more. Among the songs is "Happy Adoption Day" by John McCutcheon. Also available on CD.

Material Title: **Challenging Behaviors in Young Children: Techniques and Solutions (DVD)**
Author: DVD *DVDs* 2006 50 min

This insightful DVD gives educators and parents the ability to observe firsthand the techniques used by teachers, in a state of the art preschool and research facility, effectively managing children with challenging behaviors. The esteemed authors from the book, "Challenging Behaviors in Early Childhood Setting; Creating a Place for All Children" offer their expert advice, which is then implemented in the classroom.

Material Title: **Character Links: Stories and Activities for Teaching Children About Character* (Children's Materials)**
Author: Margaret Prien *Children's Books* 1998 140 pages

This illustrated book, with accompanying finger puppets and masks, introduces thirty-five important character qualities (such as patience, sharing, respectfulness, honesty, etc.). Each Character Link story is introduced by one of several winsome cat characters. The stories are appropriate for children ages three to eight. Each story is followed by a series of interactive questions and activities to help children understand the importance of the Character Link.

Material Title: **Childhood; A Multicultural View**
Author: Melvin Konner *Books* 1991 451

An exploration of childhood incorporates accounts by children and their families from around the world that describe such experiences as the first day of school and first love

Material Title: **Children with Autism (DVD)**
Author: Foster Parent College *DVDs*

Material Title: **Common Sense Parenting: Building Relationships (DVD)**
Author: DVD *DVDs* 2006 28 minutes

This DVD explores several ways to build a better relationship: Catch your children being good and reward them with your praise and attention. Hold short but regular family meetings and have fun with them. Give your children a voice in family rules and decisions. Create predictable family routines that help children feel secure, and establish meaningful traditions that they will want to carry on into the next generation.

Material Title: **Common Sense Parenting: Correcting Misbehavior (DVD)**
Author: DVD *DVDs* 2007 30 minutes

This DVD can show you how to stop misbehavior and turn the problem situation into an opportunity to teach your child a better way to behave. The Common Sense Parenting technique of Corrective Teaching stops negative behavior, delivers a consequence, and teaches children a positive alternative behavior.

Material Title: **Common Sense Parenting: Helping Kids Succeed in School (DVD)**
Author: DVD *DVDs* 2008 27 minutes

This DVD shows what parents can do at home and in partnership with the school to help kids succeed at school. At home, you can encourage your child to read, be positive about school activities, establish a time, place, and rules conducive to doing homework, and ask for tutoring help if needed. This DVD also gives tips on what you can do to help children improve their behavior, follow the school's code of conduct, and meet teacher's expectations. Finally, learn how to stay informed of your child's progress, work cooperatively with school staff to resolve problems, and enlist teachers and administrators as partners in helping your child.

Parenting, General

Material Title: **Common Sense Parenting: Preventing Problem Behavior (DVD)**

Author: DVD *DVDs* 2007 28 minutes

In this DVD, you'll see the Common Sense Parenting technique of Preventive Teaching, showing children what they need to do and say in a future situation and practicing it in advance. Often, what you need to teach a child is an appropriate social skill - how to follow instructions, how to accept "no" for an answer, how to share - to replace the problem behavior. The key to preventing problems is teaching before a potential problem situation occurs, when both you and your child are calm. Preparing children by helping them learn social and life skills not only helps prevent disruptive behavior but can also save them from experiencing awkward, embarrassing, or even dangerous situations.

Material Title: **Common Sense Parenting: Teaching Children Self-Control (DVD)**

Author: DVD *DVDs* 2006 28 min

Teaching children how to stay in control when they are frustrated or angry is a difficult parenting challenge. This DVD gives you the tools to handle emotionally intense situations with your child. Learning how to stay calm yourself is the first step you must take when facing an upset child. Then the DVD demonstrates how you can calm the child down and, once he or she is in control again, do a follow-up teaching. Here, the child practices how to behave better when feeling angry or upset. Teaching self-control gives both of you the time and space to calm down and to work toward fewer angry outbursts in the future.

Material Title: **Common Sense Parenting: Teaching Kids to Make Good Decisions (DVD)**

Author: DVD *DVDs* 2008 31 minutes

On this DVD, you'll see how to teach children a structured way of looking at a situation or problem. This process helps children describe a situation, consider what options they have, and finally, choose the solution they think will work best. Building a good relationship with children, teaching them how to say "no" and mean it, to disagree appropriately, and to make good decisions will prepare them for times when they are pressured by their peers to make difficult choices.

Material Title: **Common Sense Parenting; A Proven, Step-by-Step Guide for Raising Responsible Kids and Building Happy Families**

Author: Ray Burke, Ph.D. & Ron Herron *Books* 1996 216

This book presents effective parenting techniques that have been taught in classes worldwide and proven in thousands of homes.

Topics include setting clear expectations, giving positive and negative consequences for behavior, staying calm, teaching self-control, using Effective Praise and Preventive and Corrective Teaching, helping children make decisions and solve problems, reaching goals with charts and contracts, and teaching social skills. Also provided are strategies for dealing with the influence of the media, peer pressure, and problems in school. You will read examples, sample behavior charts, and step-by-step breakdowns of 16 valuable social skills.

Material Title: **Cómo hablar para que los adolescentes escuchen y cómo escuchar para que los adolescentes hablen [How to Talk So Teens Will Listen and Listen so Teens Will Talk]**

Author: Adele Faber *Libros en español* 2006 203

Adele Faber y Elaine Mazlish han ayudado a millones de familias con sus bestsellers. Ahora, y por primera vez en español, estas aclamadas expertas a nivel internacional nos ofrecen una guía que le dará las herramientas necesarias para ayudarles a sus adolescentes -- ¡y a usted mismo! -- a sobrevivir la etapa difícil de la adolescencia.

Filled with straightforward advice and written in their trademark, down-to-earth style sure to appeal to both parents and teens, this all-new volume offers both innovative, easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships. From curfews and cliques to sex and drugs, it gives parents the tools to help their children safely navigate the often stormy years of adolescence.

Material Title: **Comunicación Activa: Cómo lograr la cooperación de su hijo [Active Communication: How to win cooperation with your teen]**

Author: Michael, Ph.D. Popkin *DVDs* 28 Minutes

Comunicación Activa: Cómo lograr la cooperación de su hijo [Active Communication: How to win cooperation with your teen] Descubra maneras para evitar dar mensajes mezclados y otras barreras de la comunicación y aprenda cómo hablar realmente con su adolescente. Observe cómo discute una madre con sus hijos sobre las drogas y el alcohol y cómo los guía para firmar un acuerdo de "no-uso". Escuche cómo un padre y su hijo discuten temas sexuales.

Parenting, General

Material Title: **Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption**
Author: Mike Berry *Books* 2017 215 pages

Adopting or fostering a child brings its own unique set of challenges only another parent facing the same uphill climb could possibly understand. From parenting children with traumatic pasts, to dealing with attachment issues, to raising a child with special needs, it can sometimes be a struggle just getting through the day.

Mike Berry knows the loneliness and isolation you can easily feel in your particular parenting role—because he's been there. He's still there, and he wants to give you the hope and encouragement you so desperately need.

There are plenty of how-to guides out there on parenting, but this one-of-a-kind book is specifically designed to address your needs as a parent of an adopted or foster child. With a refreshing dose of honesty, empathy, and care, you'll discover you are definitely not alone on your journey and God has a very special plan for you and your family.

Material Title: **Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption (AUDIO)**

Author: Mike Berry *CDs* 2018 5 hrs (5 discs)

Know That You Are Not Alone on This Journey

Adopting or fostering a child brings its own unique set of challenges only another parent facing the same uphill climb could possibly understand. From parenting children with traumatic pasts, to dealing with attachment issues, to raising a child with special needs, it can sometimes be a struggle just getting through the day.

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Material Title: **Conscious Parent, The: Transforming Ourselves Empowering our Children**

Author: Shefali Tsabary *Books* 11/1/2010 300

Instead of being merely the receiver of the parents' psychological and spiritual legacy, children function as ushers of the parents' development. Parents unwittingly pass on an inheritance of psychological pain and emotional shallowness. To handle the behavior that results, traditional books on parenting abound with clever techniques for control and quick fixes for dysfunction. In Dr. Shefali Tsabary's conscious approach to parenting, however, children serve as mirrors of their parents' forgotten self. Those willing to look in the mirror have an opportunity to establish a relationship with their own inner state of wholeness. Once they find their way back to their essence, parents enter into communion with their children, shifting away from the traditional parent-to-child "know it all" approach and more towards a mutual parent-with-child relationship. The pillars of the parental ego crumble as the parents awaken to the ability of their children to transport them into a state of presence.

Material Title: **Correcting Without Criticizing: The Encouraging Way to Talk to Children About Their Misbehavior**

Author: John Taylor *Books* revised 1991 36 pages

This booklet offers advice to parents, teachers, counselors and any other adults who work with children and teens. It offers suggestions on how to improve communication with children, teach decision-making, and implement preventative discipline. Included is a step-by-step model for effective communication and an explanation of the roles parents should avoid.

Material Title: **Creating Ceremonies: Innovative Ways to Meet Adoption Challenges**

Author: Cheryl Lieberman and Rhea K. Bufferd *Books* 1999 123 pages

Rituals and ceremonies can help us cope with important transitions in our lives. The authors of this book offer ideas that parents can use and modify to create ceremonies in their adopted children's lives that will help them deal with celebration, transition, self-esteem, loss, fears, anniversaries and more.

Parenting, General

Material Title: **Creating Compassionate Kids: Essential Conversations to Have with Young Children**
Author: Shauna Tominey *Books* 2019 256

If you had to choose one word to describe the world you want children to grow up in, what would it be?

Safe? Understanding? Resilient? Compassionate?

As parents and caregivers of young children, we know what we want for our children, but not always how to get there. Many children today are stressed by academic demands, anxious about relationships at school, confused by messages they hear in the media, and overwhelmed by challenges at home. Young children look to the adults in their lives for everything. Sometimes we're prepared... sometimes we're not.

In this book, Shauna Tominey guides parents and caregivers through how to have conversations with young children about a range of topics—from what makes us who we are (e.g., race, gender) to tackling challenges (e.g., peer pressure, divorce, stress) to showing compassion (e.g., making friends, recognizing privilege, being a helper). Talking through these topics in an age-appropriate manner—rather than telling children they are too young to understand—helps children recognize how they feel and how they fit in with the world around them. This book provides sample conversations, discussion prompts, storybook recommendations, and family activities. Dr. Tominey's research-based strategies and practical advice creates dialogues that teach self-esteem, resilience, and empathy: the building blocks for a more compassionate world.

Material Title: **Creating Felt Safety (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Audio-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2017 52 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

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Author: Robyn Gobbel *DVDs* 2017 74 minutes

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Material Title: **Creating Loving Attachments: Parenting with PACE to Nurture Confidence and Security in the Troubled Child**
Author: Kim S. Golding & Daniel A. Hughes *Books* 2012 240

All children need love, but for troubled children, a loving home is not always enough. Children who have experienced trauma need to be parented in a special way that helps them feel safe and secure, builds attachments and allows them to heal.

Playfulness, acceptance, curiosity and empathy (PACE) are four valuable elements of parenting that, combined with love, can help children to feel confident and secure. This book shows why these elements are so important to a child's development, and demonstrates to parents and carers how they can incorporate them into their day-to-day parenting. Real life examples and typical dialogues between parents and children illustrate how this can be done in everyday life, and simple stories highlight the ideas behind each element of PACE.

This positive book will help parents and carers understand how parenting with love and PACE is invaluable to a child's development, and will guide them through using this parenting attitude to help their child feel happy, confident and secure.

Parenting, General

Material Title: **Creative Answers to Misbehavior: Getting out of the Ignore-Yell-Punish Cycle**

Author: John Taylor Books 1992 28 pages

This booklet includes 16 "Creative Ways to Confront the Child About Misbehavior" and 13 "Effective Disciplinary Responses to Misbehavior."

Material Title: **Dad Difference, The: Volume 1: Baby Basics**
La diferencia de tener un padre: Volumen 1: Los bebés

Author: Injoy Videos Audiotapes

The Dad Difference: Volume 1: Baby Basics (Copy #2)

This researched-based video shows dads how to be involved with their babies from pregnancy on! "The Dad Difference" features a diverse group of real fathers, candid comments and practical tips to inspire every dad to become more connected with their baby. Divided into five easy-to-view sections:

1. Dads are Unique (1:29 minutes)
2. The Pregnant Father (6:45 minutes)
3. Labor and Birth (5:06 minutes)
4. Emotions (5:30 minutes)
5. Baby Care (16:09 minutes)

La diferencia de tener un padre: Volumen 1: Los bebés (Copy #1)

Este video basado en la investigación muestra cómo los padres pueden involucrarse con sus bebés desde el parto en adelante.

"La diferencia de tener un padre" presenta un grupo diversos de padres reales, comentarios cándidos y guías prácticas que inspiran a cualquier padre a conectarse más con su bebé. Dividido en cinco secciones que son fáciles de ver:

1. Los papás son únicos (1:29 minutos)
2. Los padres y el embarazo (6:45 minutos)
3. Parto y alumbramiento (5:06 minutos)
4. Emociones (5:30 minutos)
5. Cuidado del bebé (16:09 minutos)

COPY #1 IS IN SPANISH

Material Title: **Dad Difference, The: Volume 2: Involved from the Start**
La diferencia de tener un padre: Volumen 2: Involucrado desde el principio

Author: Injoy Videos DVDs

The Dad Difference: Volume 2: Involved from the Start (Copy #2)

This research-based video shows young dads nurturing their child's development while dealing with the realities of being a father. "The Dad Difference" features a diverse group of real fathers, candid comments and practical tips. Divided into six easy-to-view sections:

1. Connect (5:07 minutes)
2. Positive Discipline (8:31 minutes)
3. Take Care of Yourself (4:42 minutes)
4. Relating (4:10 minutes)
5. Work and Family (3:19 minutes)
6. Single Fatherhood (4:43 minutes)

La diferencia de tener un padre: Volumen 2: Involucrado desde el principio (Copy #1)

Este video basado en la investigación muestra cómo los padres jóvenes pueden participar en la crianza del desarrollo de su niño mientras enfrentando las realidades de ser un padre. "La diferencia de tener un padre" presenta un grupo diversos de padres reales, comentarios cándidos y guías prácticas. Dividido en seis secciones que son fáciles de ver:

1. Conectar (5:07 minutos)
 2. Disciplina positiva (8:31 minutos)
 3. Cuidarse (4:42 minutos)
 4. Relaciones (4:10 minutos)
 5. Trabajo y familia (3:19 minutos)
 6. Padres solteros (4:43 minutos)
-

Material Title: **Dare to Love Yourself: Music, Meditations and Affirmations for Emotional Wellness (CD)**

Author: Heather T. Forbes, LCSW CDs 2010 15 minutes

This 2-part CD set is designed to be your resource for finding peace and happiness in your life. This unique resource will help you move from a place of pain, frustration, and overwhelm to happiness, harmony, and joy. Included are meditations to help distance yourself from negative emotions, affirmations to move you to the next level of thinking positively and an all new soundtrack created specifically to enhance your experience and healing.

Parenting, General

Material Title: **Dare to Love: The Art of Merging Science & Love Into Parenting Children with Difficult Behaviors**
Author: Heather T. Forbes, LCSW *Books* 2009 134 pages

Emerging science has helped us to understand children better from a neurological and behavioral standpoint. Yet, all the academic research coupled with the best diagnoses for children can still leave parents feeling completely powerless. In her book, *Dare to Love*, Heather Forbes, LCSW, describes in detail, through a series of questions and answers, how to merge science into everyday parenting. This book gives practical, effective, and loving solutions for any parent struggling with his or her child. It will leave you feeling empowered, hopeful, and excited to be a parent again!

Material Title: **Dealing With Your Kids' 7 Biggest Troubles**
Author: Val J. Peter *Books* 2000 102 pages

This thought-provoking guide, filled with practical advice, insight, and cautionary tales, reflects on the destructive impulses that threaten the emotional, physical and spiritual life of youth and families.

Material Title: **Dear Girl**
Author: Amy Rosenthal *Children's Books* 2017

The #1 New York Times bestseller that Today show co-anchor Hoda Kotb calls "a beautiful, beautiful book."

The New York Times bestselling author of *I Wish You More*, Amy Krouse Rosenthal, and her daughter Paris Rosenthal collaborate to bring you the heartwarming and inspiring *Dear Girl*,

Dear Girl, is a remarkable love letter written for the special girl in your life; a gentle reminder that she's powerful, strong, and holds a valuable place in the world.

Through Amy and Paris's charming text and Holly Hatam's stunning illustrations, any girl reading this book will feel that she's great just the way she is—whether she enjoys jumping in a muddy puddle, has a face full of freckles, or dances on table tops.

Dear Girl, encourages girls to always be themselves and to love who they are—inside and out.

Dear Girl,

This book is for you.

Wonderful, smart, beautiful you.

If you ever need a reminder, just turn to any page in this book and know that you are special and you are loved.

—Amy and Paris

A perfect gift for all occasions.

Material Title: **Deepest Well: Healing the Long-Term Effects of Childhood Adversity, The**
Author: Nadine Burke Harris *Books* 2018 272 pages

Through storytelling that delivers both scientific insight and moving stories of personal impact, Burke Harris illuminates her journey of discovery, from research labs nationwide to her own pediatric practice in San Francisco's Bayview-Hunters Point. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the innovative and acclaimed health interventions outlined in *The Deepest Well* will represent vitally important hope for change.

Material Title: **Devised!: Balancing Life and Technology in a Digital World**
Author: Doreen Dodgen-Magee *Books* 2018 272

With current statistics suggesting that the average American over the age of 14 engages with screens upwards of 10 hours a day, the topic of our growing dependence upon technology applies to nearly everyone. While the effects differ at each point of development, real changes to the brain, relationships, and personal lives are well documented. *Devised!* explores these alterations and offers a realistic look at how we can better use technology and break away from the bad habits we've formed. Using personal stories, cutting edge research, and anecdotes from youth, parents, and professionals, Dodgen-Magee highlights the brain changes that result from excessive technology use and offers an approach to the digital world that enables more informed and lasting change and a healthier long-term perspective. Given that the reader is living within a culture of ever-changing and advancing technologies, *Devised!* is written in such a way that its contents can weather the constantly changing digital landscape by focusing on the concepts of honest assessment and healthy boundary setting rather than on specific technologies or platforms.

Devised! offers a mindful approach to assessing current technology use, breaking bad habits, setting new norms, and re-engaging with life with renewed richness and awareness.

Parenting, General

Material Title: **Diagnostic Conundrums (2 CDs)**

Author: John Sobraske

CDs

8/6/2011

2 hours

Presented by John Sobraske, adoption psychotherapist, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Rather than describing specific diagnoses, this session looks at the issue of diagnosis in general. The speaker will cover the use and misuse of labels, such as bipolar and reactive attachment disorder, and the need to understand how various influences interact (like developmental delays, identity issues, and chemical exposure in utero) and to determine, in individual cases, which factors are salient and which are not. Finally, the session will help parents become expert advocates who maintain a whole picture of their child and resist diagnostic fragmentation by specialists.

Material Title: **Differently Wired: Raising an Exceptional Child in a Conventional World**

Author: Deborah Reber

Books

2018

288

Today millions of kids are stuck in a world that doesn't respect, support, or embrace who they really are—these are what Deborah Reber is calling the “differently wired” kids, the one in five children with ADHD, dyslexia, Asperger's, giftedness, anxiety, sensory processing disorder, and other neurodifferences. Their challenges are many. But for the parents who love them, the challenges are just as hard—struggling to find the right school, the right therapist, the right parenting group while feeling isolated and harboring endless internal doubts about what's normal, what's not, and how to handle it all.

But now there's hope. Written by Deborah Reber, a bestselling author and mother in the midst of an eye-opening journey with her son who is twice exceptional (he has ADHD, Asperger's, and is highly gifted), *Differently Wired* is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion.

Material Title: **Disciplina Con Amor Cómo pueden los niños ganar control, autoestima y habilidades para resolver problemas [[Discipline with Love: How to help children gain control, self-esteem, and problem-solving sk**

Author: Jane Nelsen

Libros en español

Todos los padres tratan de ser los mejores padres. Sin embargo, las buenas intenciones no bastan. La doctora Jan Nelsen cree que los niños se comportan mal cuando sienten que no reciben amor y atención y que no hacen parte de un grupo.

All parents try to be the best parents. However, good intentions are not enough. Dr. Jan Nelsen believes that children behave badly when they feel they do not receive love and attention and that they are not part of a group.

Material Title: **Disciplina Con Amor Para Adolescentes: Guía para llevarte bien con tu adolescente**

Author: Rosa Barocio

Libros en español

2014

211 pages

With a great sense of humor, this parenting guide explains why treating teenagers like children only causes anger and rebellion. Instead, advice is given on becoming close to teenagers in a new way—by being open but without prejudices, interested but respectful, and present but not controlling. With these helpful suggestions, parents are on their way to acquiring new abilities that will convert them into reliable guides for their teenagers.

Con un gran sentido del humor, esta guía para padres explica por qué tratar a los adolescentes como a niños solo causa enojo y rebelión. En cambio, se aconseja acercarse a los adolescentes de una manera nueva: siendo abiertos pero sin prejuicios, interesados pero respetuosos, y presentes pero no controlados. Con estas sugerencias útiles, los padres están en camino de adquirir nuevas habilidades que los convertirán en guías confiables para sus adolescentes.

Material Title: **Disciplina con amor: Cómo poner límites sin ahogarse en la culpa [Discipline with love: How to Set Limits without Drowning in Guilt]**

Author: Rosa Barocio

Libros en español

2005

248

Educar con conciencia significa alentar al niño en su proceso de maduración, ofreciéndole apoyo, aceptación y amor incondicional. Suena sencillo, pero nadie nos enseña cómo hacerlo. Por un lado vemos que el autoritarismo de nuestros padres y maestros no funciona y por el otro vemos que la permisividad trae graves consecuencias. Con consejos prácticos, sensibilidad y gran sentido del humor, Rosa Barocio proporciona, basada en su amplia experiencia, una guía clara para la difícil tarea que resulta ser padres y maestros y educar con conciencia.

Educating with conscience means encouraging the child in his maturation process, offering him support, acceptance and unconditional love. It sounds simple, but nobody teaches us how to do it. On the one hand we see that the authoritarianism of our parents and teachers does not work and on the other we see that permissiveness brings serious consequences. With practical advice, sensitivity and a great sense of humor, Rosa Barocio provides, based on her extensive experience, a clear guide to the difficult task of being parents and teachers and educating with conscience.

Parenting, General

Material Title: **Disciplina Positiva: La Clave De La Disciplina NO Es El Castigo Sino El Respeto Mutuo**
Author: Jane Nelsen *Libros en español* 2001 352 pages

Por veinticinco años, la disciplina positiva ha sido el mejor método de consulta para adultos que conviven con niños. Ahora Jane Nelsen, distinguida psicóloga, educadora, y madre de siete hijos, ha revisado y ampliado la edición de su libro. Ella dice que la clave para la disciplina positiva no es el castigo, sino el respeto mutuo. Nelsen enseña a los padres y los profesores a ser firmes y amables a la vez, por lo que cualquier niño, desde un pequeño de tres años hasta un adolescente rebelde, puede aprender cooperación creativa y auto-disciplina, sin pérdida de dignidad. Dentro del libro usted descubrirá cómo: superar obstáculos de comunicación; calmar las luchas de poder; evitar los peligros de los elogios; fortalecer su mensaje de amor; edificar basándose en fortalezas, no en debilidades; hacer que los niños asuman sus responsabilidades manteniendo intacto el auto-respeto; no enseñar a los niños qué pensar, sino cómo pensar; conseguir cooperación en el hogar y en la escuela; y, afrontar el especial reto de la mala conducta adolescente.

For twenty-five years, positive discipline has been the best method of consultation for adults who live with children. Now Jane Nelsen, distinguished psychologist, educator, and mother of seven children, has revised and expanded the edition of her book. She says that the key to positive discipline is not punishment, but mutual respect. Nelsen teaches parents and teachers to be firm and kind at the same time, so any child, from a small three-year-old to a rebellious teenager, can learn creative cooperation and self-discipline, without loss of dignity. Inside the book you will discover how: overcome communication obstacles; calm the power struggles; avoid the dangers of compliments; strengthen your message of love; build based on strengths, not weaknesses; make children assume their responsibilities while keeping self-respect intact; not teach children what to think, but how to think; get cooperation at home and at school; and, face the special challenge of adolescent misconduct.

Material Title: **Disciplina Sin Lágrimas: Una Guía Imprescindible Para Orientar Y Alimentar El Desarrollo Mental De Tu Hijo**
Author: Daniel y Tina Payne Bryson Siegel *Libros en español* 2015 280 pages

Los expertos pioneros Tina Payne Bryson y Daniel J. Siegel, autor best seller del New York Times, explora lo último en desafíos de crianza: la disciplina. Destaca la fascinante relación entre el desarrollo neurológico de los niños y la forma en que un padre reacciona al mal comportamiento. Este libro proporciona una ruta eficaz y compasiva para hacer frente a las rabietas, tensiones y lágrimas, sin causar una escena.

Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, No-Drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears, without causing a scene.

Material Title: **Discipline: Teaching Limits with Love (DVD)**
Author: DVD *DVDs* 2008 30 Min

In this DVD from the "I Am Your Child Video Series," Dr. T. Berry Brazelton shows parents that setting limits is not punishment, but a loving way to teach a child how to control his or her own behavior.

Material Title: **Doggie Doesn't Know No* (Children's Materials)**
Author: Cindy R. Lee *Children's Books* 2015 30 pages

It is soooooo hard for children to accept "no!" Parents frequently experience whining, back-talk and defiance when they deny their child's request. Children can learn to accept "no" smoothly by practicing and understanding the concept of "accepting no." While living on his own, little stray Doggie was able to do whatever he pleased and was never told "no." On a cold snowy day he was invited to live with a family in a warm cozy home. Doggie was told "no" many times as he learned the rules of the household! This darling book includes Parenting Tips for Parents and facilitates your child's ability to understand the concept of "accepting no."

Material Title: **Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation**
Author: Becky A. Bailey, Ph.D. *Books* 2000 269 pages

You love your children, but if you're like most parents, you don't always love their behavior. But how can you guide them without resorting to less-than-optimal behavior yourself?

Focusing on self-control and confidence-building for both parent and child, Dr. Bailey teaches a series of linked skills to help families move from turmoil to tranquility. Learn how to stop policing and pleading and become the parent you want to be.

Material Title: **Effective Adoption Support Groups for Families (2 CDs)**
Author: Ardell Brackley, Michelle Hirst and Bernadette Hicks *CDs* 8/5/2011 28 minutes

Presented by Ardell Brackley and Michelle Hirst of Children's Friend & Service, and Bernadette Hicks of Adoption Rhode Island at the 37th NACAC Conference 2011 in Denver, Colorado. This training will explore the effect of support groups on both adoptive and pre-adoptive parents and the children in their care. Come learn how supportive it is for a family to meet with others who are having the same experiences and feelings. We'll discuss how separate parent and child support groups help parents and children stay together and work through the hard times.

Parenting, General

Material Title: **Effective Discipline: How to Raise a Responsible Teen**
Author: Michael H. Popkin, PhD *DVDs*

Material Title: **Effective Strategies for Severe Behaviors in Adopted and Foster Children (3 DVDs)**
Author: Bryan Post and Gizane Indart, PsyD, LPC *DVDs* 4 hours

Bryan Post and Dr. Gizane Indart provide clear cut understanding of the root of severe behaviors most frequently identified by parents and caregivers as troublesome and specific step by step strategies to eliminating these behaviors and creating healing and peace in your home. Learn why even adoption at birth is traumatic. Gain life changing insights to why your children act out, and what you can do to help them succeed. Leave fear-based parenting behind you!

Material Title: **Emotional 911: For Parents: First Aid for Your Child's Emotional Scrapes and Scars**
Author: Laura Sonderegger *Books* 2018 274

As a parent, issues big and small impact our child. While addressing physical injury is critical, it may be even more crucial to attend to the pain we can't see on the outside. Discover the 3 secrets of Emotional First Aid, used to assess and address a child's everyday emotional scrapes, bumps, and bruises and treat previous trauma scars. Whether responding to a crisis or everyday parenting needs, this book supplies the essential life-saving practices of EMOTIONAL 911.

Material Title: **Emotional Life of the Toddler, The**
Author: Alicia F. Lieberman *Books* 1993 244 pages

Any parent who has tried to keep up with an active toddler for a whole day knows that a child of this age is a whirlwind of contradictory, explosive and ever-changing emotions. In this book, child psychologist Alicia Lieberman addresses common emotional issues and questions facing parents with children this age. Why, for example, is "no" often the favourite response of the toddler? How should parents deal with the anger they sometimes feel in the face of their toddler's unflagging obstinacy? Why does a crying toddler run to its mother for a hug, only to push himself away as soon as she begins to embrace him? With the help of examples and case studies, Lieberman answers these and other questions.

Material Title: **Encouraging the Discouraged Child: Boosting Your Child's Self-Confidence**
Author: John Taylor *Books* 995 (revised) 35 pages

This booklet, a guide for parents, teachers and counselors, offers ideas on developing and maintaining self-esteem in children, boosting self-confidence by teaching children how to handle mistakes, and avoiding perfectionism.

Material Title: **Esperanza para Sanar; Una Guía para Padres Sobre Trauma y Apego [[Hope for Healing, a Parent's Guide to Trauma and Attachment]]**
Author: Attach *Libros en español* 2018 144

Material Title: **Every Child Deserves A Champion**
Author: Bob Danzig *Books* 12/31/2003 187 pages

Most of the real champions in our lives are people whose strength is their compassion for the well-being of others. Every Child Deserves a Champion: Including the Child Within You! is a testimonial to everyone who has experienced positive changes because someone chose to champion them or because they championed someone else. These encouraging stories remind us that our words and actions have the power to transform lives.

Material Title: **Family that Works Together, The: Turning Family Chores from Durdgery to Fun**
Author: Lynn Lott *Books* 1994 208

The latest addition to the highly successful Developing Capable People series, this guidebook shows exactly how to get all family members to work together to create a clean, happy, well-running household. Chock-full of practical parenting advice, the book spotlights successful "family work" techniques developed by Lott and Intner.

Material Title: **FASD and the Online World: The Seductive Power of False Friendships, False Promises, and False Rewards**
Author: Ira Chasnoff *Books* 2019 59 pages

The Internet and its door to a world of unregulated communication and information can entrap any young person, but especially those affected by prenatal alcohol exposure. The brain-based neurodevelopmental difficulties associated with Fetal Alcohol Spectrum Disorders (FASD) present a special challenge to children and teens and can place the young person at high risk for not only victimization but also for becoming an unwitting perpetrator of harm. The online world is very real, but the friendships, promises, and rewards young people with FASD find there are for the most part false. This book is for any parent or professional who must find a balance between the young person's quest for independence and the need to protect that young person from harm in the online world.

Parenting, General

Material Title: **First Twelve Months of Life, The: Your Baby's Growth Month by Month**

Author: Frank Caplan

Books

6/1/1995 256 pages

For over twenty years, this invaluable book has been helping parents understand their new babies: from what an infant knows and feels at each stage of development to what he or she needs from a parent to grow and thrive. Now completely updated to include the latest information on everything from breast-feeding versus bottle-feeding to coping with colic and choosing a reliable sitter, *The First Twelve Months Of Life* is the definitive child-care resource. Featuring:

- monthly grow charts that reveal how your baby's motor, language, mental, and social skills develop
- reassuring answers to the questions most parents ask
- brief overviews of what to expect from your baby each month
- proven techniques for soothing crying babies, solving sleep problems, and dealing with diaper rash, fear of strangers, and teething
- essential information on when to call a doctor and the best schedule for immunizations
- plus more than 150 fascinating photos

Whether you're a first-time parent or an old hand, you'll find that *The First Twelve Months Of Life* offers a rewarding glimpse into your baby's world that will only deepen your appreciation of the wondrous strides he or she is about to make.

Material Title: **First Years Last Forever, The (DVD)**

Author: Rob Reiner

DVDs

2005

30 min

The new research in brain development tells us of the vital importance of the relationship between caregiver and child in the critical first years of life. New parents have a wonderful opportunity to help their child reach their full potential. This video includes information on: bonding and attachment, communication, health and nutrition, discipline, self-esteem, child care, and self-awareness.

Material Title: **Five Love Languages of Children, The**

Author: Gary D. Chapman and Ross Campbell, MD

Books

1997

224 pages

The authors describe five "love languages" and suggest that your child has one primary "language" with which he or she expresses love and understands it from you. The "languages" are physical touch, words of affirmation, quality time, gifts, and acts of service. One should become familiar with all five since a child can communicate and understand love in other "languages" than his or her primary one and the primary language may change many times.

Material Title: **Five Love Languages of Children, The (2 CDs)**

Author: Gary Chapman and Ross Campbell, MD

CDs

1997

45 minutes

Read by Gary Chapman, the author describes five "love languages" and suggest that your child has one primary "language" with which he or she expresses love and understands it from you. The "languages" are physical touch, words of affirmation, quality time, gifts, and acts of service. One should become familiar with all five since a child can communicate and understand love in other "languages" than his or her primary one and the primary language may change many times.

Material Title: **Five Love Languages of Children, The (Audiotape)**

Author: Gary Chapman and Ross Campbell, M.D.

Audiotapes

1997

45 minutes

Read by Gary Chapman, the author describes five "love languages" and suggest that your child has one primary "language" with which he or she expresses love and understands it from you. The "languages" are physical touch, words of affirmation, quality time, gifts, and acts of service. One should become familiar with all five since a child can communicate and understand love in other "languages" than his or her primary one and the primary language may change many times.

Material Title: **For the Child: Information on Mental Health & Advocacy for Resource Parents**

Author: Parent's Action for Children

DVDs

Parenting, General

Material Title: **Foster and Adoptive Parenting: Authentic Stories that will Inspire and Encourage Parenting With Connection**

Author: Kenneth Camp *Books* 2016 191 pages

As a foster or adoptive parent, do you feel overwhelmed or alone? Do you try to parent with connection, but end up discouraged to point of giving up? You want to parent with connection, but when you are in the middle of the chaos, it's not always easy to remember what you learned from a book or in a class. Maybe you do remember and apply them the best you can, but you see little or no change. You might even feel that things get worse. You begin to feel less connected to your child, and you worry that the relationship will never improve. This encouraging and inspirational book will give you hope to keep parenting with connection to help your wounded child heal. In *Foster and Adoptive Parenting* you will find:- Reinforcement of parenting with connection techniques- Real life experiences from the author's family and other families - Tips and advice from professional counselors and an occupational therapist vis podcast links- Vulnerable and insightful conversations between the author and his wife via podcast links- Helpful recommended books and videos found throughout the book These tips, resources, and stories will help you:- Find inspiration and encouragement to keep on parenting with connection- Learn practical ways to apply parenting with connection principles- Pay attention to what you as a parent bring to the relationship- Focus on taking care of yourself so you can help your child heal You made the decision to foster or adopt your child. Engage in this book and you will find help, encouragement, and support needed to parent that child with connection successfully.

Material Title: **Foster Care Children; A Guide for Parents and Teachers**

Author: Anita and Richard Brozovich and Linda Chase Bosky *Books* 2000 101

This booklet is written to acquaint interested persons with issues related to foster care in the hope that several positive things will occur:

-Potential foster care families and individuals will be able to make an informed decision about applying to become foster parents.

-School personnel and other agency personnel will better understand issues related to foster children.

-Individuals involved in foster care can use some of the ideas and procedures discussed in the booklet to add to the positive things they contribute to the care of foster children.

Material Title: **Foster Parenting Manual, The: A Practical Guide to Creating a Loving, Safe and Stable Home**

Author: John Degarmo *Books* 160 pages

The *Foster Parenting Manual* is a comprehensive guide offering proven, friendly advice for novice and experienced parents alike.

Distilling many years' experience into one book, John DeGarmo combines his own wisdom with that of fellow foster parents. He describes what to expect from the process, how to access help and how to ensure the best care for your child. He tackles thorny issues such as children's use of the Internet and social media, managing contact with birth parents and how to support your child at school. Most importantly, he provides advice designed to help your child feel safe, secure and loved.

The *Foster Parenting Manual* offers seasoned, sympathetic advice that will be valued by foster parents and the professionals who support them.

Material Title: **Freeing your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility and Happiness**

Author: Tamar Ellsas Chansky *Books* 2008 336

A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Now, in the first book that specifically focuses on negative thinking in kids, *Freeing Your Child from Negative Thinking* provides parents, caregivers, and clinicians the same clear, concise, and compassionate guidance that Dr. Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms. Here she thoroughly covers the underlying causes of children's negative attitudes, as well as providing multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience.

Material Title: **From Fear to Love**

Author: B. Bryan Post *Books* 2010 114

Bryan Post speaks to parents about the challenges they face when dealing with behaviors that are often present for adopted children. He helps parents understand the impact of early life trauma and the impact of interruptions in the attachment process. In his compassion for parents and children he offers hope and solutions for the challenges families face. Many parents of adopted children express their fear not only for their child's present behaviors, but for what will become of them in the future. Bryan's straightforward, clear-cut approach has created peace and healing for hundreds of families; families who once operated in fear, are now experiencing love.

There are occasional references to God.

Parenting, General

Material Title: **Full Esteem Ahead: 100 Ways to Teach Values and Build Self-Esteem for All Ages**
Author: Diana Loomans *Books* 1994 335

A collection of ideas and techniques designed to make family life enjoyable and help children develop a strong sense of self-worth includes such topics as setting family goals, creative conflict resolution, and ways to have fun together.

Material Title: **Fun Games and Physical Activities to Help Heal Children Who Hurt; Get on Your Feet!**
Author: Beth Powell *Books* 02/21/2018 176

Develop children's brains and bonds with this collection of no-tech, physical games, strategies and activities. Ideal for children who have experienced neglect, abuse and trauma, these "real-world" experiences draw on therapeutic, trauma-focused-care play principles and promote positive attachment between child and caregivers.

Explanations for how and why specific play themes and caregiver attitudes can help children's brain development enhance the text. The book also shows how children learn to problem-solve real life situations by playing them out, finding workable solutions to their own problems, and increasing their resiliency. Further benefits include better cause-effect thinking, impulse control, and increased cognitive and emotional functioning by practicing physical movements that exercise specific areas of the brain.

Material Title: **Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens**
Author: Laura S. Kastner & Jennifer Wyatt *Books* 2018 304

Getting to Calm is a practical, realistic and ultimately reassuring guide to navigating one of the most challenging aspects of parenting today—staying calm and clearheaded during 14 of the most common hot-button situations that arise during the teen years, including:

- When your teen is rude and sarcastic
- When your smart teen gets into trouble with social media
- When teen problems drive a wedge between you and your spouse
- When your teen is acting like a spoiled brat
- When you're worried you're losing your teen
- When teens are mean

With humor, wisdom and a deep understanding of the teenage brain, Drs. Laura S. Kastner and Jennifer Wyatt provide clear and useful tools for parents, giving them effective new ways to manage their own emotions in the heat of the moment with their teen while maintaining—and even gaining—closeness.

Material Title: **Getting to Dry: How to Help your Child overcome Bedwetting**
Author: Max Maizels *Books* 1999 272

More than four million children over the age of five wet the bed. For most, time will solve the problem - eventually. But how long will "eventually" be, and at what cost to parents' frayed nerves or to the child's self-esteem? Parents can speed up the clock and children can wake up dry. The experts at the country's leading center for treating childhood enuresis - the Try for Dry program at Children's Memorial Hospital, Chicago - offer proven techniques that bring bedwetting to a happy end. They cover the pros and cons of wetting alarms, drug therapies, biofeedback treatment, and changes in diet and sleeping schedules, and they provide friendly advice on how to replace punishment and shame with awards and praise. With diaries, calendars, and other visual aids that help the child share responsibility for a solution, this authoritative book gets parents and children over a most frustrating hurdle.

Material Title: **Girl on Purpose: How to Help Your Girl Build Self-Confidence and Do All That She's Meant for in the World**
Author: Danielle Fuligni McKay *Books* 2018 150

You can build your girl's self-confidence and set her on a path to believing in her ability to be or do anything she wants to in the world...and it's not as hard as you think.

Author Danielle Fuligni McKay draws on her vast experience leading groups that teach girls self confidence and her own personal story as a positive parent to offer parents, mentors, teachers and coaches of adolescent and teenage girls powerful methods for raising confident girls with the ability to manage emotions.

Girl on Purpose covers McKay's entire journey—what caused her low self-confidence as a kid, the a-ha moment that turned it around, and what she does to continue building her daughters' power muscles to this day.

In this book you'll learn: The breakthrough that empowered McKay to choose self-confidence · How to create a confidence framework for your girl · The importance of mindset (yours and hers) · Her technique to successfully manage negative self-talk · How she started owning her emotions and taught her girls to do the same · Why your daughter's circle of friends matters.

Parenting, General

Material Title: **Girls on Track: A Parent's Guide to Inspiring Our Daughters to Achieve a Lifetime of Self-Esteem and Respect**

Author: Molly Barker *Books* 2004 256

During adolescence, if a girl isn't careful, she can fall into a trap called the Girl Box—a place where the way she looks is more important than who she is, where having a boyfriend is worth giving up a piece of her identity. This is a very serious problem, one that can lead to substance abuse, eating disorders, early sexual contact, and depression. Now Molly Barker, founder of the dynamic Girls on the Run® exercise program, has created a ten-week self-esteem-building plan that will instill resiliency in young girls and enhance their emotional, social, physical, mental, and spiritual health. The activities and lessons are designed for parents and girls to do together.

Material Title: **Good Enough Parent, A: A Book on Child-Rearing**

Author: Bruno Bettelheim *Books* 1987 377 pages

In this book the author gives us the results of his lifelong effort to determine what is most crucial in successful child-rearing. His purpose is not to give parents present rules for raising their children, but rather to show them how to develop their own insights so that they will understand their own and their children's behavior in different situations and how to cope with it. Above all, he warns, parents must not indulge their impulse to try to create the child they would like to have, but should instead help each child fully develop into the person he or she would like to be.

Material Title: **Good Friends Are Hard to Find: Help your child find, make and keep friends**

Author: Fred Frankel *Books* 1996 235 pages

Step-by-step, parents learn to help their 5 to 12-year-olds make friends and solve problems with other kids. This guide also offers concrete help for teasing, bullying and meanness, both for the child who is picked on and for the tormentor. Based on the UCLA Children's Social Skills Program, this book teaches clinically tested techniques that really work.

Material Title: **Good Son, The: Shaping the Moral Development of Our Boys and Young Men**

Author: Michael Gurian *Books* 1999 358 pages

This book is a guide to the moral and emotional development of boys and young men. It provides a complete parenting program, showing parents how to instill virtues in boys at each of the developmental stages: the Age of Obedience (birth to six); the Age of Convention (seven to twelve); and the Age of Moral Intuition (thirteen to eighteen).

Material Title: **Good Son, The: Shaping the Moral Development of Our Boys and Young Men (Audiotape)**

Author: Michael Gurian *Audiotapes* 1999 48 min.

This audio book is a guide to the moral and emotional development of boys and young men. It provides a complete parenting program, showing parents how to instill virtues in boys at each of the developmental stages: the Age of Obedience (birth to six); the Age of Convention (seven to twelve); and the Age of Moral Intuition (thirteen to eighteen).

Material Title: **Good Son, The: Shaping the Moral Development of Our Boys and Young Men (CD)**

Author: Michael Gurian *CDs* 1999 48 min.

In this 3-part CD, bestselling author Michael Gurian presents the definitive guide to the moral and emotional development of our boys and young men. He provides a complete parenting program, showing how to instill virtues in boys at each of the developmental stages: the Age of Obedience (birth to six); the Age of Convention (seven to twelve); and the Age of Moral Institution (thirteen to eighteen). Also addressed are "moral emergency" questions on how to deal with stealing, violence, and other forms of severe misbehavior.

Material Title: **Great Behavior Breakdown, The**

Author: Bryan Post *Books* 2009 164

The Great Behavior Breakdown identifies 27 of the most problematic, serious, and challenging behaviors that parents face, broken them down, and provided step-by-step guidance and insight for transforming your family conflict immediately. This is a must-read book for any parent or professional working with children who have seemingly uncontrollable behavior. Common diagnoses for such children are Reactive Attachment Disorder, Oppositional Defiant Disorder, Bi-Polar Disorder, Conduct Disorder, Attention Deficit Hyperactivity Disorder, Depressive Disorder, and Autism Spectrum Disorder.

Material Title: **Great Big Book of Hope, The: Help Your Children Achieve Their Dreams**

Author: Diane McDermott *Books* 10/30/2006 256 pages

In a culture where disillusionment is so widespread, helping children grow up with goals and the hope of achieving them has become a vitally important parenting practice. In *The Great Big Book of Hope*, Diane McDermott and C. R. Snyder have developed an arsenal of techniques for teaching parents how to act as "hope guides" for their kids. This user-friendly, interactive workbook provides a hands-on, step-by-step model for teaching kids an "I can do it" attitude. A treasure chest of ideas, games, and hope-building strategies, this practical book is an essential resource for all those who care for the children in their lives.

Parenting, General

Material Title: **Growing Up Again: Parenting Ourselves, Parenting Our Children**
Author: Jean Illsley Clarke & Connie Dawson *Books* 1989 270 pages

This book provides essential information about ages and stages of development, ways to nurture our children and ourselves, and tools for personal and family growth. This new edition also addresses the special demands of adopted children and blended families, the character of prenatal life and our final days, and the growing problem of overindulgence.

Material Title: **Growing up in the Care of Strangers: The Experiences, Insights and Recommendations of Eleven Former Foster Kids**
Author: Waln & John Brown & Seita *Books* July 22, 200 175 pages

Growing up in placement takes a toll, not just on the children in the foster care system but also on the professionals charged with their care. They all make critical decisions that can affect a child's life forever ... which is why this book plays a valuable role in foster care training.

The purpose of this book is to provide child welfare professionals' insightful feedback from foster care alumni who grew up in

Foster family
Kinship care
Orphanage
Group home
Juvenile justice
Adoptive and
Mental health placements.

These former foster children have chosen to reflect on their childhood experiences through the lens of adult professionals so that their unique knowledge might reach receptive minds looking to improve services to youth living in foster care.

Material Title: **Guidebook for Raising Foster Children, A**
Author: Susan McNair Blatt *Books* 219 pages

Foster parents need wisdom to guide foster children to enable them to have a meaningful experience. This book, written by a pediatrician, with the help of foster parents, provides guidance and suggestions to maximize the experience for foster families and assist them in the process.

With the help of many foster parents, this book contains practical suggestions for those who care for foster children. It addresses many of the major and minor problems that may arise. This book contains easily understood discussions of those problems with practical suggestions for resolving them, including when to call in a professional. Although various trends in child welfare are discussed, it is important to note that this book does not aim at criticizing the system, but rather attempts to address the needs of the children going through the system. This book is intended as a resource for anyone involved with the foster care system and particularly families raising foster children.

Material Title: **Handling Those Dragons in Our Lives: How to Keep Stress from Managing Us (CD)**
Author: Maris Blechner *CDs* 2012 66 minutes

NACAC Conference presenter, Maris Blechner, a long-term successful manager of stress, at home and in the office, looks at how caring and over-stressed people like us can leash those fire-breathing dragons in our lives, and keep them in their place. She shares some theory and lots of practical hints and advice to use in our own lives.

Material Title: **Happiest Baby on the Block, The (DVD)**
Author: Harvey Karp *DVDs* 2006 68 minutes

This DVD is presented by Dr. Karp who explains the "calming reflex" (an automatic "off-switch" for crying and "on-switch" for sleep all babies are born with). Dr. Karp shows different techniques to help calm baby's cries and help them sleep more. This DVD also includes bonus features: Dr. Karp answers 25 common parent questions, 3 effective calming sounds that can be played back all night. User guide included with DVD. Available in Spanish or English.

Material Title: **Happiest Toddler on the Block, The (DVD)**
Author: Harvey Karp *DVDs* 2004 69 minutes

This DVD is presented by Dr. Harvey Karp who provides information on typical toddler development (between 8 months-5 years old). He explains how to help prevent tantrums before they happen, help calm toddler's melt-downs, and how to build a loving and respectful relationship with the child. This DVD also includes a bonus feature of Dr. Karp answering 26 common parenting questions. Available in Spanish or English.

Parenting, General

Material Title: **Healing Stories for Challenging Behaviour**

Author: Susan Perrow

Books

2008

320

Susan Perrow is a "story doctor." She writes, collects, and documents stories that offer a therapeutic journey for both the storyteller and listener—a positive, imaginative way of healing difficult situations.

Healing Stories for Challenging Behaviour gathers the fruits of Susan Perrow's work in story-making. It is richly illustrated with lively anecdotes from parents and teachers who have discovered how the power of story can help resolve a variety of common childhood behaviors and situations, including separation anxiety, bullying, sibling rivalry, nightmares, and grieving.

This comprehensive resource offers:

- † An overview of therapeutic storytelling
 - † Checklists for readers to evaluate the challenging behavior or situation and identify their desired resolution
 - † Guidelines for adapting stories for different age groups and cultures
 - † An extensive collection of new stories and traditional folk tales categorized by behavior or situation
 - † A story-making model to help the reader create stories directly relevant to their own circumstances.
-

Material Title: **Helping Children Heal from Trauma: What Parents and Caregivers Need to Know (CD)**

Author: Sue Badeau

CDs

8/5/2011 15 minutes

Presented by Sue Beadeau, Casey Family Programs, Pennsylvania at the 37th NACAC Conference 2011 in Denver, Colorado. Every child entering foster care has experienced some amount of trauma—if nothing else, removal from home and placement into care. Parenting a traumatized child can be challenging and stressful. The better a parent is equipped to cope with the emotional, behavioral, and verbal responses of children and youth to placement in foster care, the greater the child or youth's opportunity to heal. The presenter will engage participants in a discussion of the strengths and challenges of traumatized foster children and will share strategies for helping professionals and parents become more trauma-informed.

Material Title: **Helping Children with Complex Needs Bounce Back: Resilient Therapy for Parents and Professionals**

Author: Kim Aumann

Books

2009

223 pages

Bringing up a special child can leave parents feeling deskilled, disarmed, and worn down. A resilient child has the ability to cope with challenging situations, and the capacity to bounce back from trauma and gain long-term strength from these life experiences.

Resilient Therapy™ is an innovative way of strengthening children with complex needs. This is a tried-and-tested handbook for parents to read from cover to cover, or dip in and out of as needed. Accessible and fun, Helping Children with Complex Needs Bounce Back includes exercises and worksheets, as well as breaking down the principles of the latest research, making them easy to apply to everyday situations.

This 'magic box' of ideas and remedies is perfect for parents and carers, friends and families of children with disabilities, special educational needs, and mental or physical health needs, as well as professionals working with these children.

Material Title: **Helping Hands and Smiling Faces: Getting Cooperation on Household Chores**

Author: John Taylor

Books

1995

34 pages

This parent's guide for encouraging children to cooperate in doing household chores includes an explanation of the importance of including children in family chores, a description of chores to be done, ways to set up the assigning of chores and more.

Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Audio)**

Author: Robyn Gobbel

DVDs

2017

96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Video)**

Author: Robyn Gobbel

DVDs

2017

96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

Parenting, General

Material Title: **Hold On to Your Kids: Why Parents Need to Matter More Than Peers**

Author: Gordon Neufeld

Books

2006

304

A psychologist with a reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children.

Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to 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, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until *Hold On to Your Kids*. Once understood, it becomes self-evident -- as do the solutions.

Hold On to Your Kids will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in *Hold On to Your Kids* will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth.

Material Title: **Home-Along America: The Hidden Toll of Day Care, Behavioral Drugs, and Other Parent Substitutes**

Author: Mary Eberstadt

Books

2005

180 pages

With chapters on day care, violence by angry children, obesity, child mental health, prescription drugs for kids, teenage music, teen sex, and more, Eberstadt calls into question the direction she believes America is headed as more and more homes leave children at home alone (or in daycare or with sitters) while the parents go off to work.

Material Title: **Hope for Healing; A Parent's Guide to Trauma and Attachment**

Author: Attach

Books

2011

165

The language of children is behavior. Feelings such as loss, grief and sadness may be expressed in angry, alienating behaviors. Children with attachment disturbances often try to protect themselves against further hurt, shame and anxiety by using behavior to push away those closest to them. Their emotions can become even more turbulent during adolescence. Fortunately, children with attachment disorders can be treated successfully, enabling them to have healthy, loving and trusting relationships. This guide is designed to help parents of children who have disabilities and/or disorders of attachment. The guide is educational, inspirational and supportive. Caretakers will learn a new way of looking at, and responding to, their child's behavior allowing them to parent more effectively. Providing a good home is not enough for many children. Parents need to truly understand their child's issues, and needs. Only then can a parent create a therapeutic home environment and access appropriate resources to promote healing.

Material Title: **How to Behave So Your Children Will Too! (VHS)**

Author: VHS

Videotapes

2000

urs 38 mins

This VHS offers stories, ideas, and solutions gathered over eighteen years by Sal Severe, Ph.D., that are presented to help parents teach children how to behave, listen the first time, and be more cooperative. It shows parents how to be consistent, control their anger, and prevent arguments and power struggles.

Material Title: **How to Handle a Hard-to-Handle Kid: A Parent's Guide to Understanding and Changing Problem Behaviors**

Author: C. Drew Edwards

Books

1999

232

Some children act out, argue, disobey, and throw temper tantrums more frequently than others. If you're parenting one of these high-maintenance kids, this book is for you.

Clinical child psychologist C. Drew Edwards doesn't just tell you what to do with a hard-to-handle kid. He also explains why some children are especially aggressive and disruptive—because understanding is key to helping them become responsible, competent, and content.

He spells out specific strategies for building a solid, positive relationship with your child—and ways to take care of yourself (parenting a difficult child can be stressful!).

And he encourages you to become an Authoritative Parent: balancing nurturance and support with structure and direction, blending positive and negative feedback, including children in the discipline process, using family problem solving, and guiding your child toward greater responsibility.

Packed with practical information and real-life examples, written with authority and compassion, this is a book you'll turn to often for advice, insight, and good news: Parenting a hard-to-handle child isn't an impossible task. These strategies really work.

Parenting, General

Material Title: **How To Raise A Boy: The Power of Connection to Build Good Men**
Author: Michael C. Reichert *Books* 2019 336

Over the past two decades there has been an explosion of new studies that have expanded our knowledge of how boys think and feel. In *How to Raise a Boy*, psychologist Michael Reichert draws on his decades of research to challenge age-old conventions about how boys become men.

Reichert explains how the paradigms about boys needing to be stoic and "man like" can actually cause them to shut down, leading to anger, isolation, and disrespectful or even destructive behaviors. The key to changing the culture lies in how parents, educators, and mentors help boys develop socially and emotionally. Reichert offers readers step-by-step guidance in doing just this by:

- Listening and observing, without judgment, so that boys know they're being heard.
- Helping them develop strong connections with teachers, coaches, and other role models
- Encouraging them to talk about their feelings about the opposite sex and stressing the importance of respecting women
- Letting them know that they don't have to "be a man" or "suck it up," when they are experiencing physical or emotional pain.

Featuring the latest insights from psychology and neuroscience, *How to Raise a Boy* will help those who care for young boys and teenagers build a boyhood that will enable them to grow into confident, accomplished and kind men.

Material Title: **How to Say it to Your Kids: The Right Words to Solve Problems, Soothe Feelings, and Teach Values**
Author: Paul W. Coleman *Books* 2000 374

The latest in the popular *How to Say It* (series, *How To Say It(To Your Kids* offers wise comments and effective comebacks to help today's busy and beleaguered parents answer questions, encourage dialogue, explore feelings, and teach values--with ease and confidence. Dr. Paul Coleman, a family therapist and father, reveals the six fundamental approaches to talking with children. Forming the mnemonic TENDER--Teach, Empathize, Negotiate, Do's & Don'ts, Encourage, and Report--these six basic ways of communicating cover every conceivable issue of concern.

Each chapter consists of practical, how-to advice based on various scenarios, "Smart Talk" sidebars--new insights to the issues important to parents, and helpful "Rules of Thumb"--short but sweet tips, such as: The best reward for a child is a responsive parent Don't respond with a tone of voice more intense than

Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2016 83 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Talk About the Hard Truths in Adoption (Video-Part 1 of 2)**
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Material Title: **How to Talk So Kids Can Learn At Home and in School**
Author: Adele Faber *Books* 1995 266 pages

This book offers parents and teachers unique strategies, down-to-earth dialogue, and interesting cartoons to help them help school age children handle the everyday problems that interfere with learning.

Material Title: **How to Talk So Kids Will Listen and Listen So Kids Will Talk**
Author: Adele Faber *Books* 2012 233 pages

Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach provided by the authors makes relationships with children of all ages less stressful and more rewarding. Their methods of communication - illustrated with delightful cartoons showing the skills in action - offer innovative ways to solve common problems.

Parenting, General

Material Title: **How to Talk So Teens Will Listen & Listen So Teens Will Talk**
Author: Adele Faber *Books* 2006 203 pages

Filled with straightforward advice and written in their trademark, down-to-earth style sure to appeal to both parents and teens, this all-new volume offers both innovative, easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships. From curfews and cliques to sex and drugs, it gives parents the tools to help their children safely navigate the often stormy years of adolescence.

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **Hurried Child, The: Growing Up Too Fast Too Soon**
Author: David Elkind *Books* 2007 200 pages

This book takes a hard look at children and stress. Elkind explores the pressure to cope, to succeed, and to win brought upon our children from every corner of society. Today's children are forced to achieve more, earlier, than their counterparts of any previous generation, and the media tell them that sex is in and childhood is out. Parents increasingly look to their children to rescue them from the despair of failed marriages, role conflict and job dissatisfaction. For dealing with and alleviating these and other pressures, Elkind offers insights, advice, and hope.

Material Title: **I Am Your Child: Video Series (DVD)**
Author: DVD *DVDs* 2008 3 Hours

This video series features practical advice for parents, teachers, health professionals and caregivers to help ensure a healthy start in the lives of our children. Topics include: "Ready to Learn"; "Safe from the Start"; "The First Years Last Forever"; "To Be a Father"; "Your Healthy Baby"; "Discipline: Teaching Limits with Love"; "Quality Child Care: Making the Right Choice for You & Your Child". Some titles are available individually.

Material Title: **I Love You from the Edges: Lessons from Raising Grandchildren**
Author: Karen Best Wright *Books* 2014 124 pages

I Love You from the Edges is Karen's love story of raising her young granddaughters for several years, letting them capture her heart, her life, and her soul, and then having to give them back - resulting in a painful, yet spiritual journey of love, healing, and reunion. Along with her story, she includes suggestions on the "how's, what's and why's" one should consider when beginning the journey of raising someone else's child. Included is the health and wellness assessment program Karen designed specifically for grandparents and relatives raising children.

Material Title: **I Love You Rituals**
Author: Becky Bailey *Books* 11/21/2000 208

I Love You Rituals offers more than seventy delightful rhymes and games that send the message of unconditional love and enhance children's social, emotional, and school success. Winner of a 1999 Parent's Guide Children's Media Award, these positive nursery rhymes, interactive finger plays, soothing games, and physically active can be played with children from infancy through age eight. In only minutes a day, these powerful rituals:

Prime a child's brain for learning

Help children cope with change

Enhance attention, cooperation, and self-esteem

Help busy families stay close

Affirm the parent-child bond that insulates children from violence, peer pressure, and drugs, and much more.

Easy to learn and especially effective in stressful situations, I Love You Rituals gives parents, grandparents, caregivers, and teachers inspiring tools to help children thrive.

Parenting, General

Material Title: **I Wish You More**

Author: Amy Rosenthal

Children's Books

Some books are about a single wish. Some books are about three wishes. The infallible team of Amy Krouse Rosenthal and Tom Lichtenheld have combined their extraordinary talents to create this exuberant, inspirational book for kids of endless good wishes. Wishes for curiosity and wonder, for friendship and strength, laughter and peace. Whether celebrating life's joyous milestones, sharing words of encouragement, or observing the wonder of everyday moments, this sweet and uplifting book is perfect for wishers of every age.

Whether this is a preschool graduation gift, a present for elementary kids, or just a positive book for kids in your life, this book of wishes is sure to bring positivity to all who read it.

Material Title: **I'll Tell You When You Are Older Because... (CD)**

Author: Barry Chaffkin, April Dinwoodie and Doris Laurenceau

CDs

8/62011 20 minutes

Presented by Barry Chaffkin, April Dinwoodie, and Doris Laurenceau of Changing the World One Child at a Time, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Children do best when they know the truth about their lives, but sharing difficult information is not easy. This workshop will give you the tools to discuss the most challenging situations (abuse, parental incarceration, death, HIV, incest, termination of parental rights) with children of all ages. Please bring your own challenging questions to the session. No topic is off limits!

Material Title: **Incredible Years, The: A Trouble-Shooting Guide for Parents of Children Aged 2-8 Years**

Author: Carolyn Webster-Stratton

DVDs

2005

312 pp

Divided into three parts, "Foundations for Successful Parenting," "Communicating and Problem Solving," and "Coping with Common Behavior Problems," this revised edition offers a wide range of techniques and strategies. Easy to read chapters are well organized with summaries at the end and include information on caring for yourself and working with teachers.

Material Title: **Infant Massage; a Handbook for Loving Parents**

Author: Vimala McClure

Books

2000

272

In *Infant Massage*, McClure shares how massage benefits children--easing discomfort, releasing tension, helping premature infants gain weight, even helping asthmatic children improve breathing function. She explains each step of the massage process with simple easy-to-follow instructions and delightful photographs demonstrating each stroke. You'll also find:
Specific routines tailored to help relieve colic, fever, chest and nasal congestion
Modified instructions for premature infants and babies with special needs
Helpful hints on dealing with crying and fussing
Lullabies, rhymes, and games to enhance the massage experience
Guidance for teaching children about "good touch"
A special chapter dedicated to fathers
Compassionate advice for foster and adoptive parents
And much more

Material Title: **Is This Your Child? Discovering and Treating Unrecognized Allergies**

Author: Doris Rapp, M.D.

Books

1991

626 Pages

In *Is This Your Child?* Dr. Doris Rapp gives you the clues and explanations to determine if your child is part of the subset of children affected by food or chemical allergies. More important, she gives instructions on how to maintain a healthy, comfortable, and drug-free child. Illustrations. 32 black-and-white photos.

Material Title: **It's So Amazing!: A Book about Eggs, Sperm, Birth, Babies and Families**

Author: Robie H. Harris

Children's Books

2014

How does a baby begin? What makes a baby male or female? How is a baby born? Children have plenty of questions about reproduction and babies — and about sex and sexuality, too. *It's So Amazing!* provides the answers — with fun, accurate, comic-book-style artwork and a clear, lively text that reflects the interests of children age seven and up in how things work, while giving them a healthy understanding of their bodies. Created by the author and illustrator of *It's Perfectly Normal*, this forthright and funny book has been newly updated for its fifteenth anniversary.

Material Title: **It's Tough to Be Gentle: A Dragon's Tale* (Children's Materials)**

Author: Cindy R. Lee

Children's Books

2015

34 pages

Dex has the sweetest heart and the roughest touch. He breaks his toys, has difficulty with personal space, and has an energy level that idles on high! Dex deeply desires to play with a family of baby birds, but his request is denied until he can learn to be gentle and kind. Join this misunderstood dragon as he creatively learns how to have a gentle touch. *It's Tough to Be Gentle: A Dragon's Tale*, helps children understand the gentle and kind concept and the Teaching Tips for Parents provides parents with information on how they can empathize with a child similar to Dex. *It's Tough to Be Gentle: A Dragon's Tale* is designed to teach Trust Based Relational Intervention (TBRI®) principles developed by Dr. Karyn Purvis and Dr. David Cross at the Institute of Child Development.

Parenting, General

Material Title: **I've Loved You Since Forever**

Author: Hoda Kotb

Children's Books

2018

Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Audio)**

Author: Robyn Gobbel

DVDs

2017 75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Video)**

Author: Robyn Gobbel

DVDs

2017 75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

Material Title: **Kak vyrastit' rebenka v mire bez granits [How to Raise a Child in a World Without Borders] RUSSIAN**

Author: Olga Makhovskaya

Books

2017

267

(See English Below) В своей книге известный психолог и писатель Ольга Маховская не только анализирует и сравнивает три во многом различные системы воспитания, но и проводит увлекательный экскурс по семейным, культурным, образовательным, бытовым традициям трех стран. Это не просто книга о воспитании и психологии детей - это и увлекательное исследование, значительно расширяющее кругозор. Автор рассказывает, что полезного могут почерпнуть родители у иностранных "коллег", дает полезные и четкие советы для разных ситуаций, приводит живые примеры, обращается к литературным и фольклорным источникам. Очень интересно преподносится тема национального темперамента, который во многом определяет отношение к воспитанию детей. О чем эта книга В книге не только анализируются и сравниваются три во многом различные системы воспитания, но и проводится увлекательный экскурс по семейным, культурным, образовательным, бытовым традициям трех стран. Автор рассказывает, что полезного могут почерпнуть родители у иностранных "коллег", дает полезные и четкие советы для разных ситуаций. Читайте, сравнивайте, выбирайте лучшее.

[In her book, the well-known psychologist and writer Olga Makhovskaya not only analyzes and compares three largely different educational systems, but also conducts an exciting excursion into the family, cultural, educational, and everyday traditions of the three countries. This is not just a book about the upbringing and psychology of children - it's an exciting study that greatly broadens the horizon. The author says that parents can benefit from foreign "colleagues", gives useful and clear advice for different situations, gives live examples, turns to literary and folklore sources. It is very interesting to present the theme of national temperament, which largely determines the attitude towards the upbringing of children.]

Material Title: **Kazdin Method for Parenting the Defiant Child, The: With No Pills, No Therapy, No Contest of Wills**

Author: Alan E. Kazdin

Books

2009

304

A lifesaving handbook for parents of children who are occasionally, or too often, "out of control" Includes a bound-in twenty-minute DVD featuring Dr. Kazdin and his staff illustrating key concepts of the Kazdin Method Most child-behavior books are filled with advice that sounds reasonable, fits with what parents already believe about child-rearing, and is—as Dr. Kazdin proves— guaranteed to fail. The Kazdin Method for Parenting the Defiant Child makes available to parents for the first time Dr. Kazdin's proven program—one backed up by some of the most long-term and respected research devoted to any therapy for children.

Kazdin shatters decades' worth of accumulated myths about tantrums, time-outs, punishments fitting the crime, and much more. With the practicality of Ferber and the warmth of Brazelton, Kazdin leads parents through every step of the Kazdin Method in action—how to use tone of voice, when and how to touch, how to lead your child in a "practice" session, how to adjust your approach for different-age children, how to involve siblings, and more. The program is temporary, but the results are permanent—for very young children, adolescents, and even beyond.

Material Title: **Keepers of the Children: Native American Wisdom and Parenting**

Author: Laura M. Ramirez

Books

2004

208 pages

This book uses little known Native American secrets to teach parents how to raise children who know their nature and use their strengths to create lives of meaning and contribution. By raising children to unfold the uniqueness in their hearts, parents touch the depths of their own. By teaching children the secrets of genuine fulfillment, they grow up to lead purposeful lives and cherish their parents for this gift.

Parenting, General

Material Title: **Kid Confidence: Help Your Child Make Friends, Build Resilience, and Develop Real Self-Esteem**
Author: Eileen Kennedy-Moore, PhD *Books* 2019 240

As parents, it's heartbreaking to hear children say negative things about themselves. But as children grow older and begin thinking about the world in more complex ways, they also become more self-critical. Alarming, studies show that self-esteem, for many children, takes a sharp drop starting around age eight, and this decline continues into the early teen years. So, how can you turn the tide on this upsetting trend and help your child build genuine self-esteem?

With this guide, you'll learn that self-esteem isn't about telling kids they're "special." It's about helping them embrace the freedom that comes with a quiet ego—a way of being in the world that isn't preoccupied with self-judgment, and instead embraces a compassionate view of oneself and others that allows for both present awareness and personal growth. When kids are less focused on evaluating and comparing themselves with others, they are freer to empathize with others, embrace learning, and connect with the values that are bigger than themselves.

Material Title: **Kids Online: Protecting Your Children in Cyberspace**
Author: Donna Rice Hughes *Books* 1998 253 pages

This book provides simple step-by-step directions for keeping kids safe while still allowing them the many benefits of the Internet. It offers a detailed description of the serious risks of cyberspace, and gives advice on providing rules and regulations regarding online activity. This book also outlines basic computer and Internet terms and usage, for parent's who aren't exactly Internet-savvy.

Material Title: **Kids, Parents and Power Struggles: Winning for a Lifetime**
Author: Mary Sheedy Kurcinka *Books* 2000 336

Does bedtime mean struggle time, with your child negotiating for "just another ten minutes" every single night? Do most school mornings end with your child in tears or you bellowing as you race through breakfast in order to catch the bus? Do your children sit stone-faced in front of the TV, despite your repeated requests that they get up and do their chores? You don't have all day to negotiate--and after all, aren't you supposed to be the one in charge?

Parents and kids pitted against one another, opposing forces pulling in different directions--both determined to win! Every family experiences power struggles, but these daily tugs of war are not inevitable. In *Kids, Parents, and Power Struggles*, Mary Sheedy Kurcinka presents real strategies for getting to the root of the emotions and needs that can create daily hassles. But power struggles aren't just about winning or losing. They provide rich opportunities for learning how to deal with strong emotions and for parents and children to solve problems together.

Kids, Parents, and Power Struggles helps you to unravel the mysteries of power struggles by offering insights into differences and normal growth patterns, recognizing that every child is unique and every discipline situation different. In a new light, Kurcinka views power struggles as an opportunity to teach your child essential life skills such as how to calm herself, to be assertive rather than aggressive, to solve problems, and to work cooperatively with you and others.

Material Title: **Knowing Who You Are, Helping Youth in Care Develop their Racial and Ethnic Identity**
Author: Casey Family Programs *DVDs*

Material Title: **La Crianza Práctica de los Hijos: Una guía paso a paso para formar hijos responsables y hogares felices**
Author: Ray Burke, Ph.D. *Libros en español* 1998 132 pages

"La Crianza Práctica de los Hijos" le ofrece a usted consejos para formar una relación estrecha con sus hijos. Le ayudará a enseñarles el buen comportamiento. Este libro explica las cosas claramente: cómo mantener la calma y enseñarle al niño dominio propio, cómo animarlo con elogios apropiados, y cómo hacerle saber lo que usted espera de él y cuáles serán las consecuencias de sus acciones. Usted aprenderá a corregir el mal comportamiento de sus hijos y a evitar que este vuelva a presentarse de la edad preescolar a la adolescencia.

Material Title: **La magia de las reuniones familiares: Cómo sirven para resolver problemas y enseñar valores [The Magic of Family Meetings: How they solve problems and teach values]**
Author: Michael, Ph.D. Popkin *Audiotapes* 29 Minutes

La magia de las reuniones familiares: Cómo sirven para resolver problemas y enseñar valores [The Magic of Family Meetings: How they solve problems and teach values]

Aprenda maneras efectivas de resolver conflictos usando reuniones y cómo usar las pláticas familiares para discutir asuntos importantes con su adolescente. Descubra formas respetuosas de monitorear las actividades de su adolescente y observe cómo otros padres enfrentan a su hijo por usar marihuana.

Material Title: **Learning the Dance of Attachment**
Author: Holly Van Gulden *Books* 2010 122 pages

Parenting, General

Material Title: **Let's Go Outside!: Outdoor Activities and Projects to Get You and Your Kids Closer to Nature**
Author: Jennifer Ward *Books* 2009 144

Engage your child in outdoor play, nature outings, and environmental explorations. Chase and be chased in a game of capture the flag. Use the power of the sun to craft your own shadow prints. Explore the stars on a late night walk. Create a field guide to your neighborhood. Through 52 ideas—some classic and some new—Let's Go Outside! offers a range of activities perfect for children ages 8 to 12. Whether you're in the country, the city, or anywhere in between, this book is sure to help you get outside—and run, dance, hike, or camp—with your preteen.

Sections of the book include:

- Back to Basics: Reconnecting with twists on traditional games and activities such as Capture the Flag
- Making the Ordinary Extraordinary: Picnics, doing homework outdoors, and socializing opportunities outdoors
- Outdoor Adventures: Canoeing, biking, and camping
- Environmental Experiments: Ways to explore how nature works

Material Title: **Let's Talk About Body Boundaries, Consent & Respect: A Book to Teach Children About Body Ownership, Respectful Relationships, Feelings and Emotions, Choices and Recognizing Bullying Behaviors**
Author: Jayneen Sanders *Children's Books* 2017

Teaching young children about body boundaries, both theirs and others, is crucial to a child's growing sense of self, their confidence and how they should expect to be treated by others. A child growing up knowing they have a right to their own personal space, gives that child ownership and choices as to what happens to them and to their body. It is equally important a child understands, from a very young age, they need to respect another person's body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily-understood manner, providing familiar scenarios for children to engage with and discuss. It is important that the reader and the child take the time required to unpack each scenario and explore what they mean both to the character in the book, who may not be respecting someone's body boundary, and to the character who is being disrespected. It is through these vital discussions that children will learn the meaning of body boundaries, consent and respect. Learning these key social skills through such stories as 'Let's Talk About Body Boundaries, Consent and Respect' and role-modelling by significant adults can, importantly, carry forward into a child's teenage years and adult life.

Material Title: **Liberated Parents/Liberated Children: Your Guide to a Happier Family**
Author: Adelene Faber and Elaine Mazlish *Books* 1990 248 pages

Authors Faber and Mazlish share their own and others' parenting experiences to provide moving and convincing testimony to their approach which has proved to bring out the best in both children and parents. They also speak to the countless ways your use of language can build self-esteem, inspire confidence, and encourage responsibility.

This book is filled with anecdotes, observations, dialogues, and practical suggestions any parent can learn from and use.

Material Title: **Listen: Five Simple Tools to Meet Your Everyday Parenting Challenges**
Author: Patty Wipfler and Tosha Schore, M.A. *Books* 2016 356

Listen introduces parents to five simple, practical skills even the most harried parent can use. These tools will help parents strengthen their connection with their child and help build their child's intelligence, cooperation, and ability to learn as they grow. The book delivers detailed information accompanied by more than one hundred real-life stories from parents who've used this approach to address the root causes of their child's difficult behaviors.

Five surprising things parents will learn:

- You don't have to reward or punish willful children to get them to cooperate.
- Aggressive kids are frightened kids, and there are simple tools to ease their fear so they don't need to lash out.
- Your willingness to just listen to crying or tantrums often is enough to heal a child's fears and hurts.
- Safe play during which your kid becomes the boss can reveal his hidden feelings-- and heal them too.
- Parents who regularly listen to one another's struggles, without judging or advising, often clear so much toxic emotion that their children benefit greatly.

Material Title: **Listening for Feelings**
Author: John F. Taylor *Books* 1990 27 pages

This booklet gives parents techniques for helping children express their genuine feelings. It emphasizes the importance of honest, open communication between parents and their children. It shows parents how to: teach children healthy ways to assert themselves; provide a genuine childhood; and let children experience positive personal power.

Parenting, General

Material Title: **Little Book of Foster Care Wisdom, The: 365 Days of Inspiration and Encouragement for Foster Care Families**
Author: John Degarmo *Books* 2019 381 pages

Foster parenting is both a rewarding and a challenging job, a lifestyle of continuous learning and new experiences, and The Little Book of Foster Care Wisdom: 365 Days of Inspiration and Encouragement for Foster Care Families will be there to support you as you, in turn, support your foster children.

Filled with 365 days' worth of daily tips, inspirational quotes, and motivational short stories from a foster care expert, this book is a must-read for modern child-welfare advocates, adoptive parents, and foster parents. It provides inspirational content every day, including instructions, tips, anecdotes, and more.

Material Title: **Love & Limits: Guidance Tools for Creative Parenting**
Author: Elizabeth Crary *Books* 1994 47

Introduces the author's "STAR Parenting" program, which provides a rubric for parents on how to handle misbehaving children.

Material Title: **Loving Guidance: Setting Limits Without Guilt (Audiobook)**
Author: Becky Bailey *CDs* 2000

Audio CD Transcript of Loving Guidance: Setting limits without guilt
Accentuate the positive, eliminate the negative
Power of Knowledge Power of Self-Control No one can make you angry without your consent
"I am going to" Take back your power Power of Attention Power of Relationship Set Patterns
What you focus on is what you get more of "Thank you" vs "You opened the door for me so I could come inside, that was helpful"
Predictable routines create safety Routines create patterns Patterns create predictability
Predictability creates safety Children have no inner voice Children think in patterns and pictures
Sustain your energy Reliance on love Move away from discipline out of fear
Change your mind The motivation to behave comes from relationships
Change "get my child to" to "help my child to be more likely to chose"

Material Title: **Magic of Family Meetings, The**
Author: Michael H. Popkin, PhD *DVDs*

Material Title: **Magic Tools for Raising Kids**
Author: Elizabeth Crary *Books* 1995

Offers parents advice on handling common child-rearing problems by using such techniques as looking for good behavior, acknowledging feelings, reducing power struggles, and setting reasonable limits

Material Title: **Manners* (Children's Materials)**
Author: Alik *Children's Books* 1990 30 pages

This colorful and imaginative picture book for young children demonstrates the behavioral do's and don'ts of a host of everyday situations. It is humorous and compelling.

Material Title: **Mindful Parenting**
Author: Kristen Race *Books* 2014 272 pages

Rooted in the science of the brain, and integrating cognitive neuroscience and child development, Mindful Parenting is a unique program that speaks directly to today's busy families who make up what Dr. Race calls "Generation Stress." Research has shown that mindfulness practices stimulate the prefrontal cortex of the brain. Regular stimulation of this part of the brain helps us feel happier, healthier, calmer, less anxious, less stressed, and makes it easier for us to concentrate and think clearly—the very behavior we are hoping our children will display.

Material Title: **Moral Intelligence of Children: How to Raise a Moral Child**
Author: Robert Coles *Books* 1997 196

How can we raise our children to be good people with strong moral characters and values that will guide and sustain them through life? In this powerful, carefully reasoned book Robert Coles, America's leading authority on child development, explores the ways parents and teachers can foster generosity of spirit and empathy in children, and nurture them so that they become "morally intelligent".

Material Title: **More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem (DVD)**
Author: Thomas Phelan DVD *DVDs* 2000 20 minutes

This DVD shows parents how to encourage good behavior. Points of focus include 3 parental qualities that foster competence in kids; how to encourage and respect your child's growing independence; 10 strategies for building self-esteem; making mealtimes more enjoyable; getting kids to pick up after themselves; how to avoid homework civil wars; family meetings; and more.

Parenting, General

Material Title: **More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem (VHS)**
Author: Thomas W. Phelan Video *Videotapes* 2000 20 minutes

This video shows parents how to encourage good behavior. Points of focus include 3 parental qualities that foster competence in kids; how to encourage and respect your child's growing independence; 10 strategies for building self-esteem; making mealtimes more enjoyable; getting kids to pick up after themselves; how to avoid homework civil wars; family meetings; and more.

Material Title: **Mothers, Babies, and Their Body Language**
Author: Antonella Sansone *Books* 2004 304 pages

This book explores the complex interaction and the importance of early communication between mother and baby from pregnancy to the first early months of development. It provides a rich and detailed study of this earliest relationship, and makes a significant and valuable contribution to this area of the mental health field.

Material Title: **My Body's Mine: A Book on Body Boundaries and Sexual Abuse Prevention**
Author: Kayla Marnach *Children's Books* 2018 21 pages

My Body's Mine helps children learn they have the rights to their body. Told through rhyme from a child's point of view, this book on boundaries empowers a child to say no when others approach him or her in ways that make them uncomfortable. It also gives clear instructions on what to do if they are approached in an unwanted manner. The questions at the end of the book provide an easy transition for counselors and parents to open a discussion, assisting the child in understanding and practicing body boundaries or further exploring if abuse has occurred. Through the use of this book, I have experienced families being able to openly discuss abuse together for the first time. Kayla's heart for children from hard places is infectious. Her vision for all children to know they are not alone is unfolding in this new book. She is a gifted writer who will continue to create works benefiting children. My Body's Mine was a missing piece of literature in abuse prevention and I am so thankful to Kayla for writing it! Jessica Kilpatrick, M.A., LPG, STARRY

Material Title: **My Mom has a Bad Temper**
Author: Beverly H. Hopkins *Children's Books* 2001

A child learns that her mother's anger is not her fault, and with some help, the family learns how to deal with it.

Material Title: **Nervous System Know-How: Why Your Nervous System is Your Most Effective Parenting Tool; Featuring Jessica Schaffer (Audio)**
Author: Robyn Gobbel *CDs* 1hr 18min

Parenting is a full time vocation that calls out our deepest reserves. Rich with rewards and loaded with challenges, it is anything but a simple journey. One we often are navigating without the help of roadmaps. It is so easy to become overwhelmed and disoriented. In these moments, how can we tap into our innate resilience and learn to ride the waves of overload without feeling like we are failing? How do we learn to work with our bodies and their adaptive stress responses so we do not feel hijacked by them? In short, how do we use our nervous systems to steady the course and parent more effectively?

Join us for this webinar dedicated to exploring the primary role your nervous plays in your parenting. Learn how to work with your body to come into better regulation so that you are a steady presence for your kids. A regulation-informed perspective recognizes that our bodies and specifically our nervous systems, inform our experiences in life. Moving from this awareness, we can learn to track, monitor, and work with the underlying physiology driving our behaviors and experiences, so that we have greater access to the core attributes many of us wish to embody as parents: empathy, awareness and a genuinely engaged presence that allows our kids to settle into a felt-sense of safety and the experience of being fully seen, received and understood.

Parenting, General

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Author: Robyn Gobbel

DVDs

1hr 18min

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Material Title: **New Father, The: A Dad's Guide to the Toddler Years**

Author: Armin A. Brott

Books

1998

223 pages

Learn how to make a positive impact in these milestone years of your child's development, when he or she goes from crawling to walking, and from knowing just a few words to speaking in complete sentences. Armin Brott guides you through this crucial phase of fatherhood three months at a time, in the third volume of the New Father series trusted by millions of dads nationwide. Each chapter covers:

Your child's physical, intellectual, verbal, and emotional/social development

What you're experiencing as a father

Age-appropriate activities you and your child can enjoy together

Family matters, including your relationship with your partner, sibling relationships, and more

This new edition of The New Father: A Dad's Guide to the Toddler Years has been thoroughly updated to cover the issues dads face today, from balancing work and family to managing kids' screen time. Dads will rely on this friendly yet authoritative book—and moms will find it helpful, too.

Material Title: **No hay niño malo: 12 mitos sobre la infancia [There is No Bad Child: 12 Myths About Childhood]**

Author: Teresa Garcia Hubard

Libros en español

2017

284

Educar a un hijo no es tarea fácil, y menos ante la confusión que generan los mitos que rodean a la crianza. Al considerar la teoría del apego y los más recientes descubrimientos de las neurociencias, es posible entender cada una de las fases del desarrollo emocional del niño, comprender sus conductas y la manera en que van construyendo las conexiones neuronales que les permitirán responsabilizarse cada vez más de su comportamiento. Lejos de disciplinar a través de los castigos y de situarse en una posición de autoridad, Teresa García Hubard sostiene que los padres deben aprender a construir una relación empática con sus hijos, una relación centrada en la conexión emocional, sustentada en el diálogo y la confianza. Adiós a los mitos que apoyan la disciplina y los castigos para la educación de los hijos.

Educating a child is not an easy task, especially in the face of the confusion generated by the myths surrounding the upbringing. When considering the theory of attachment and the most recent discoveries of the neurosciences, it is possible to understand each of the phases of the child's emotional development, understand their behaviors and the way in which they are constructing the neural connections that will allow them to take greater responsibility for your behavior. Far from disciplining through punishments and placing oneself in a position of authority, Teresa García Hubard argues that parents should learn to build an empathetic relationship with their children, a relationship centered on emotional connection, based on dialogue and trust. Goodbye to the myths that support discipline and punishment for the education of children.

Material Title: **No Matter What**

Author: Debi Gliori

Children's Books

"I'm grim and grumpy," says Small to Large, "and I don't think you love me at all." But nothing could be further from the truth--and Large knows just how to reassure Small in this warm and tender story about a child's biggest worry and a parent's endless capacity for love.

Material Title: **No More Sibling Rivalry: A Practical Guide for Parents**

Author: John Taylor

Books

1995

35 pages

This booklet shows parents how to decrease competition among siblings, strengthen the bonds between family members, help children to feel they are an important part of the family, and more.

Parenting, General

Material Title: **No-Cry Discipline Solution, The: Gentle Ways to Encourage Good Behavior Without Whining, Tantrums, and Tears**

Author: Elizabeth Pantley Books 2007 304 pages

While this book does not focus on children with special needs, and your child may require a much more therapeutically focused approach, there may still be usable tidbits here especially in the sections on taking care of yourself. The first 3 parts of this book for parents of two to eight-year-olds, present "Essential Parenting Attitudes;" "Parenting Skills and Tools;" and "Staying Calm and Avoiding Anger." Part 4 offers "Specific Solutions for Everyday Problems" – 33 of them, including baby talk; bossiness; car problems; doesn't come when called; hitting, kicking, and hair pulling; playtime behavior; sleep issues; and much more.

Material Title: **No-Drama Discipline Workbook: Exercises, Activities, and Practical Strategies to Calm the Chaos and Nurture Developing Minds**

Author: Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D. Books 2016 135 pages

The goal of this guide is simple: discipline less on "autopilot" by developing a set of principles and strategies based on your own family dynamics. These stories, reflections, and exercises will help you think more deeply about the way you communicate with your kids and provide opportunities for peaceful and nurturing conflict resolution.

Material Title: **No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind**

Author: Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D. Books 2014 255 pages

This book highlights the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, No-Drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears - without causing a scene. The authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth.

Material Title: **Noticing Self: Capturing Moments for Parental Self Reflection; Featuring Marshall Lyles, LMFT-S, LPC-S, RPT-S**

Author: Robyn Gobbel DVDs 1hr 3min

Parents spend most of their days thinking about others. Did he remember his lunch? I hope she does ok at the sleepover. Who needs money now? While contemplating the needs and experiences of our kids is important to creating opportunities for their increased security, our kids also need parents who are monitoring their own inner worlds. This webinar will outline the necessity of being a reflective parent while offering some practical ways to accomplish this in our often hectic spaces.

Objectives:

Discuss the attachment theory concept of reflective functioning

Outline challenges to increasing self-reflection

Identify practical steps for becoming reflective in everyday life

Material Title: **Noticing Self: Capturing Moments for Parental Self Reflection; Featuring Marshall Lyles, LMFT-S, LPC-S, RPT-S (DVD)**

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Parenting, General

Material Title: **NurtureShock: New Thinking About Children**

Author: Po Bronson

Books

01/05/2011

One of the most influential books about children ever published, Nurture Shock offers a revolutionary new perspective on children that upends a library's worth of conventional wisdom. With impeccable storytelling and razor-sharp analysis, the authors demonstrate that many of modern society's strategies for nurturing children are in fact backfiring--because key twists in the science have been overlooked. Nothing like a parenting manual, NurtureShock gets to the core of how we grow, learn and live.

In addition to Bronson and Merryman's writings on praise -- first made famous in New York magazine -- there are nine more equally groundbreaking chapters. Among the topics covered:

Why the most brutal person in a child's life is often a sibling, and how a single aspect of their preschool-aged play can determine their relationship as adults.

When is it too soon - or too late - to teach a child about race? Children in diverse schools are less likely to have a cross-racial friendship, not more - so is school diversity backfiring?

Millions of families are fighting to get their kids into private schools and advanced programs as early as possible. But schools are missing the best kids, 73% of the time - the new neuroscience explains why.

Why are kids - even those from the best of homes - still aggressive and cruel? The answer is found in a rethinking of parental conflict, discipline, television's unexpected influence, and social dominance.

Parents are desperate to jump-start infants' language skills. Recently, scientists have discovered a series of natural techniques that are astonishing in their efficacy - it's not baby videos, sign language, or even the richness of language exposure. It's nothing you've heard before.

Material Title: **Obschatsya s rebenkom. Kak? [How to Communicate With Your Child] RUSSIAN**

Author: Yu. B. Gippenreiter

Russian Language Ma 2008

350

(See English below) Малыш, который получает полноценное питание и хороший медицинский уход, но лишен полноценного общения со взрослым, плохо развивается не только психически, но и физически: он не растет, худеет, теряет интерес к жизни. "Проблемные", "трудные", "непослушные" и "невозможные" дети, так же как дети "с комплексами", "забитые" или "несчастливые" - всегда результат неправильно сложившихся отношений в семье. Книга Юлии Борисовны Гиппенрейтер нацелена на гармонизацию взаимоотношений в семье, ведь стиль общения родителей сказывается на будущем их ребенка!

Material Title: **Off Road Parenting: Practical Solutions for Difficult Behavior**

Author: Caesar Pacifici, Patricia Chamberlain, & Lee White

Books

2002 *plus a DVD*

The book and DVD work together, chapter by chapter, to help parents discover how to get their family back on a positive track. Spiced with Stone Soup cartoons, Off Road Parenting guides the reader to positive and caring solutions with clear and simple language.

Material Title: **Once Upon a Potty: Boy**

Author: Alona Frankel

Children's Books

2014

There are 28.9 million children under the age of 5 in the U.S. and all of them will need to be toilet trained. This classic book has already helped millions of parents get their children through a life milestone with ease and some entertainment too.

With Once Upon a Potty, a parent reads the book to their child or allows the child to read it while on the potty. Not surprisingly, the book takes some wear. This new board book edition will withstand such heavy use and survive the occasional water spill too.

This is THE potty training book. It has it all, bright graphics, simple language, fun story and an anatomically correct hero. With an edition for each gender, the book relates directly to the child, making the potty-training process relatable and easy to understand.

Parenting, General

Material Title: **Open-Hearted Way to Open Adoption: Helping Your Child Grow Up Whole, The**

Author: Lori Holden and Crystal Hass

Books

2015

228

Prior to 1990, fewer than five percent of domestic infant adoptions were open. In 2012, ninety percent or more of adoption agencies are recommending open adoption. Yet these agencies do not often or adequately prepare either adopting parents or birth parents for the road ahead of them! The adult parties in open adoptions are left floundering.

There are many resources on why to do open adoption, but what about how? Open adoption isn't just something parents do when they exchange photos, send emails, share a visit. It's a lifestyle that may feel intrusive at times, be difficult or inconvenient at other times. Tensions can arise even in the best of circumstances. But knowing how to handle these situations and how to continue to make arrangements work for the child involved is paramount. This book offers readers the tools and the insight to do just that. It covers common open-adoption situations and how real families have navigated typical issues successfully. Like all useful parenting books, it provides parents with the tools to come to answers on their own, and answers questions that might not yet have come up.

Through their own stories and those of other families of open adoption, Lori and Crystal review the secrets to success, the pitfalls and challenges, the joys and triumphs. By putting the adopted child at the center, families can come to enjoy the benefits of open adoption and mitigate the challenges that may arise.

More than a how-to, this book shares a mindset, a heartset, that can be learned and internalized, so parents can choose to act out of love and honesty throughout their child's growing up years, helping that child to grow up whole.

Material Title: **Opposite of Worry, The: The Playful Parenting Approach to Childhood Anxieties and Fears**

Author: Lawrence J. Cohen

Books

ember 10, 280 pages

Whether it's the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents

- start from a place of warmth, compassion, and understanding
- teach children the basics of the body's "security system": alert, alarm, assessment, and all clear.
- promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and "white-knuckling" through a fear
- find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale
- tackle their own anxieties so they can stay calm when a child is distressed
- bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing

With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy.

Material Title: **Optimistic Child, The: A Revolutionary Program That Safeguards Children Against Depression & Builds Lifelong Resilience**

Author: Martin E.P. Seligman, Ph.D.

Books

Over the past thirty years, the self-esteem movement has promoted the credo in American homes and classrooms that unconditional positive feedback is what children need to make them feel better about themselves. But even though we are raising our children to feel good, they have never been more depressed.

To examine and reverse this trend, the author, a leading psychologist who has been studying depression for three decades, developed a long-term research study with his colleagues called the Penn Depression Prevention Project. Their startling finds prove that teaching children to challenge their pessimistic thoughts can "immunize" them against depression. The *Optimistic Child* offers parents and teachers the tools developed in this study to teach children of all ages life skills that transform helplessness into mastery and bolster genuine self-esteem.

Parenting, General

Material Title: **Orchid and the Dandelion, The; Why Some Children Struggle and How All Can Thrive**
Author: W. Thomas Boyce *Books* 1/29/2019 304

A book that offers hope and a pathway to success for parents, teachers, psychologists, and child development experts coping with difficult children.

In Tom Boyce's extraordinary new book, he explores the "dandelion" child (hardy, resilient, healthy), able to survive and flourish under most circumstances, and the "orchid" child (sensitive, susceptible, fragile), who, given the right support, can thrive as much as, if not more than, other children.

Boyce writes of his pathfinding research as a developmental pediatrician working with troubled children in child-development research for almost four decades, and explores his major discovery that reveals how genetic make-up and environment shape behavior. He writes that certain variant genes can increase a person's susceptibility to depression, anxiety, attention deficit hyperactivity disorder, and antisocial, sociopathic, or violent behaviors. But rather than seeing this "risk" gene as a liability, Boyce, through his daring research, has recast the way we think of human frailty, and has shown that while these "bad" genes can create problems, they can also, in the right setting and the right environment, result in producing children who not only do better than before but far exceed their peers. Orchid children, Boyce makes clear, are not failed dandelions; they are a different category of child, with special sensitivities and strengths, and need to be nurtured and taught in special ways. And in *The Orchid and the Dandelion*, Boyce shows us how to understand these children for their unique sensibilities, their considerable challenges, their remarkable gifts.

Material Title: **Parent as Coach: Helping your teen build a life of confidence, courage and compassion**
Author: Diana Haskins *Books* 2001 106 pages

An indispensable guide for parents, teenagers, and adults who care, Diana Haskins brings her coaching and parenting together in a thought-provoking yet practical handbook that points the way toward more harmonious parent-teen relationships. Haskins' insights as a parent and personal coach reveal what young people want from adults and how adults can mentor the next generation. Her "Seven Ways to Coach Your Teen" speak directly to teens' most pressing needs – and parents' greatest challenges.

Material Title: **Parent-Infant Psychodynamics: Wild Things, Mirrors and Ghosts**
Author: Joan Raphael-Leff *Books* 2003 317 pages

This book focuses on the interweaving psychic realities and unconscious dynamics between family members. These are set in the context of changing patterns of socio-cultural expectations, ethical considerations and biological realities. The broad spectrum of topics encourage self-reflective thinking about the role of health-care professionals working with families at various phases of the life cycle, in illness and health. In particular, recognition of risk factors relating to areas of emotional vulnerability in clients and their impact on the practitioner. It is intended for interested parents, students and professionals working with expectant parents, babies and their families. Contributors include: Acquarone, Balint, Bick, Bion, Bourne, Brazelton, Bryan, Daws, Fraiberg, Green, Grier, Hawthorne, Hopkins, Lewis, Murray, Spitz, Trevarthen, Tronick, Winnicott, Wittenberg, Wright.

Material Title: **Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors**
Author: Pat Harvey *Books* 2009 207 pages

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless.

Material Title: **Parenting a Teen Who Has Intense Emotions; DBT Skills to Help Your Teen Navigate Emotional & Behavioral Challenges**
Author: Pat Harvey *Books* 2015 224

Parenting a teen with intense emotions can be extremely difficult. This much-needed book will give you the tools needed to help your teen regulate his or her emotions. In addition, you'll learn the skills for managing your own reactions so you can survive these difficult years and help your teen thrive.

Parenting, General

Material Title: **Parenting Across the Autism Spectrum: Unexpected Lessons We Have Learned**

Author: Maureen F. Morrell and Ann Palmer *Books* 4/27/06 220

Maureen F. Morrell and Ann Palmer are raising two very different children: Justin, a whirlwind of activity and mood swings, who is supervised in a residential farm community, and Eric, quiet and passive, who lives independently at college. The authors give an account of the striking similarities as well as the stark differences in their experiences of parenting children at opposite extremes of the autism spectrum.

The two mothers speak openly about their children's diagnosis and early childhood through to adolescence, young adulthood and the day they leave home. They give a moving account of the challenges they faced and the surprising consolations they found along their sons' very different paths in life. Through their friendship and two decades of shared experiences of parenting an ASD child, each has gained a clear understanding of her own strengths and limitations, as well as those of her child.

Parenting Across the Autism Spectrum offers a personal perspective and practical guidance for parents at the start of their journey with autism, especially those whose children are newly diagnosed. It also provides useful insights for professionals working with individuals across the autism spectrum and their families. The book was elected the 2007 Autism Society of America's Outstanding Literary Work of the Year.

Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys**

Author: Gregory C Keck *Books* 2009 240 pages

In his newest release, Dr. Gregory C. Keck offers new insights and parenting strategies relative to adolescents, especially adopted adolescents. Parents will find humor and relief as they realize their role in their child's journey in the adoption process.

Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys (2 CDs)**

Author: Gregory Keck *CDs* 8/5/2011 25 minutes

Presented by Gregory Keck of the Attachment and Bonding Center of Ohio at the 37th NACAC Conference 2011 in Denver, Colorado. Filled with information about typical adolescent development, this session explores how adopted adolescents may deal with developmental issues such as separation and individuation, identity formation, and sexuality. Parents will gain insight into how to help an adolescent make transitions, and professionals will get information they need to work with adopted adolescents and their families.

Material Title: **Parenting Adopted Teenagers: Advice for the Adolescent Years**

Author: Rachel Staff *Books* 2015 256 pages

Full of valuable, grounded advice, this guide will help parents to understand the impact of early trauma on a child's development and the specific nature of the changes that occur during adolescence. With tips for coping with common problems, it combines first-hand accounts from professionals, parents and teenagers themselves. It also covers essential topics such as: family and peer relationships, developing healthy intimate relationships, emerging identity issues, and contacting birth family.

Material Title: **Parenting an Only Child: The Joys and Challenges of Raising Your One and Only**

Author: Susan Newman *Books* 1990 231 pages

Is it possible to raise a happy and only child? Can we be happy with only one child? The answer to both of these questions is a resounding yes!

Susan Newman, a child-care authority and herself the mother of one, looks at why the single-child family is advantageous for both you and your child and provides sound advice on how you can make the most of those advantages. She debunks the age-old myths about the unhappy, lonely only child and tells why only children are, in fact, more outgoing, creative, and independent than children with siblings.

Material Title: **Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach**

Author: Vincent Monastra *Books* 2014 252 pages

Children with ADHD struggle so much with inattention or hyperactivity and impulsivity that they have trouble succeeding at home, at school, with friends, or on the playing field. Arranged in a series of lessons to be taken "one at a time," this book shows how you can become your child's best advocate, helping to improve attention, behavioral control, and social skills. Updates to this edition include information on new diagnostic tests, medications, and treatments; tips to help your school district create a safe for your child; and a new chapter on teaching life values, such as generosity and kindness.

Material Title: **Parenting Difficult Tweens & Teens (2 CDs)**

Author: Bryan and Helene Timpone, CSW Post *CDs* 2010 20 minutes

What every parent or professional needs to know about raising and working with preteen and teen children. Develop insights on how the teen brain process information; Learn about a chemical in the brain that will change how you see your Adolescent; Overcome the pressures imposed by their peers; End the power struggles while knowing you're teaching them everything they need to live healthy, productive lives.

Parenting, General

Material Title: **Parenting Right From the Start: Laying a Healthy Foundation in the Baby and Toddler Years**
Author: Vanessa Lapointe *Books* 2019 272

The baby and toddler years are the most important period for any child's emotional and psychological development. Parents naturally want to do what's best for their kids, but they often struggle to know what that is, especially when dealing with the big "battlegrounds" of sleep, feeding, and managing aggression.

The latest scientific research indicates that it is through a strong and stable sense of connection to their parents that children learn how to regulate their emotions, master social skills, and develop a sense of identity. Unfortunately, many of the currently accepted parenting practices and traditional attitudes disrupt healthy connection rather than foster it, leading to behavioral issues and emotional problems that can last into adulthood.

Dr. Lapointe helps parents to understand how mindful and conscious parenting can help them to avoid passing unhealthy patterns down from one generation to the next. Rooted in compassion and understanding, *Parenting Right From the Start* shows parents how to build a firm, caring presence in the early years that a child can lean into for a lifetime.

Material Title: **Parenting Strategies to Help Adopted and Fostered Children with Their Behavior; Trauma-Informed Guidance and Action Charts**
Author: Christine Gordon *Books* 10/19/2017 170

Difficult behaviour in children with developmental trauma comes from a place of hurt. It is often confusing, unpredictable and painful both to the child and the people around them, and can be a form of self-protection or coping with deeply rooted fears and anxieties.

Traumatized children rarely respond to traditional parenting strategies, but once you understand the impact of trauma on children you can master 'developmental reparenting' strategies which do work - by validating their feelings, boosting self-esteem and encouraging open and honest conversations. The first part of this book guides you using easy to understand language through the latest science and research relating to trauma and its impact on the brain and executive functioning. The second part forms the heart of the book, laying out 35 action charts to addresses some of the very hardest challenges for parents and carers - from inappropriate sexualised behaviour and overfamiliarity with strangers through to tantrums, food issues and deception.

Written by an experienced adoptive parent who is also a qualified social worker with expertise in trauma-informed parenting, this book will be a welcome relief to any family struggling with the challenges of living with trauma in the home.

Material Title: **Parenting Tasks in Transracial Adoptions (DVD)**
Author: Dr. Joseph Crumbley *DVDs* 20 minutes

This video presents a psychosocial rationale explaining the parenting tasks with minority children; parental tasks, resources and capabilities; and information and networks parents must access and provide their adopted child.

There are three other videos in this series: "Assessing a Family's Ability to Adopt Transracially," "The Impact of Transracial Adoptions on the Adopted Child and Adoptive Family," and "The Special Needs of Minority Children Adopted Transracially."

Material Title: **Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood**
Author: Foster Cline and Jim Fay *Books* 2006 303 pages

When kids hit their teen years, parenting takes on a whole new dimension. As they struggle toward independence and autonomy, some dicey decisions emerge. And the real world you want them to be ready for can make you shudder - kids today face life-and-death decisions long before they're on their own. As a parent you face no greater challenge - and no greater opportunity - than to guide your children through their teen years toward productive, happy, and responsible adulthood. This book will help you meet that challenge and rejoice in that opportunity.

Material Title: **Parenting the Attachment Challenged Child: When Behavior Modification and Consequences Don't Work! (3 CDs)**
Author: Bryan Post *CDs* 2004 ; 10minutes

Listen while Dr. Post shares with you, in his compassionate, yet non-nonsense manner which you have come to love, the latest information from the fields of neuroscience, psychology, and education. In this set of 3 audio CDs you will learn why behavior modification consequences don't work for parenting children with the most difficult behaviors. Dr. Post invites you to a new understanding of the behavior of the difficult child and leads you from old parenting paradigms to a new paradigm, family-centered regulatory parenting.

Material Title: **Parenting with Dignity**
Author: Mac Bledsoe *Books* 2005 218 pages

Mac Bledsoe, a successful father, high school teacher, and coach, presents a dignified way to parent based on the philosophy that whether you want to believe it or not, your children will make ALL the important decisions in their life on their own. This book attempts to teach you how to empower your children to make good decisions.

Parenting, General

Material Title: **Parenting with Dignity: Getting Beyond Crisis Management (3 DVDs)**

Author: DVD *DVDs* 2005 9 Hours

Parenting with Dignity teaches parents how to instill a sense of responsible decision making in their kids. A positive approach to parenting that is simple, easily understood, applicable in any situation, and incredibly intuitive. The premise of the Parenting with Dignity philosophy is: "Our children will make all of the most important decisions in their lives - on their own. As parents, the only thing we can do is teach them how to make good decisions."

A Parents Workbook for you to keep should accompany these DVD's and you can download it from the website if you like. Also available in Spanish.

Material Title: **Parenting with Dignity: The Early Years**

Author: Mac Bledsoe *Books* 2005 249 pages

In this book, Mac Bledsoe applies his five rules of parenting to help parents of children aged two to six overcome the most common and frustrating challenges associated with the toddler and pre-school years, such as: acting out behaviors, eating problems, getting dressed, manners, sibling rivalry, discipline, bedtime, potty training, and more.

Material Title: **Parenting with Love and Logic: Teaching Children Responsibility**

Author: Foster Cline and Jim Fay *Books* 1990 224 pages

This book helps parents learn to view the behavior, not the child, as the problem. It promotes a philosophy of drawing the child into partnership to work side by side with the parents to jointly solve problems. However, it does not address problems caused by neurological impairment as is often the case for alcohol and drug affected youngsters.

Material Title: **Parenting without Pressure: A Whole Family Approach**

Author: Teresa A. Langston *Books* 1994 142 pages

Emphasizing communication, unconditional love, and a structured environment, this "Parent's Guide" will show you ways to involve the whole family in the parenting process, establish fair rules with workable consequences and motivating incentives, and avoid the pressure of making on-the-spot disciplinary decisions. You'll find out how to give up the struggle but keep your authority, and you'll learn how discussions about rules and consequences prepare your children for the real world ahead.

Material Title: **Parenting Your Adopted Child: A Complete and Loving Guide**

Author: Stephanie Siegel *Books* 1989 234 pages

From infancy through the teenage years and beyond, this book serves as a practical manual. For each stage of adoption, it provides advice on how to handle the issues of adoption including special needs adoption, special situations, and common questions.

Material Title: **Parents' Adoption Issues and Their Effect on Attachment (CD)**

Author: Regina Kupecky *CDs* 2008

Adoption issues and parents' past experiences often create barriers to healing for their children. While it is not an adoptive parent's fault that the child has attachment difficulties, it is the parent's responsibility to create a family atmosphere in which children can heal. Learn how to help parents face their own issues so they become available for children to change. Recorded at the 2008 NACAC Conference in Ottawa, Regina Kupecky presents.

Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (DVD)**

Author: Dr. Bruce Perry *DVDs* 2002 44 minutes

The 2001 terrorist attacks rank high on the trauma scale, but there are other kinds of childhood trauma. This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence, and natural catastrophic disasters, such as earthquakes, tornados and floods, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills make these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and the appropriate responses to take. This video features Dr. Bruce D. Perry a pioneer in the research focused on traumatized children. Dr. Perry's work includes examining the long-term cognitive, behavioral, emotional, social, and psychological effects of trauma in children, adolescents and adults.

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Parenting, General

Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (VHS)**
Author: Bruce Perry *Videotapes* 2002 44 minutes

The 2001 terrorist attacks rank high on the trauma scale, but there are other kinds of childhood trauma. This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence, and natural catastrophic disasters, such as earthquakes, tornados and floods, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills make these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and the appropriate responses to take. This video features Dr. Bruce D. Perry a pioneer in the research focused on traumatized children. Dr. Perry's work includes examining the long-term cognitive, behavioral, emotional, social, and psychological effects of trauma in children, adolescents and adults.

Material Title: **Parents' Practical Guide to Resilience for Preteens and Teenagers on the Autism Spectrum, The**
Author: Jeanette Purkis *Books* 5/21/2018 202

This book empowers parents of autistic young people aged 11 to 20 to help them promote resilience in their child. Full of suggestions and simple activities, this easy-to-use resource will help guide parents on how to build the foundations of resilience and independence for situations such as negotiating sexuality and relationships, entering employment or living away from home.

It includes information about the main developmental stages for preteens and teens on the autism spectrum, and will take parents through life events and milestones at different ages and identify where difficulties and barriers to resilience may arise and how to address them.

Material Title: **Pause and Reset: A Parent's Guide to Preventing and Overcoming Problems with Gaming**
Author: Nancy M Petry *Books* 2019 232

Over 90% of children and adolescents play electronic or computerized games, and 25% play for three hours a day or even longer. Although some degree of video game playing is normal, excessive playing can negatively impact schoolwork, kids' social lives, and even their health.

Pause and Reset is aimed at parents concerned about the role of gaming in their children's lives. In this informative, reader-friendly book, addiction expert Dr. Nancy Petry sheds light on what constitutes problematic video gaming and what does not, how to determine whether a child, adolescent or young adult may be "addicted" to gaming or developing problems with it, and when to seek professional help. Setting this book apart from others on the subject, the author also provides accessible explanations of the latest science behind how gaming addiction impacts children, adolescents, and families; she also explores the question of whether gaming may have positive effects in certain situations. Finally, Dr. Petry offers three simple, easy-to-implement steps parents can take to reduce and reverse the harmful effects of gaming: Record, Replace, and Reward. Pause and Reset also provides exercises and worksheets to support parents' efforts to help their kids.

Material Title: **Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting**
Author: Laura Markham *Books* 2012 304

Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe—or even punish.

This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years.

If you're tired of power struggles, tantrums, and searching for the right "consequence," look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

Material Title: **Penguin and the Fine-Looking Fish, The* (Children's Materials)**
Author: Cindy R. Lee *Children's Books* 2015 38 pages

Sweet little penguin was separated from all that was familiar to him. This left him sad and confused. He began to be disrespectful to all those around him because his heart was filled with hurt. In this tender book, Penguin goes in search of a pet to love and love him back. He befriends a beautiful fish who takes him on a journey of healing as he discovers what it means to show respect to himself and others. Penguin and the Fine-Looking Fish will help teach your children the importance of showing respect and gets to the heart of why this concept is vital to engaging in healthy relationships.

Material Title: **Pick Up Your Socks... and Other Skills Growing Children Need: A Practical Guide to Raising Responsible Children**
Author: Elizabeth Crary *Books* 1990 105 pages

This book shows parents how encouraging responsibility will produce a youngster who becomes a competent adult. Questions about discipline, household chores, homework, and independent living skills are answered through examples and exercises. It includes an expectation guideline, tips, and a job chart listing average ages kids do household chores.

Parenting, General

Material Title: **Playful Parenting: An Exciting New Approach to Raising Children that Will Help You**

Author: Lawrence J. Cohen

Books

April 30, 200 307 pages

Have you ever stepped back to watch what really goes on when your children play? As psychologist Lawrence J. Cohen points out, play is children's way of exploring the world, communicating deep feelings, getting close to those they care about, working through stressful situations, and simply blowing off steam. That's why "playful parenting" is so important and so successful in building strong, close bonds between parents and children. Through play we join our kids in their world—and help them to

- Express and understand complex emotions
- Break through shyness, anger, and fear
- Empower themselves and respect diversity
- Play their way through sibling rivalry
- Cooperate without power struggles

From eliciting a giggle during baby's first game of peekaboo to cracking jokes with a teenager while hanging out at the mall, Playful Parenting is a complete guide to using play to raise confident children. Written with love and humor, brimming with good advice and revealing anecdotes, and grounded in the latest research, this book will make you laugh even as it makes you wise in the ways of being an effective, enthusiastic parent.

Material Title: **Playground Politics: Understanding the Emotional Life of Your School-Age Child**

Author: Stanley I. Greenspan

Books

8/31/1994 315 pages

Playground Politics is the first book to look at the neglected middle years of childhood—from kindergarten to junior high—and to help parents understand the enormous emotional challenges these children are facing. In witty, vivid stories, Dr. Greenspan brings to life the major emotional milestones of these years, when children move from the shelter of the family to the harsh rivalries of "playground politics," and toward an independent self image. His empathy for the turmoil children bring home from school, and for the parents who try to help, is deep and reassuring.

Material Title: **Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems**

Author: Jane Nelsen

Books

2007 317 pages

This revised and expanded handbook is divided into two parts. Part One: Basic Positive Discipline Parenting Tools offers thirty pages of basic parenting tips, ideas and strategies. Part Two: Positive Discipline Solutions from A to Z offers 285 pages of specific ideas for dealing with an array of problem areas listed in alphabetical order.

Material Title: **Positive Discipline for Preschoolers: For Their Early Years--Raising Children who are Responsible, Respectful, and Resourceful**

Author: Jane Nelsen

Books

2007 368

Caring for young children is one of the most challenging tasks an adult will ever face. No matter how much you love your child, there will be moments filled with frustration, anger, and even desperation. There will also be questions: Why does my four-year-old deliberately lie to me? Why won't my three-year-old listen to me? Should I ever spank my preschooler when she is disobedient? Over the years, millions of parents just like you have come to trust the Positive Discipline series and its commonsense approach to child-rearing.

This revised and updated third edition includes information from the latest research on neurobiology, diet and exercise, gender differences and behavior, the importance of early relationships and parenting, and new approaches to parenting in the age of mass media. In addition, this book offers new information on reducing anxiety and helping children feel safe in troubled times.

Material Title: **Positive Discipline for Single Parents: A Practical Guide to Raising Children who are Responsible, Respectful and Resourceful**

Author: Jane Nelsen

Books

1994 196 pages

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!

"Provides very important information for single parents, especially in today's violent society. Used as a resource, it can help parents deal with discipline issues in a positive way and in turn help their children become responsible citizens."—Judy Foy, international vice president, Community Relations, Parents Without Partners

"Another great resource for both single parents and therapists . . . practical and enjoyable to read. A must for your parenting library."—Stephen Sprinkel, marriage and family therapist

Parenting, General

Material Title: **Positive Discipline for Teenagers: Empowering Your Teen and Yourself Through Kind and Firm Parenting**

Author: Jane Nelsen *Books* 2012 338 pages

This handbook offers practical ways of seeing and reacting to the situation of being the parent of a teenager. If you're willing to grow and change along with the adolescent you're raising, this book may offer the tools and insight that will make your journey smoother and more productive.

Material Title: **Positive Discipline: A Warm, Practical, Step-by-Step Sourcebook for Parents and Teachers**

Author: Jane Nelsen *Books* 4/9/1996 242 pages

THE KEY TO DISCIPLINE IS NOT PUNISHMENT,
BUT MUTUAL RESPECT

All parents try to do their best--but the best of intentions don't always produce the best results. Dr. Jane Nelsen, an experienced psychologist, educator, and mother, believes that children misbehave when they feel thwarted in their need to belong and in their need for love and attention. An authoritative approach, using phrases like "Because I said so!", will only lead to rebellious behavior. Instead, parents need basic principles that bring them and their children closer. They need Positive Discipline.

Dr. Nelsen explains that parents who use kindness and firmness to teach life skills will encourage self-respect, self-discipline, cooperation, good behavior, and problem-solving skills in their children. In Positive Discipline, revised and updated for the '90s, she shows all of us, parents and teachers alike, exactly how her practical program works--answering, step-by-step, such important questions as:

*What works better than punishment to teach children positive, good behavior?

*What mistakes do most parents make "in the name of love"?

*How can parents turn their mistakes into assets?

*How can praise be dangerous?

*What are the dangers of trying to be "Super Mom"?

*How can teachers avoid discipline problems in the classroom?

"It is positive! It works! It saves your sanity! And it is easy to share with others."

--Julie Pope, Parent

Sacramento, CA

"As a parent and psychotherapist, I have found enormous value and practical wisdom in Positive Discipline. It conveys a win/win atmosphere for parents and children. The techniques are so easy to learn and fun to use...Anyone following these concepts will see almost instant results and big smiles on the faces of their children."

--Katherine Dusay, Psychotherapist

San Francisco, CA (less)

Material Title: **Positive Discipline: The First Three Years: From Infant to Toddler-Laying the Foundation for Raising a Capable, Confident Child**

Author: Jane Nelsen *Books* 1998 281 pages

The celebrated Positive Discipline brand of parenting books presents the revised and updated third edition of their readable and practical guide to communicating boundaries to very young children and solving early discipline problems to set children up for success.

Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in Positive Discipline: The First Three Years to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques.

Material Title: **Positive Parenting, Part 1: Cooperation, Tracking, and Encouragement (DVD)**

Author: Foster Parent College *DVDs*

In this class, host Sarada Thomas introduces three positive parenting techniques: Cooperation, or making effective requests; Tracking problem behaviors; and Encouragement, or rewarding desirable behaviors. The class includes ideas for dealing with children who resist positive parenting techniques.

At the end of this course, you will be able to:

describe the key components of effective requests

know why and how to track problem behaviors

explain how to encourage good behaviors

understand when it is time to alter your strategy

Parenting, General

Material Title: **Positive Parenting, Part 2: Setting Limits and Behavior Contracts (DVD)**

Author: Foster Parent College

Audiotapes

In this class, host Sarada Thomas introduces two more positive parenting techniques. The first segment, Setting Limits, shows how to create and introduce household rules and explains the benefits of having household rules. The second segment explains how to create effective Behavior Contracts, how to present them in a way that will encourage children to comply, and how to work with kids who resist.

At the end of this course, you will be able to:

- understand the value in allowing children to help make the rules
- explain why rules are important
- know how to write an effective behavior contract
- offer appropriate rewards for cooperation
- know how to cope with resistance from a child

Material Title: **Positive Parenting, Part 3: Time Out, Privilege Removal, and Extra Chores (DVD)**

Author: Foster Parent College

DVDs

In this final class in the series, host Sarada Thomas explains three techniques to use in more challenging situations. Time-outs offer children a break from the situation so they can calm down and regroup. Removing Privileges can be more effective with older children, who will understand the connection between their behavior and what they lost. Assigning Extra Chores teaches that an unpleasant task is the reward for negative behaviors.

At the end of this course, you will be able to:

- use time-outs in an organized, effective way
- know how to be fair in removing privileges
- know appropriate ways to allow the privilege to be regained
- explain the potential pitfalls in assigning extra chores
- know when to avoid one of these parenting techniques

Material Title: **Power of Discord, The: Why the Ups and Downs of Relationships are the Secret to Building Intimacy, Resilience, and Trust**

Author: Ed and Claudia Tronick and Gold

Books

2020 288 pages

While not a parenting book, this book on relationships can definitely apply to the very important relationship between parents and their children.

This "profoundly wise" look at how to foster connections, attachment, and resiliency explains why working through discord is the key to better relationships. (Sue Johnson, bestselling author of *Hold Me Tight*)

You might think that perfect harmony is the defining characteristic of healthy relationships, but the truth is that human interactions are messy, complicated, and confusing. And according to renowned psychologist Ed Tronick and pediatrician Claudia Gold, that is not only okay, it is actually crucial to our social and emotional development. In *The Power of Discord* they show how working through the inevitable dissonance of human connection is the path to better relationships with romantic partners, family, friends, and colleagues.

Dr. Tronick was one of the first researchers to show that babies are profoundly affected by their parents' emotions and behavior via "The Still-Face Experiment." His work, which brought about a foundational shift in our understanding of human development, shows that our highly evolved sense of self makes us separate, yet our survival depends on connection. And so we approximate, iteratively learning about one another's desires and intentions, and gaining confidence in the process as we correct the mistakes and misunderstandings that arise.

Working through the volley of mismatch and repair in everyday life helps us form deep, lasting, trusting relationships, resilience in times of stress and trauma, and a solid sense of self in the world. Drawing on Dr. Tronick's research and Dr. Gold's clinical experience, *The Power of Discord* is a refreshing and original look at our ability to relate to others and to ourselves.

Parenting, General

Material Title: **Power of Relaxation, The: Using Tai Chi and Visualization to Reduce Children's Stress**
Author: Patrice Olympius Thomas *Books* 10/1/2003 128 pages

"As someone who has been involved in promoting health-enhancing environments for 30 years, I encourage everyone who works with children to read this accessible, useful, and inspiring book."—John Macdonald, Foundation Chair—Primary Health Care, University of Western Sydney (Australia)

Throughout the world, the ease and effectiveness of practicing tai chi exercises has redefined the way many adults combat the anxiety and stress in their everyday lives. Now the same principles practiced at the gym or in the home can be used in the early childhood classroom—giving children, and the adults who care for them, a soothing and enjoyable way to redirect the stresses that can adversely affect physical, mental, and emotional health.

Through a combination of gentle exercises (based on tai chi and yoga) and progressive relaxation and visualization techniques, *The Power of Relaxation* offers early childhood teachers inventive ways to help young children "de-stress."

Unlike any other resource for young children, *The Power of Relaxation* contains five detailed chapters that lead teachers through specific methods of stress management—from gentle movement exercises that promote strength, flexibility, suppleness, coordination, and good posture to relaxation and visualization techniques that enhance children's abilities to develop imaginative, creative, and artistic habits—all in a relaxing and noncompetitive environment that children of all ages can enjoy.

Material Title: **Power of Showing Up, The: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired**
Author: Daniel and Tina Payne Bryson, PhD Siegel, MD *Books* 2020 256

One of the very best scientific predictors for how any child turns out—in terms of happiness, academic success, leadership skills, and meaningful relationships—is whether at least one adult in their life has consistently shown up for them. In an age of scheduling demands and digital distractions, showing up for your child might sound like a tall order. But as bestselling authors Daniel Siegel and Tina Payne Bryson reassuringly explain, it doesn't take a lot of time, energy, or money. Instead, showing up means offering a quality of presence. And it's simple to provide once you understand the four building blocks of a child's healthy development. Every child needs to feel what Siegel and Bryson call the Four S's:

- **Safe:** We can't always insulate a child from injury or avoid doing something that leads to hurt feelings. But when we give a child a sense of safe harbor, she will be able to take the needed risks for growth and change.
- **Seen:** Truly seeing a child means we pay attention to his emotions—both positive and negative—and strive to attune to what's happening in his mind beneath his behavior.
- **Soothed:** Soothing isn't about providing a life of ease; it's about teaching your child how to cope when life gets hard, and showing him that you'll be there with him along the way. A soothed child knows that he'll never have to suffer alone.
- **Secure:** When a child knows she can count on you, time and again, to show up—when you reliably provide safety, focus on seeing her, and soothe her in times of need, she will trust in a feeling of secure attachment. And thrive!

Based on the latest brain and attachment research, *The Power of Showing Up* shares stories, scripts, simple strategies, illustrations, and tips for honoring the Four S's effectively in all kinds of situations—when our kids are struggling or when they are enjoying success; when we are consoling, disciplining, or arguing with them; and even when we are apologizing for the times we don't show up for them. Demonstrating that mistakes and missteps are repairable and that it's never too late to mend broken trust, this book is a powerful guide to cultivating your child's healthy emotional landscape.

Material Title: **Preparing for the Teen Years (Audiotape)**
Author: Gregory Keck *Audiotapes* February 26, 2010 5 hours

Dr. Keck addresses a Portland audience of adoptive parents and adoption professionals to talk about some of the unique issues that surface for families when adopted children go through adolescence, including discipline, school, etc.

Material Title: **Prism Workbook, The**
Author: David B. Wexler *Books* 1991 73 pages

The exercises in this workbook are intended to help you develop better control over your behavior, thoughts and feelings. Wexler identifies basic building blocks for self-management as Self-Talk, Self-Soothing and Self-Expression and says that putting these together will give you the power to take charge of your life, to stop doing things automatically, and to increase your options.

Material Title: **Project MAP: Make A Plan**
Author: Independent Insurance Agents of America *Books* 1999 59 pages

Developed by the Independent Insurance Agents of America, this guide to disaster planning considers the safety of you, your family, and your property. It provides tips on preparing for disasters - from fires to tornados to blizzards - as well as advice on how to act during and after them.

Parenting, General

Material Title: **Promoting Positive Parenting: An Attachment-Based Intervention**

Author: Femmie Juffer, M Bakermans-Kranenburg, M van Ijzendoorn *Books* 2008 238 pages

Video-feedback Intervention to Promote Positive Parenting (VIPP) is a brief and focused parenting intervention program that has been successful in a variety of clinical and non-clinical groups and cultures. The book describes the implementation and testing of a variety of VIPP based interventions highlighting different families in a variety of childcare settings, and in various countries including the Netherlands, Italy, the United Kingdom, and the United States. Chapters present how the VIPP approach was implemented in samples of insecure mothers, mothers with eating disorders, preterm infants, adopted children, and children with early behavior problems.

Material Title: **Protect Your Child from Sexual Abuse: A Parent's Guide**

Author: Janie Hart-Rossi *Books* 8/1/1984 60 pages

Discusses the nature of sexual abuse, explains what parents can do to make the sexual abuse of their child less likely, and suggests activities to help educate children

Material Title: **Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment**

Author: Alicia F. Lieberman and Patricia Van Horn *Books* 2008 366 pages

This eloquent book presents an empirically supported treatment that engages parents as the most powerful agents of their young children's healthy development. Child-parent psychotherapy promotes the child's emotional health and builds the parent's capacity to nurture and protect, particularly when stress and trauma have disrupted the quality of the parent-child relationship. The book provides a comprehensive theoretical framework together with practical strategies for combining play, developmental guidance, trauma-focused interventions, and concrete assistance with problems of living. Filled with evocative, "how-to-do-it" examples, it is grounded in extensive clinical experience and important research on early development, attachment, neurobiology, and trauma.

Material Title: **Quirky Kids: Understanding and Helping Your Child Who Doesn't Fit In - When to Worry and When Not to Worry**

Author: Perri Klass, M.D. and Eileen Costello, M.D. *Books* 2003 360 pages

From the fourth-grade girl who never gets invited to a birthday party because classmates think she's "weird", to the geek who is terrific at math but is failing every other subject, quirky children are different from other kids in ways that they – and their parents – have a hard time understanding. They present a host of challenges that standard parenting books fail to address. Seasoned pediatricians Perri Klass and Eileen Costello provide expert guidance that families with quirky children so desperately need. Illuminating the confusing list of terms often applied to quirky children - from Asperger's Syndrome and "nonverbal learning disability" to "obsessive-compulsive behavior" and Sensory Integration Dysfunction, the authors also discuss various therapy options, coping strategies, and available medications. Most of all, they will help quirky kids lead rich, fulfilling lives at home, at school, even on the playground.

Material Title: **Rainy Day Toddler Activity Book, The: 100+ Fun Early Learning Activities for Inside Play**

Author: Krissy Bonning-Gould *Books* 170 pages

It's raining, it's pouring, but staying inside doesn't have to be boring—just bring the fun indoors! In The Rainy Day Toddler Activity Book, you'll find more than 100 toddler activities designed to inspire learning and make sure that grey skies never put a damper on having fun.

Watch your toddler exercise fine motor skills with the Magical Starry Sky or create Emotion Spoon Puppets to bolster language development. No matter what appeals to your little one, every idea in this toddler activity book provides an opportunity to practice key developmental milestones. With handy labels that allow you to select activities based on skills learned, prep time, and activity time, you'll always have a game plan for how to spend the day.

The Rainy Day Toddler Activity Book includes:

100+ Educational Activities—Combine fun and important skills like problem solving, social-emotional development, creativity, and more with this toddler activity book.

Handy Icons—Pick activities based on the skills learned, prep or activity time, and level of messiness.

Low or No Mess—Keep clean-up to a minimum with low or no mess activities designed for small and large spaces alike.

Even if skies are grey, fun indoor learning can still brighten your day with the The Rainy Day Toddler Activity Book.

Parenting, General

Material Title: **Raise the Child You've Got; Not the One You Want: Why Everyone Thrives When Parents Lead with Acceptance**

Author: Nancy Rose Books 2013 222

Is your family life stressful and unpleasant? Are you exhausted from never-ending battles? Do you wish your child were more patient...or more outgoing...or less impulsive...or simply different from who she is?

There is a way out of your endless loop of frustration. Parent coach Nancy Rose paves the way with a remarkably effective approach: Leading with Acceptance, which draws upon real life parent/child relationships, current studies, and groundbreaking methods for understanding and accepting your child's CoreSelf traits.

Leading with Acceptance will help you:

Discover what you can and cannot change about your child
Understand the power of acceptance in building a healthy parent/child connection, no matter how old your child is
Gain peace of mind as you raise your children to become their best, happiest selves.

Material Title: **Raising a Daughter: Parents and the Awakening of a Healthy Woman (First Edition)**

Author: Jeanne Elium and Don Elium Books 1994 364 pages

The often conflicting messages to women about women make the raising of girls a sometimes daunting responsibility. The continuing struggle for equality between the sexes may appear to be at odds with the obvious and the not-so-obvious differences between males and females. The Eliums help parents unravel and make sense of all this conflicting information. They address the unique challenge of the mother/daughter relationship, the confusion experienced by fathers, and the special needs of single parents. Going step-by-step through each stage of development, from infancy through the teen years and into early adulthood, this book is indispensable reading for new and experienced parents alike.

Material Title: **Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore**

Author: Kent Hoffman, Glen Cooper and Bert Powell Books 2/6/17 280

Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful "Circle of Security" parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time.

You will learn:

- *How to balance nurturing and protectiveness with promoting your child's independence.
- *What emotional needs a toddler or older child may be expressing through difficult behavior.
- *How your own upbringing affects your parenting style--and what you can do about it.

Filled with vivid stories and unique practical tools, this book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from mistakes. Self-assessment checklists can be downloaded and printed for ease of use.

Material Title: **Raising an Emotionally Intelligent Child: The Heart of Parenting**

Author: John Mordechai Gottman Books gust 12, 19 239 pages

Raising an Emotionally Intelligent Child is John Gottman's groundbreaking guide to teaching children to understand and regulate their emotional world.

Intelligence That Comes from the Heart

Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. Raising an Emotionally Intelligent Child is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. Raising an Emotionally Intelligent Child will equip parents with a five-step "emotion coaching" process that teaches how to:

- Be aware of a child's emotions
- Recognize emotional expression as an opportunity for intimacy and teaching
- Listen empathetically and validate a child's feelings
- Label emotions in words a child can understand
- Help a child come up with an appropriate way to solve a problem or deal with an upsetting issue or situation

Written for parents of children of all ages, Raising an Emotionally Intelligent Child will enrich the bonds between parent and child and contribute immeasurably to the development of a generation of emotionally healthy adults.

Parenting, General

Material Title: **Raising Cain: Caring for Troubled Youngsters/Repairing Our Troubled System**

Author: Richard Delaney *Books* 1998 228 pages

A nationally renowned child and family psychologist, Dr. Delaney offers clear, easily understood strategies for parenting children who have experienced trauma. Through short vignettes, Delaney demonstrates family-based strategies that address behavioral problems and their underlying issues. In additional chapters, he discusses the impact raising a troubled child has on the adoptive family, emphasizing why adoptive moms are so predictably victimized and offers ways we can better protect the interests of adoptive children and their families.

Material Title: **Raising Cain: Protecting the Emotional Life of Boys**

Author: Dan Kindlon *Books* 1999 258 pages

Kindlon and Thompson make a compelling case that "emotional literacy" is the most valuable gift we can offer our sons, urging parents to recognize the price boys must pay when we hold them to an impossible standard of manhood. They illuminate the forces that threaten our boys, teaching them that "cool" equals macho strength and stoicism. Cutting through outdated theories of "mother blame," "boy blame," and "testosterone," the authors shed light on the destructive emotional training our boys often receive.

Material Title: **Raising Children Who Refuse To Be Raised**

Author: Dave Ziegler *Books* 2000 310 pages

Dr. Ziegler, the founder and Executive Director of SCAR/Jasper Mountain, a treatment program for some of our society's most damaged children, has also been a foster parent to hundreds of challenging children. He provides a mix of wisdom that comes from working in this field for 30 years, humor, and practical tools for families and their therapists/coaches. The safe emotional environment he describes combines optimal structure and appropriate limits with nourishment and compassion.

Material Title: **Raising Human Beings**

Author: Ross W. Greene *Books* 8/2016 281

Parents have an important task: figure out who their child is—his or her skills, preferences, beliefs, values, personality traits, goals, and direction—get comfortable with it, and then help them pursue and live a life according to it. Yet parents also want their kids to be independent, but not if they are going to make bad choices. They want to avoid being too overbearing, but not if an apathetic kid is what they have to show for it. They want to have a good relationship with their kids, but not if that means being a pushover. They don't want to scream, but they do want to be heard. Good parenting is about striking the balance between a child's characteristics and a parent's desire to have influence.

Dr. Ross Greene "makes a powerful case for rethinking typical approaches to parenting and disciplining children" (The Atlantic). Through his well-known model of solving problems collaboratively, parents can forgo timeout and sticker charts; stop badgering, berating, threatening, and punishing; allow their kids to feel heard and validated; and have influence.

From homework to hygiene, curfews, to screen time, Dr. Greene "arms parents with guidelines that are clear, doable, and sure to empower both parents and their children" (Adele Faber, coauthor of *How to Talk So Kids Will Listen*). *Raising Human Beings* is "inspirational...a game-changer for parents, teachers, and other caregivers. Its advice is reasonable and empathetic, and readers will feel ready to start creating a better relationship with the children in their lives" (Publishers Weekly, starred review).

Parenting, General

Material Title: **Raising Humans in a Digital World: Helping Kids Build a Healthy Relationship with Technology**
Author: Diana Graber *Books* 2019 222 pages

Sexting, cyberbullying, revenge porn, online predators... all of these potential threats can tempt parents to snatch the smartphone or tablet right out of their children's hands. While avoidance might eliminate the dangers, that approach also means your child misses out on technology's many benefits and opportunities.

Raising Humans in a Digital World shows how digital kids must learn to navigate this environment, through

developing social-emotional skills
balancing virtual and real life
building safe and healthy relationships
avoiding cyberbullies and online predators
protecting personal information
identifying and avoiding fake news and questionable content
becoming positive role models and leaders.

This book is packed with at-home discussion topics and enjoyable activities that any busy family can slip into their daily routine. Full of practical tips grounded in academic research and hands-on experience, today's parents finally have what they've been waiting for—a guide to raising digital kids who will become the positive and successful leaders our world desperately needs.

Praise for Raising Humans in a Digital World

"If you need practical, positive advice on how to handle your and your kids' digital lives, look no further. This book tackles the risks and addresses the potential harms, while keeping our eyes on the prize of the remarkable rewards that the online world brings."

--Stephen Balkam, founder & CEO, Family Online Safety Institute

"Raising Humans in a Digital World is not only a timely book, it's essential reading for every parent, grandparent, and teacher. Diana Graber empowers you through her educational (proven and practical) curriculum and engages you through anecdotal stories."

--Sue Scheff, founder of Parents' Universal Resource Experts and author of Shame Nation, Google Bomb, and Wit's End

"Brilliant, compelling, and essential are the first words that came to my mind when reading Diana Graber's Raising Humans in a Digital World. Diana not only taps her own exemplary expertise but also assembles a "who's who" of digital thought leaders to deliver a treasure trove of pragmatic advice via an engaging storytelling style."

--Alan Katzman, founder and CEO, Social Assurity LLC

"Diana Graber not only shows parents how to create safe and responsible relationships in this ever-changing digital world, but she gives them the powerful tools to navigate through the many aspects of what is required to keep kids safe online. The misuse of technology and the cruel behaviors that take place daily by kids and teens can be changed, and Graber shows this in her informative and educational book Raising Humans in a Digital World. The book should be every parent's bible as a resource to ensure that their children are responsible and safe."

--Ross Ellis, founder and CEO, STOMP Out Bullying

"This beautifully written book gives you the tools to raise healthy kids in a digital world. The anecdotes underscore the thoughtfulness of today's youth and their hunger for learning how to navigate their world well, instead of just being warned off by fearful adults. It is thoughtfully organized and theoretically sound, and will empower parents to have some of those much-needed conversations with their kids."

--Dr. Pamela Rutledge, director, Media Psychology Research Center and faculty member, Fielding Graduate University

Material Title: **Raising Kids without Raising Cane: A Guide to Managing Young Children's Behavior in Helpful and Healthy Ways**
Author: Gary Direnfield *Books* 1993 60 pages

This booklet for parents of kids age 2 to 6 is not adoption or special needs oriented, but it offers practical ideas and a gentle philosophy in a straight forward manner in 60 small pages.

Material Title: **Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child**
Author: Robert Brooks *Books* 2001 293 pages

The authors, two renowned child psychologists, explore why some kids are able to overcome tremendous obstacles while others become victims of early experiences and environments. They also explain why many parents, despite the best intentions, unwittingly undermine their children's capacity for resilience. The book offers effective strategies for identifying and eliminating these negative scripts.

Parenting, General

Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 3 (DVD)**
Author: DVD *DVDs* 2010 3 hours

Disk 3 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "The Importance of Self-Care for Parents," presented by Deborah D. Gray, MSW, MPA; "Emerging Pathogens," presented by Cynthia Kertesz, M.D.; "Raising the Rascally Teenager," presented by Paulette Caswell, MSW.

Material Title: **Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People**
Author: Stephen Glenn *Books* 1998 230 pages

No Parent or Educator Can Afford to Ignore This Groundbreaking Work!

Bestselling authors H. Stephen Glenn and Jane Nelsen have helped hundreds of thousands of parents raise capable, independent children with *Raising Self-Reliant Children in a Self-Indulgent World*. On its tenth anniversary, this parenting classic returns with fresh, up-to-date information to offer you inspiring and workable ideas for developing a trusting relationship with children, as well as the skills to implement the necessary discipline to help your child become a responsible adult.

Those who think in terms of leniency versus strictness will be surprised. This book goes beyond these issues to teach children to be responsible and self-reliant—not through outer-directed concerns, such as fear and intimidation, but through inner-directed behavior, such as feeling accountable for one's commitments. Inside, you'll discover how to instill character-building values and traits in your child that last a lifetime.

"During these turbulent days when families are in disarray and children are getting the short end of the stick, this book can be very helpful to parents who are struggling to bring up self-reliant children. Even after raising five of my own and becoming a grandfather for the seventh time, I got some new ideas out of it!"—Art Linkletter

"An inspiring, workable formula for developing closeness, trust, dignity, and respect . . . A real gem."—Becky Ridgeway, School Social Worker

Material Title: **Real Parents, Real Children: Parenting the Adopted Child**
Author: Holly Van Gulden *Books* 1993 279

This title, which covers all aspects of adoption, argues that whatever happened, whenever it took place, and for whatever reasons, children in need of adoption have become separated from their birth parents and their genetic roots. Though writing for the adoptive parent, the authors have produced a book that will also be useful for professionals working with adoptive families. One fear among expectant parents is whether they and their child will be close. Adoptive parents ask, "Can I love an adopted child the same as I would a birth child?" Beginning with bonding of child to parent, the authors do a fine job on the developing child, covering early infancy through adolescence. Leading authority Van Gulden offers practical advice for parents on how to talk with their children about adoption and how to help them through the rougher times of growing up adopted. Highly recommended for academic and public libraries with strong reader interest in this area.

Material Title: **Redo Roo, The**
Author: Cindy Lee *Children's Books* 8/21/2015 34

Sweet little Roo is full of energy and excitement which is more than fine when he is playing outside. But, when Roo is asked to sit still, be quiet and keep his hands to himself at school he runs into some not-so-fun trouble. Discover how Roo's teachers find creative solutions to helping Roo succeed in an environment that was not built for his energetic level of exploration. Reading *The Redo Roo* will help you and your child replace, time-outs, lectures and consequences with the "redo" parenting technique and help empower you to succeed. This story is one of eight children's books written by Cindy R. Lee and is designed to teach concepts developed by Dr. Karyn Purvis and Dr. David Cross at the Institute of Child Development. Proceeds are being donated to HALO Project and the Institute of Child Development.

Material Title: **Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (DVD)**
Author: Vera Fahlberg *DVDs* 1992 70 min.

From "The Dr. Vera Fahlberg Collection" with 9-page viewer's manual: Troubled kids from troubled backgrounds often bring deep-seeded problems to their new homes. However, foster and adoptive parents can prepare themselves by developing an effective re-education plan. In this informative video, Dr. Fahlberg discusses how to overcome a child's resistance to change and provide both personal and social relearning experiences.

Material Title: **Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (VHS)**
Author: Vera Fahlberg *Videotapes* 1992 67 min

From "The Dr. Vera Fahlberg Collection" with 9-page viewer's manual: Troubled kids from troubled backgrounds often bring deep-seeded problems to their new homes. However, foster and adoptive parents can prepare themselves by developing an effective re-education plan. In this informative video, Dr. Fahlberg discusses how to overcome a child's resistance to change and provide both personal and social relearning experiences.

Parenting, General

Material Title: **Respectful Parenting: From Birth through the Terrific Twos**
Author: Joanne Baum *Books* 183 pages

Developed through 20 years of family therapy practice advocating a child-centered approach to parenting, this book presents a balanced approach to child rearing that recognizes the feelings and needs of both parents and children while observing that children also need boundaries and discipline to feel safe and secure, guidance on the choices they make, and the capacity to adapt successfully to the world and its demands. Topics covered in the book include nursing, spoiling, learning styles, tantrums, discipline, and dealing with life changes. Practical parenting tips and anecdotes from parents are included

Material Title: **Riley the Brave (Children's Materials)**
Author: Jessica Sinarski *Books* 2018 40 pages

Riley the Brave is the story of a little bear with big feelings. Join this super-cool cub as he faces his fears with the animals who love him. Includes educational afterword for caring adults.
"Big critters" can help the "cubs" in their lives as they read and re-read this playful and poignant children's book.

Material Title: **Sacred Work of Grandparents Raising Grandchildren, The**
Author: Elaine Williams *Books* 8/5/11 201 pages

The Sacred Work of Grandparents Raising Their Grandchildren is the first book that contains answers and stories to address these unique issues and challenges—from one grandparent to another. You'll enjoy the practical suggestions on how grandchildren can manage and solve some of their own problems, while learning how to cope with your own distinctive life challenges.

As a parenting grandparent, a kinship caregiver, a teacher, or a social service worker, you must read this book for invaluable insight. No other book takes on the complex challenges that parenting grandparents face with such depth and truth. How relieved and grateful you'll be for the inspiration, knowledge and wisdom by the time you reach the conclusion!

Material Title: **Safe Parenting (DVD)**
Author: Foster Parent College *DVDs*

Material Title: **Safe Passages (Audiotape)**
Author: Richard Delaney *Audiotapes* 1999 3 hours

The first 15 minutes is opening remarks from Kathy Ledesma, DHS Adoption Manager. The Delaney material consists of nuggets of parenting wisdom presented in a most entertaining format. He advocates thinking unconventionally with kids who have had unconventional experiences and describes survival behaviors of special needs children. Delaney believes placements often destabilize when adoptive parents become aware of feelings they never experienced before. He emphasizes the importance of support groups, parent mentors, and respite for adoptive families.

Material Title: **Safe Passages (CD)**
Author: Richard Delaney *CDs* 1999 1rs. 26 min.

The first 15 minutes is opening remarks from Kathy Ledesma, DHS Adoption Manager. The Delaney material consists of nuggets of parenting wisdom presented in a most entertaining format. He advocates thinking unconventionally with kids who have had unconventional experiences and describes survival behaviors of special needs children. Delaney believes placements often destabilize when adoptive parents become aware of feelings they never experienced before. He emphasizes the importance of support groups, parent mentors, and respite for adoptive families. (6 CDs)

Material Title: **Sammy the Elephant & Mr. Camel: A Story to Help Children Overcome Enuresis while Discovering Self-Appreciation**
Author: Joyce C. Mills *Children's Books* 2005

Sammy the Elephant and Mr. Camel is a gently empowering book for children who have trouble staying dry. This encouraging story about a delightful little elephant will help children learn to overcome problems with wetting. A comprehensive healing metaphor, it addresses feelings of insecurity, frustration, and ridicule while encouraging children to find inner strength to overcome their challenges. A "Note to Parents" by psychologist Jane Annunziata, PsyD, further explains wetting problems and provides many practical tips to help children remain dry during the day and at night.

Material Title: **Saving F.A.C.E. Approach, The (2 CDs)**
Author: CD *CDs* 2008 90 minutes

This workshop will discuss how to find unconditionally committed permanent parents for teens using this three-pronged approach: friends, acquaintances, and community education.

Parenting, General

Material Title: **Science of Parenting Adopted Children, The; A Brain-Based, Trauma-Informed Approach to Cultivating Your Child's Social, Emotional and Moral Development**

Author: Arleta James *Books* 2019 272

Many adoptees join their new families after having endured multiple traumatic experiences, which interrupts their development. Bringing together the latest research in brain science with the field of attachment, this book considers how the two can be linked to help children in healing both the brain and the heart.

Laying out the many factors that can affect a child's mental health, it shows how parents can help to improve the development of a delayed child. Accessibly explaining cutting-edge neuroscience for parents, it gives the information needed to help with a traumatised child's social, emotional and moral development.

Material Title: **Screamfree Parenting; The Revolutionary Approach to Raising Your Kids by Keeping Your Cool**

Author: Hal E. Runkel *Books* 2008 237

Material Title: **Screenwise: Helping Kids Thrive (and Survive) in Their Digital World**

Author: Devorah Heitner *Books* 2016 256

Screenwise offers an encouraging perspective on how to thoughtfully guide kids in the digital age. Many parents and educators worry that kids are addicted, detached, or distracted because of their digital devices. Digital Citizenship expert Devorah Heitner, however, believes that technology offers huge potential to our children--if parents help them.

Screenwise helps parents recognize that the social wisdom they have gained throughout their lives is a relevant and urgently needed supplement to their kid's digital savvy. These skills can help set kids up for a lifetime of success in a world fueled by technology.

The core message of the book is that kids need mentoring, not (just) monitoring, and that kids deserve more empathy from adults about growing up in the digital age. Texting, gaming and social media are social spaces requiring social skills. The book offers advice on helping kids navigate friendship and identity issues that are common among new texters, gamers and social media users.

Screenwise is a guide to understanding what it is like for children to grow up with technology, and to recognizing the special challenges--and advantages--that contemporary kids and teens experience thanks to this level of connection. Children's school experiences, family life and friendships are all shaped by digital connection. Educators and school leaders looking to engage parents around educational technology and wishing to create a culture of digital citizenship will benefit from this volume. Screenwise helps parents and educators move beyond discussions of "screentime" to evaluate different kinds of engagement with technology.

Screenwise presents practical parenting "hacks": quick ideas that you can implement today that will help you understand and relate to your digital native. The book empowers parents to recognize ways that wisdom that they have gained throughout their lives is a relevant and urgently needed supplement to their kid's digital savvy.

Based on real-life stories from families, the latest research, and Dr. Heitner's experience working with schools, Screenwise teaches parents what they need to know in order to raise responsible and empathetic kids in the digital age.

Material Title: **Secrets of Successful Adoptive Parenting, The; Practical Advice and Strategies to Help with Emotional and Behavioral Challenges**

Author: Sophie Ashton *Books* 7/21/2016 338

Sharing the secrets that will enable you to face the challenges of adoptive parenting with confidence, Sophie Ashton offers tips and strategies which have worked for her family. She discusses preparing for the journey ahead, parenting with empathy, facilitating your child's attachment, helping your child feel listened to, and providing structure and consistency in order to successfully integrate your child into your family and go on to have a stable happy family life.

An honest and reassuring account of what it can really be like to be an adoptive parent, this practical hands-on guide will help you prepare for the highs and lows of being a parent and give your child and your family the best chance to flourish.

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Audio)**

Author: Robyn Gobbel *DVDs* 2016 76 minutes

This one hour webinar will give you an overview of the powerful work of Dr. Kristin Neff, the world's leading researcher on self-compassion. I'll give you a quick overview while also speaking directly to how self-compassion can help parents like you--parents in the trenches, barely keeping their head above water as they work to care for a child who has been impacted by trauma. One awesome thing about self-compassion is that there are lots of resources you can access after the webinar to help you grow and solidify a self-compassion practice.

Parenting, General

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Video)**
Author: Robyn Gobbel *DVDs* 2016 76 minutes

This one hour webinar will give you an overview of the powerful work of Dr. Kristin Neff, the world's leading researcher on self-compassion. I'll give you a quick overview while also speaking directly to how self-compassion can help parents like you—parents in the trenches, barely keeping their head above water as they work to care for a child who has been impacted by trauma. One awesome thing about self-compassion is that there are lots of resources you can access after the webinar to help you grow and solidify a self-compassion practice.

Material Title: **Self-Esteem: A Family Affair**
Author: Jean Clarke *Books* 1978 262 pages

This book offers a series of blueprints for building self-esteem as a foundation for a successful life at home in the everyday interactions between parents and children, and in the big decisions about child care and lifestyle.

Material Title: **Self-Reg; How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life**
Author: Stuart Shanker *Books* 4/4/2017 320

Self-Reg is a groundbreaking book that presents an entirely new understanding of your child's emotions and behavior and a practical guide for parents to help their kids engage calmly and successfully in learning and life. Grounded in decades of research and working with children and parents by Dr. Shanker, Self-Reg realigns the power of the parent-child relationship for positive change. Self-regulation is the nervous system's way of responding to stress. We are seeing a generation of children and teens with excessively high levels of stress, and, as a result, an explosion of emotional, social, learning, behavior, and physical health problems. But few parents recognize the "hidden stressors" that their children are struggling with: physiological as well as social and emotional. An entrenched view of child rearing sees our children as lacking self-control or willpower, but the real basis for these problems lies in excessive stress.

Self-regulation can dramatically improve a child's mood, attention, and concentration. It can help children to feel empathy, and to cultivate the sorts of virtues that most parents know are vital for their child's long-term wellbeing. Self-regulation brings about profound and lasting transformation that continues throughout life. Dr. Shanker translates decades of his findings from working with children into practical, prescriptive advice for parents, giving them concrete ways to develop their self-regulation skills and teach their children to do the same and engage successfully with life for optimal learning, social, and emotional growth.

Material Title: **Sensory Child Gets Organized, The: Proven Systems for Rigid, Anxious, or Distracted Kids**
Author: Carolyn Dalgliesh *Books* 2013 272

Every year, tens of thousands of young children are diagnosed with disorders that make it difficult for them to absorb the external world. Parents of sensory kids—like those with sensory processing disorder, anxiety disorder, AD/HD, autism, bipolar disorder, and OCD—often feel frustrated and overwhelmed, creating stress in everyday life for the whole family. Now, with *The Sensory Child Gets Organized*, there's help and hope.

As a professional organizer and parent of a sensory child, Carolyn Dalgliesh knows firsthand the struggles parents face in trying to bring out the best in their rigid, anxious, or distracted children. She provides simple, effective solutions that help these kids thrive at home and in their day-to-day activities, and in this book you'll learn how to:

- Understand what makes your sensory child tick
- Create harmonious spaces through sensory organizing
- Use structure and routines to connect with your child
- Prepare your child for social and school experiences
- Make travel a successful and fun-filled journey

With *The Sensory Child Gets Organized*, parents get an easy-to-follow road map to success that makes life easier—and more fun—for your entire family.

Material Title: **Settling to Learn: Settling Troubled Pupils to Learn: Why Relationships Matter in School**
Author: Louise Bomber *Books* 2013 354 pages

The way we teach our pupils and the way we run our schools is under scrutiny right now. In the midst of all the change going on, we often end up losing sight of the educative tool that is the most important of all - ourselves Bomber and Hughes' book gives educators permission to engage with pupils relationally. They provide alternative ways to the kinds of behaviourist models, fear-based approaches and increased levels of power, authority and control still exercised in many schools at present, which disturb already troubled pupils and further prevent them from accessing school. Bomber and Hughes have seen pupil attainment increase through their work in supporting school staff by switching their initial focus to the troubled pupil's attachment system, before engaging the pupil's exploratory (learning) system. The authors also challenge the educational myths that somehow relationships are secondary to learning, rather than essential to enabling troubled children's brains to be freed to work at their full capacity.

Parenting, General

Material Title: **Seven-Year Stretch, The: How Families Work Together to Grow Through Adolescence**
Author: Wyatt & Kastner Jennifer & Laura *Books* 1997 307 pages

In this book, Laura Kastner, Ph.D., and Jennifer Wyatt, Ph.D., introduce us to a range of families---from thriving to struggling---and explain how their behavior patterns, past and present, affect the teenager's development. Garnered from Dr. Kastner's clinical and teaching experience, these true-to-life stories and dialogues illustrate the impact of such factors as clashing parenting styles, the temperaments of parents and children, parents' own unresolved issues, marital dynamics, and circumstances such as divorce, financial stress, and cultural differences. With optimism and creativity, the authors explain how parents can harness their family strengths to face today's challenges for adolescents. They look beyond the "shoulds," describing what different parenting approaches look like and sound like in action. Readers of the best early child-rearing texts of the times, from T. Berry Brazelton to Selma Fraiberg, will find *The Seven-Year Stretch* an essential guide to the passage through the next stage---adolescence.

Material Title: **Sexually Aggressive Children: Coming to Understand Them**
Author: Sharon Araji *Books* 8/4/1997 246 pages

Accessible and sensitive, this book provides a comprehensive overview of sexual abuse perpetrated by children 12 years old and younger. Drawing attention to this frequently overlooked population, the author explores the familial, extrafamilial and situational factors conducive to various types of sexual abuse by children so young. For professionals and researchers having to consider sexually aggressive acts by children as young as two or three, this book examines the theories and frameworks used to explain this kind of behaviour, and outlines their associated social and psychological characteristics. Sharon KAraji identifies nine programmes and practices designed by therapists treating individuals, families and groups.

Material Title: **Shelter of Each Other, The; Rebuilding Our Families**
Author: Mary Pipher, Ph.D. *Books* 2008 368

In *The Shelter of Each Other*, Mary Pipher does for the American family what she did for adolescent girls and their parents in her bestselling book *Reviving Ophelia*: she opens our eyes wide to the desperate realities we are facing and shows us a way out. Drawing on the fascinating stories of families rich and poor, angry and despairing, religious and skeptical, and probing deep into her own family memories and experiences, Pipher clears a path to the strength and energy at the core of family life. Wise, compassionate, and impassioned, *The Shelter of Each Other* challenges each of us to face the truth about ourselves and to find the courage to protect, nurture, and revivify the families we cherish.

Material Title: **Sidestepping the Power Struggle**
Author: Michael H. Popkin, PhD *DVDs*

Identify what a child really wants when he misbehaves, and discover how to redirect his approach to 4 goals of behavior; learn how to diffuse a power struggle using the "FLAC" method. Comes with discussion guidelines and a reproducible Parent's Tips Sheet. (25 min.)

Material Title: **Simple Secrets of Parenting: Easy as ABC**
Author: John Baucom *Books* 9/1/1996

Offers tips and advice on parenting in 26 passages arranged alphabetically and accompanied by drawings.

Material Title: **Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids**
Author: Kim John & Lisa M. Payne & Ross *Books* 2010 256 pages

Today's busier, faster society is waging an undeclared war on childhood. With too much stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish.

Material Title: **Sleeping Through the Night: How Infants, Toddlers, And Their Parents Can Get A Good Night's Sleep**
Author: Jodi A. Mindell *Books* 2005 337 pages

This book covers Dr. Mindell's method for teaching a baby or toddler to fall asleep on his or her own and stay asleep. Dr. Mindell discusses the latest research and strategies, with reassurance and field-tested tips from her experience as a pediatric sleep expert and parent including: Giving newborns the right start on sleep; Handling nursing and sleep; Making the transitions from bassinet to crib and from crib to bed; Solving nap problems; Dealing with night terrors and nighttime fears; Sleep issues with multiples.

Material Title: **Sleepless in America: Is Your Child Misbehaving...or Missing Sleep?**
Author: Mary Sheedy Kurcinka *Books* 2006 331

Sleepless in America offers weary and frustrated parents a helping hand and an exciting new approach to managing challenging behaviors by integrating research on stress, sleep, and temperament with practical strategies and a five-step approach that enables parents to help their "tired and wired" children get the sleep they so desperately need.

Parenting, General

Material Title: **Social Skills Activities: for Secondary Students with Special Needs**

Author: Darlene Mannix

Books

1998

A flexible, ready-to-use activities program to help special students in grades 6-12. The updated new edition of this valuable resource offers an exciting collection of 200 ready-to-use worksheets to help adolescents build the social skills they need to interact effectively with others and learn how to apply these skills to various real-life settings, situations, and problems. The book provides 20 complete teaching units focusing on 20 basic social skills, such as being a good listener, "reading" other people, and using common sense.

Material Title: **Song for Lost Angels, A: How Daddy & Pappa Fought to Save Their Family**

Author: Kevin Fisher-Paulson

Books

227 pages

This book tells the intimate history of a family of two men plus triplets that came together suddenly one day, and thrived for a year before being torn apart by groundless prejudice. San Francisco author Kevin Fisher-Paulson tells this riveting story with grace, dignity, and a surprisingly generous dose of humor. A Song for Lost Angels takes the discussion of gay marriage to the next level, where the rights and struggles of gay parents and their kids can be openly recognized. This family history will make you laugh, cry, and sometimes sputter with outrage, even as it redefines what Americans call "family values." Originally published by Fearless Books, this Second Edition has been updated with a new selection of photos. A German edition is published by Edition Spuren. Finalist, LGBT Category, 2015 Benjamin Franklin Awards, Independent Book Publishers Association Finalist, GBLT Category and Finalist, Memoirs Category, 2015 Next Generation Indie Book Awards

Material Title: **SOS! The Technology Guidebook for Parents of Tweens and Teens: Get The Answers You Need, Keep Them Safe and Enjoy Your Kids Again**

Author: Sheryl Gould

Books

2019

105

Has Screen Time Become Scream Time At Your House? you exhausted from arguing, yelling, and nagging when it comes to your tween and teen's technology? Are you overwhelmed and stressed about keeping your kids safe from inappropriate content, strangers, cyber-bullying or sexting? Do you long to restore sanity and face to face time in your home? Here's the SOS Guidebook that you've been waiting for! You will find...Answers to your common questions, challenges, and frustrations. Steps to take together to decide limits and rules that align with your values. Practical strategies and tools to navigate the tough conversations. The best programs to manage your kids' time on devices and the content they're exposed to (including apps, YouTube channels, inappropriate sites and more). Discover simple ideas to create balance as a family and have more fun. Restore sanity, get on the same page and improve your relationship with your tween or teen! Become their trusted guide who they will go to when they have an issue, question or problem!

Material Title: **Spark: The Revolutionary New Science of Exercise and the Brain**

Author: John J. Ratey and Eric Hagerman

Books

1/1/13

304

Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: aerobic exercise physically remodels our brains for peak performance.

In SPARK, John Ratey, MD embarks upon a fascinating journey through the mind-body connection, illustrating that exercise is truly our best defense against everything from depression to ADD to addiction to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run.

Material Title: **Special Children, Special Risks: The Maltreatment of Children with Disabilities**

Author: James Garbarino

Books

1987

311 pages

This book brings together a diverse group of experts to pool their knowledge and share their concerns about the risks of abuse faced by handicapped children. The contributors' perspectives come from the fields of medicine, social work, developmental psychology, psychiatry, clinical psychology, education, child welfare, law, public policy, and journalism.

Material Title: **Steps to Independence: Teaching Everyday Skills to Children with Special Needs**

Author: Bruce & Alan Baker & Brightman

Books

2004

359 pages

Parents are their children's first and most influential teachers. That's an important job—and this popular, highly respected guidebook makes it much easier. A trusted resource for thousands of families, this lively book gives parents of children from age 3 through young adulthood proven strategies for teaching children the life skills they'll need to live as independently as possible. Parents will start with a reader-friendly overview of the basics of teaching and then go deeper with a step-by-step guide to teaching seven different types of skills: get-ready, self-help, toilet training, play, self-care, home-care, and information gathering skills.

Parenting, General

Material Title: **Stories Children Tell, The: Making Sense of the Narratives of Childhood**
Author: Susan Engel *Books* 1995 221 pages

Whether presenting their versions of real events or making up tales of adventure and discovery, children enchant us with their stories. But the value of those stories goes beyond their charm. Storytelling is an essential form through which children interpret their own experiences and communicate their view of the world. Each narrative presented by a child is a brushstroke on an evolving self-portrait - a self-portrait the child can reflect on, refer to, and revise. Here, developmental psychologist Susan Engel examines the methods and meanings of children's narratives. She offers a fascinating look at one of the most exciting areas in modern psychology and education.

Material Title: **Strength Switch, The: How The New Science of Strength-Based Parenting Can Help Your Child and Your Teen to Flourish**

Author: Lea Waters *Books* 2017 352

Unlock your children's potential by helping them build their strengths.

This game-changing book shows us the extraordinary results of focusing on our children's strengths rather than always trying to correct their weaknesses. Most parents struggle with this shift because they suffer from a negativity bias, thanks to evolutionary development, giving them "strengths-blindness." By showing us how to throw the "strengths switch," Lea Waters demonstrates how we can not only help our children build resilience, optimism, and achievement but we can also help inoculate them against today's pandemic of depression and anxiety.

As a strengths-based scientist for more than twenty years, ten of them spent focusing on strengths-based parenting, Waters has seen how this approach enhances self-esteem and energy in both children and teenagers. Yet more on the plus side: parents find it a particularly exciting and rewarding way to raise children. With many suggestions for specific ways to interact with your kids, Waters demonstrates how to discover strengths and talents in our children, how to use positive emotions as a resource, how to build strong brains, and even how to deal with problem behaviors and talk about difficult situations and emotions. As revolutionary yet simple as Mindset and Grit, The Strength Switch will show parents how a small shift can yield enormous results.

Material Title: **Stretch-Mark My Heart**

Author: Niki Tschirgi *Books* 2018 118 pages

Beginning with infertility and one couple's struggle with building their family, Stretch-mark My Heart dives headlong into the fragmented world of the US foster care system. Following the adoption journey of Matt and Niki Tschirgi (pronounced Sure-Gee), this book lays the groundwork from start to finish regarding what it takes to have a child permanently placed in your home for adoption. Through fostering, private adoption, open adoption, and foster-to-adopt, Niki recounts the lonely and grievous road of infertility, her and her husband's decision-making process to choose adoption, the hard work and perseverance to get licensed to be foster parents, and the finalization of six adoptions.

Discover how the Tschirgis became a blended family over the course of six years and doubled their family size while moving from Washington to Texas. Stretch-mark My Heart will immerse you in the complicated process of accepting and loving into your home children who were born out of trauma, abuse, and neglect. See how each child was uniquely meant to be a part of this family. Travel along this bumpy yet inspiring road and explore many facets of adoption, including sibling-group, multiracial, infant, and older-child adoption. Although heartbreak, trials, and the unknown are present throughout this book, triumph, miracles, unconditional love, and belonging overshadow the pain and loss of infertility, as well as the brokenness inherent in being a child in foster care. Stretch-mark My Heart will help you understand the intricate and detailed plan that God had for a family to be built together by the power of choice... the choice of adoption.

Material Title: **Successful Parenting: Self-Esteem is the Key (DVD)**

Author: DVD *DVDs* 1999 18 Min

This DVD describes the characteristics of children with high self-esteem, shows how words affect children, and offers ten practical suggestions for enhancing self-esteem.

Material Title: **Supernanny: How to Get the Best from Your Children**

Author: Jo Frost *Books* 2005 224 pages

This book, from TV's Supernanny, is divided into action-oriented problem and solution sections. It shows parents how to restore harmony and authority in the home using the Supernanny's ten basic rules for setting boundaries, managing mealtimes, even surviving toilet training, and her effective, no-nonsense approach to problem-solving.

Material Title: **Systemic Parenting: An Exploration of the Parenting Big Picture**

Author: Mark Gaskill, MFT *Books* 2003 413 pages

Drawing largely on his clinical experience counseling families, Gaskill examines and elaborates a series of "systemic laws" of parenting - laws respecting the whole of a family's complex interactions. Since Gaskill uses anecdotes from his practice rather than lengthy citations from outside sources, his style is familiar and readable, while remaining professional.

Parenting, General

Material Title: **Tails are Not for Pulling**

Author: Elizabeth Verdick

Children's Books

2005

If pets could talk, what would they say? Maybe "Fur is for petting, backs are for scratching, noses are for nuzzling . . . and tails are not for pulling!" Toddlers and pets belong together—as long as toddlers don't chase, grab, squeeze, yank, and tease. In simple words and delightful illustrations, this book teaches the basics of kindness to animals: careful handling, awareness, safety, and respect. It also includes helpful tips for parents and caregivers.

Material Title: **Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens**

Author: Judy Owens

Books

2005

274

Babies aren't the only ones who have trouble sleeping—kids and teens have sleep problems too, and *Take Charge of Your Child's Sleep* has the answers you need to help your child get a good night's sleep. Drs. Owens and Mindell, two of the country's foremost experts in pediatric sleep issues, offer simple, proven strategies and sage advice for solving the sleep problems that many kids and teenagers face, including:

- Not getting enough sleep
- Difficulty falling asleep and staying asleep
- Sleepwalking and sleep terrors
- Nighttime fears and nightmares
- Sleep apnea and other breathing problems that occur during sleep
- Issues related to ADHD and other medical and emotional problems
- Disorders such as insomnia, narcolepsy, restless legs syndrome, and much more.

Complete with sections on common myths about children's sleep, using medication to help your child sleep, and the high cost of sleep deprivation in teens, *Take Charge of Your Child's Sleep* is the essential, all-in-one guide to understanding and solving your child's sleep problems.

Material Title: **Taking No for an Answer and Other Skills Children Need: Fifty Games to Teach Family Skills**

Author: Laurie Simons

Books

January 1, 2011 112 pages

Filled with more than 50 games designed to improve family relationships and social interactions, this book will help parents teach their children 12 basic skills—including listening, making appropriate requests, following directions, problem solving, and respecting boundaries—that will reduce sibling rivalries, eliminate whining and tantrums, stop interruptions, and decrease arguing, backtalk, and insults. The games are presented in an easy-to-follow recipe format and are accompanied by engaging illustrations. This is an excellent guide for preventing common family problems before they happen. A downloadable activity guide is available at no charge on the Parenting Press website (parentingpress.com/activities.html).

Material Title: **Talking To Your Child About Adoption (fifth printing)**

Author: Patricia Dornier

Books

1991

28 pages

From infancy through the teen years, this comprehensive jewel guides adoptive parents as they learn about adoption issues and how to comfortably discuss them. The emphasis is on adoption as an ongoing process benefiting from open lines of communication.

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

Author: Meg Eastman

Books

1994

213 pages

Dr Eastman's true-life examples let you zero in on the sources of rage and defuse problem situations before they explode. Learn to recognize the warning signs of serious family stress; understand your own anger—the dragons that families pass from one generation to the next; keep sibling rivalry in check; discipline without inhibiting personal development; and handle special problems—divorce, abuse, trouble at school, death, and other crises.

Material Title: **Taming the Tornado In Your Classroom and at Home: A Positive Approach to Management & Discipline for Educators & Parents**

Author: Allan Lifson

Books

1980

214 pages

This book offers parents and teachers ideas for working with hyperactive children. A lot has been learned about hyperactivity in the last two decades, so this shouldn't be used as an introduction to ADHD or related disabilities, but there are practical tips and strategies here that many parents and teachers might find useful in their day-to-day interactions with the "tornadoes" in their lives.

Parenting, General

Material Title: **Tantrum Survival Guide, The; Tune In to Your Toddler's Mind (and Your Own) to Calm the Crazy and Make Family Fun Again**
Author: Rebecca Schrag Hershberg *Books* 10/12/2018 250

If you are the parent of a toddler or preschooler, chances are you know a thing or two about tantrums. While those epic meltdowns can certainly be part of "normal" toddler behavior, they are still maddening, stressful, and exhausting--for everyone involved. What can you do to keep your cool and help your child calm down? Rebecca Schrag Hershberg, child psychologist and mother of two, has a unique understanding of both the science behind tantrums and what works in the heat of the moment to nip blowups in the bud. With her customizable plan, you'll learn:

- *Why your toddler's developing brain is hardwired for "big emotions."
 - *What you may be doing (unintentionally) to encourage outbursts.
 - *Ways to use structure and routines to help your child feel secure.
 - *How to reduce tantrums at tough times of day, from wake-up to bedtime.
 - *Strategies for managing tantrums under difficult circumstances, from travel to moving to divorce.
 - *Ways to deepen your parent-child connection--starting right now.
-

Material Title: **Teaching Social Skills to Youth (Second Edition)**
Author: Tom Dowd *Books* 2005 257 pages

This book features step-by-step component behaviors to 182 skills, from the basic (following instructions and introducing yourself) to the complex (managing stress and resolving conflict), and helps youth to recognize when, where, or with whom to use a particular skill. It also shows how to plan skill-based treatment interventions for youth with difficult problems such as substance abuse, aggression, depression, or attention deficits. Includes a CD-ROM that helps readers search for social skills by title, category, or problem behavior and allows printed copies of social skill steps for display.

Material Title: **Teenagers With Add: A Parents' Guide (The Special-Needs Collection)**
Author: Chris A. Zeigler Dendy *Books* 1995 370 pages

Parents, educators, and health professionals rely on this best-selling guide to understand and cope with teenagers with Attention Deficit Disorder (ADD). With a positive outlook, this book covers symptoms, diagnosis, treatments, accommodations, advocacy, legal rights, family & school life, and options after high school. Appropriate interventions are discussed for troubling behaviors such as sleep disturbances, learning problems, depression, and driving problems. Abundant anecdotal information provides insight and advice to successfully navigate the teenage years.

Material Title: **Temperament Tools: Working with Your Child's Inborn Traits**
Author: Hellen Neville *Books* 1998 119 pages

This book is to help parents understand what makes their child tick so they can adapt their parenting style to his or her individual needs. It describes many types of children and offers strategies to help life go more smoothly.

Material Title: **Tender Healing (VHS)**
Author: Spaulding for Children *Videotapes* 1997 45 minutes

A Video Curriculum for Foster, Adoptive and Kinship Care Parents, with Drs. Vera Falhberg, Richard Delaney and Joseph Crumbley. This DVD features three segments designed to help parents and professionals better understand issues related to helping troubled children. The three components include: Part 1: Helping Children Make Transitions; Part 2: Helping Children Build Attachments; and, Part 3: Effective Strategies for Discipline. Designed for parents caring for children in the child welfare system who have been abused or neglected.

Material Title: **Therapeutic Parenting Essentials: Moving from Trauma to Trust**
Author: Sarah Naish *Books* 2019 320

All families of children affected by trauma are on a journey, and this book will help to guide you and your family on your journey from trauma to trust.

Sarah Naish shares her own experiences of adopting five siblings. She describes how to use therapeutic parenting - a deeply nurturing parenting style - to overcome common challenges when raising children who have experienced trauma. The book describes a series of difficult episodes for her family, exploring both parent's and child's experiences of the same events - with the child's experience written by a former fostered child - and in doing so reveals the very good reasons why traumatized children behave as they do. The book explores the misunderstandings that grow between parents and their children, and provides comfort to the reader - you are not the only family going through this!

Full of insights from a family and others who have really been there, this book gives you advice and strategies to help you and your family thrive.

Parenting, General

Material Title: **Therapeutic Parenting: A Handbook for Parents of Children Who Have Disorders of Attachment**
Author: ATTACH *Books*

Parenting a child who has a disorder of attachment is the hardest job any parent could have. It requires rethinking your parenting instincts, experience with other children, and advice on child rearing. It means making conscious, therapeutic parenting decisions hour after hour, day after day, week after week. This manual is designed to help parents of children who have disorders of attachment learn to parent their children effectively.

Material Title: **Things I Want Most, The: The Extraordinary Story of a Boy's Journey to a Family of His Own**
Author: Richard F. Minitier *Books* *September 1, 1 273 pages*

Since his removal from an abusive home, eleven-year-old Mike had been placed with a dozen foster families and institutions. Medication could not control his defiant, violent behavior. The overwhelming conclusion: nothing more could be done. Mike was labeled severely emotionally disturbed and a hopeless case by the children's home in which he lived. When Richard and Sue Minitier, who'd raised six children of their own, read his file they found no indication that Mike even wanted help. Then, almost by accident, they came across a single sheet of blue paper labeled "The Things I Want Most." Beneath that headline, written in a child's sprawling, smudgy scrawl, were the words: "A Family, A Fishing Pole, A Family." They decided to take him in.

Portraying the unpredictability, frustration, and heartbreak of everyday life with a bright but uncontrollable child scarred by abuse, *The Things I Want Most* is the engaging and earnest story of the Minitiers' first year with Mike. Despite the broken windows, attention demands, temper tantrums, and even fires, Mike and his new family survived their difficult first year together. Sustained by prayer, imagination, and the love of other family members (not the least of whom was Mike himself), they managed to turn the challenges into changes. Drawing readers into the hearts and minds of the Minitier family, *The Things I Want Most* is a testament to the reserves of strength and love it took to convince Mike that it just might be possible to have what he wanted most--a loving family.

Material Title: **Today I Feel Silly & Other Moods That Make My Day**
Author: Jamie Lee Curtis *Books* *2007*

Jamie Lee Curtis's zany and touching verse, paired with Laura Cornell's whimsical and original illustrations, helps kids explore, identify, and, even have fun with their ever-changing moods.

Silly, cranky, excited, or sad—everyone has moods that can change each day. And that's okay! Follow the boisterous, bouncing protagonist as she explores her moods and how they change from day to day.

Material Title: **Touchpoints: Your Child's Emotional and Behavioral Development**
Author: T. Berry Brazelton *Books* *1992* *479*

Based on over three decades of continuous practice and internationally recognized research, *Touchpoints* is the only childcare reference by a pediatrician who has both medical and psychoanalytic training, and who offers parents a complete understanding of child development from a physical, cognitive, emotional, and behavioral point of view. No other childcare guide offers supportive, empathetic insights into the parents' own emotions, and no other guide includes both chronological chapters and alphabetical topics on all issues faced by families from conception through age six. "Touchpoints" are the universal spurts of development and the trying periods of regression that accompany them throughout childhood. Dr. Brazelton uses them as windows to help parents understand their child's behavior and prevent future problems.

Material Title: **Transgender Child: A Handbook for Families and Professionals, The**
Author: Stephanie A. Brill *Books* *2008* *252 pages*

This comprehensive first of its kind guidebook explores the unique challenges that thousands of families face every day raising their children in every city and state. Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college. How can I best raise my gender variant or transgender child with love and compassion, even when I barely understand the issues ahead of us? And what is gender, anyway? These questions and more are answered in this book offering a deeper understanding of gender variant and transgender children and teens.

Material Title: **Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary, The**
Author: Stephanie A. Brill *Books* *2016* *338 pages*

There is a generational divide in our understandings of gender. This comprehensive guidebook helps to bridge that divide by exploring the unique challenges that thousands of families face every day raising a teenager who may be transgender, non-binary, gender-fluid or otherwise gender-expansive. Combining years of experience working in the field with extensive research and personal interviews, the authors cover pressing concerns relating to physical and emotional development, social and school pressures, medical considerations, and family communications. Learn how parents can more deeply understand their children, and raise their non-binary or transgender adolescent with love and compassion.

Parenting, General

Material Title: **Trauma Doesn't Tell Time (Audio-Part 1 of 2)**

Author: Robyn Gobbel

DVDs

83 minutes

In the first year or so after adoption, it's easy for adoptive parents to remember what a difficult journey their child has been through. As time passes, parents expect their children's challenging behaviors, anxiety, and mistrust to fade away. And oftentimes, they do. Despite years in a safe and loving home- children adopted after traumatic beginnings still feel and act as though they are stuck right in the middle of their trauma. Up-to-date information about your child's brain and the latest understanding in memory processing theory will help provide you with new empathy and understanding about why your child is 'flipping their lid.'

Material Title: **Trauma Doesn't Tell Time (Audio-Part 2 of 2)**

Author: Robyn Gobbel

DVDs

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Material Title: **Trauma Informed Approach to Behaviors in the Classroom (Audio)**

Author: Robyn Gobbel

DVDs

2017

78 minutes

Steeped in science yet easy to understand, this webinar will clearly articulate WHY traditional classroom behavior management systems (level systems, color charts, stop lights, etc.) don't work for children with a history of trauma and what teachers can do instead. This trauma-informed approach uses elements of the familiar color system so your child's teacher doesn't feel overwhelmed at having to start from scratch.

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Material Title: **Trauma-Proofing Your Kids: A Parents' Guide for Instilling Confidence, Joy and Resilience**

Author: Peter A. Levine Ph.D. & Maggie Kline

Books

2008

248

The number of anxious, depressed, hyperactive and withdrawn children is staggering—and still growing! Millions have experienced bullying, violence (real or in the media), abuse or sexual molestation. Many other kids have been traumatized from more "ordinary" ordeals such as terrifying medical procedures, accidents, loss and divorce. Trauma-Proofing Your Kids sends a lifeline to parents who wonder how they can help their worried and troubled children now. It offers simple but powerful tools to keep children safe from danger and to help them "bounce back" after feeling scared and overwhelmed. No longer will kids have to be passive prey to predators or the innocent victims of life's circumstances. In addition to arming parents with priceless protective strategies, best-selling authors Dr. Peter A. Levine and Maggie Kline offer an antidote to trauma and a recipe for creating resilient kids no matter what misfortune has besieged them. Trauma-Proofing Your Kids is a treasure trove of simple-to-follow "stress-busting," boundary-setting, sensory/motor-awareness activities that counteract trauma's effect on a child's body, mind and spirit. Including a chapter on how to navigate the inevitable difficulties that arise during the various ages and stages of development, this ground-breaking book simplifies an often mystifying and complex subject, empowering parents to raise truly confident and joyful kids despite stressful and turbulent times.

Parenting, General

Material Title: **Treewalker's Gift: Overcoming the Fear of Being Loved**

Author: Erma S. Brundidge, MS

Books

2014

101 pages

A true story of a 6 year old girl's journey from abuse, neglect, and shame to a path of Truth guided by the Great Spirit. The gentleness of her Grandfather's lessons taught along the paths through the meadow and by the flowing stream gave her strength to continue through the emotional pain she would inevitably walk back into. Author Erma Brundidge is a foster and adoptive family trainer who spends time speaking to groups about the effects of trauma on children and their future lives and relationships. She was a family therapist for 27 years before retiring and dedicating her life to giving a new understanding to foster and adoptive parents on how their words and actions impact the children they care for.

Material Title: **Uncommon Voyage: Parenting a Special Needs Child**

Author: Laura Kramer

Books

2001

245 pages

This book is a true story of one woman's journey from innocence and denial to enlightenment and empowerment. Through detailed journaling, Kramer recounts the steps she and her family have taken since her son was diagnosed with cerebral palsy in 1984.

Material Title: **Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason**

Author: Alfie Kohn

Books

2006

272 pages

Kohn questions why parenting literature focuses on compliance and quick fixes, and points out that docility and short-term obedience are not what most parents desire of their children in the long run. He insists that "controlling parents" are actually conveying to their kids that they love them conditionally—that is, only when they achieve or behave. Kohn suggests parents help kids solve problems; provide them with choices; and use reason, humor and, as a last resort, a restorative time away (not a punitive time-out).

Material Title: **Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason (DVD)**

Author: Alfie Kohn

DVDs

2005

2 hours

Kohn argues that punishments (including time-outs) and rewards may sometimes produce temporary compliance, but they do nothing to help kids grow into responsible, caring, ethical, happy people. Moreover, he suggests that permissiveness is less worrisome than a fear of permissiveness that leads us to over-control our children. Kohn concludes with ten important guidelines to help viewers reconnect to their own best instincts as parents.

Material Title: **Understanding Girls with AD/HD**

Author: Kathleen, Ellen & Patricia Nadeau, Littman & Quinn

Books

2006

293 pages

A ground-breaking book on the needs and issues of girls with attentional problems: why they are often undiagnosed, how they are different from boys, and what their special needs are in school, in their social world and at home. Age-related checklists from pre-school to high school help parents and professionals better identify and help girls with AD/HD

Material Title: **Unlit Path, An**

Author: Deborah Hannah

Books

2006

272 pages

What happens when love is not enough? A true story of one family's journey, although tragic, it raises awareness to the inherent risks and rewards of adoption and foster care.

Material Title: **Unofficial Guide to Therapeutic Parenting, The: The Teen Years**

Author: Sally Donovan

Books

2019

283 pages

An honest insight into the rollercoaster reality of therapeutically parenting teenagers.

Raising any teenager is tough, but raising teens who have experienced trauma in their early years is a whole different - and more difficult - ball game. Adoptive parent Sally Donovan is here to answer every question you've ever wanted to ask about therapeutically parenting teenagers, and a whole lot more besides.

Therapeutic parenting is equal parts love, commitment, determination, and realism, and Sally writes about it all with equal parts blazing wit, tear-jerking honesty, and wisdom. Read this book to hear a voice speaking from experience - and above all, the heart - about everything to expect from therapeutically parenting your teens.

Material Title: **Unplugging Power Struggles: Resolving Emotional Battles with Your Kids Ages 2 to 10**

Author: Jan Faull

Books

Unplugging Power Struggles . . . is an accessible guide based on real-life experiences which explains why power struggles occur, which power struggles parents will always lose, and offers three effective ways to deal with them. As children grow, they feel a strong need to be in control of their lives. Some parents instinctively let up on the controls as their child matures, while some children push for control beyond the limits of their own development, maturity, or their parents' comfort level. The end result: power struggles. Unplugging Power Struggles . . . explains how to provide the guidance children need and still allow them to develop competency and self-esteem.

Parenting, General

Material Title: **Untangled; Guiding Teenage Girls Through the Seven Transitions into Adulthood**
Author: Lisa Damour *Books* 4/04/2017 368

In this sane, highly engaging, and informed guide for parents of daughters, Dr. Damour draws on decades of experience and the latest research to reveal the seven distinct—and absolutely normal—developmental transitions that turn girls into grown-ups, including Parting with Childhood, Contending with Adult Authority, Entering the Romantic World, and Caring for Herself. Providing realistic scenarios and welcome advice on how to engage daughters in smart, constructive ways, Untangled gives parents a broad framework for understanding their daughters while addressing their most common questions

Material Title: **Untangling Disorganized Attachment (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 72 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

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Material Title: **Untangling Disorganized Attachment (Video-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2017 58 minutes

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Material Title: **Ups and Downs of Raising a Bipolar Child, The: A Survival Guide for Parents**
Author: Judith & Candida Lederman & Fink *Books* 2003 320 pages

Bipolar disorder has recently been identified as one of the most misunderstood and underdiagnosed conditions affecting children -- and it is dramatically on the rise. The Ups and Downs of Raising a Bipolar Child gives parents the sound advice and expert information they need to cope with this challenging diagnosis, and shows how to provide essential care and support for a bipolar child as well as for the rest of the family.

Material Title: **What to Expect the First Year**
Author: Arlene Eisenberg *Books* 1989 671

Keeping the trademark month-by-month format that allows parents to take the potentially overwhelming first year one step at a time, First Year is easier-to-read, faster-to-flip-through, and new-family-friendlier than ever—packed with even more practical tips, realistic advice, and relatable, accessible information than before. Illustrations are new, too.

Material Title: **What to Expect: The Toddler Years**
Author: Arlene Eisenberg *Books*

Covering the years two and three of a child's life, this comprehensive guide for parents of toddlers contains useful information about such topics as sleeping problems, tantrums, discipline, peer pressure, toilet training, and much more.

Parenting, General

Material Title: **What Your ADHD Child Wishes You Knew: Working Together to Empower Kids for Success in School and Life**

Author: Dr. Sharon Saline *Books* 2018 272

You've read all the expert advice, but despite countless efforts to help your child cope better and stay on track, you're still struggling with everyday issues like homework, chores, getting to soccer practice on time, and simply getting along without pushback and power struggles.

What if you could work with your child, motivating and engaging them in the process, to create positive change once and for all? In this insightful and practical book, veteran psychologist Sharon Saline shares the words and inner struggles of children and teens living with ADHD—and a blueprint for achieving lasting success by working together. Based on more than 25 years of experience counseling young people and their families, Dr. Saline's advice and real-world examples reveal how parents can shift the dynamic and truly help kids succeed.

Material Title: **What's Your Parenting Style?**

Author: Michael H. Popkin, PhD *DVDs*

Material Title: **When Anger Hurts Your Kids: A Parent's Guide**

Author: Matthew McKay, et. Al *Books* 1996 157 pages

This book targets families with anger and communication difficulties. It offers information about the long-term effects of anger and how to prevent them early on. This book describes how to tell if your family has anger problems, how anger affects children, 18 mistaken beliefs that fuel your anger, the art of problem-solving communication, and more.

Material Title: **When Children Grieve: For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving and Other Losses**

Author: John W. James *Books* 2001 288

To watch a child grieve and not know what to do is one of the most difficult experiences for parents, teachers, and caregivers. And yet, there are guidelines for helping children develop a lifelong, healthy response to loss. In *When Children Grieve*, John W. James and Russell Friedman of the Grief Recovery Institute, along with psychotherapist Dr. Leslie Landon Matthews, have created a cutting-edge volume that will help free children from the false idea that they "shouldn't feel bad" and will empower them with positive, effective methods of dealing with loss. There are many life experiences that can produce feelings of grief in a child, everything from the death of a relative or a divorce, to more everyday experiences such as moving to a new neighborhood or losing a prized possession. Whatever the reason or the degree of severity if a child you love is grieving, the guidelines examined in this thoughtful book can make a difference. For example:

Listen with your heart, not your head. Allow all emotions to be expressed, without judgment, criticism, or analysis. Recognize that grief is emotional, not intellectual. Avoid the trap of asking your child what is wrong, for he or she will automatically say "Nothing."

Adults -- Go first. Telling the truth about your own grief will make your child feel safe in opening up about his or her own feelings.

Remember that each of your children is unique and each has a unique relationship to the loss event.

Be patient. Don't force your child to talk.

Never say "Don't feel sad" or "Don't feel scared." Sadness and fear, the two most common feelings attached to loss of any kind, are essential to being human.

Material Title: **Whole Parent, The: How to Become a Terrific Parent Even if You Didn't Have One**

Author: Debra Wesselmann *Books* 1998 307 pages

An important look at how parents can break free from their past unhealthy parent-child relationships and provide a healthy psychological foundation for their children.

Material Title: **Whole-Brain Child, The: 12 Revolutionary Strategies to Nurture your Child's Developing Mind**

Author: Daniel J. Siegel, MD and Tina Payne Bryson, PhD *Books* 2011 168 pages

In this pioneering, practical book parents are offered a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The new science of how a child's brain is wired and how it matures is explained. Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations to help you explain these concepts and enjoy your child, *The Whole-Brain Child* shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

Parenting, General

Material Title: **Why love matters (2nd Edition) how affection shapes a baby's brain**

Author: Sue Gerhardt

Books

2015 303 pages

"Why Love Matters" explains why loving relationships are essential to brain development in the early years, and how these early interactions can have lasting consequences for future emotional and physical health. This second edition follows on from the success of the first, updating the scientific research, covering recent findings in genetics and the mind/body connection, and including a new chapter highlighting our growing understanding of the part also played by pregnancy in shaping a baby's future emotional and physical well-being.

Sue Gerhardt focuses in particular on the wide-ranging effects of early stress on a baby's or toddler's developing nervous system. When things go wrong with relationships in early life, the dependent child has to adapt; what we now know is that his or her brain adapts too. The brain's emotion and immune systems are particularly affected by early stress and can become less effective. This makes the child more vulnerable to a range of later difficulties such as depression, anti-social behaviour, addictions or anorexia, as well as physical illness.

"Why Love Matters" is an accessible, lively account of the latest findings in neuroscience, developmental psychology and neurobiology - research that matters to us all. It is an invaluable and hugely popular guide for parents and professional alike.

Dr Sue Gerhardt has been a psychoanalytic psychotherapist in private practice since 1997. She co-founded the Oxford Parent Infant Project (OXPIP), a pioneering charity that today provides psychotherapeutic help to hundreds of parents and babies in Oxfordshire and is now the prototype of many new 'PIPs' around the country. She is also the author of "The Selfish Society" (2010).

Material Title: **Will You Take Care of Me?**

Author: Margaret Park Bridges

Books

1998

Will I always be little, Mama? Will you always take care of me? Little Kangaroo asks Mama. What if I became an apple tree? A teddy bear? A star? Here is a warm, imaginative story that gently reminds young ones of a parent's unwavering devotion. No matter how her child grows or changes, Mama will always be there. Sunny paintings and collages, genuinely evocative of child's world, make this a distinctive bedtime book.

Material Title: **Wise Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens**

Author: Laura S Kastner & Kristen A Russell

Books

2013

272

Raising a happy and successful teenager is a challenge for any parent, even the most patient and wisest among us. Parenting adolescents requires all sorts of skills that most of us don't naturally possess. In this down-to-earth, practical guide, you'll learn how to tap your "wise mind" to calmly navigate even the stormiest of parenting moments. You'll learn how to preserve your loving relationship while encouraging progress towards the 7 essentials of happy, healthy teens:

Secure attachment to parents

Self-control

Academic success

Social thriving

Emotional flourishing

Strong character

Physical health

With humor, wisdom and a deep understanding of the teenaged brain, Dr. Kastner, author of *Getting to Calm: Cool-Headed Strategies for Parenting Tweens and Teens*, and Russell provide clear and useful tools for parents, giving them effective new ways to manage their own emotions in the heat of the moment with their teen while maintaining — and even gaining — closeness.

Material Title: **Without Spanking or Spoiling: A Practical Approach to Toddler and Preschool Guidance (Second Edition)**

Author: Elizabeth Crary

Books

1993

98 pages

For every parent who has ever felt frustrated, bewildered, or discouraged, this workbook's rich use of vignettes and exercises will enhance your awareness of how kids think and feel. Crary's eclectic approach to guidance and discipline allows parents to choose tools that fit best with their child's temperament and their family's values. This workbook includes a leader's guide.

Material Title: **Wonder of Boys, The: What Parents, Mentors, and Educators Can Do to Shape Boys into Exceptional Men**

Author: Michael Gurian

Books

1996

265 pages

Gurian asserts that the biological and neurological differences between boys and girls need to be accounted for and nourished in order to raise healthy, happy boys. Examining the roles of competition, aggression, and physical risk taking, he concludes, "It's not boy culture that's inherently flawed; it's the way we manage it." If the natural, testosterone-based impulses of boys are squelched or ignored, Gurian posits, such biological truths may find their way to the surface in other, more negative behaviors.

Parenting, General

Material Title: **Wonderplay, Too!: From the 92nd Street Y**

Author: Fretta Reitzes

Books

2007

112

The original Wonderplay is an enchanting playbook for parents looking to educate and delight kids from infancy through the toddler years. Wonderplay, Too picks up where the first book leaves off, offering more than 200 games, craft projects, and cooking, music, and dance activities for kids ages 3-6. Developed by the 92nd Street Y this brand new book highlights today's parenting concerns, including: how to evaluate and limit video games, computer time and TV, and how working parents can make the most of their time with their kids.

Material Title: **Worried Child, The: Recognizing Anxiety in Children and Helping Them Heal**

Author: Foxman Paul

Books

2004

304 pages

The Worried Child shows that anxiety is preventable – or can at least be minimized – by raising children's self-confidence, increasing social and self-control skills, and teaching them how to play, relax, and communicate their feelings and needs. Written for parents and teachers and anyone dealing with children, the guide covers the importance of adequate rest, sleep, and exercise and provides detailed lists, skill exercises, sample dialogues, and case studies. It also presents extensive information on the various types and symptoms of anxiety disorders. Advice for educators, health care professionals, childcare workers and psychotherapists is included along with a chapter and tutorial written specifically for children.

Material Title: **Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child, The**

Author: Daniel Siegel

Books

2018

208 pages

When facing challenges, unpleasant tasks, and contentious issues such as homework, screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what New York Times bestselling authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. Parents can foster their children's ability to say yes to the world and welcome all that life has to offer, even during difficult times. This is what it means to cultivate a Yes Brain.

Material Title: **Yes, Your Teen is Crazy!: Loving your kid without losing your mind**

Author: Michael Bradley

CDs

2006

7.5 hours

An indispensable how-to manual for parents raising teenagers in today's crazy world. The fear-based techniques of the past no longer work, says the author, who advocates an entirely new approach for parenting the echo boomer generation.

Material Title: **You Are My Happy**

Author: Hoda Kotb

Children's Books

2019

As mama bear and her cub cuddle together before closing their eyes for a good night's sleep, they reflect on the everyday wonders of life that make them happy.

Inspired by her own nighttime routine with her daughter, Haley Joy, Kotb creates another beautiful treasure for parents and children to enjoy together. With charming and lush illustrations from bestselling artist Suzie Mason, this soothing yet playful lullaby explores the simple joy of taking a moment to be grateful.

Material Title: **Your Baby & Child: From Birth to Age Five**

Author: Penelope Leach

Books

2010

559 pages

This newest edition of Penelope Leach's much-loved, trusted, and comprehensive classic—an international best seller for twenty-five years, with nearly two million copies sold in America alone—encompasses the latest research and thinking on child development and learning, and reflects the realities of today's changing lifestyles.

In her authoritative and practical style, Leach responds fully to parents' every concern about the psychological, emotional, and physical well-being of their children. She describes, in easy-to-follow stages from birth through starting school, how children develop: what they are doing, experiencing, and feeling. And she tackles both the questions parents often ask—What does a new baby's wakefulness or a toddler's tantrum mean?—and those that are more difficult: How should new parents time their return to work, choose day care, tell a child about a new baby or an impending divorce?

Whatever the concern or question, Your Baby and Child supplies the information, encouragement, and reassurance every parent-to-be or new parent needs.

Material Title: **Your Child: Special Edition Newsweek 2000**

Author:

Journals/Newsletters II/Winter 20

This "Special 2000 Edition," devoted to raising children from birth to age three, is divided into five sections, First Steps, Learning, Health, Emotions, and The World. It emphasizes advances in science and understanding and the new challenges parents face in today's changing world.

Parenting, General

Material Title: **Your Defiant Child: 8 Steps to Better Behavior**
Author: Russell A. Barkley *Books* 1998 239

Explains what causes defiance, details when it becomes a problem, and explores how it can be resolved, offering parents an eight-step program to improve a child's behavior which stresses consistency, cooperation, praise, rewards, and mild punishment.

Material Title: **Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship**
Author: Russell A. Barkley *Books* 2008 325 pages

If life with your teen has become a battleground, it's time to take action. This empathic book shows how. Trusted psychologists who have worked with thousands of families give you the tools you need to overcome defiance and get teen behavior back on track. By following the authors' clinically proven 10-step program, learn how you can:

- *Reestablish your authority while building trust.
 - *Identify and enforce nonnegotiable rules.
 - *Use rewards and incentives that work.
 - *Communicate and problem-solve effectively--even in the heat of the moment.
 - *Restore positive feelings in your relationship.
 - *Develop your teen's skills for becoming a successful adult.
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Material Title: **Your Four-Year-Old: Wild and Wonderful**
Author: Louise Bates Ames, Ph.D, and Frances L. Ilg, M.D. *Books* 1976 136 pages

What is it about four-year-olds that makes them so loveable? What problems do four-year-olds have? What can they do now that they couldn't do at three? Dr. Ames and Ilg, recognized authorities on child behavior and development, discuss these and scores of other questions unique to four-year-old girls and boys, and they offer parents practical advice and enlightening psychological insights.

Material Title: **Your Kid's Gonna Be Okay: Building the Executive Function Skills Your Child Needs in the Age of Attention**
Author: Michael Delman *Books* 2018 236

Your Kid's Gonna Be Okay helps parents understand the critical skills needed for effective self-management and provides specific strategies and tools to help kids become motivated, accountable, and independent. Through engaging stories that illustrate how we all build Executive Function skills, Delman demonstrates how kids can change their habits as they pave their own path toward competence today and confidence in their future. Parents of kids with ADHD or other learning differences - or parents worried about how their child can manage distractions will benefit from Delman's experience as an educator, an Executive Function coach, and as a parent.

Material Title: **Your Six-Year-Old: Loving and Defiant**
Author: Louise Bates Ames, M.D. and Frances L. Ilg, M.D. *Books* 1981 118

The six-year-old is a complex child, entirely different from the five-year-old. Though many of the changes are for the good - six is growing more mature, more independent, more daring and adventurous - this is not necessarily an easy time for the little girl or boy. Relationships with Mother are troubled - most of the time Six adores Mother, but whenever things go wrong, it's her fault. It used to be, at Five, that she was the center of the child's universe; now the child is the center of his own universe.

Parent's need the expert advice of Dr. Ames and Ilg during this difficult year, to explain parent-child relations, friendships with peers, what six-year-olds excel at, how they see the world, what it feels like to be entering the first grade. Children need patience and understanding to help make this age of transition easier.

Material Title: **Your Teen's Success Cycle**
Author: Michael H. Michael H. Popkin, PhD *DVDs*

Material Title: **Your Two-Year-Old: Terrible or Tender**
Author: Louise Bates Ames, Ph.D. and Frances L. Ilg, M.D. *Books* 1976 133 pages

Are two-year-olds really so terrible, or does the world have a slightly skewed view of this sometimes difficult, sometimes adorable tot? Dr.s Ames and Ilg, recognized worldwide as authorities on child behavior and development, offer parents practical advice and enlightening psychological insights on children at this age.

Material Title: **Тайная опора. Привязанность в жизни ребенка Secret Support; Attachment in a Child's Life (RUSSIAN)**
Author: Lyudmila Petranovskaya *Russian Language Ma* 2017 118

Ludmila Petranovskaya easily and affordably talks about the role of parents on the path to growing up: "How do dependence and helplessness turn into maturity?" and "How do our love and care, year after year, form in the child a secret support?"
