

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.

Discipline

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: **Achieving Success with Impossible Children: How to Win the Battle of Wills**
 Author: Dave Ziegler *Books* *2005* *343 pages*

This book for parents, from the author of Raising Children Who Refuse to be Raised, discusses working with challenging children in various settings. It provides numerous case examples, practical applications, and hands-on suggestions, and includes chapters on mastering responsibility, positive discipline, violence, trauma, trauma therapy, attachment, residential treatment, and school success.

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

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: **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.

Discipline

Material Title: **Anger Control Training for Children and Teens**

Author: John Taylor

Books

1995 (Revised) 38 pages

This guidebook contains step-by-step directions for training children and adolescents in what anger is, ways to express it, and suggestions for healthy management. Techniques can be used in classroom settings as well as individual and counseling situations. Appropriate for children ages 4 -18.

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: **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.

Material Title: **Best of Questions & Answers with Heather T. Forbes, LCSW, The (6 CDs)**

Author: Heather T. Forbes, LCSW

CDs

2015 7 hours

This 6-disc audio CD set is a compilation of the very best Q&A Heather T. Forbes has done with parents through her online parenting classes over the past several years. This one-of-a-kind audio set contains seven hours of practical, effective, & loving solutions for foster, adopted, and traumatized children. Topics include abandonment, arguing, boundaries vs. consequences, chores, disobedience, emotional age, expectations, grieving, healing, hygiene, lying, medical trauma, medication, older children, opposition, overwhelm, parent anger, parent self-care, prenatal trauma, regulatory issues, relatives, shutting down, sibling rivalry, social issues, stealing, tantrums, texting, toddler issues, transitions, trauma and much more!

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.

Material Title: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors (CD)**

Author: Heather T. Forbes, LCSW

CDs

2008 5 hours

This second volume of Beyond Consequences, Logic, and Control offers even more empowering examples and more practical applications. It addresses seven behaviors rooted in fear including poor social skills, demanding behaviors, self-injury, defensive attitudes, no conscience, homework battles, and chores. This audio book includes current research on the brain and how it affects behavior, giving you scientific explanations of why children misbehave. This audio book is for all parents who seek to love unconditionally.

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."

Discipline

Material Title: **Beyond Consequences: Logic and Control, Volume One **RUSSIAN VERSION****
Author: Heather Forbes *Books* 170

Material Title: **Bringing Out the Best in Children and Adolescents Acting at Their Worst (Audiotape)**
Author: Thomas Lund *Audiotapes* 1999 10 tapes

This taping of a presentation at the 1999 New England Educational Institute's annual symposium features Thomas Lund with an intensive course on the gaps between the way troubled children and adolescents behave and how they prefer to view themselves and be viewed by others. Participants will learn to pinpoint these gaps and to use this information to mobilize creative solutions. They will also learn how to motivate rapid change through a simple, powerful concept called "preferred view," the centerpiece of Lund's and Dr. Joseph Eron's Narrative Solutions Approach.

Material Title: **Calming the Tempest: Helping the Explosive Child (DVD)**
Author: DVD *DVDs* 2004 35 minutes

Material covered in this DVD is based upon the first edition of the book "The Explosive Child" by Ross Greene, Ph.D. DVD features Ross Greene, Ph.D. and J. Stuart Ablon, Ph.D., Co-Directors of the Center for Collaborative Problem Solving. Many adults have faced a child's or teenager's explosiveness, unsure of how to respond. Do I punish him for the outburst? Should I try to be understanding of how she is feeling and ignore the ugly behavior? In reality, many children who have difficulty managing their anger need to be taught the skills necessary for coping with frustration and situations that demand flexibility. It is the lack of cognitive skills that contributes to the angry outburst. Calming the Tempest provides parents, teachers, and caretakers with an awareness and overview of how to teach these skills at home and at school.

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: **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: **Challenging Child, The: Understanding, Raising, and Enjoying the Five "Difficult" Types of Children**
Author: Stanley Greenspan *Books* 1995 309 pages

Identifying five "difficult" child personality types - sensitive, withdrawn, defiant, inattentive, and active/aggressive - this guidebook explains development from the child's perspective and offers strategies on how to make such differences positive.

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: 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.

Discipline

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: **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: **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: **Diagnostic Interviewing of the Misbehaving Child**

Author: John Taylor *Books* 1989 42 pages

This booklet is intended as a guide for school counselors and mental health professionals to use in analyzing misbehavior patterns in children. Included is a section on ways to gather pertinent information from parents, a description of pathological patterns that can occur between parents, a variety of interviewing strategies to use with children, and suggestions for assessing the relationships between children and adults and children with each other.

Material Title: **Difficult Child, The: Expanded and Revised**

Author: Stanley Turecki and Leslie Tonner *Books* revised 2001 282 pages

Based on his experience with thousands of families, Dr. Turecki's step-by-step approach shows you how to identify your child's temperament, using a ten-point checklist to pinpoint specific difficulties, manage typical conflicts with kindness and firmness, make discipline more effective so you punish much less, get support from schools, doctors and other parents, and more.

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.

Discipline

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.

Material Title: **Disciplina Efectiva: Cómo criar un hijo responsable [Effective Discipline: How to raise a responsible teen]**

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

Disciplina Efectiva: Cómo criar un hijo responsable [Effective Discipline: How to raise a responsible teen]

Vaya más allá del castigo y las sanciones tradicionales y aprenda habilidades de disciplina, incluyendo el uso de las "consecuencias lógicas", para lograr la cooperación y la responsabilidad. Aprenda cómo lograr el respeto mutuo entre usted y su adolescente y cómo ganar la cooperación a través del uso de los mensajes "Yo". Observe cómo las tormentas de ideas familiares sirven para que su hijo mejore sus calificaciones.

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 and the Adopted Child with Special Needs (Audiotape)**

Author: Holly van Gulden audiotape *Audiotapes* 2002 90 minutes

Children who have experienced parental loss, neglect, and/or abuse often bring extreme emotional pain, unremitting neediness, and dysfunctional behaviors to their foster and adoptive families. Such children need therapeutic parenting to help them change. This workshop reviews the goals of discipline and offers a technique to help parents and professionals design effective disciplinary responses.

Discipline

Material Title: **Discipline and the Adopted Child with Special Needs (CD)**
Author: Holly van Gulden CD *CDs* 2002 90 minutes

Children who have experienced parental loss, neglect, and/or abuse often bring extreme emotional pain, unremitting neediness, and dysfunctional behaviors to their foster and adoptive families. Such children need therapeutic parenting to help them change. This workshop reviews the goals of discipline and offers a technique to help parents and professionals design effective disciplinary responses.

Material Title: **Discipline Without Damage: How to Get Your Kids to Behave Without Messing Them Up**
Author: Vanessa Lapointe *Books* 2016 256

In this easy-to-read, science-based book, parents, caregivers, and adults of all kinds discover how discipline affects children's development, why intervention should reinforce connection not separation, and why the disciplinary strategies that may have been used on us as children are not the ones that children really need. As a practicing child and family psychologist and advisor to the British Columbia ministry of children and families, Dr. Vanessa has seen it all, and she has navigated hundreds of tough situations with families. Drawing on scientific research and a wealth of clinical experience, she shows you how to put out the fire without dampening your child's spirits; how to correct their behavior while emphasizing connection; and how to discipline without damage.

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: **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 Discipline**
Author: ORPARC Staff *Information Packet* 2006 20 pages

This guide to working with behavior problems has sections on setting short and long range goals; parenting styles; prevention strategies; understanding the behaviors of traumatized children; and techniques that work, including natural and logical consequences, contracts, and more.

Material Title: **Effective Discipline Strategies: The Answers to ADD (Audiotape)**
Author: John Taylor *Audiotapes*

This tape is one of the many in John F. Taylor's "The Answers to A.D.D." audio/video series. Highlights of this tape include: arranging suitable consequences; improving decision making skills; maintaining love and leadership; confronting the child successfully; preventing arguments and power struggles; avoiding the remind-nag-yell-punish cycle; and more.

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: **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.

Discipline

Material Title: **Explosive Child, The (Audiotape)**

Author: Ross W. Greene *Audiotapes* 1998 3 hours

Read by author, Ross W. Greene. This tape, abridged from the book, describes children who are prone to explosive behavior and offers explanations as to why the children explode and why conventional responses to such outbursts are not working. Dr. Greene offers a procedure parents can follow to slowly achieve results where other plans have not been effective. (Based on the First Edition of The Explosive Child - published 1998)

Material Title: **Explosive Child, The (Russian Version)**

Author: Ross Greene *Russian Language Ma* 2015 262

Material Title: **Explosive Child, The: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children**

Author: Ross W. Greene *Books* 2005 275 pages

In this "updated third edition," Dr. Greene describes the factors that contribute to "inflexible-explosive" behavior in children and why the strategies that work for most children aren't as effective for inflexible-explosive children. He offers a procedure parents can follow to slowly achieve results where other plans have not been effective. See "Audiotapes" for an abridged, three hour audiotape version of the 1998 "first edition" of this book.

Material Title: **From Defiance to Cooperation: Real Solutions for Transforming the Angry, Defiant, Discouraged Child**

Author: John Taylor *Books* 2001 196 pages

If your child has been diagnosed with Oppositional Defiant Disorder (ODD), or is resentful and constantly in trouble at school, Dr Taylor offers specific, sensible and easy-to-implement suggestions for improving life with this child. Parents, teachers and others who deal with difficult children or young adults, will learn to: Understand why an oppositional attitude exists; Open up safer avenues for children to express needs and wants; Enhance communication, avoid common mistakes, and reduce undesirable behavior; Teach conscience-based self-control; and more.

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: **Healing Power of the Family, The: An Illustrated Overview of Life with the Disturbed Foster or Adopted Child**

Author: Rick Delaney *Books* 1997 112 pages

In a warm and humorous style, Delaney identifies common behavioral/emotional problems observed in maltreated children, and offers several sample family-based interventions which reflect the creativity often needed to explore non-traditional means of addressing acting out behaviors and fostering attachments. Delaney addresses behaviors such as lying, bedwetting, stealing, fire setting, vandalism, cruelty to animals, inappropriate toileting, sexualized behaviors, defiance, insatiable neediness, tantrumming, and running away.

Discipline

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 of Divorce and Adopted Children with Emotional Problems (2 VHS)**

Author: Michael Katz

Videotapes

4 hours

In this two-tape program, Dr Katz describes behaviors that frequently occur, explains how emotional problems develop and how they produce behavioral problems, demonstrates appropriate responses and positive interventions that help children form healthy attachments, teaches specific ways to help children learn positive behaviors and responses to an often frustrating world, and shows how to reinforce verbal ideas with concrete, real life, experiences.

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.

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.

Discipline

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: **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: **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: **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.

Discipline

Material Title: **Lost at School: Why Our Kids with Behavioral Challenges Are Falling Through the Cracks and How We Can Help Them**

Author: Ross W. Greene Books 2008 286

Dr. Greene describes how his road-tested, evidence-based approach -- called Collaborative Problem Solving -- can help challenging kids at school.

Includes:

- tools to identify the triggers and lagging skills underlying challenging behavior.
- explicit guidance on how to radically improve interactions with challenging kids -- along with many examples showing how it's done.
- dialogues, Q & A's, and the story, which runs through the book, of one child and his teachers, parents, and school.
- practical guidance for successful planning and collaboration among teachers, parents, administrations, and kids.

Backed by years of experience and research, and written with a powerful sense of hope and achievable change, *Lost at School* gives teachers and parents the realistic strategies and information to impact the classroom experience of every challenging kid.

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: **Managing Difficult Behaviors for Traumatized Children (Audiotape)**

Author: Renee Daniel Hershey Audiotapes August 20, 1999 5 hours

In this 5-hour training, taped live on August 20, 1999, the underlying causes of difficult behaviors are explored as are practical ideas for helping children change. The goal is to help parents determine what children "can't do" vs. what they "won't do." Topics include sexualized behaviors, cruelty, preoccupation with violence, toileting problems and the "divide and conquer" antics of traumatized children. We also address self-destructive behaviors, eating problems and self-defeating behaviors often seen when children are struggling with a history of abuse and neglect.

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.

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.

Discipline

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-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: **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: **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 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.

Discipline

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 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 the Explosive Child (DVD)**
Author: Ross Greene *DVDs* 2004 2 hours

Drs. Ross Greene and Stuart Ablon help parents understand the specific cognitive skill deficits that can impair a child's capacities for flexibility and frustration tolerance. They provide step-by-step guidance on their approach – known as Collaborative Problem Solving (CPS) – for teaching these skills. It features live interviews with parents and provides answers to many of the questions parents have about the CPS approach.

Material Title: **Parenting the Explosive Child (VHS)**
Author: Ross Greene *Videotapes* 2004 2 hours

Drs. Ross Greene and Stuart Ablon help parents understand the specific cognitive skill deficits that can impair a child's capacities for flexibility and frustration tolerance. They provide step-by-step guidance on their approach – known as Collaborative Problem Solving (CPS) – for teaching these skills. It features live interviews with parents and provides answers to many of the questions parents have about the CPS approach.

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: **Playful Interaction: Unlocking the Mysteries of Nurturing Human Relationships (DVD)**
Author: TCU Institute of Child Development *DVDs* 2009 6 minutes

Play puts the fun in fundamental - central to a child's well-being now and in the future. Through play, children learn to develop the social and emotional skills they need to succeed in life. Playful Interaction, featuring child development experts, Dr. Karyn Purvis and Dr. David Cross, along with other child development experts, outlines the importance of play and provides practical examples of playful interaction from The Institute of Child Development's Hope Connection Summer Camp.

This DVD highlights the importance of playful interactions, especially children with histories of trauma, abuse, or neglect. The practical examples through The Institute of Child Development's Hope Connection Summer Camp show how playful interactions: promote attachment through attuning and engaging the child, disarm fear responses, teach problem solving skills, teach self-regulation skills, teach social skills, can correct children and connect after correcting.

Discipline

Material Title: **Playful Parenting: An Exciting New Approach to Raising Children that Will Help You**
Author: Lawrence J. Cohen *Books* *April 30, 2007* *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: **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

Discipline

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

Discipline

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: **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 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).

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.

Discipline

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

Author: Hal E. Runkel *Books* 2008 237

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: **Taking No for an Answer and Other Skills Children Need: Fifty Games to Teach Family Skills**

Author: Laurie Simons *Books* nuary 1, 20 112 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: **Tender Healing (DVD)**

Author: Spaulding for Children *DVDs* 1997 40 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: **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: **Transforming the Difficult Child: The Nurtured Heart Approach**

Author: Howard Glasser and Jennifer Easley *Books* 1999 252 pages

This book, updated in 2002, is intended to give parents an understanding of how a challenging child responds to normal ways of parenting and why traditional methods can actually make the situation worse. It provides strategies designed to turn the difficult child around to being a cooperative child who uses his or her intensity in positive and creative ways.

Discipline

Material Title: **Trauma, Brain & Relationship: Helping Children Heal (DVD)**
Author: Drs. Bruce Perry, Constance Lillas, Daniel J. Siegel et al *DVDs* 2004 26 minutes

Trauma profoundly affects the way children think, feel and act and is far more prevalent than we formerly thought. Trauma's aftermath affects children's abilities mentally, emotionally, and situationally. Trauma is the source of chronic learning and attention problems, emotional and social difficulties and physical ills. It is also a condition that is readily repaired in young children. This engaging documentary features leading-edge mental health professionals who introduce revolutionary new discoveries that help identify, prevent, and heal trauma in children.

Material Title: **Treating Explosive Kids: The Collaborative Problem-Solving Approach**
Author: Ross W. Greene and J. Stuart Ablon *Books* 2005 246 pages

This book for clinicians, based on the approach popularized in Ross Greene's "The Explosive Child" provides a framework for effective, individualized intervention with highly oppositional children and their families. Sections show how to identify specific cognitive factors that contribute to explosive and noncompliant behavior, remediate these factors, and teach children and their adult caregivers how to solve problems collaboratively.

Material Title: **Troubled Transplants: Unconventional strategies for helping disturbed foster and adoptive children**
Author: Richard Delaney *Books* 1997 158 pages

This book provides insights into the negative impact of the disturbed child on the foster or adoptive family and presents practical-if unconventional-treatment strategies for addressing the puzzling, exhausting problems of today's foster and adoptive children.

Material Title: **Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior (2 DVDs)**
Author: TCU Institute of Child Development *DVDs* 2011 35 minutes

****Suggested to accompany "A TBRI Pocket Guide: Trust-Based Caregiving".****

This DVD set offers in-depth training for parents of children with trauma-based behavioral issues. The Trust-Based Relational Intervention (TBRI) is an intervention model created by developmental psychologists Dr. Karyn Purvis and Dr. David Cross, founders of the Institute of Child Development at Texas Christian University. It is based on more than a decade of research and hands-on work with vulnerable children and their families. Dr. Purvis coined the phrase "children from hard places" to describe children who have experienced abuse, neglect, abandonment and/or trauma in early development. Their survival behaviors can be confusing, frustrating, and difficult to manage even for the most patient and loving parents.

This video features Drs. Purvis & Cross coaching families through real-life, problem-solving scenarios. They demonstrate proven, practical skills and strategies for applying TBRI Empowering, Connecting and Correcting Principles to everyday life to build a stronger parent-child connection, which leads to better behavior. Parents from around the world praise TBRI for giving them hope in times of crisis and lifelong solutions that can benefit the entire family.

Material Title: **Trying Differently Rather Than Harder**
Author: Diane Malbin *Books* 1999 70 pages

This booklet is divided into five sections entitled, "What is Fetal Alcohol Syndrome?"; "Reframing Perceptions from 'Won't' to 'Can't'"; "Application" (which helps parents consider how to proceed in light of their "reframed perceptions"); "Examples of Behavioral Characteristics and Effective Adaptations"; and "Comments, Questions and Resources," respectively.

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: **Understanding and Helping Adopted and Foster Children with Emotional Problems (VHS)**
Author: Michael Katz *Videotapes* 1990 4 hours

Many adopted and foster children have behavior problems that do not respond to traditional parenting. This video explains how underlying emotional problems involving attachment, identity, values, developmental delays, and anger produced by painful experiences sometimes not consciously remembered, can be the major causes. A variety of methods for reducing these behaviors are demonstrated.

Material Title: **Understanding Misbehavior: Using Misbehavior as a Guide to Children's and Adolescents' Needs**
Author: John F. Taylor *Books* 2002 36 pages

Taylor suggests that children misbehave to meet their needs, namely "seeking undue attention and service," "displaying power," "seeking revenge," "avoiding responsibility and participation," or "exploring personal limits (intrapersonal)." This book shows parents or professionals how to identify the goal of the misbehavior and then respond with effective remediation.

Discipline

Material Title: **Understanding the Defiant Child (DVD)**

Author: DVD *DVDs* 1997 34 min

In this clear and accessible resource for clinicians and school practitioners, parents, students of child behavior, and teachers, Dr. Barkley illuminates the nature of Oppositional Defiant Disorder (ODD), its causes, why it should be dealt with early, and what can be done. Dr. Barkley provides a vivid picture of what we know about ODD and presents real-life scenes of family interactions and commentary from parents. Viewers learn how to distinguish ODD from milder forms of misbehavior, long-term outcomes for defiant children, the relationship between ODD and ADHD, and why parent training can help.

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.

Material Title: **What's Your Parenting Style?**

Author: Michael H. Popkin, PhD *DVDs*

Material Title: **When the Chips Are Down: Strategies for Improving Children's Behavior (VHS)**

Author: Video *Videotapes* 1997 62 minutes

Richard Lavoie, addressing an audience of parents and teachers at Georgetown University, offers his philosophies and techniques for working positively with children and setting standards they will follow in school and home settings. The video comes with a booklet that summarizes his points.

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*English SDH subtitles available

Material Title: **Why Can't My Child Behave? Why Can't She Cope? Why Can't He Learn?**

Author: Jane Hersey *Books* 1996 380 pages

Written by a family physician, this book tackles child behavior (and misbehavior) through the perspective of diet and nutrition. It shows how certain foods and chemicals in foods affect your child's behavior and offers sound advice on creating a more wholesome diet, and thus a more balanced child. This book will show what you can do to help your child and yourself – today!

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.