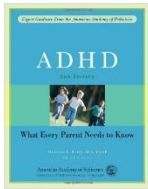


Pleasant Grove Elementary School Parent Library

Located in the School Counselor's Office

mcurley@wcpss.net

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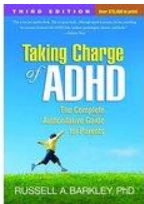


TOPIC: ADHD

ADHD: What Every Parent Needs to Know

Author: Michael Reiff

ADHD: What Every Parent Needs to Know (formerly entitled ADHD: A Complete and Authoritative Guide) is a balanced guide to help you and your child meet the many challenges of the often misunderstood disorder. This invaluable resource provides accurate, up-to-date information on: Evaluation and diagnosis Coexisting conditions Behavior therapy ADHD and academics The role of medication Complementary and alternative treatments ADHD and the teenage years Effective skills for parenting children and adolescents with ADHD Written in clear, accessible language, this thoroughly updated second edition includes the latest information on diagnosis, ADHD medications, and guidance on preschoolers and adolescents with ADHD. A new chapter on advocacy, updates on special education services and laws, and the role of the medical home are also featured.

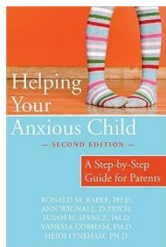


TOPIC: ADHD

Taking Charge of ADHD: The Complete, Authoritative Guide for Parents

Author: Russell Barkley

From distinguished researcher/clinician Russell A. Barkley, this treasured parent resource gives you the science-based information you need about attention-deficit/hyperactivity disorder (ADHD) and its treatment. It also presents a proven eight-step behavior management plan specifically designed for 6- to 18-year-olds with ADHD. Offering encouragement, guidance, and loads of practical tips, Dr. Barkley helps you: Make sense of your child's symptoms. Get an accurate diagnosis. Work with school and health care professionals to get needed support. Learn parenting techniques that promote better behavior. Strengthen your child's academic and social skills. Use rewards and incentives effectively. Restore harmony at home. Updated throughout with current research and resources, the third edition includes the latest facts about medications and about what causes (and doesn't cause) ADHD.

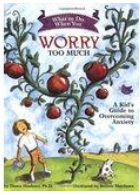


TOPIC: ANXIETY

Helping Your Anxious Child: A Step-by-Step Guide for Parents

Author: Ronald Rapee, Ann Wignall, Susan Spence, & Heidi Lyneham

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now in its second edition, Helping Your Anxious Child has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion. Inside, you will learn to: Help your child practice “detective thinking” to recognize irrational worries What to do when your child becomes frightened How to gently and gradually expose your child to challenging situations Help your child learn important social skills

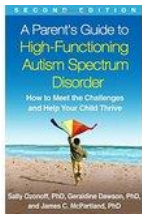


TOPIC: ANXIETY

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety

Author: Dawn Huebner & Bonnie Matthews

"What to Do When You Worry Too Much" is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD.

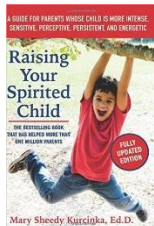


TOPIC: AUTISM

A Parent's Guide to High-Functioning Autism Spectrum Disorder: How to Meet the Challenges and Help Your Child Thrive

Author: Sally Ozonoff, Geraldine Dawson, & James McPartland

Asperger Syndrome and high-functioning autism are detected earlier and more accurately today than ever before. Children and teens with these disorders often stand out for their precocious intelligence and language abilities--yet profound social difficulties can limit every aspect of their lives. This hopeful, compassionate guide shows parents how to work with their child's unique impairments and capabilities to help him or her learn to engage more fully with the world and live as self-sufficiently as possible. From leading experts in the field, the book is packed with practical ideas for helping children relate more comfortably to peers, learn the rules of appropriate behavior, and participate more fully in school and family life. It also explains what scientists currently know about autistic spectrum disorders and how they are diagnosed and treated. Real-life success stories, problem-solving ideas, and matter-of-fact advice on everything from educational placements to career planning make this an indispensable reference that families will turn to again and again.



TOPIC: BEHAVIOR

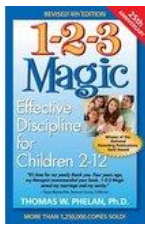
Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic

Author: Mary Sheedy Kurcinka

Newly revised, featuring the most up-to-date research, effective strategies, and real-life stories

The spirited child—often called "difficult" or "strong-willed"—possesses traits we value in adults yet find challenging in children. Research shows that spirited kids are wired to be "more"—by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. In this revised edition of the award-winning classic, voted one of the top twenty books for parents, Kurcinka provides vivid examples and a refreshingly positive viewpoint. Raising Your Spirited Child will help you:

- understand your child's—and your own—temperamental traits
- discover the power of positive—rather than negative—labels
- cope with the tantrums and power struggles when they do occur
- plan for success with a simple four-step program
- develop strategies for handling mealtimes, sibling rivalry, bedtimes, holidays, and school, among other situations



TOPIC: BEHAVIOR

1-2-3 Magic: Effective Discipline for Children

Author: Thomas Phelan

Addressing the task of child discipline with humor and practicality, this time-tested program provides easy-to-follow steps for disciplining children ages two through 12 without yelling, arguing, or spanking. Parents learn to deal with the six kinds of testing and manipulation, and they discover the 10 steps for building self-esteem in children. This award-winning guide also teaches parents how to handle the disrespectful outbursts of children with reason, patience, and compassion.

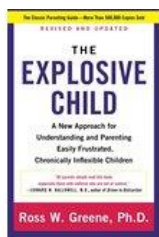


TOPIC: BEHAVIOR

SOS: Help for Parents

Author: Lynn Clark

SOS Help For Parents improves the behavior and emotional adjustment of children, ages two to twelve. Used internationally by parents, educators, and counselors, this parenting book is translated into 13 languages and was updated in 2013. You learn the best methods for improving your child's behavior and for reducing stress in your life. You learn essential child rearing rules, how to avoid four common child rearing errors, primary methods for increasing good behavior, major methods for stopping bad behavior, active ignoring, Grandmas Rule, how to avoid nine common time-out mistakes, time-out for toys that misbehave, how to handle children who rebel against time-out, using points and contracts, logical consequences, natural consequences, behavior penalty, and helping your child express feelings. Additional behaviors dealt with include noncompliance, not minding, strong-willed behavior, oppositional and defiant behavior, aggression, ADHD, dressing problems, sibling conflict, tantrums, attention seeking, immature behavior, avoidance of chores, homework resistance, communication problems, and managing bad behavior away from home. Also, you will learn how to partner with your child's teacher to improve school adjustment. Your relationship with your child will improve. The Menu of Solutions for 46 Problem Behaviors guides you in selecting the best methods for handling the most challenging behaviors.

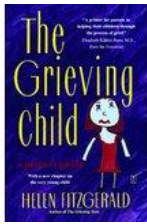


TOPIC: BEHAVIOR

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

Author: Ross Greene

Screaming, swearing, crying, hitting, kicking, spitting, biting...these are some of the challenging behaviors we see in kids who are having difficulty meeting our expectations. These behaviors often leave parents feeling frustrated, angry, overwhelmed, and desperate for answers. In this fully revised and updated book, Dr. Ross Greene helps you understand why and when your child does these things and how to respond in ways that are nonpunitive, nonadversarial, humane, and effective. Dr. Greene describes how best to: Understand the factors that contribute to challenging episodes. Identify the specific situations in which challenging episodes are likely to occur. Reduce or eliminate challenging episodes by solving the problems that cause them. Solve problems collaboratively (rather than unilaterally) and proactively (rather than reactively). Help your child develop the skills to be more flexible, solve problems, and handle frustration more adaptively. Reduce hostility and antagonism between you and your child. With Dr. Greene's practical, expert guidance, you and your child will forge a new relationship based on communication and mutual respect.

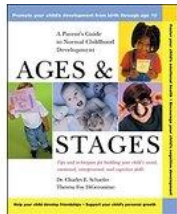


TOPIC: BEREAVEMENT

The Grieving Child: A Parent's Guide

Author: Helen Fitzgerald

Explaining death to a child is one of the most difficult tasks a parent or other relative can face. The Grieving Child offers practical, compassionate advice for helping a child cope with the death of a parent or other loved one. Parents of children from preschool age to the teen years will find much-needed guidance, covering: Helping a child visit the seriously ill or dying Using language appropriate to a child's age level Selecting useful books about death Handling especially difficult situations, including murder and suicide Deciding whether a child should attend a funeral With a new chapter devoted to the special issues of the bereaved toddler, The Grieving Child provides invaluable suggestions for dealing with a child's emotional responses (including anger, guilt, and depression) and helping a child adjust to a new life.



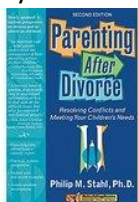
TOPIC: CHILD DEVELOPMENT

Ages and Stages: A Parent's Guide to Normal Childhood Development

Author: Charles E. Schaefer

A comprehensive parent's guide to your child's psychological development from birth through age 10 Written in an engaging, practical style, Ages and Stages offers you the benefits of the most current research on child development, featuring helpful tips and techniques to foster your child's maturation. Charles Schaefer and Theresa Foy DiGeronimo tell you what behaviors you can expect as your child grows and how you can help him or her to advance to the next level of development. They include numerous examples, stories, and activities you can use immediately to positively influence your child's development. The book's structure (divided into four stages of child development--birth to 18 months, 18 to 36 months, 36 months to age six, and six to ten years) allows you to monitor your child's progress, identify the reasons for emotional and psychological differences in siblings, and even determine how your parenting strategies should change as your child grows.

- * Covers all five areas of psychological health--emotional, cognitive, friendship/relationships, personal growth, and morality
- * Filled with easy-to-follow Do's and Don'ts, plus fun activities and exercises to encourage your child's development
- * Helps you assess if and when your child may need professional intervention

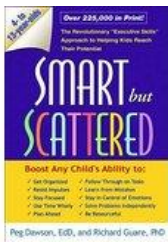


TOPIC: DIVORCE

Parenting After Divorce: A Guide to Resolving Conflicts and Meeting Your Children's Needs

Author: Phillip Stahl

Divorces rarely work out perfectly. In the real world, divorcing parents are often in conflict, and lots of arguments are the rule, not the exception. "However, if parents continue to argue after the divorce," says Dr. Philip Stahl, "the children will suffer." Stahl knows parents are not perfect, and in this book he shows imperfect parents how to settle their differences in the best interests of their children. Here at last is a realistic perspective on divorce and its effects on children. Parenting After Divorce features knowledgeable advice from an expert custody evaluator. Packed with real-world examples, this book avoids idealistic assumptions, and offers practical help from divorcing parents, custody evaluators, family court counselors, marriage and family therapists, and others interested in the well-being of children. Dr. Stahl's advice will help you avoid the dozen most common mistakes that divorcing parents make and spare you the emotional and financial damage they can cost you and your children. His 30-point "sample parenting plan" sets a new standard for families who want to bring order out of the usual chaos of parenting after divorce. The chapter, "What Your Kids Really Think," is by itself worth the price of the book. This is a powerful, practical book that every divorcing parent should read while there's still time to ensure a secure and healthy future for their children

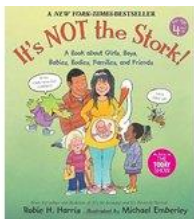


TOPIC: EXECUTIVE FUNCTIONING

Smart but Scattered: The Revolutionary Executive Skills Approach to Helping Kids Reach Their Potential

Author: Peg Dawson and Richard Guare

There's nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school. Your "smart but scattered" child might also have trouble coping with disappointment or managing anger. Drs. Peg Dawson and Richard Guare have great news: there's a lot you can do to help. The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial "executive skills"--the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines. Small changes can add up to big improvements--this empowering book shows how



TOPIC: HUMAN DEVELOPMENT

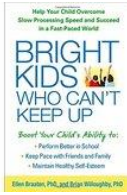
It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends

Author: Robie H. Harris

From the expert team behind IT'S PERFECTLY NORMAL and IT'S SO AMAZING! comes a book for younger children about their bodies — a resource that parents, teachers, librarians, health care providers, and clergy can use with ease and confidence.

Young children are curious about almost everything, especially their bodies. And young children are not afraid to ask questions. What makes me a girl? What makes me a boy? Why are some parts of girls' and boys' bodies the same and why are some parts different? How was I made? Where do babies come from? Is it true that a stork brings babies to mommies and daddies?

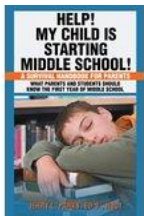
IT'S NOT THE STORK! helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Through lively, comfortable language and sensitive, engaging artwork, Robie H. Harris and Michael Emberley address readers in a reassuring way, mindful of a child's healthy desire for straightforward information. Two irresistible cartoon characters, a curious bird and a squeamish bee, provide comic relief and give voice to the full range of emotions and reactions children may experience while learning about their amazing bodies. Vetted and approved by science, health, and child development experts, the information is up-to-date, age-appropriate, and scientifically accurate, and always aimed at helping kids feel proud, knowledgeable, and comfortable about their own bodies, about how they were born, and about the family they are part of.



Bright Kids Who Can't Keep Up: Help Your Child Overcome Slow Processing Speed and Succeed in a Fast-Paced World

Author: Ellen Braaten and Brian Willoughby

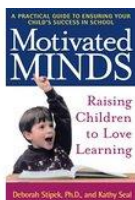
Do you find yourself constantly asking your child to "pick up the pace"? Does he or she seem to take longer than others to get stuff done--whether completing homework, responding when spoken to, or getting dressed and ready in the morning? Drs. Ellen Braaten and Brian Willoughby have worked with thousands of kids and teens who struggle with an area of cognitive functioning called "processing speed," and who are often mislabeled as lazy or unmotivated. Filled with vivid stories and examples, this crucial resource demystifies processing speed and shows how to help kids (ages 5 to 18) catch up in this key area of development. Helpful practical tools can be downloaded and printed in a convenient 8 1/2" x 11" size. Learn how to obtain needed support at school, what to expect from a professional evaluation, and how you can make daily routines more efficient--while promoting your child's social and emotional well-being.



Help! My Child is Starting Middle School! A Survival Handbook for Parents

Author: Jerry Parks

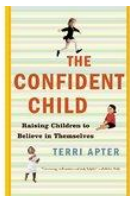
The transition from elementary to middle school can be a scary time for both students and their parents. Dr. Parks's book is real-life advice from a master teacher that will address most of your concerns. Parents are seldom-if ever-prepared for the enormous changes their child faces entering middle school. The sheltered, structured, and nurturing environment that is elementary school gives way to the fast-paced, organized chaos of middle school. Students often feel more thrown into, rather than eased into, the middle school world, and parents of first-time middle schoolers often feel more lost than their children. The sixth grade is the time when Mom and Dad start to feel they are losing their little one forever, and-in a very real sense-they are. Help! My Child is Starting Middle School! is merely an effort to help parents and their children get off to a successful start in middle school. Although primarily written for parents, portions of the book can be read and used by middle schoolers themselves. At the end of each chapter are presented numerous real-world middle school situations, which may very well occur. As these are read, parents should consider how they might address the situations, and then discuss with their child their thoughts, and how they might deal with alternatives. In discussing these together, both parent and middle schooler will be better prepared for what's coming in middle school.



Motivated Minds: Raising Children to Love Learning

Author: Deborah Stipek

What makes children succeed in school? For the past twenty years, the focus has been on building children's self-esteem to help them achieve more in the classroom. But positive reinforcement hasn't necessarily resulted in measureable academic improvement. Through extensive research, combined with ongoing classroom implementation of their ideas, Deborah Stipek, Dean of the School of Education at Stanford, and Kathy Seal have created a program that will encourage motivation and a love of learning in children from toddlerhood through elementary school. Stipek and Seal maintain that parents and teachers can build a solid foundation for learning by helping children to develop the key elements of success: competency, autonomy, curiosity, and critical relationships. The authors offer both practical advice on understanding different learning styles and down-to-earth tips about how to manage difficult issues -- competition, grades, praise, bribes, and rewards -- that inevitably arise for parents and teachers.

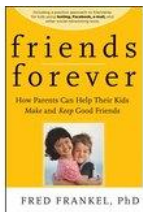


TOPIC: SELF-ESTEEM

The Confident Child: Raising Children to Believe in Themselves

Author: Terri Apter

A renowned social psychologist's clear-cut, thoughtful, and practical strategy for parents who want to promote self-confidence in their child. Raising confident, motivated, and caring children is a parent's greatest challenge. Drawing on her own extensive research on children and parents, Terri Apter has created a guide based on "emotional coaching"—learning to respond appropriately to a child's feelings—that helps parents raise children to solve problems, to be socially active and understand others, and to manage emotions, all of which are crucial to developing confidence and functioning successfully in society. Hugely insightful, reassuring, and accessible, The Confident Child is a truly necessary parenting guide. Winner of The Delta Kappa Gamma Society International Educator's Award.

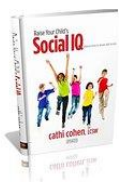


TOPIC: SOCIAL SKILLS/FRIENDSHIP

Friends Forever: How Parents Can Help Their Kids Make and Keep Good Friends

Author: Fred Frankel

A systematic plan for parents to help their kids acquire and sustain friendships Every parent hopes their child will develop healthy and happy friendships. However, most parents don't know what to do that will encourage their child to be a friend and attract friends. The author offers clear-cut friendship-making guidelines for parents and their children. Some of the book's recommendations include: don't over-schedule a child's time; guide children to participate in "friend-attracting" activities; seek out friends in the neighborhood. The author includes methods for dealing with bullying and inappropriate friendships Offers clear guidance for helping children become a good friend and attract lasting friendships for life Shows how to teach kids the social and emotional intelligence skills they need to form friendships such as listening, empathy, compassion, recreational conversation The book also includes techniques for teaching kids how to use MySpace, Facebook, and Twitter in positive ways that will foster friendships.

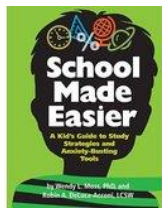


TOPIC: SOCIAL SKILLS/FRIENDSHIP

Raise Your Child's Social IQ: Stepping Stones to People Skills for Kids

Author: Cathi Cohen

Parents, this book offers direct, sense-making, step-by-step exercises that parents can do with their children to increase their social skills and awareness. Based on the highly successful social skills training groups that have been directed by Cathi Cohen for many years, Raise Your Child's Social I.Q. provides parents with the structure to work on skills at home—how to join a group, how to choose friends, how to notice what people around you are feeling, how to handle angry feelings and much, much more.

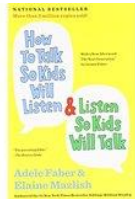


TOPIC: STUDY SKILLS/ TEST ANXIETY

School Made Easier: A Kid's Guide to Study Strategies and Anxiety Busting Tools

Author: Wendy Moss and Robin Deluca-Acconi

On the first day of school, students and teachers have high hopes for the year. But as homework piles up and test dates approach, a lot of kids start to feel stressed and struggle to deal with it. School Made Easier focuses on how to manage that academic stress and the emotions that might interfere with academic success. The book teaches students ways to reduce their anxiety, increase their confidence in school, and study more effectively. These strategies such as learning positive self-talk, setting up the proper study environment, and becoming one's own study coach are designed to be fun and easy to learn. Also includes case studies of real kids, self-assessment checklists, and lots of Quick Tips.



TOPIC: TALKING TO KIDS

How to Talk So Kids Will Listen and Listen So Kids Will Talk

Author: Adele Faber and Elaine Mazlish

Internationally acclaimed experts on communication between parents and children, Adele Faber and Elaine Mazlish “are doing for parenting today what Dr. Spock did for our generation” (Parent Magazine). Now, this bestselling classic includes fresh insights and suggestions as well as the author’s time-tested methods to solve common problems and build foundations for lasting relationships, including innovative ways to: Cope with your child's negative feelings, such as frustration, anger, and disappointment Express your strong feelings without being hurtful Engage your child's willing cooperation Set firm limits and maintain goodwill Use alternatives to punishment that promote self-discipline Understand the difference between helpful and unhelpful praise Resolve family conflicts peacefully Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes relationships with children of all ages less stressful and more rewarding