**RECOMMENDED READING**

**Books for parents**

**General Parenting and discipline**

Baker, Jed (2008). *No more meltdowns*. Arlington: Future Horizons.

Braun, Betsy (2008). *Just tell me what to say: Sensitive tips and scripts for perplexed parents*. New York: Collins.

Brazelton, Berry *Touchpoints: Your child’s emotional and behavioral development*. (1992). New York: Addison-Wesley.

Davis, Laura & Keyser, Janis (1997). *Becoming the parents you want to be*. New York: Broadway Books.

Faber, Adele & Mazlish, Elaine (1980). *How to talk so kids will listen and listen so kids will talk*. New York: Avon.

Forehand, Rex & Long, Nicholas (2002). *Parenting the strong willed child*. New York: Contemporary Books.

Kurcinka, Mary Sheedy (2006). *Raising your spirited child*. New York: Harper.

Mogel, Wendy (2001). *The blessing of a skinned knee*. New York: Penguin Compass.

Seligman, Martin (2007). *The optimistic child*. New York: Houghton Mifflin.

**Education and enrichment**

Elkind: David (1988). *The hurried child*. New York: Addison-Wesley.

Dweck, Carol (2007). *Mindset: The new psychology of success*. New York: Ballantine Books.

Healy, Jane (2004). *Your child’s growing mind*. New York: Doubleday.

Mogel, Wendy (2010). *The blessing of a B minus*. New York: Scribner.

**Special challenges**

Chansky, Tamar. *Freeing your child from anxiety*. New York: Broadway Books (2004)

Emery, Robert. *The truth about children and divorce*. New York: Plume (2004)

Faber, Adele & Mazlish, Elaine. *Siblings without rivalry*. New York: Norton (1987)

Gray, Carol. *The new social story book*. Arlington: Future Horizons (2000).

Greene, Ross.*The explosive child*. New York: Harper (2005).

Irvine, John. *Helping young worriers beat the worrybug*. New Jersey: Monsters in my head (2014).

Irvine, John. *Helping young children manage frustration and anger*. New Jersey: Monsters in my head (2016).

Klass, Perri. & Costello, Eileen. *Quirky Kids*. New York: Ballantine Books(2003).

Kranowitz, Carol Stock. *The out of synch child*. New York: Skylight Press (1989).

McCurry, Christopher. *Parenting your anxious child with mindfulness and acceptance*. Oakland: New Harbinger Publications (2009).

Meyer, Donald. *Views from our shoes: Growing up with a brother or sister with special needs*. Woodbine House (1997).

Wilens, Timothy. *Straight talk about psychiatric medications for kids*. New York: Guilford (2006).

**Teenage development and parenting**

Walsh, David. *Why do they act that way?* New York: Free Press (2004).

Bradley, Michael. *Yes, Your teen is crazy!* Washington: Harbor Press (2003).

**Helpful Parent/Child Workbooks and Materials**

All of these are by Dawn Huebner (available through Maginaton Press)

* *What to Do When You Dread Your Bed*
* *What to Do When You Worry Too Much*
* *What to Do When Your Brain Gets Stuck* (OCD)
* *What to Do When Your Grumble Too Much* (Negative thinking)
* *What to Do When Bad Habits Take Hold*
* *Putting on the Brakes* (ADHD)

*A Volcano in my Tummy: Helping Children Manage Anger* by Eliane Whitehouse & Warwick Pudney (New Society Publishers)

*Comic Strip Conversations: Teaching conversation skills to kids with autism and related disorder* by Carol Gray (Future Horizons)

Think Social Publishing, Inc., or Socialthinking.com for materials like Superflex and other books and resources for working with children who have rigid thinking or need help with self control and social skills.

*Parent’s Guide* by Stephen McCarney is a great resource for diverse yet common discipline challenges. You can look up a problem and bullet points will guide you though problem solving strategies.

*Your Child at Play* by Marilyn Segal is a classic series of books on activities and age appropriate play ideas. Books are grouped by child age.

**Books for Kids**

**Self Esteem**

Henkes, Kevin*.Chrysanthemum*

Lovell, Patty. *Stand Tall, Molly Lou Mellon*

Luyken, Corinna. *My Heart*

Ross, Tony. *I Want to Be*

**Positive Mindset, Negative Thinking**

Amen, Daniel. *Captain Snout and Super Power Questions*

Amen, Daniel. *Mind Coach*

Clinton, Chelsea. *She Persisted*

Cook, Julia. *Bubble Gum Brain*

Cox, Lisa & Hokema, Lori. *Not Yet*

Yamada, Kobi. *What to do With a Problem?*

**Friendships**

Bardhan-Quallen, Sudipta. *The Mine-o-Saur*

Carlson, Nancy. *How to Lose All Your Friends*

Cook, Julia. *Bad Case of Tattle Tongue*

Cook, Julia. *Making Friends is an Art*

Ludwig, Trudy. *The Invisible Boy*

Payne, Lauren-Murphy. *We Can Get Along*

**Anxiety**

Cook, Julia. *Wilma-Jean the Worry Machine*

Crist, James. *What to Do When You’re Scared and Worried: A Kid’s Guide*

Gross, Ronit. *More than one Way to Be Okay* (OCD)

Henkes, Kevin. *Sheila Rae the Brave*

Henkes, Kevin. *Wemberly Worried*

Penn, Audrey. *The Kissing Hand* (separation anxiety)

**Emotions**

Crary, Elizabeth. *Children’s Problem Solving Books*

Curtis, Jamie Lee. *Today I Feel Silly*

Dr Seuss. *My Many Colored Days*

Goldblatt, Rob. *The Boy Who Didn’t Want to Be Sad* (also good for negative thinking and anxiety)

Green, Andi. *The Worry Woo Series*

Vail, Rachel. *Sometimes I’m Bombaloo*

**ADHD and/or Autism**

Cook, Julia. *Be Where Your Feet Are* (ADHD)

Copeland, Lori Ann. *Hunter and His Amazing Remote Control*

Cook, Julia. *Uniquely Wired: A Story about Autism and its Gifts*

**Family Issues/Parent-Child Relations**

Cannon, Janell. *Stellaluna*

Henkes, Kevin. *Julius: The Baby of the World* (new baby)

Munsch, Robert. *Love You Forever*

Namka, Lynne. *The Mad Family Get Their Mads Out*

Wilt, Joy. *Saying What You Mean*

**Death/Grief**

Brown, Laurie Krasny & Brown, Marc. *When Dinosaurs Die*

Brown, Laurie Krasny & Brown, Marc. *Dinosaurs Divorce*

Karst, Patrice. *The Invisible String*

Mellonie, Bryan & Ingpen, Robert. *Lifetimes: A Beautiful Way to Explain Death to Children*

Schriver, Maria. *What’s Happening to Grandpa?*

**Social Skills and Coping**

Bruckner, Lauren. *The Kids Guide to Staying Awesome and in Control*

Cook, Julia. *Lying Up a Storm*

Cook, Julia. *My Mouth is a Volcano*

Cook, Julia. *Personal Space Camp*

Cook, Julia. *Soda Pop Head*

Garcia, Gabi. *Listening to My Body*

Levy, Ganit & Levy, Adir. *What Should Danny Do?*

Sautter, Elizabeth & Wilson, Kristen. *Whole Body Listening Larry at School*

Wright, Laurie. *I Can Handle It*

**Empathy**

Boelts, Maribeth. *Those Shoes*

DeBell, Susan. *How Do I Stand In Your Shoes?*

Genhart, Michael. *I See You*

Silverstein, Shel. *The Giving Tree*

Sornson, Bob. *Stand in My Shoes*