

## Recommended Books

I have organized a recommended reading list by topic of concern. Some of the books are intended to be read together with your child and others are recommended as informational for parents. Reading books with your child is a great way to initiate tough conversations.

### ADHD

***ADHD and Teens: A Parent's Guide to Making it Through the Tough Years*** by Alexander-Roberts, Colleen (1995). Taylor Publishing Company: Dallas, Texas

***Attention Games*** by Sher, B.

***Delivered from Distraction*** by Hallowell, E.M. & Ratey, M.J.

***How To Reach And Teach Children with ADD/ADHD: Practical Techniques, Strategies, and Interventions*** by Rief, Sandra

***Learning to Slow Down and Pay Attention: A Book for Kids about ADHD*** by Nadeau, K.G. & Dixon, E.B.

***Life on the Edge: Parenting a Child with ADD/ADHD.*** by Spohn, David (1998). Hazelden: Center City, Minnesota

***Putting on the Brakes: Activity Book for Kids with ADD or ADHD*** Quinn, P.O. & Stern, J.M..

***Taking Charge of ADHD: The Complete, Authoritative Guide for Parents*** by Barkley, Russell A. (1995). The Guilford Press

***Understanding Girls with AD/HD*** by Nadeau, K.G., Littman, E.B., & Quinn, P.O.

### Anxiety

***What to Do When You Worry Too Much. A Kid's Guide to Overcoming Anxiety*** by Dawn Huebner, Ph.D.

***Worry Wars: An Anxiety Workbook for Kids and Their Helpful Adults!*** by Paris Goodyear-Brown.

### Bullying

***Bullying No More: Understanding and Preventing Bullying*** by Kimberly L. Mason, Ph.D., LPC, NCC

***Queen Bees & Wannabes*** by Rosalind Wiseman

### Divorce

***Daddy Doesn't Live Here Anymore*** by Betty Virginia Doyle

***Dinosaurs Divorce: A Guide for Changing Families*** by Laurene.Krasny Brown and Marc Brown (ages 4 – 8).

***I Don't Want to Talk about It: A Story about Divorce for Young Children*** by Jeanie Franz Ransom (ages 4 – 8).

***It's Not Your Fault Koko Bear*** by Vicki Lansky

***Momma and Daddy Bear's Divorce*** By Cornelia Maude Spelman (ages 5-9)

***My Life Turned Upside Down, But I Turned it Rightside Up*** by M.B. Field and H. Shore (ages 5-12).

***Was it the Chocolate Pudding? A Story for Little Kids about Divorce*** by Sandra Levins and Bryan Langdo (ages 2–6)

***What Can I Do? A Book for Children and Divorce*** by Danielle Lowry (ages 8 – 12)

## **Grief and Loss**

### ***Recommended for parents:***

***The Grieving Child, A Parent's Guide*** by Fitzgerald, Helen. Simon and Schuster. New York, NY 1992.

### ***Recommended books for young children:***

***Everett Anderson's Goodbye*** by Lucille Clifton

***Help Me Say Goodbye*** by Janis Silverman

***I Miss You*** by Pat Thomas

***A Story for Hippo*** by Simon Puttock and Alison Bartlett

***Sad Isn't Bad*** by Michaelene Mundy

***Tear Soup*** by Pat Schwiebert and Chuck DeKlyen

***Water Bugs and Dragonflies: Explaining Death to Young Children*** by Doris Stickney

***What's Heaven*** by Maria Shriver

***What on Earth Do You Do When Someone Dies?*** by Trevor Romain

## **Parenting**

***1-2-3 Magic: Effective Discipline for Children 2-12*** by Thomas W. Phelan

***Active Parenting Now For Parents of Children Ages 5 to 12*** by Michael H. Popkin, Ph.D.

***Active Parenting of Teens: Parents Guide*** by Michael H. Popkin, Ph.D.

***How to Talk So Kids Will Listen & Listen So Kids Will Talk*** by Adele Faber & Elaine Mazlish

***Off Road Parenting: Practical Solutions for Difficult Behavior*** by Caesar Pacifici

***Parents And Adolescents Living Together: The Basics*** by Gerald R. Patterson, Marion S. Forgatch

***Parents And Adolescents Living Together: Family Problem Solving*** by Marion S. Forgatch, Gerald R. Patterson

***The Parent's Handbook: Systematic Training for Effective Parenting of Teens*** by Don Dinkmeyer, Sr. , Gary D. McKay, Joyce L. McKay, and Don Dinkmeyer, Jr.

***Purrrfect Parenting*** by Beverly Guhl and Don H. Fontenelle

***Siblings Without Rivalry*** by Adele Faber & Elaine Mazlish

***Win the Whining War & Other Skirmishes: A Family Peace Plan*** by Cynthia Whitham

## **School and Homework**

***Homework Without Tears: A Parent's Guide for Motivating Children to Do Homework and to Succeed in School*** by Lee Canter and Lee Hausner, Ph.D. (New York: Harper and Row, 1999).

***How to Help Your Child With Homework: The Complete Guide to Encouraging Good Study Habits and Ending the Homework Wars*** by Jeanne Shay Schumm, Ph.D. (Minneapolis: Free Spirit Publishing, 2005).

***Raising Happy Kids: Over 100 Tips for Parents and Teachers*** by Elizabeth Hartley-Brewer (Cambridge, MA: Da Capo Press, 2004).