

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.

Child Development

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: **Adolescence and Other Temporary Mental Disorders (DVD)**

Author: DVD *DVDs* 2010 our 15 min.

On this DVD, Dr. Pat Friman shows his audience and viewers how the teenage brain affects teen behavior. With plenty of thought-provoking as well as laugh-out-loud examples, he explains how "insane" behavior on the part of teens is actually normal considering the different rates of development of parts of the brain. Dr. Friman tells viewers which behaviors to address and how, and which behaviors should simply be ignored as teen "insanity" that will be outgrown as youth mature. His presentation, full of witty examples and wise advice, speaks directly to parents, caregivers, and educators who are looking to better understand and deal with the craziness of adolescence.

Material Title: **Adopted Adolescent, The (Audiotape)**

Author: Lois Melina *Audiotapes* 1993 60 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption," which covers pre-school, the middle years, and adolescence, this tape deals with the adolescent years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Child in Middle Childhood", offer more details on discussing adoption with children pre-school and ages 7-11 respectively.

Material Title: **Adopted Adolescent, The (CD)**

Author: Lois Melina *CDs* 1993 60 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption," which covers pre-school, the middle years, and adolescence, this tape deals with the adolescent years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Child in Middle Childhood", offer more details on discussing adoption with children pre-school and ages 7-11 respectively.

Material Title: **Adopted Child in Middle Childhood, The (Audiotape)**

Author: Lois Melina *Audiotapes* 1990 79 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption", which covers pre-school, the middle years, and adolescence, this tape deals with the 7-11 years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Adolescent", offer more details on discussing adoption with children pre-school and 12-18 respectively.

Material Title: **Adopted Child in Middle Childhood, The (CD)**

Author: Lois Melina *CDs* 1993 79 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption", which covers pre-school, the middle years, and adolescence, this tape deals with the 7-11 years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Adolescent", offer more details on discussing adoption with children pre-school and 12-18 respectively.

Child Development

Material Title: **Adopting the Older Child**

Author: Claudia *Books* 1978 289 pages

This book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family, giving practical, caring advice on how to handle each situation.

Hundreds of thousands of children in this country are without permanent homes right now, waiting in foster homes and institutions for families who could adopt them. Here, in "a book that workers and parents have been waiting for" nationally known family counselor and adoptive parent Claudia Jewett explains just what is in store for those who decide to open their hearts to a waiting child.

Material Title: **Adoption Parenting: Creating a Toolbox, Building Connections**

Author: Jean MacLeod and Sheena Macrae *Books* 2006 485 pages

Its the What to Expect for adoptive families! Over 100 contributors have woven a stunning tapestry of advice for adoptive parents. Parenting adopted children requires understanding the extra layer and this book helps in that understanding. Appropriate for the newly created family or the more experienced, Adoption Parenting looks at stumbling blocks to good parenting and standard parenting practices that aren't appropriate for adopted children. It looks at the core issues all members of the adoption triad face, and at how it affects standard parenting challenges like sleeping through the night, discipline, and attachment. Adoption Parenting covers specific challenges families have faced: dealing with grief and loss, FASD, Trauma and PTSD, Sensory Integration, Speech and Language delays, and ways to effectively parent a post-institutionalized child or a child who has experienced trauma in their journey to you.

Material Title: **Advanced Parenting: Understanding Trauma and Activities That Heal (CD)**

Author: Kay Dechario and Kelly Winters *CDs* 8/6/2011 15 minutes

Presented by Kay Dechario and Kelly Winters of the Center for Child and Family Therapy, Colorado at the 37th NACAC Conference 2011 in Denver, Colorado. This session offers an overview of trauma (definitions, causes, and current perspectives) while focusing on issues that affect adoptive families. The presenters will cover behavioral challenges, school difficulties, and family regulation, and will present activities that enrich attachment, and brain development, and create change. Attendees will be able to begin implementing tools immediately.

Material Title: **An Activity-Based Approach to Developing Young Children's Social Emotional Competence**

Author: Jane Squires and Diane Bricker *Books* 2007 ges + 1 CD

From the creators of ASQ and ASQ:SE, this practical guidebook gives non-mental health professionals exactly what they need: a ready-to-use, start-to-finish linked system for identifying concerns and improving young children's social-emotional health. This book walks readers through the five-step intervention process called Activity-Based Intervention: Social Emotional (ABI:SE).

Material Title: **Answering Your Child's Questions About Adoption (Audiotape)**

Author: Lois Melina *Audiotapes* 1990 80 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, Making Sense of Adoption, which covers pre-school, the middle years, and adolescence, this tape deals with the pre-school years.

Two other tapes, The Adopted Child in Middle Childhood and The Adopted Adolescent, offer more details on discussing adoption with children ages 7-11 and 12-18.

Material Title: **Answering Your Child's Questions About Adoption (CD)**

Author: Lois Melina *CDs* 1990 80 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, Making Sense of Adoption, which covers pre-school, the middle years, and adolescence, this tape deals with the pre-school years.

Two other tapes, The Adopted Child in Middle Childhood and The Adopted Adolescent, offer more details on discussing adoption with children ages 7-11 and 12-18.

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.

Child Development

Material Title: **Assessing Youth Behavior Using the Child Behavior Checklist in Family and Children's Services**

Author: CWLA

Books

199 pages

A key tool that is available to child welfare agencies is the Child Behavior Checklist (CBCL), which has been used for several years in mental health settings. This book provides many examples of how the CBCL may be used in practice and research, including chapters that highlight different statistical techniques for analyzing data and presenting results. The various chapters discuss the implications of using the CBCL for practice, policy, and administration of child welfare programs. Chapters include: (1) Introduction (N. S. Le Prohn, E. R. Lamont, P. J. Pecora, and K. M. Wetherbee); (2) Using the Child Behavior Checklist 4-18, Teacher's Report Form, Youth Self-Report, and Related Measures in Child and Family Services (T. M. Achenbach, P. J. Pecora, and G. Armsden); (3) The Clinical Status of Children in State Custody (C. A. Heflinger and C. G. Simpkins); (4) Demographic Differences in Children's Residential Treatment Progress (W. A. Shennum, D. C. Moreno, and J. C. Caywood); (5) Use of the Achenbach Child Behavior Checklist in a Longitudinal Study of Treatment Foster Care Outcomes (M. E. Courtney and A. Zinn); (6) Follow-Up of Youth Returned to Home after Treatment in Residential Care (D. B. Hickel); (7) Children Born to Drug-Using Mothers: A Longitudinal Perspective on Maternal Care and Child Adjustment (S. Hans, V. Bernstein, and L. Henson); (8) Professor Achenbach Meets Mick Jagger: Using the Child Behavior Checklist in Foster Care (R. D. Phillips); (9) A Profile of Youth Placed with Casey Family Programs Using the Child Behavior Checklist/4-18 and the Teacher's Report Form (G. Armsden, P. J. Pecora, V. Payne, and C. Joyce); (10) Using the Child Behavior Checklist in Child Welfare Practice: Lessons Learned from One Agency's Experience (K. Lerner); (11) Research with the CBCL: Methodological and Statistical Issues (K. M. Wetherbee and T. M. Achenbach); and (12) Conclusions and Recommendations for Future Research (P. J. Pecora, G. Armsden, N. S. Le Prohn, and T. M. Achenbach). (Each chapter contains references and tables.) (GCP)

Material Title: **Attachment Dance, The (DVD)**

Author: TCU Institute of Child Development

DVDs

2008

16 minutes

The attachment relationship between parents and their children is one of the most cherished experiences of our lives. In the Attachment Dance, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, explores the attachment experiences of neuro-typical children and children with histories of harm. Dr. Purvis explains how to recognize features of the attachment relationship and teaches parents and caregivers how to explore their own attachment styles and facilitate healing for the children in their care. In this lecture, Dr. Purvis aims to deepen understanding of attachment issues, both theoretically and practically, and provide a solid foundation for parents and their children.

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 Seares 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: **Becoming Attached: First Relationships and How They Shape Our Capacity to Love**

Author: Robert Karen

Books

1994

441 pages

Dr. Karen explores such questions as: What do children need to feel that the world is a positive place and that they have value? What are the risks of day care for children under one year of age, and what can parents do to manage those risks? What experiences in infancy will enable a person to develop healthy relationships as an adult?

Material Title: **Before She Gets Her Period: Talking with Your Daughter about Menstruation**

Author: Jessica B. Gillooly

Books

1998

158 pages

This book is designed to help parents talk with their children about all aspects of menstruation. It includes exercises and activities to get parents talking with their daughters, as well as tips on exactly what to say. In addition, the book provides insightful real life stories written by girls and women.

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!

Child Development

Material Title: **Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond**

Author: Debra W. Haffner, MPH *Books* 2001 222 pages

In this book, the author confronts issues such as peer pressure, dating and parties, alcohol and drugs, sexual harassment, abstinence, and much more. The book is broken down to provide specific information particular to each age group from middle school to high school and beyond. It is packed with helpful exercises and an extensive appendix of additional resources. In addition, a supportive foreword is written by the author's own teenage daughter.

Material Title: **Body Keeps the Score, The: Brain, Mind, and Body in the Healing of Trauma**

Author: Bessel van der Kolk, M.D. *Books* 2014 356 pages

This profoundly humane book offers a sweeping new understanding of the causes and consequences of trauma, offering hope and clarity to everyone touched by its devastation. Trauma has emerged as one of the great public health challenges of our time, not only because of its well-documented effects on combat veterans and on victims of accidents and crimes, but because of the hidden toll of sexual and family violence and of communities and schools devastated by abuse, neglect, and addiction. Drawing on more than thirty years at the forefront of research and clinical practice, Bessel van der Kolk shows that the terror and isolation at the core of trauma literally reshape both brain and body.

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: **Born for Love: why empathy is essential-and endangered**

Author: Maia, Bruce D. Perry, MD., PhD. Szalavitz *Books* 2010 374 pages

From birth, when babies' fingers instinctively cling to those of adults, their bodies and brains seek an intimate connection--a bond made possible by empathy, the remarkable ability to love and to share the feelings of others.

In this unforgettable book, award-winning science journalist Maia Szalavitz and renowned child-psychiatrist Bruce D. Perry explain how empathy develops, why it is essential both to human happiness and for a functional society, and how it is threatened in the modern world.

Material Title: **Brain Rules for Baby: How to Raise a Smart and Happy Child from Zero to Five**

Author: John Medina *Books* 2014 336

What's the single most important thing you can do during pregnancy? What does watching TV do to a child's brain? What's the best way to handle temper tantrums? Scientists know.

In his New York Times bestseller Brain Rules, Dr. John Medina showed us how our brains really work—and why we ought to redesign our workplaces and schools. Now, in Brain Rules for Baby, he shares what the latest science says about how to raise smart and happy children from zero to five. This book is destined to revolutionize parenting. Just one of the surprises: The best way to get your children into the college of their choice? Teach them impulse control.

Brain Rules for Baby bridges the gap between what scientists know and what parents practice. Through fascinating and funny stories, Medina, a developmental molecular biologist and dad, unravels how a child's brain develops – and what you can do to optimize it.

Material Title: **Brain, The: Effects of Childhood Trauma (DVD)**

Author: Bruce Perry *DVDs* 2002 29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving.

Material Title: **Brain, The: Effects of Childhood Trauma (VHS)**

Author: Bruce Perry *Videotapes* 2002 29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving. ("Understanding Childhood Trauma" Series Part 3.)

Child Development

Material Title: **Brainstorm: The Power and Purpose of the Teenage Brain**
Author: Daniel J. Siegel, M.D. *Books* 2013 307 pages

Between the ages of twelve and twentieth-four, the brain changes in important and, at times, challenging ways. In this book, author Daniel J. Siegel, M.D., busts a number of commonly held myths about adolescence to reveal how it is in fact a vital time in our lives in terms of charting the course for the adults we ultimately become. According to Siegel, during adolescence we learn important skills, such as how to leave home and enter the larger world, how to connect deeply with others, and how to safely experiment and take risks, thereby creating strategies for dealing with the world's increasingly complex problems.

Material Title: **Building Strong Foundations: Practical Guidance for Promoting the Social-Emotional Development of Infants and Toddlers**
Author: Rebecca Parlakian and Nancy L. Seibel *Books* 2002 26 pages

This book explores how supportive relationships at all levels of an infant-family program (supervisor and staff, staff and family, parent and child) contribute to children's healthy social-emotional development (infant mental health). The authors present the core concepts of infant mental health, offer strategies that leaders and trainers can use to promote children's mental health, and describe guidelines for referring very young children for assessment and treatment. This publication offers numerous vignettes featuring a mix of infant-family settings and exercises designed to help staff and leaders better understand and apply infant mental health practices.

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.

Material Title: **Caring for Babies with Prenatal Substance Exposure**
Author: Safe Babies Program *Information Packet* 2014 94

This booklet is a resource for parents and caregivers of babies who have been prenatally exposed to alcohol or other drugs. Information in this booklet was gathered from various sources, including parents, caregivers, professionals and published books and articles. The information in this booklet is about the daily care of babies aged birth to 12 months who may have been exposed to substances in the womb.

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: **Child With Special Needs, The; Encouraging Intellectual and Emotional Growth**
Author: Stanley Greenspan *Books* 1998 479 pages

This comprehensive approach to developmental challenges including autism, PDD, language and speech problems, Down syndrome, cerebral palsy, ADD, and other related disorders helps parents and professionals "get beyond the label" and understand each child's unique profile.

Material Title: **Childhood Mental Health Disorders: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 47 minutes

In this interview, Dr. Federici sheds light on the countless number of children who are being treated with multiple layers of inappropriate care due to multiple and inaccurate diagnoses. Trauma presents itself differently, requiring a closer look at the child's anxiety and fear. This DVD will give you a better understanding of how a child's world needs to be reconstructed with the family being the primary construct, whereby the family becomes the "medication."

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 from Hard Places and the Brain (DVD)**
Author: TCU Institute of Child Development *DVDs* 2014 20 minutes

This video explores the impact of trauma on a developing brain and explains how fear and chronic stress damage the structure, wiring, and chemistry of the brain. This puts children at risk for a lifetime of social, learning, and behavioral problems if there isn't intervention. Children from Hard Places and the Brain features experts Dr. Tina Payne Bryson, Dr. Karyn Purvis, and Dr. David Cross, and offers practical advice and tips for leading children of all ages - even teens - to new levels of healing.

Child Development

Material Title: **Circle of Security Intervention, The: Enhancing Attachment in Early Parent-Child Relationships**
Author: Bert Powell, Glen Cooper, Kent Hoffman, and Bob Marvin *Books* 2014 396 pages

Presenting both a theoretical foundation and proven strategies for helping caregivers become more attuned and responsive to their young children's emotional needs (ages 0-5), this is the first comprehensive presentation of the Circle of Security (COS) intervention. The book lucidly explains the conceptual underpinnings of COS and demonstrates the innovative attachment-based assessment and intervention strategies in rich clinical detail, including three chapter-length case examples. COS is an effective research-based program that has been implemented throughout the world with children and parents experiencing attachment difficulties.

Material Title: **Complex Trauma and PTSD: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald and Heather T. Forbes, LCSW Federici *DVDs* 2012 47 minutes

Children who are continually under stress during their early years often accumulate layers and layers of emotional injury. Their post trauma behaviors are fear-based, chaotic, and out of reality. In this interview, Dr. Federici explains how and why parents and professionals need to work at the level of the child's development in order to create safety. Healing then happens through a step-by-step developmental process with families being the curative agent.

Material Title: **Contexts of Early Intervention: Systems and Settings**
Author: S. Kenneth Thurman, Janet Cornwell, Sheryl Ridener Gottwald *Books* 1997 249 pages

In a multidimensional, ever-changing field like early intervention, it can be difficult to see the "big picture." But the authors of this book succeed in presenting an understandable overview of the subject while clarifying the relationship between early intervention and the environmental systems that surround them. Beginning with a review of the ecological and sociopolitical factors that influence a child's world, the authors scrutinize typical early intervention environments such as homes, child care centers, and public schools. Based on their collective observations, they proceed to explore the influence that familial, economic, and cultural systems have on program outcomes.

Its illustrative case studies and historical perspective make this text ideal for in-service use. Scholarly as well as practical, Context of Early Intervention is an important professional development tool for improving early intervention programming today and envisioning a model system of service provision for tomorrow.

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

Child Development

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)
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Material Title: **DC:0-3 Casebook : A Guide to the Use of Zero to Three's "Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood" in Assessment and Treatment Planning**

Author: Alicia Lieberman, Serena Wieder, and Emily Fenichel *Books* 1997 393 pages

Helps professionals from various disciplines to put DC:0-3's diagnostic system into practice. Twenty-four detailed case reports, documenting work with children, ages 6 months to 4-1/2 years, and their families, show how highly experienced practitioners from a range of disciplines use Zero to Three's DC:0-3.

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: **Developmental Disabilities: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

Explore the differences between attachment disorder and developmental disabilities. In this DVD, Dr. Federici explains how a child's development can be altered through traumatic experiences leading to an alteration in the brain that can manifest into psychological, regulatory, social, and learning problems. Trauma goes much deeper than attachment. This discussion will give you a thorough understanding of the entire developmental spectrum for our children.

Material Title: **Diagnosis and Treatment of Feeding Disorders in Infants, Toddlers, and Young Children**

Author: Irene Chatoor, MD *Books* 2009 141 pages

Delays in development, as well as in growth, can occur when a feeding disorder arises. Irene Chatoor, MD, a world-renowned specialist in feeding disorders at Children's National Medical Center in Washington, DC, offers clinical guidelines for comprehensive diagnosis and treatment of feeding disorders in infants and toddlers. Grounded in the latest research and contemporary practice, the author discusses the consequences of early feeding problems and reviews relevant terminology, etiological factors, and how to distinguish serious feeding disorders from transient and milder feeding difficulties. The book also includes Parent Information Outlines about the feeding disorders.

Child Development

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: **Domestic Violence and Childhood Trauma (DVD)**

Author: Bruce Perry *DVDs* 2002 29 minutes

This video examines how abused children often become involved later in destructive and problematic adult relationships. In some cases the adult who was abused in childhood becomes a victim again in adult relationships, in other cases they may become the perpetrator of domestic violence. Three personal stories are presented.

Material Title: **Early Years Matter, The: Education, Care, and the Well-Being of Children, Birth to 8**

Author: Marilou & Heather Biggar Thomlinson Hyson *Books* 2014 180 pages

This accessible and engaging work introduces current and future teachers, child care providers, and others interested in early childhood education to the importance of the early years in children's well-being and success. It summarizes the research on the value of high-quality services for young children, families, and society, showing why early education matters both today and into the future. Emphasizing the need to understand and respect young children's strengths and unique characteristics, the authors offer inspiration for working in the field, as well as addressing the realistic challenges of implementing developmentally appropriate care and education.

Each chapter begins with an introductory vignette focused on one child whose experiences are typical of other children in the same age group or life circumstances, using that child's experiences to draw out what the best research tells us about why early care and education matters for that group of children. The book also features first-person narratives by early childhood professionals working in a range of positions who offer insight into the complexity and joys of working with or on behalf of young children. Suggestions for further reading and concluding questions for reflection, dialogue, and action make The Early Years Matter a perfect resource for courses and professional development.

Material Title: **Education and Trauma: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 42 minutes

Trauma can have an impact on the brain, compromising a child's focus, memory, and ability to retain, retrieve, and organize information. It can negatively impact a child's memory, speech, language, problem solving skills, and informational processing. In this series, Dr. Federici discusses how to best educate children who may present with typical behavioral or learning issues but need to be addressed from a trauma perspective in order to reach their full learning potential.

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: **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, The: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 47 minutes

Children belong in families because families are the curative factor. Dr. Federici explains that for children from traumatic backgrounds, families become the definitive and key element; the family is the treatment for the child. He discusses how a family intervention program, with a holistic and reality-based approach, can be used to reconstruct traumatized children and reintegrate them back into the family system successfully.

Child Development

Material Title: **Family-centered early intervention: supporting infants and toddlers in natural environments**
Author: Sharon A., Dana C. Childress Raver *Books* 2015 298

Aligned with DEC recommended practices and CEC standards!

A must for future early interventionists, this introductory text prepares professionals to support infants and toddlers with special needs and their families--and address the OSEP child outcomes so critical to a program's success. Focusing on the needs and challenges of children from birth to 3 who have or are at risk for developmental delays, the book teaches readers the foundations of:

- addressing the three OSEP Child Outcome Indicators: positive social-emotional skills, acquisition and use of knowledge and skills, and using appropriate behaviors to meet needs
- developing and implementing IFSPs
- weaving intervention strategies into a family's established routines
- empowering parents to successfully guide and support their child's development
- conducting interventions that support motor, cognitive, social-emotional, communication, and adaptive skills
- making the most of natural learning opportunities in natural environments
- working in teams with professionals from diverse disciplines
- meeting the specific needs of children with all disabilities and/or risk areas, including autism, sensory disabilities, and cognitive and/or motor disabilities

Featuring the expertise of a dozen contributors, this book will get professionals ready to conduct family-centered, evidence-based intervention--and ensure the best possible outcomes for infants and young children.

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.

Material Title: **Fawn's Touching Tale: A story for children who have been sexually abused**
Author: Irene Wineman-Marcus and Agnes Wohl, LCSW, ACSW *Children's Books* 5/26/18 30

i.Introduction to Parents, School Personnel and Psychotherapists: There are many books aimed at the prevention of sexual abuse; few story books are geared for children that deal with the profound emotional aftermath. This book is unique because it offers the use of engaging animal protagonists, which allows the child to work through painful emotions in a less threatening and more effective manner. Among the most universal issues for the sexually abused child are: the mixed feelings toward the abuser, the dread and wish to be loved, the difficulties of disclosing the abuse, the fear of being blamed and/or of not being believed. The effects frequently culminate in a sense of vulnerability, damaged self-esteem, guilt and faulty defenses against the feelings of being hurt. This can lead to a wide range of self-destructive behavior in childhood and adulthood. This gentle, "child friendly", animal tale provides children with a story they can listen to again and again. Parents, psychotherapists and school professionals can use this book as a point of entry into complex feelings that the youngster, or any sexually abused person might experience. Our hope is that with the help of this book, the child will begin the process of healing and gradual resumption of his or her healthy psychological development.

Material Title: **First Feelings: Milestones in the Development of Your Baby and Child**
Author: Stanley Greenspan *Books* 1985 228 pages

This book shows parents how to recognize the key stages of a child's emotional growth while guiding and enhancing early psychological development. It covers such topics as encouraging curiosity and independence; handling temper tantrums, aggressiveness and sibling rivalry; stimulating (and over-stimulating) your baby; evaluating and dealing with your own emotional responses; and developing a positive and constructive parenting style.

Child Development

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: **Functional Emotional Assessment Scale (FEAS) for Infancy and Early Childhood, The: Clinical and Research Applications**

Author: Stanley I. Greenspan, Georgia DeGangi, and Serena Wieder

Books

2001

427 pages

The Functional Emotional Assessment Scale by Stanley Greenspan, Georgia DeGangi, & Serena Wieder enables clinicians, educators, and researchers to observe and measure emotional and social functioning in infants, young children, and their families. Historically, the complexity of emotional functioning has been difficult to measure and assess. The FEAS meets this longstanding need of the field. The FEAS conceptualizes, operationalizes, and measures in a reliable and valid manner.

Material Title: **Ghosts from the Nursery**

Author: Robin Karr-Morse

Books

1997

298 pages

This book offers startling new evidence that violent behavior is fundamentally linked to abuse and neglect in the first two years of life. Using case histories of "children who kill," along with the latest in brain development research, the authors show how infancy is the stage during which foundations for trust, empathy, conscience and lifelong learning and thinking are laid down or during which a predisposition to violent behavior is "hardwired" into the brain.

Material Title: **Ghosts from the Nursery: Tracing the Roots of Violence**

Author: Robin Karr-Morse and Meredith S. Wiley

Books

2013

326 pages

When this book was published in 1997, it was lauded for providing scientific evidence that violence can originate in the womb and become entrenched in a child's brain by preschool. This revised edition continues to shift the conversation among parents and policy makers toward more preventative measures, incorporating significant advances in the field of neurobiological research over the past decade.

Material Title: **Gingerbread Girl, The**

Author: Joanna & Heather Forbes

Children's Books

2017

59 pages

Full of pizzazz and adventure, *The Gingerbread Girl* takes children on an explorative journey of emotions, survival challenges, and determination. Written from a trauma perspective, unlike the traditional *Gingerbread Boy* story, it has a different ending (SPOILER ALERT) that shows how even in the most challenging of situations, you can still remain in a place of personal power and confidence.

The *Gingerbread Girl* includes an in-depth social/emotional discussion guide written by Heather T. Forbes, LCSW. It is designed to be an example of how any traditional storybook can be used as a social/emotional learning experience for children. When we teach young children how to identify their emotional responses, they become better equipped to handle adversity and develop better self-regulatory skills that will serve them to remain in a place of power and control of their own actions.

Child Development

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: **Great Big Book of Hope, The: Help Your Children Achieve Their Dreams**
Author: Diane McDermott *Books* 10/30/2000 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.

Material Title: **Handbook of Early Childhood Intervention, Second Edition**
Author: Jack P. Shonkoff and Samuel J. Meisels *Books* 2000 734 pages

This second edition of the Handbook of Early Childhood Intervention provides a comprehensive overview of this complex and continually evolving field by an outstanding group of contributing authors. Eighteen of the twenty-eight chapters are new to this edition; chapters from the first edition have been updated. It combines rigorous scholarship with state-of-the-art content on policy and service delivery. It is designed to address a broad, multidisciplinary audience including psychologists, early childhood educators, social workers, pediatricians, nurses, child psychiatrists, physical and occupational therapists, speech and language pathologists, and professionals interested in public health and social policy. The Handbook is a valuable resource for both graduate students and experienced professionals.

Material Title: **Handbook of Infant Mental Health, Second Edition.**
Author: Charles Zeanah, Jr. *Books* 2000 558 pages

This revised and expanded edition consists of 36 articles from a host of authors presented in six sections. Grounded in a relational perspective, it offers analysis of the developmental, clinical, and social aspects of mental health from birth to age three, reviewing a range of assessment techniques and providing detailed descriptions of specific disorders and clinical problems.

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.

Material Title: **Healing Research (DVD)**
Author: TCU Institute of Child Development *DVDs* 2007 28 minutes

For decades, scientists have studied how children's brains and behaviors are impacted by prenatal exposure to drugs and alcohol, trauma, abuse, and neglect. In this nearly 90-minute lecture, Dr. Karyn Purvis, developmental psychologist and Director of the TCU Institute of Child Development, reviews a wide range of research that gives insight into developmental deficits that drive many behaviors of at-risk children. Dr. Purvis explains the science in easy-to-understand terms to help parents and caregivers understand how psychological changes in children can be induced by early harm. Dr. Purvis helps parents and caregivers see the "real child" beneath their child's behavior.

There are occasional references to God and quotations from The Bible.

Child Development

Material Title: **Healthy Touch (DVD)**

Author: TCU Institute of Child Development *DVDs* 2008 51 minutes

Touch is a universal language - more dynamic and powerful than any other form of communication. More than an integral part of everyday life; touch is essential to our very existence. The Healthy Touch DVD explores the importance of touch, particularly as a tool for promoting healing and developing deeper connections between parents of children. It features child development experts, Dr. Karyn Purvis and Dr. David Cross, founders of the TCU Institute of Child Development, and renowned researcher, Dr. Tiffany Field, Director of the Touch Research Institute at the University of Miami Miller School of Medicine, among other renowned experts. This nearly 50-minute video also explores research about touch and offers practical ways to add healthy touch in our lives on a daily basis.

Material Title: **Help Yourself for Teens: Real-Life Advice for Real Life Challenges**

Author: Dave Pelzer *Books* 2005 164 pages

The author offers his home spun philosophy and aphoristic advice on how to approach some of the difficult challenges life tends to throw out. This book is intended for teenaged readers.

Material Title: **Help! My Feelings Are Too Big! Making Sense of Yourself and the World After a Difficult Start in Life**

Author: K.L. Aspden *Children's Books* 03/21/2019 64

Emotions can be complicated at the best of times. If something goes wrong right at the beginning of someone's life things can often feel painful and confusing.

This book will help explain that there are always good reasons why a person feels the way they do. It will help you learn about emotions like anxiety, how you can live with these emotions, and how safe adults can help you build a calm, strong place inside yourself!

Designed to help build emotional awareness, this book offers friendly support for children aged 9+ who have attachment disorders, anxiety or are overcoming early trauma and is an invaluable tool for anyone supporting children with extreme emotions or attachment issues, including parents and carers, support workers, teachers, and therapists.

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: **How Culture Shapes Social-Emotional Development: Implications for Practice in Infant-Family Programs**

Author: Monimalika Day, Ph.D., and Rebecca Parlakian *Books* 2004 26 pages

Suitable for program leaders and practitioners, this book examines how culture shapes children's fundamental learning about themselves, their emotions, and their way of interacting and relating to others. It also includes recommendations for providing culturally responsive services.

Child Development

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: **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 Enough**

Author: Grace Byers

Children's Books

2018

A New York Times bestseller and Goodreads Choice Awards picture book winner!

This is a gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another—from Empire actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo.

This is the perfect gift for mothers and daughters, baby showers, and graduation.

We are all here for a purpose. We are more than enough. We just need to believe it.

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.

Material Title: **Identifying and Responding to Trauma: Ages 0 to 5 Years Old (DVD)**

Author: Dr. Bruce Perry

DVDs

2002

29 minutes

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with verbal language and are unable to adequately express their thoughts and feelings or describe threatening life events. In order to understand a child's behavior and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources.

Child Development

Material Title: **Identifying and Responding to Trauma: Ages 0 to 5 Years Old (VHS)**
Author: Bruce Perry *Videotapes* 2002 29 minutes

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with verbal language and are unable to adequately express their thoughts and feelings or describe threatening life events. In order to understand a child's behavior and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources. ("Understanding Childhood Trauma" Series Part 4.)

Material Title: **Identifying and Responding to Trauma: Ages Six to Adolescence (DVD)**
Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Misdiagnosed characteristics of trauma are typically gender related, with boys who are hyperactive and act out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. This video emphasizes the role of school and community in healing from trauma.

Material Title: **Identifying and Responding to Trauma: Ages Six to Adolescence (VHS)**
Author: Bruce Perry *Videotapes* 2002 29 minutes

Misdiagnosed characteristics of trauma are typically gender related, with boys who are hyperactive and act out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. ("Understanding Childhood Trauma" Series Part 5)

Material Title: **Infant Previewing: Predicting and Sharing Interpersonal Outcome**
Author: Paul V. Trad *Books* 1990 286 pages

Infant Previewing: Predicting and Sharing Interpersonal Outcome examines the developmental processes of the first two years of life from an innovative perspective that may dramatically alter the way health care professionals view and predict their perceptions of developmental phenomena. The volume introduces the concept of previewing, a developmental principle that organizes our understanding of how infants and caregivers share experience during the first few years of life. Previewing is manifested by virtually all caregivers and is designed to provide the caregiver-infant dyad with insight into imminent maturational trends and with the motivation for continuing on the development journey with a sense of mastery and control. The book not only launches the theory underlying the concept of previewing, but it also offers guidelines for using previewing to enhance the relationship between infant and caregiver. Various applications of previewing - as a means of fostering the infant's predictive abilities, as a catalyst for differentiating and coordinating developmental functions, and as a principle for motivating interpersonal communication - are analyzed.

Material Title: **Inside Out/ "Intensamente" (DVD) *(Children's Materials)**
Author: Disney Pixar *DVDs* 2015 35 minutes

Do you ever look at someone and wonder what's going on inside their head? Disney-Pixar's INSIDE OUT takes a rollicking journey into the mind to find the answer. Based in Headquarters, the control center of 11-year-old Riley's mind, five emotions are hard at work, led by lighthearted optimist Joy. She strives to make sure Riley stays happy as she operates alongside fellow emotions Fear, Anger, Disgust and Sadness. (Blu-Ray/DVD/Digital HD edition)

En Español: ¿Alguna vez miraron a alguien y se preguntaron qué tiene en la cabeza? La película "Intensa Mente" por Disney Pixar les llevará a un viaje tumultuoso por la mente para descubrir la respuesta. Las 5 emociones viven en la Sede Central, el centro de control dentro de la mente de Riley, desde donde la ayudan y aconsejan en su vida cotidiana.

Material Title: **Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma**
Author: Debra, Cathy Schweitzer and Stefanie Armstron Wesselmann *Books* 2014 130 pages

Children traumatized in their attachment relationships by abuse and neglect, hospitalizations, or out-of-home placements experience intense hurt, fear, and mistrust. The deep emotional pain often manifests as defiance and aggression, even after the environment has change through adoption, foster care, guardianship, or resolution of issues in the home. A treatment that integrates EMDR and family therapy provides hope and healing for hurt children and their families. This practical guide provides specialized parenting strategies to support the treatment, designed to help heal the past, integrate the emotional and logical regions of the child's brain, and nurture a healthy, happier child.

Material Title: **Introductory Overview: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

In this introductory overview of complex trauma, Dr. Federici eloquently brings simplicity to the understanding of children from every end of the trauma spectrum. Federici gives insight on how to create an intervention program with simplicity and accuracy. This interview between these two professionals explores and sheds light on how developmental issues are the root of the problem underlying a child's negative behaviors.

Child Development

Material Title: **Invisible Boy, The**

Author: Trudy Ludwig

Children's Books

2013

Meet Brian, the invisible boy. Nobody ever seems to notice him or think to include him in their group, game, or birthday party . . . until, that is, a new kid comes to class.

When Justin, the new boy, arrives, Brian is the first to make him feel welcome. And when Brian and Justin team up to work on a class project together, Brian finds a way to shine.

From esteemed author and speaker Trudy Ludwig and acclaimed illustrator Patrice Barton, this gentle story shows how small acts of kindness can help children feel included and allow them to flourish. Any parent, teacher, or counselor looking for material that sensitively addresses the needs of quieter children will find *The Invisible Boy* a valuable and important resource.

Includes backmatter with discussion questions and resources for further reading.

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.

Material Title: **Knowing Who You Are, Helping Youth in Care Develop their Racial and Ethnic Identity**

Author: Casey Family Programs

DVDs

Material Title: **Learning Happens (DVD) 30 video vignettes of babies and toddlers learning school readiness skills through everyday interactions**

Author: Claire, Rebecca Parlakian Lerner

DVDs

2007

1 hr

"Learning Happens" features 30 video vignettes that show parents and children--aged birth to 3 years--interacting during everyday play and routines. These vignettes provide rich examples of how:

- Development unfolds from birth to age 3
- Young children acquire school readiness skills through everyday interactions and activities
- Parents and caregivers support children's early learning and development through daily interactions and activities

These vignettes provide compelling illustrations of many critical aspects of child development including:

- Communication
- Literacy
- Fathering
- Feeding/Mealtimes
- Play
- Routines
- Self-control
- Self-confidence
- Thinking skills

These vignettes serve as powerful tools for professionals to use both in direct work with families and for training other early child development professionals. They act as catalysts for discussion about all aspects of early development and provide vivid illustrations of the significant influence parents have in getting their young children ready for school.

Child Development

Material Title: **Learning the Dance of Attachment: An Adoptive Parent's Guide to Fostering Healthy Development**
Author: Holly Van Gulden & Charlotte Vick *Books* 2010 110 pages

This book, from the author of Real Parents Real Children, is a handbook style guide to raising adopted children, offering chapters devoted to specific developmental stages – though your child is nine, if she behaves more like a four-year-old, then that might be the developmental stage she is in. It is full of charts, lists, anecdotes, and guidelines that make it an easy tool for parents to use and refer back to.

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: **Medication Madness: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 46 minutes

There is no magic pill to resolve trauma for anyone, especially for our children. Dr. Federici explains why simply medicating symptoms is ineffective and how we have not only medicated our children to toxic levels but how we have endangered them with toxic combinations of medications. Learn more about how medications can be used at conservative levels in order to help bring children back to being functional in a family to foster greater levels of healing.

Material Title: **Microscope with a Wide-Angle Lens, The: A Complete Look at Your Adopted Child Using a Bio-Psycho-Social Model (2 CDs)**

Author: James Kagan and Richard Delaney *CDs* 852011 28 minutes

Presented by James Kagan, pediatrician/psychiatrist, Colorado and Richard Delaney of Hawaii Behavioral Health, Texas at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop will address how the bio-psycho-social assessment of troubled adopted children and youth permits adoptive parents to be better advocates, more informed treatment team members in working with helping professionals, and more knowledgeable observers and caregivers of their children.

Material Title: **Mislabeled Child, The**

Author: Brock Eide, M.D. and Eide, Fernette, M.D. *Books* 2007 510 pages

For parents, teachers, and other professionals seeking practical guidance about ways to help children with learning problems, this book provides a comprehensive look at learning differences ranging from dyslexia to dysgraphia, to attention problems, to giftedness.

In The Mislabeled Child, the authors describe how a proper understanding of a child's unique brain-based strengths can be used to overcome many different obstacles to learning. They show how children are often mislabeled with diagnoses that are too broad (ADHD, for instance) or are simply inaccurate. They also explain why medications are often not the best ways to help children who are struggling to learn. The authors guide readers through the morass of commonly used labels and treatments, offering specific suggestions that can be used to help children at school and at home.

This book offers extremely empowering information for parents and professionals alike. The Mislabeled Child examines a full spectrum of learning disorders, from dyslexia to giftedness, clarifying the diagnoses and providing resources to help. The Eides explain how a learning disability encompasses more than a behavioral problem; it is also a brain dysfunction that should be treated differently.

Material Title: **Mood Disorders and Trauma: Making Sense of Our Complex Children (DVD)**

Author: Dr. Donald Federici and Heather T. Forbes, LCSW *DVDs* 2012 41 minutes

Dr. Federici clearly explains how trauma induced mood disorders drive much of a child's negative and acting-out behaviors. He gives insight as to how anxiety, depression, mood swings, compulsive behaviors, sleep difficulties, poor social skills, reactivity, and defiance all connect back to a child's inability to regulate themselves. Solutions that center on a parent's ability and the family's ability to provide an end to the child's fear cycle are discussed in this interview.

Child Development

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: **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: **Moving Forward: Making Sense of Our Complex Children (DVD)**
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012

When children reach the later teenage years, many times they are not emotionally or developmentally ready for the challenges of independence. In this DVD, Dr. Federici discusses legal and financial options families have in order to stage their children through a slower and more gradual approach into adulthood. This volume sheds light on how to create the balance children with trauma histories need, without overwhelming them, to move them forward successfully.

Material Title: **Mozart Effect for Children, The: Awakening Your Child's Mind, Health, and Creativity with Music**
Author: Don Campbell *Books* 2002 263 pages

This book offers essential guidance that will enable parents and educators to better understand music as an aid to growth, development, mental and physical health, and creative awakening in our most precious human resource.

Material Title: **Multiple Intelligences: The Theory in Practice**
Author: Howard Gardner *Books* 1993 252 pages

This book brings together previously published and original work by Gardner and his colleagues at Project Zero to provide a coherent picture of what we have learned about the educational applications of MI theory from projects in schools and formal research over the last decade.

Material Title: **My Body, My Self for Boys**
Author: Lynda Madaras *Children's Books* 2007 92 pages

Aimed at 8 to 15 year old boys, this fact-filled journal and activity book makes it fun for boys to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games, and illustrations throughout, there are also journal pages and lots of personal stories addressing boys' concerns, experiences, and feelings during this new stage of their lives.

Material Title: **My Body, My Self for Girls**
Author: Lynda Madaras *Children's Books* 2000 117 pages

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

Material Title: **Mystery of Risk, The: Drugs, Alcohol, Pregnancy, and the Vulnerable Child**
Author: Ira J. Chasnoff *Books* 2011 279 pages

The ill effects of a baby's exposure to drugs and alcohol while in the womb are demonstrated in this essential reference with cutting-edge information from the fields of medicine, neuroscience, and child psychology. These findings posit that many of the learning and behavior problems seen in children—from poor school performance to patterns of impulsivity often diagnosed as ADHD—are both treatable and preventable. The book first traces the history of fetal malformation back to the time of Aristotle, then presents a resounding call for integrated systems of care for high-risk children and their families. Methods for applying behavior management and treatment techniques are included for health care practitioners, social workers, early childhood intervention specialists, special education teachers, and parents, whether for use at home, at school, or in the clinical setting.

Material Title: **Neurobehavioral and Social-Emotional Development of Infants and Children, The**
Author: Ed Tronick *Books* 2007 571 pages

Tronick has gathered together his most influential writings in a single, essential volume. Organized into five parts—(I) Neurobehavior, (II) Culture, (III) Infant Social-Emotional Interaction, (IV) Perturbations: Natural and Experimental, and (V) Dyadic Expansion of Consciousness and Meaning Making—this book represents his major ideas and studies regarding infant-adult interactions, developmental processes, and mutual regulation.

Child Development

Material Title: **Neurobiology of Attachment-Focused Therapy, The: Enhancing Connection & Trust in the Treatment of Children & Adolescents**

Author: Jonathan & Daniel Baylin & Hughes *Books* 2016 304 pages

This groundbreaking book explores, for the first time, how the attachment-focused family therapy model can respond to this question at a neural level. It is a rich, accessible investigation of the brain science of early childhood and developmental trauma. Each chapter offers clinicians new insights—and powerful new methods—to help neglected and insecurely attached children regain a sense of safety and security with caring adults. Throughout, vibrant clinical vignettes drawn from the authors' own experience illustrate how informed clinical processes can promote positive change.

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-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.

Child Development

Material Title: **Nowhere to Hide: Why Kids with ADHD & LD Hate School and What We Can Do About It**

Author: Jerome J. Schultz *Books* 2011 321 pages

A new approach to help kids with ADHD and LD succeed in and outside the classroom

This groundbreaking book addresses the consequences of the unabated stress associated with Learning disabilities and ADHD and the toxic, deleterious impact of this stress on kids' academic learning, social skills, behavior, and efficient brain functioning. Schultz draws upon three decades of work as a neuropsychologist, teacher educator, and school consultant to address this gap. This book can help change the way parents and teachers think about why kids with LD and ADHD find school and homework so toxic. It will also offer an abundant supply of practical, understandable strategies that have been shown to reduce stress at school and at home.

Offers a new way to look at why kids with ADHD/LD struggle at school

Provides effective strategies to reduce stress in kids with ADHD and LD

Includes helpful rating scales, checklists, and printable charts to use at school and home

This important resource is written by a faculty member of Harvard Medical School in the Department of Psychiatry and former classroom teacher.

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.

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.

Child Development

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: **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-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 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.

Child Development

Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys**
Author: Gregory Keck, PhD *Books* 2009 220 pages

Your adopted adolescent proclaims, "I can't wait until I turn eighteen so I can leave!" And you celebrate your future liberation. If this scenario is too familiar, you're not alone. And you've chose the right resource for parenting strategies, tips, new suggestions, and insights to manage tough situations in your family. Dr. Gregory Keck - adoptive parent, psychologist, and adoption expert - helps you understand and appreciate the complicated journey that adopted adolescents face. And once you understand your role in their journey, you will be more effective in your role as a parent.

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 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.

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 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: **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.

Child Development

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

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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: **Pediatric Disorders of Regulation in Affect and Behavior: A Therapist's Guide to Assessment and Treatment**

Author: Georgia DeGangi *Books* 2000 334 pages

This book, designed for mental health professionals and occupational therapists working with infants and children, describes in detail, specific treatment approaches for problems of mood regulation, sensory processing, attention, sleep, feeding, and play and social interactions. Comprehensive case presentations are included in each chapter to demonstrate this innovative and integrated treatment approach.

Material Title: **Pervasive Developmental Disorders: Finding a Diagnosis and Getting Help**

Author: Mitzi Waltz *Books* 1999 400 pages

Designed for parents, adults diagnosed with PDD-NOS and Atypical PDD, and professionals, this book shows how medications, therapies, and educational techniques can address symptoms and improve the lives of people with PDD. In some cases the results can be spectacular. Waltz includes a range of stories from parents who are raising children with PDD to cover such topics as: getting a diagnosis; treatment options; and coping with diagnosis and treatment.

Material Title: **Play Therapy**

Author: Virginia Axline *Books* 1969 374 pages

The author discusses the use of play therapy for children with behavioral, emotional or other psychological problems. The bulk of the text consists of highly readable annotated transcripts of therapeutic sessions that illustrate the principles. The transcripts are authentic, and the annotations include comments on errors the therapist makes, as well as positive points.

Material Title: **Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul**

Author: Stuart Brown *Books* 2010 240

We've all seen the happiness on the face of a child while playing in the school yard. Or the blissful abandon of a golden retriever racing across a lawn. This is the joy of play. By definition, play is purposeless, all-consuming, and fun. But as Dr. Stuart Brown illustrates, play is anything but trivial. It is a biological drive as integral to our health as sleep or nutrition. We are designed by nature to flourish through play.

Dr. Brown has spent his career studying animal behavior and conducting more than six-thousand "play histories" of humans from all walks of life—from serial murderers to Nobel Prize winners. Backed by the latest research, Play explains why play is essential to our social skills, adaptability, intelligence, creativity, ability to problem solve and more. Particularly in tough times, we need to play more than ever, as it's the very means by which we prepare for the unexpected, search out new solutions, and remain optimistic. A fascinating blend of cutting-edge neuroscience, biology, psychology, social science, and inspiring human stories of the transformative power of play, this book proves why play just might be the most important work we can ever do.

Child Development

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.

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: **Poppy and the Overactive Amygdala**
Author: Holly Provan *Children's Books* January 2021 30 pages

Many kids suffer from an overactive "Fight or Flight" response, which can affect them in all areas of their lives. Follow Poppy as she explains some of her struggles with anxiety, anger, and friendships as a kid with an overactive amygdala. This book was created to help build understanding and empathy for children with a wide range of mental health challenges. This type of behavior can be seen in many children, including but not limited to those kids with DMDD, ADHD, ODD, Anxiety, Bipolar disorder, PANS/PANDAS, RAD, Autism disorders, PTSD, IED, and Conduct disorder, among others. While many of the children struggle with comprehension of their disorder, they all have one important factor in common. They did not choose this. As adults, we have a responsibility to build understanding, encourage empathy, and continue to grow our own set of skills and knowledge in order to best serve our most vulnerable population: Children.

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.

Child Development

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: **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: **Preparing Youth for Adult Life (VHS)**

Author: Ed-Net Series *Videotapes* 1996 2 hours

A panel consisting of a therapist, an agency director, and an adoptive/foster parent discuss developmental issues for youth ages 11-30, with a focus on the additional developmental tasks adopted and foster youth face. The video will challenge adoptive parents to re-evaluate their views on defining family, honoring birth family connection, educating the community, understanding the tasks and steps that assist youth in moving into adulthood, and the wisdom of independent living at a particular age. This video is intended for parents of adolescents and young adults.

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.

Child Development

Material Title: **Pursuing the Dream: What Helps Children and their Families Succeed**

Author: Stephen Shames

Books

1997

How and why do some disadvantaged American families manage to stay together and become self-reliant despite the grip of overwhelming poverty?

"I have wandered the nether world of poverty for the past thirty years," writes Stephen Shames in his introduction to this book. "I wondered why do some poor children turn out fine while others fail so miserably. Isn't there something we can do as individuals, as neighbors, and as a nation to help poor children succeed?"

Working for three years with the Chicago-based Family Resource Coalition, Shames, a noted documentary photographer, visited community programs in culturally diverse areas from Maine to Hawaii to record how community-based programs help families achieve financial and emotional stability.

Here are inspirational stories, in the families' own words, about rebuilding strong relationships between husband and wife, parent and child, neighbor and neighborhood. One of the many examples in the book is a young father working with the Avance Family Support and Education Program in San Antonio: "I used to get mad and scream...Spank [the children] without even stopping and thinking about it. And then Avance showed me about this five-minute time out. You know, take a break and then come back....I learned how to communicate with my wife without getting mad and stomping around the house...Avance did a lot for us by making us realize that no goal is greater than what we feel towards each other and what we want to do later in the future."

Pursuing the Dream is about successful and often daring community-based family support programs across America that enable families and their children to overcome devastating cycles of poverty, drugs, and violence. These are uplifting stories, in the families' own words, about recapturing love, achieving financial stability, and building supportive neighborhoods. Included is a statement from the Chicago Bulls on their commitment to community centers for the whole family.

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: **Raily el Valiente**

Author: Jessica Sinarski

Children's Books

2018

48 pages

Únete a nuestro héroe, el osito Raily, en la aventura de su vida donde aprende a ser valiente como un osito. Siempre ha sido valiente e inteligente, pero su viaje con criaturas buenas y grandes le ayudarán a abrir su corazón de maneras nuevas. ¡Este osito genial está listo para enfrentarse al desafío!

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.

Child Development

Material Title: **Raising a Child Responsibly in a Sexually Permissive World**
Author: Sol Gordon, Ph.D., and Judith Gordon, MSW *Books* 2000 233 pages

This book teaches parents how to give their children the guidance they need to develop healthy, positive attitudes about sex, and to counter media and peer pressures. It will help you to discuss this sensitive topic in an open, informed way and to take responsibility for being your child's primary sex educator.

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 Adopted Children; Revised Edition: Practical Reassuring Advice for Every Adoptive Parent**
Author: Lois Ruskai Melina *Books* 1998 370 pages

This 1998 update of the classic handbook on issues faced by adoptive families examines the child's physical, emotional and psychological development at every age. It also has chapters on special topics such as the multiracial family, serious behavior problems and single parent adoption.

Material Title: **Raising an Emotionally Intelligent Child: The Heart of Parenting**
Author: John Mordechai Gottman *Books* August 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.

Child Development

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 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).

Child Development

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 Resilient Rascals 2008: Disc 1 (DVD)**

Author: DVD

DVDs

2008

3 hours

This disk includes the following presentations from the 2008 conference: "The Nature and Nurture of the Brain" with Julian Davies; "The Dichotomy of Foster Care Adoption" with Paulette Caswell; and "Raising Resilient Rascals in a Raging Rambunctious World" – on sensory processing – with Stephen T. Glass.

Material Title: **Raising Resilient Rascals 2008: Disc 2 (DVD)**

Author: DVD

DVDs

2008

3.5 hours

This disk includes the following presentations from the 2008 conference: "What Can Orphans Tell Us about the Family's Role in Promoting Child Well-Being? The Bucharest Early Intervention Study;" with Dana Johnson; "Why Does My Child Go Ballistic?" with Gwen Lewis; and a Question/Answer Panel with Presenters.

Child Development

Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 1 (DVD)**

Author: DVD *DVDs* 2010 *rs. 30 min.*

Disk 1 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Turbulence and Instrument Calibration: Early Childhood Mental Health & Development in Adoption," presented by Kristie Baber, MSW, LICSW; "Sleep and Adoption" presented by Julian Davies, MD.

Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 2 (DVD)**

Author: DVD *DVDs* 2010 *3 hours*

Disk 2 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Understanding and Building Childhood Executive Functioning," presented by Gwen A. Lewis, Ph.D, A.B.Pd.N; "Enhancing Executive Function," presented by Julia M. Bledsoe, MD; "Panel Discussion: Advocating for your child's school needs."

Material Title: **Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse and Neglect**

Author: Richard Kagan *Books* 2004 *374 pages*

Rebuilding Attachments with Traumatized Children: Healing from Losses, Violence, Abuse, and Neglect is a therapeutic guide to helping troubled children move beyond the traumatic experiences that haunt them. Author Dr. Richard Kagan, Director of Psychological Services for Parsons Child and Family Center in Albany, New York, presents comprehensive information on how to understand—and surmount—the impact of loss, neglect, separation, and violence on children's development, how to discover and foster strengths in children and their families, and how to rebuild connections and hope for children who are at risk of harm to themselves and others. This unique book is designed to be used in tandem with Real Life Heroes: A Life Storybook for Children (Haworth), an innovative workbook that helps children develop the self-esteem they need to overcome the worries and fears of their past through a creative arts approach that fosters positive values and a sense of pride.

Rebuilding Attachments with Traumatized Children helps children move from negative or suppressed memories to a more positive perspective, not by denying hardships, but by drawing strength from the supportive people in their lives. Practitioners can use the book as a framework and detailed guide to assessment, engagement, development of service plans, and implementation of attachment and trauma therapy. The book is a comprehensive model for working to build the trust necessary before other trauma therapy approaches can be successfully initiated.

Topics examined in Rebuilding Attachments with Traumatized Children include:

- attachment theory and research
- types of attachment problems
- PTSD behaviors
- permanency work with children in placement
- ADHD, bipolar, and RAD
- cognitive behavioral therapies
- storytelling therapies
- the myth of perfection
- neuropsychological patterns
- and much more!

Rebuilding Attachments with Traumatized Children is a rich resource for practitioners, academics, parents, adoptive parents, foster parents, grandparents, and anyone working to show troubled children how to learn from the past, resolve problems in the present, and build a better future.

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: **Right-Brained Children in a Left-Brained World: Unlocking the Potential of your ADD Child**

Author: Jeffrey Freed, M.A.T., and Laurie Parsons *Books* 1997 *238 pages*

For children living with Attention Deficit Disorder (ADD), life can be frustrating. They may find it impossible to sit quietly, focus on a task, or work well with others; they often have difficulty mastering even basic skills. But there is more to ADD than deficits. Jeffrey Freed, who works exclusively with ADD and gifted children, has developed a simple, easy-to-apply program that works with the special abilities of the ADD child. Freed and coauthor Laurie Parsons explain how, in as little as ten minutes a day you can: test for a right-brained learning style; help your ADD child master spelling – and build confidence; tap your child's speed-reading abilities; and win over teachers and principals to the right-brained approach the ADD child thrives on.

Child Development

Material Title: **Safe Place for Caleb, A: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma**

Author: Kathleen & Paul Chara

Books

Jan 1970 128 pages

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children.

The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented.

Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with attachment issues.

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: **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: **Sensory Integration (DVD)**

Author: TCU Institute of Child Development

DVDs

2010 10 minutes

A key element of typical development is the capacity to process and regulate environmental input. Sadly, children who have experienced prenatal exposure to drugs or alcohol, early trauma, abuse or neglect, are at high-risk for sensory disorders. In this lecture, developmental psychologist and Director of the Texas Christian University Institute of Child Development, Dr. Karyn Purvis, explains risk factors and warning signs for Sensory Processing Disorders and offers practical interventions for parents and professionals. This DVD features a Q&A session that explores common questions about sensory disorders.

Material Title: **Sensory World, A: Making Sense of Sensory Disorder (DVD)**

Author: TCU Institute of Child Development

DVDs

2010 98 minutes

This DVD offers insight and understanding about sensory issues that may make it difficult for a child to function at home and school. Parents and professionals will learn to recognize the difference between sensory problems and problem behaviors and how to help children overcome everyday struggles that hamper their success.

This encouraging video features Dr. Karyn Purvis and Dr. David Cross, child development researchers from Texas Christian University's Institute of Child Development, and Carol Kranowitz, author of the best seller "The Out of Sync Child". These experts offer proven interventions and practical exercises to help children cope with sensory issues which will lead to enriched relationships and improved self-esteem and learning.

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.

Child Development

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: **Sexually Reactive and Aggressive Children (VHS)**

Author: Ed-Net Series

Videotapes

1996

2 hours

EXPLICIT LANGUAGE: This panel presentation includes foster parents and two professionals. A continuum of behaviors is described for children from birth to age 12. In the first half, professionals, highlight the components of a good assessment (locating behavior along the continuum?) and types of treatment. In the second half, foster parents detail practical tips for living with children who act out sexually. The importance of supervision; establishing trust, boundaries, confidentiality and safety; open communication; and sex education are emphasized.

Material Title: **Short-Term Parent-Infant Psychotherapy**

Author: Paul V. Trad

Books

1993

350 pages

Uses case studies to elaborate on parent-infant psychotherapy, which brings both parent and infant to the therapist to overcome problems, including postpartum depression, preventing the child's development from being derailed.

Material Title: **Siblings Without Rivalry**

Author: Adele Faber

Books

2012

240 pages

Drawing on their own experience, the authors have developed simple yet astonishingly effective ways to reduce conflict and generate goodwill between siblings. Each skill is illustrated by the thoughts and stories of real parents. Unprecedented insights into sibling relationships show how we can incorporate these ideas into our everyday lives.

Material Title: **Significant Event Childhood Trauma (DVD)**

Author: Bruce Perry

DVDs

2002

29 minutes

Sometimes a single significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, significant-event childhood trauma will negatively affect normal and healthy childhood development. Typical effects of trauma are the alarm state, re-experiencing, emotional memory, avoidance, and dissociation. Effective intervention involves openness and honesty, nurturing, and the frank discussion of details.

Program segments include Significant Event Trauma Effects, Targeting Resources, In the Classroom, Divorce, Single Parents, Addiction, Violence, and Intervention. Over time and with compassionate care and intervention, children can recover from a traumatic childhood event and be better prepared for similar losses and other trauma later in life.

Material Title: **Significant Event Childhood Trauma (VHS)**

Author: Bruce Perry

Videotapes

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Sometimes a single significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, significant-event childhood trauma will negatively affect normal and healthy childhood development. Effective intervention involves openness and honesty, nurturing, and the frank discussion of details. Program segments include Significant Event Trauma Effects, Targeting Resources, In the Classroom, Divorce, Single Parents, Addiction, Violence, and Intervention. Over time and with compassionate care and intervention, children can recover from a traumatic childhood event and be better prepared for similar losses and other trauma later in life. ("Understanding Childhood Trauma" Series Part 2.)

Material Title: **Sleep Problems (DVD)**

Author: Foster Parent Library

Audiotapes

When a child has a sleep problem, a parent has a sleep problem too. In this course, Dr. Richard Delaney examines four types of sleep problems in children: fears about sleeping alone, frequent waking and roaming, nightmares and night terrors, and sleep problems and depression. He gives parents insights into the possible reasons for their child's problem behavior, and follows up with some practical and immediate steps they can take to deal with their child's particular type of problem behavior.

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

- identify four types of sleep problems in children
- describe the difference between nightmares and night terrors
- state when to seek professional/medical help for a child with sleep problems
- describe the warning signs of depression in children
- list general guidelines that can help a child with sleep problems

Child Development

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: **Smart Love: The Compassionate Alternative to Discipline That Will Make You a Better Parent and Your Child a Better Person**

Author: Martha Pieper *Books* 1999 234 pages

This book of practical tips, psychological insights and wise child-rearing will provide insights into why babies to adolescents do what they do and how you can steer a peaceful course through the daily challenges of parenting.

Material Title: **Smart Moves: Why Learning Is Not All In Your Head**

Author: Carla Hannaford, PhD *Books* 1995 214 pages

The body's role in thinking and learning is presented in a readable format, thoroughly supported by scientific research. Hannaford, a neurophysiologist and educator, tells us why we must move and shows us how to move to fully activate our learning potential. Her insights will be of immediate value to learners of all ages, from the gifted to the so-called learning-disabled.

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: **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: **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 Engels 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: **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: **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).

Child Development

Material Title: **Technology and Digital Media in the Early Years**

Author: Chip Donohue

Books

2014 265 pages

Technology and Digital Media in the Early Years offers early childhood teacher educators, professional development providers, and early childhood educators in pre-service, in-service, and continuing education settings a thought-provoking guide to effective, appropriate, and intentional use of technology with young children. This book provides strategies, theoretical frameworks, links to research evidence, descriptions of best practice, and resources to develop essential digital literacy knowledge, skills and experiences for early childhood educators in the digital age.

Technology and Digital Media in the Early Years puts educators right at the intersections of child development, early learning, developmentally appropriate practice, early childhood teaching practices, children's media research, teacher education, and professional development practices. The book is based on current research, promising programs and practices, and a set of best practices for teaching with technology in early childhood education that are based on the NAEYC/FRC Position Statement on Technology and Interactive Media and the Fred Rogers Center Framework for Quality in Children's Digital Media. Pedagogical principles, classroom practices, and teaching strategies are presented in a practical, straightforward way informed by child development theory, developmentally appropriate practice, and research on effective, appropriate, and intentional use of technology in early childhood settings. A companion website (<http://teccenter.erikson.edu/tech-in-the-early-years/>) provides additional resources and links to further illustrate principles and best practices for teaching and learning in the digital age.

Material Title: **Teenage Brain, The: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults**

Author: Frances E. Jensen, MD and Amy Ellis Nutt

Books

2015 293 pages

Drawing on her research, knowledge, and clinical experience, internationally respected neurologist – and mother of two boys – Frances E. Jensen, MD, offers a revolutionary look at the adolescent brain, providing remarkable insights that translate into practical advice both for parents and teenagers.

Material Title: **Teenagers and Attachment: Helping Adolescents Engage with Life and Learning**

Author: Andrea Perry

Books

2009 224 pages

When children from insecure backgrounds become adolescents, the challenges they experience themselves and present for those around them can get a lot harder to sort out, before the teenager can fully integrate into society. These adolescents can quickly acquire 'bad kid' or 'anti-social' labels. They may form attachments by joining gangs, but in doing so, further alienate themselves from other more constructive options on offer. The contributors to this much needed book have all worked successfully on the front line with teenagers whose ability to make healthy relationships, or to find learning exciting or even possible, has been severely compromised by their past experiences of trauma, neglect and abuse. Each expert practitioner offers practical strategies, underpinned by attachment theory and their own extensive experience, to enable teachers, psychologists, therapists and social workers to reach out to young people in new ways, establishing genuine connection and real possibilities for learning and hope. Contents include: Attachment and adolescence-the key issues-Karl Heinz Brisch. Helping adolescents navigate transitions-Louise Bomber. Using an attachment approach in the classroom-Marie Delaney. Building authentic attachment relationships- Barbara Earl. Principles of attachment and intersubjectivity-Daniel A. Hughes. Supporting adolescent refugees-Sue Amey. Reaching teenage gang members-Camila Batmanghelidj. Helping adolescents make the transition to university-Ann Heyno.

Material Title: **Tender Years, The: Toward Developmentally Sensitive Child Welfare Services for Very Young Children**

Author: Jill Duerr Berrick, B. Needell, R. Barth, and M. Jonson-Reid

Books

1998 203 pages

Today most children entering the child welfare system are very young, and, in most large states, infants are the largest group of children entering foster care each year. Social service systems are typically not designed for very young children, however, and therefore fail to serve their special needs. This shortcoming is significant because protecting very young children from physical harm is not enough; they must also be protected from developmental harm.

The Tender Years is the first textbook to address this critical situation. Beginning with an overview of child development theory, it examines child abuse reporting patterns and discusses placement in foster care, reunification, and adoption. It also looks at public child welfare practice, featuring vivid examples of the children and families served by this system. The authors analyze the differences between the foster care experiences of very young children and those of older children, with special emphasis on the way the child welfare system deals with infants. Based on a significant body of evidence regarding young children's unique affective, physical, and cognitive development, this text illuminates the interrelationship of child welfare practice, child development outcomes, and public policy. The authors offer a fundamental framework for decision-making in child welfare when young children are involved, and recommend specific changes in policy and practice aimed at moving the system toward greater developmental sensitivity.

Material Title: **Therapeutic Metaphors for Children and the Child Within**

Author: Joyce Mills

Books

1986 261 pages

For clinicians, presents a method of applying Erikson's metaphoric interpersonal technique for child therapy. Incorporates theory, technique, and examples to give the reader a full sense of the 'second generation' Eriksonian method of therapy with children of all ages.

Child Development

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: **Toddler Adoption: The Weaver's Craft**
Author: Mary Hopkins-Best *Books* *2012 247 pages*

Most often, children are joining their permanent, adoptive families past the age of infancy but not yet as "older children." This book covers many aspects of adopting and parenting these young children: the decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. Until now, few written resources have been available to discuss this special age -- the toddler.

Material Title: **Tools for Tots: Sensory Strategies for Toddlers and Preschoolers**
Author: Diana A. Henry, Maureen Kane-Wineland, and Susan Swindem *Books* *2007 53 pages*

This book is designed to offer practical sensory options to improve the ability of toddlers and preschoolers to function in their environments at home, in child care centers and in school.

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: **Toxic Stress and the Developing Brain (CD)**
Author: Robyn Gobbel *CDs* *1hr 38min*

Toxic Stress & the Developing Brain will provide you with a nice theoretical foundation to the impact of toxic stress on the brain.

Material Title: **Toxic Stress and the Developing Brain (DVD)**
Author: Robyn Gobbel *DVDs* *1hr 38min*

Child Development

Material Title: **Trauma and Healing (DVD)**

Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz, who states that "Anger can be like a balloon. You keep blowing it up until it finally pops, and then only look at the result of the popping. But we also have to look at the blowing up process, which is often the pain and rage caused by childhood trauma."

This program also features interviews with Vickie, Cynthia, and Curtis, adults recovering from childhood trauma. Curtis, for example, is battling addiction and is beginning to explore the connections between a violent childhood and his current substance-abuse problems. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child.

Material Title: **Trauma and Healing (VHS)**

Author: Bruce Perry *Videotapes* 2002 29 minutes

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Material Title: **Trauma Through A Child's Eyes**

Author: Peter A. and Maggie Kline Levine *Books* 2007 457 pages

Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, this book gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

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 illness. 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: **True/Not True: When Memories Can Be Trusted (DVD)**

Author: DVD *DVDs* 1993 30 minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

Material Title: **True/Not True: When Memories Can Be Trusted (VHS)**

Author: VHS *Videotapes* 30 Minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

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.

Child Development

Material Title: **Understanding Temperament**

Author: Lyndall Shick *Books* 1998 119 pages

This book is intended to help parents understand their child's unique, inborn temperament so they can solve problems by improving the "fit" between their child and the environment (people, situations, surroundings).

Material Title: **Understanding Your Child's Sexual Behavior: What's Natural and Healthy**

Author: Toni Cavanagh Johnson *Books* 1999 186 pages

This readable, easily understood book for parents and caregivers explains children's developing sexuality -- when their behaviors are normal and when to be concerned. It focuses on children from birth to approximately 12 years, providing valid strategies to both understand the behavior and respond to it.

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: **Very Touching Book, A...for Little People and for Big People (Children's Materials)**

Author: Jan Hindman *Children's Books* 1983 50 pages

This book is intended to be read and shown to a child by a parent. Through pictures and words, it teaches appropriate and inappropriate touching. It is written on a child's level, but the cartoon like illustrations are anatomically correct to avoid confusion.

Material Title: **Visiting Feelings**

Author: Lauren Rubenstein *Children's Books* 2013 32 pages

Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, Visiting Feelings invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

Material Title: **What Children Can Tell Us: Eliciting, Interpreting, and Evaluating Critical Information from Children**

Author: James Garbarino *Books* 1992 315 pages

This book is a guide to help professionals in diverse fields—including law, social work, pediatrics, education and psychology—better understand, interview and assess children in order to make well-informed decisions regarding their welfare and treatment.

Material Title: **What Is Childhood Trauma? (DVD)**

Author: Bruce Perry *DVDs* 2002 29 minutes

There are sixteen to twenty million children and adolescents currently at risk for developing trauma-related problems. These problems include anxiety, depression, substance abuse, failure at school, susceptibility to victimization and abuse, and criminality. Many healthcare systems, teachers, and caregivers are only now beginning to recognize and address the problem. This program presents an overview of the effects of childhood trauma on the individual and on society.

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Child Development

Material Title: **What's Going on in There? How the Brain and Mind Develop in the First Five Years of Life**
Author: Lise Eliot, Ph.D. *Books* 1999 533 pages

Drawing upon the exploding research in this field as well as the stories of real children, *What's Going On in There?* is a lively and thought-provoking book that charts the brain's development from conception through the critical first five years. In examining the many factors that play crucial roles in that process, *What's Going On in There?* explores the evolution of the senses, motor skills, social and emotional behaviors, and mental functions such as attention, language, memory, reasoning, and intelligence.

Material Title: **What's Happening to Me? An Illustrated Guide to Puberty* (Children's Materials)**
Author: Peter Mayle and Arthur Robins *Children's Books* 1975 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

Material Title: **What's Happening to My Body? Book for Boys, The**
Author: Lynda Madaras *Children's Books* 2007 231 pages

This book gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all boys ages 10 and up.

Material Title: **What's Happening to My Body? Book for Girls, The**
Author: Lynda Madaras *Children's Books* 2007 255 pages

Written by an experienced educator and her daughter in a reassuring and down-to-earth style, this book gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up.

Material Title: **When Listening Comes Alive? A Guide to Effective Learning and Communication**
Author: Paul Madaule *Books* 1994 204 pages

This is a book about listening at all stages of life – for parents-to-be, hard-working professionals, teachers, early childhood educators and parents seeking help for learning disabled children or difficult teenagers. It describes the "Tomatis Listening Method," a series of techniques designed to develop and improve listening skills throughout life.

Material Title: **When Your Child Needs Help; A Parent's Guide to Therapy for Children**
Author: Norma Doft *Books* 1994 244

One of America's top child psychologists provides reassuring advice for parents whose children are experiencing emotional or developmental problems. Here is the essential guide for every parent who is struggling to distinguish typical growing pains from more serious problems.

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.

Material Title: **Why Am I Different?**
Author: Norma Simon *Books* 1993

Portrays everyday situations in which children see themselves as "different" in family life, preferences, and aptitudes, and yet, feel that being different is all right.

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!

Child Development

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: **Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents**

Author: Violet Oaklander, Ph.D. *Professional Materials* 1979 324 pages

With over 300 pages of methods, materials, techniques for working with children and adolescents, transcripts, case examples and discussion, this book more than fills a void in the child therapy literature. Counselors and therapists, in schools, mental health centers and private practice embrace this book.

Material Title: **Wisdom from Adoptive Families: Joys and Challenges in Older Child Adoption**

Author: Kris Kittle, PhD and Kelly Reed, PhD *Books* 2017 278

Find real-world help and advice from those who've lived it – how to handle both the good parts and difficulties of adopting an older child – and managing wants, needs, expectations, difficulties, and successes. If you've adopted an older child or are considering it, this is an absolute must-read. The practical wisdom of been-there adoptive parents can bring help and hope to anyone looking for answers in managing older child adoption.

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: **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: **Young Children and Foster Care: A Guide for Professionals**

Author: Judith A. Silver, Barbara J. Amster, and Trude Haecker *Books* 1999 509 pages

Infants and young children entering the child welfare system often have histories of abuse, neglect, and fragmented medical care. This book helps human services professionals meet these children's special needs as it proposes models for intervention and provides expert advice on often-overlooked aspects of care, including developmental and medical concerns, child advocacy, and early intervention services.

Child Development

Material Title: **Your Body Belongs to You* (Children's Materials)**

Author: Cornelia Spelman *Children's Books* 1997 18 pages

This children's picture book teaches very young children about their bodies and about how to distinguish between "good touch" and "bad touch." It teaches children that their bodies belong to them and them alone, and that it is ok to say "no" to someone, even an adult, if touch makes them feel uncomfortable. It also encourages positive touch such as cuddling and hugging between parents, children, and friends, in a safe environment.

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.

Material Title: **Your Child's Growing Mind: Brain Development and Learning from Birth to Adolescence**

Author: Jane M Healy *Books* 2004 374 pages

This book looks at the roots of emotion, intelligence, and creativity, translating scientific research into practical suggestions for parents and teachers. Dr. Healy also addresses academic learning offering suggestions for how parents can help without pushing. She also examines learning disabilities, ADHD, and hazards of forced early learning.

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 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 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?"
