

There is a list with a number of books, audiotapes, and videotapes that foster parents can check out, or purchase to read, watch, or listen to. Foster parents would then need to complete form that includes: the author, title, pages or running time and a summary in their own words of what they read, watched or heard. There are also 2 questions that need to be answered and they are: How can you implement what you have read, watched, or heard into your own daily life and household? Do you think the information was useful to you in particular? & Would you recommend the book, video, audio that you read, watched, or heard to another foster family? If so why? If not why not? Then turn the form in and receive training credit that is figured as follows:

- **1 hour of credit ~~each~~. Books up to 100 pages**
- **2 hours of credit. Books up to 200 pages**
- **3 hours of credit. Books up to 300 pages**
- **4 hours of credit. Books over 300 pages**
- **Videos and audios earn 1 hour of credit for each hour of length.**

cc: Frances
Julie Lester

11-10-04

BOOK LIST:

Amazon.com

Title	Author	Pgs	Brief Description
Fostering Changes: Treating Attachment-Disordered Foster Children	Richard J. Delaney	104	<p>Fostering Changes addresses the following questions: What is attachment? Who are attachment-disordered foster children? What can be done to help them?</p> <p>Fostering Changes is a practical book for those who care for, treat, and live with emotionally disturbed foster children...often the victims of physical abuse, neglect, sexual exploitation and abandonment. Though these young victims can be removed from the source of abuse and neglect, they take with them the invisible, internal scars of early maltreatment. These scars are often seen in attachment disorders - the vestiges of early disruption. This book provides optimistic, yet realistic, guidelines for intervention with disturbed foster children. It outlines a hopeful course of treatment for Fostering Changes.</p>
A Guidebook for Raising Foster Children	SUSAN McNAIR BLATT, M.D.	240	Foster parents need wisdom to guide foster children to enable them to have a meaningful experience. This book, written by a pediatrician, with the help of foster parents, provides guidance and suggestions to maximize the experience for foster families and assist them in the process.
<u><i>The Star</i></u>	<u><i>Cynthia Miller Lovell</i></u>	18	<u><i>The Star: A story to help young children understand foster care" is an easy-to-read, short story with beautiful, watercolor illustrations. The book follows a fictional young girl, Kit, who is taken from her mother to the safety, and different world, of a foster home. On Kit's first night in foster care, she becomes friends with a star outside her bedroom window. The star tells Kit about other foster children it has seen. Throughout the story, the star is a source of comfort for Kit as she experiences many emotions and adjusts to all the new things in her foster home. To get the most out of this book, the author recommends looking at Questions & Activities for The Star: A handbook for foster parents.</i></u>
<u><i>Questions & Activities for The Star: A Handbook for Foster Parents</i></u>	<u><i>Cynthia Miller Lovell, Randall E. Haugen</i></u>	18	<u><i>This book contains guidelines for having discussions with your foster child while reading The Star: A story to help young children understand foster care. Also included are insights about what foster children often go through, along with questions and activities which relate to specific pages from the story. The information in this book is appropriate to use with most 4- to 11-year-old foster children.</i></u>
How It Feels to Be Adopted	by Jill Kremetz	128	19 boys and girls, from age 8 - 16 and from every social background, confide their feelings about this crucial fact. 128
Title	Author	Pgs	Brief Description

When Do I Go Home?: Intervention Strategies for Foster Parents and Helping Professionals	Theodore J. Stein	389	Tells a story of a sibling group that are taken and placed in separate homes; then identifies the challenges and gives practical intervention strategies to help all handle the situation.
Managed Health Care Guide for Caseworkers and Foster Parents	Ellen Sittenfeld Battistelli	51	
Maybe Days: A Book for Children in Foster Care	Jennifer Wilgocki, Marcia Kahn Wright, Alissa Imre Geis (Illustrator)	32	Will I live with my parents again? Will I stay with my foster parents forever? For children in foster care, the answer to many questions is often "maybe." Maybe Days addresses the questions, feelings, and concerns these children most often face. Honest and reassuring, it also provides basic information that children want and need to know, including the roles of various people in the foster care system and whom to ask for help. An extensive afterward for adults caring for foster children describes the child's experience, underscores the importance of open communication, and outlines a variety of ways to help children adjust to the "maybe days"— and to thrive.
Practical Tools for Foster Parents	Lana Temple-Plotz (Editor), Ted P. Stricklett (Editor), Michael Sterba Boys Town	309	More than half a million children today live in out-of-home care, and many have special problems. The need for well-trained, loving foster parents has never been greater. With this book, Girls and Boys Town offers these committed people the professional tools they need to not only care for foster children but to actually help them get better. New or experienced foster parents as well as grandparents and other relatives caring for a child forced from home by a crisis will find help and hope in this book.
Parenting With Love and Logic : Teaching Children Responsibility	Foster W. Cline, Jim Fay	229	EFFECTIVE PARENTING-WITHOUT THE POWER STRUGGLES. As parents, you have only a few years to prepare your children for a world that requires responsibility and maturity for survival. That thought alone can send shivers down your parental spine! So what do you do? Hover over your kids so they never make mistakes? Drill them so they'll remember the important principles when you're on their own? Tear your hair out, wondering if teaching them responsibility is anything but a battle of wills? According to Jim Fay, one of America's top educational consultants, and Dr. Foster Cline, a trend-setting child and adult psychiatrist, parents who try to ensure their children's success often raise unsuccessful kids. Responsibility is like anything else-it has to be learned through practice. If you want to raise kids who are self-confident, motivated, and ready for the real world, take advantage of the win-win approach to parenting. Your kids will win because they'll learn responsibility and the logic of life by solving their own problems. And you'll win because you'll establish healthy control-without resorting to anger, threats, nagging, or exhausting power struggles. Parenting with Love and Logic puts the fun back into parenting!
Title	Author	Pgs	Brief Description:
Twenty Things Adopted Kids Wish	Sherrie Eldridge	240	The voices of adopted children are poignant,

<p>Their Adoptive Parents Knew</p>			<p>questioning. And they tell a familiar story of loss, fear, and hope. This extraordinary book, written by a woman who was adopted herself, gives voice to children's unspoken concerns, and shows adoptive parents how to free their kids from feelings of fear, abandonment, and shame.</p> <p>With warmth and candor, Sherrie Eldridge reveals the twenty complex emotional issues you must understand to nurture the child you love--that he must grieve his loss now if he is to receive love fully in the future--that she needs honest information about her birth family no matter how painful the details may be--and that although he may choose to search for his birth family, he will always rely on you to be his parents. Filled with powerful insights from children, parents, and experts in the field, plus practical strategies and case histories that will ring true for every adoptive family, Twenty Things Adopted Kids Wish Their Adoptive Parents Knew is an invaluable guide to the complex emotions that take up residence within the heart of the adopted child--and within the adoptive home.</p>
<p>Rebuilding Children's Lives: A Blueprint for Treatment Foster Parents</p>	<p>Christena B. Baker (Editor), Ray V. Burke, Ron W. Herron, Mariam A. Mott (Contributor), Christena B. Baker</p>	<p>294</p>	<p>This book is used by Girls and Boys Town to train foster parents who care for children who have challenging behavioral problems, are learning disabled, have suffered abuse, or have been diagnosed with psychiatric problems. It's packed with information, step-by-step techniques, and suggestions helpful to anyone caring for foster children, especially those with troubled backgrounds. Provided are the foundations of good parenting: teaching social skills, giving positive and negative consequences, and preventing and dealing with behavior problems. Treatment topics such as using motivation systems, creating treatment plans, and building relationships are discussed. Also addressed are subjects uniquely challenging to foster parents, including working with families of origin, respecting cultural differences, dealing with issues of separation and attachment, and creating a safe environment for all children in the home? The book includes dozens of examples and exercises; sample record-keeping and evaluation forms; steps, rationales, and hints for teaching 16 social skills; a glossary of terms; additional references, and an index.</p>
<p>To Love a Child: A Complete Guide to Adoption, Foster Parenting, and Other Ways to Share Your Life With Children</p>	<p>Marianne Takas, Edward Warner</p>	<p>225</p>	<p>Analyzes the wide range of alternatives to biological parenthood and provides valuable information on timing, applications, support groups, and other aspects of foster parenthood, agency and international adoption, and more</p>
<p>Helping Children and Youths Manage Separation and Loss (Homework's #1: At-Home Training Resources for Foster Parents and Adoptive parents)</p>	<p>by Eileen Mayers Pasztor</p>		
<p>The Sexualized Child in Foster Care: A Guide for Foster Parents and Other Professionals</p>	<p>Sally G. Hoyle</p>	<p>115</p>	<p>This practical guide gives information, training tips, and a wide range of resources for dealing with foster kids who have been sexually abused.</p>
<p>Raising Other People's Kids: A Guide for Houseparents, Foster Parents, and Direct Care Staff</p>	<p>Emerson Capps, M. C. Gore Camerer</p>	<p>175</p>	
<p>Helping Children and Youths</p>	<p>by Maureen Leighton</p>		
<p>Title</p>	<p>Author</p>	<p>Pgs</p>	<p>Brief Description:</p>

Develop Positive Attachments (Homework's #2: At-Home Training Resources for Foster Parents and Adoptive parents)			
Helping Children and Youths Manage the Impact of Placement (Homework's #3: At-Home Training Resources for Foster Parents and Adoptive parents)	Wendy Whiting Blome,		
Lost and Found: Making and Remaking Working Partnerships With Parents of Children in the Care System	Judith Masson (Editor), Christine Harrison (Editor), Annie Pavlovic (Editor)	221	
The Best Interests of the Child: The Least Detrimental Alternative	Joseph Goldstein (Editor), Albert J. Solnit (Contributor), Sonja Goldstein, Anna Freud (Contributor)	331	A guide for people charged with the protection of children in the legal system advises that people should use Anna Freud's counsel to "'put yourself in a child's place'" in order to do the best to safeguard a child's well-being. 10,000 first printing
Helping Children Cope With Separation and Loss, Revised Edition	<u>Claudia Jewett Jarratt</u>	240	A death, a divorce, a loved ones illness, or even a family move is the occasion of grief and despair for a child, and the pain can last for years. Here is compassionate, step-by-step guidance for any concerned adult who wants to help a child talk about, cope with, and recover from a loss. In this revised edition of a best-selling work, Claudia Jewett Jarratt offers warm advice, specific techniques, and innovative ideas for helping children overcome the sadness, anger, and anxiety they feel during a difficult time. This is a book for parents and teachers, family and friends, counselors and other professionals-for anyone who cares about children and their well-being. Claudia Jewett Jarratt once again combines sound theory with practical advice. Previous readers, as well as new ones, will find this edition packed with useful ideas for caregivers and helpers alike. -Vera I. Fahlberg, M.D., Author of A Child's Journey Through Placement
A Child's Journey Through Placement	<u>Vera, MD Fahlberg</u>		This book MUST be required reading for ALL adoptive families for insuring they have true insight on parenting their child responsively. Being a mother desperately looking for the "why" my adopted child behaves as he does and "why" four years of traditional treatment hasn't mattered, I now have these answers and far greater insight as to what to do next. Dr. Fahlberg has provided the comprehensive guide for all who care about advocating children with all kinds of behavior and disorder issues. Dr. Fahlberg's "A Child's Journey Through Placement" is the Dr. Spock book for all adoptive parenting - outstanding material, information and very well written.
Raising Resilient Children: A Curriculum to Foster Strength, Hope, and Optimism in Children	Sam Goldstein, Robert Brooks	97	This wire-bound resource provides a nine-session curriculum for parent education programs. Chapters in the manual and a corresponding video cover seven key guidelines for raising children who are emotionally prepared to face challenges and setbacks. Examples and in-class and at-home activities help parents recognize the role they play in their children's emotional health.
Title	Author	Pgs	Brief Description:
Street Smarts for Kids: What	Ric Bentz, Christine	192	GIVE YOUR KIDS THE KNOWLEDGE AND THE

<p>Parents Must Know to Keep Their Children Safe</p>	<p><u>Allison</u></p>		<p>CONFIDENCE TO KEEP THEMSELVES SAFE</p> <p>Child safety has never been more important to parents, yet today's overprotected, over programmed children may actually be more at risk than previous generations. That's why this new book is so vitally important. Street Smarts for Kids gives parents the concrete guidance they need to empower their children with essential safety skills. Written by a veteran police detective who conducts safety workshops across the country, Street Smarts for Kids discusses the high-risk situations that all kids face as they grow up--from crossing the street or riding a bike to the possibility of abduction and sexual abuse. You'll find here age-specific, skill-sensitive coverage, including</p> <ul style="list-style-type: none"> How to discuss dangers and crimes without raising fears, First-aid basics every child should know How a "family code" can save your child's life When it's safe for a child to be home alone How to spot a pedophile--and what to do about it The facts about child abductors and the common ploys they use. Rules of the "what if" game ("what if someone is following you home from school?" "What if you smelled smoke?") to impart critical safety information <p>And much more. Grounded in common sense and filled with eye-opening insights, this is the safety manual that you--and your children--will rely on from the toddler years through adolescence. Remember: with preparedness comes peace of mind.</p>
<p>When Children Grieve : For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses</p>	<p><u>John W. James (Author), Russell Friedman (Author)</u></p>	<p>288</p>	<p>To watch a child grieve and not know what to do is a profoundly difficult experience for parents, teachers, and caregivers. Yet, there are guidelines for helping children develop a lifelong, healthy response to loss. In <i>When Children Grieve</i>, the authors offer a cutting-edge volume to free children from the false idea of "not feeling bad" and to empower them with positive, effective methods of dealing with loss. There are many life experiences that can produce feelings of grief in a child, from the death of a relative or a divorce in the family to more everyday experiences such as moving to a new neighborhood or losing a prized possession. No matter the reason or degree of severity, if a child you love is grieving, the guidelines examined in this thoughtful book can make a difference.</p>
<p>104 Activities That Build: Self-esteem, Teamwork, Communication, Anger Management, Self-discovery, and Coping Skills</p>	<p><u>Alanna Jones, Alanna E. Jones</u></p>	<p>271</p>	<p>Alanna Jones is a Certified Therapeutic Recreation Specialist who has worked in a variety of settings using games for teaching and therapy. She has worked in psychiatric hospitals, as a church youth group leader, in therapeutic outdoor groups, and as a camp counselor with a variety of people. She has presented the popular TAG (Therapeutic Activities and Games) workshop in over 26 different cities across the country! Alanna found that when working in the field of Therapeutic Recreation there were few good books of useful, interactive games and activities for therapy. Most books were pen/pencil worksheets or outdoor oriented and required a large budget. This prompted her to write books that are useful, easy to use and full of fun, interactive therapeutic activities and games.</p>
<p>Title</p>	<p>Author</p>	<p>Pgs</p>	<p>Brief Description:</p>
<p>HOMEWORK WITHOUT TEARS</p>	<p><u>Lee Canter</u></p>	<p>176</p>	<p>In homes all across America, nightly wars are waged</p>

		<p>on the homework battleground. This workbook will help parents take the hassle out of homework and help their children succeed by motivating them and establishing education as a priority in the family. Illustrations.</p> <p><i>Book Description</i> Parents with school-aged children will find in this volume the help they need to create an unstressful learning environment in the home and motivate their youngsters to succeed in school.</p>

Video List:

Howell County Outreach & Extension Center

217 S. Aid Avenue

West Plains MO 65775

Phone: 417-256-2391 Fax: 417-256-8569

2 blocks South, off the square, West side of Aid Ave., corner of Worcester St. and Aid Ave

RESOURCE LIBRARY VIDEO TAPE & BOOK CATALOG

All these items are available for borrowing from the Howell County Extension Center. Just come by and pick them up. A small rental fee of \$1.00 per week allows us to keep adding to the library.

Title	Length	Brief Description
Food & Nutrition		
FN 5 Quick & Easy Micro waving Secrets	26	Info to help anyone be safe with microwave cooking. 8 recipes
FN 8 Food Safety	25	Numerous examples of dangerous food-handling and corrections.
FN 9 How To Read and Use Food Labels	15	Understand new labels and claims on food packaging
FN 10 Eating For Life	22	Explains the research based system of sound eating habits and the pyramid being an auto diet adjuster.
FN 17 The Food Pyramid - High 5 for a Healthy You	14	Healthy decision making with food.
FN 18 Crash Course in Calcium	22	Follow 3 real teens' while their calcium and bone health is researched.
Family Issues		
FI 6 Trade Off 1-15 (Youth Decision Making)	36	
FI 7 Risk Taking-Coping With Stress - The Power of Choice Series	58	
FI 8 # 1 The Power of Choice	60	The past winter Michael Pritchard toured the US to talk to
FI 9 # 2 Acting On Your Values	30	High schoolers on how they can make choices. He went to
FI 10 # 3 Self-Esteem	30	26 cities to talk about growing up. There were lectures,
FI 11 # 4 Coping With Pressure	30	Brainstorming about problems and lots of discussions. He
FI 12 # 5 Drugs & Alcohol - Part 1	30	Let them know they can and how to make positive choices in
FI 13 # 6 Drugs & Alcohol - Part 2	30	A complicated world. This is a series of videos all with
FI 14 # 7 Drinking & Driving	30	Different topics.
FI 15 # 8 Sex	30	See Above
FI 16 # 9 Friendship & Dating	30	See Above
FI 17 #10 Depression & Suicide	30	See Above
FI 19 #12 Raising Your Parents		The Power of Choice Series by Michael Pritchard. The video focuses on how to make the relationship between teens and parents better: how actions affect that relationship, and some of the keys to getting what they want in a teen/parent alliance.

FI 21 Parenting Pre-Schoolers	58	12 chapters dealing with practical approaches to providing balance and self-esteem in issues of sibling rivalry, temper tantrums, meal time, sleeping, public behavior.
FI 31 Practical Parenting - Adolescence	27	This video lesson will help a parent assess strengths and weaknesses in dealing with teenagers and will provide practice in considering solutions to the most common conflicts and sensitive issues.
Rhythm of the Seasons	24	Recovery from severe loss. Farm safety
Title	Length	Brief Description
FI 32 Practical Parenting - The Art of Communication	29	A video lesson centering around the topic of communication with activities designed to allow for practice in coping with some typical issues and to develop skills needed to resolve parent/child conflicts. This guide will also provide background support for the parental role of being an emotional anchor for the child.
FI 35 The First Years Last Forever	28	The vital importance of the relationship between caregiver and child in the critical first years of life. This video has information on: bonding and attachment, communication, health and nutrition, discipline, self-esteem, childcare, self-awareness.
FI 36 Healthy Indoor Air for America's Homes	36	
FI 37 Mirrors - A Film About Self-Esteem	12	The National PTA and Keebler Co. Excellent illustration of the effect of words and actions on a child's developing self-esteem.
FI 38 Responsive Discipline	29	Kansas State Extension. Topics: What is Discipline, Your Purpose as a Parent, The Four-Step Sequence.
FI 39 Stress Management	10	
FI 40 Successful Parenting	17	
FI 41 Stepping Stones for Stepfamilies	35	Kansas State Extension; a program to strengthen stepfamilies.
FI 42 The Importance of Grandparents	20	
KidCare		
KC 8 Let's Talk		Better Kid Care
KC 9 Comings & Goings - Smoothing Those Difficult Transitions		Better Kid Care
KC 10 Planning the Day		Better Kid Care
KC 11 Caring for Infants & Toddlers		Better Kid Care
KC 12 Let's Play		Better Kid Care
KC 13 Who Plans the Day? You or the Children		Better Kid Care
KC 14 School Age Child Care - Meeting Developmental Needs		Illinois Video

KC 15 School Age Children - Caring Enough		Illinois Video
KC 17 Curriculum & Discipline - Responsible Children		Better Kid Care
KC 18 The Joy of Discipline		Better Kid Care
KC 22 Kids For Character - Choices Count	60	Bananas in Pajamas
KC 23 PBS For Kids - Compassion	30	Cartoon based on the Book of Virtues
KC 24 PBS For Kids - Self-Discipline	30	Cartoon based on the Book of Virtues
KC 25 PBS For Kids - Work	30	Cartoon based on the Book of Virtues
KC 26 PBS For Kids - Courage	30	Cartoon based on the Book of Virtues
KC 27 PBS For Kids - Honesty	30	Cartoon based on the Book of Virtues
KC 28 PBS For Kids - Responsibility	30	Cartoon based on the Book of Virtues
<u>Sebastian: An Extraordinary Life.</u>	21	Born to a 15-year-old mother, Sebastian suffers from Fetal Alcohol Syndrome. In addition to experiencing permanent brain damage, this young child requires almost constant medical care. Adopted by the foster parents, who have cared for him, almost since birth, Sebastian's sad condition shows the potentially devastating consequences of alcohol intake during pregnancy.
<u>Fetal Abuse: The Effects of Drugs & Alcohol.</u>	18	The purpose of this video is to present information on the effects of drugs and alcohol during pregnancy and the resulting harm to the unborn child. The message is clear: prevention is possible when women play it safe and avoid using drugs and alcohol before and during pregnancy.

Media List:

West Plains Library List

Title	Author	Pgs	Brief Description
What Should I Tell the Kids?: A Parent's Guide to Real Problems in the Real World	<u>Ava L., Ph.D. Siegler</u> Also on: Amazon.com	311	A child psychologist and columnist for <i>Child</i> magazine offers advice on how to communicate to children between ages four and eleven information about sex, death, divorce, drugs, AIDS, and similar subjects.
How to Talk to Your Kids About Really Important Things : Specific Questions and Answers and Useful Things to Say	<u>Charles E. Schaefer,</u> <u>Theresa Foy</u> <u>DiGeronimo</u> Also on: Amazon.com	151	Charles E. Schaefer and Theresa Foy DiGeronimo's classic guide offers parents, teachers, counselors, and others the help they need to find the words to talk to kids and answer their questions. The book is filled with practical advice on discussing a wide range of life's experiences with children from family changes like moving to a new home, divorce, and remarriage to broader subjects such as child abuse and AIDS.
How to Behave So Your Children Will, Too!	<u>Sal Severe Ph.D.</u> Also on: Amazon.com	266	Dr. Sal Severe maintains that "children learn what they live...your children do as you do." <i>How to Behave So Your Children Will, Too!</i> is based on his belief that a child's behavior is often a reflection of the parents' behavior. Instead of focusing on what children do wrong, this book teaches parents what they can do right, by focusing on the positive—reinforcing the good behavior instead of criticizing the child, being consistent—not giving in to misbehavior just to placate the child, and being more patient—recognizing that children operate on a different time schedule. Based on stories, ideas, and solutions from the more than 20,000 parents who have attended Dr. Severe's workshops, <i>How to Behave So Your Children Will, Too!</i> is a book that will entertain, comfort, and make parenting simpler and more enjoyable.
Power of Positive Parenting	Dr. William Mitchell Dr Charles Paul Conn	189	This is a good source of ideas for teaching your kids about how to act and react to their environment. Describes an easy outline to build self-esteem.
Gentle Discipline: 50 Effective Techniques for Teaching Your Children Good Behavior	Dawn Lighter Also on: Amazon.com	103	Dawn Lighter has written a breakthrough book that will change the way you think about and practice discipline. She believes teaching children good behavior is much easier, more productive, and more pleasant than focusing on punishing bad behavior. ten ways to avoid conflict (e.g., how and when to distract your child, offer choices, and walk away) ten ways to improve communications (e.g., how to use effective body language and set clear boundaries) sixteen ways to use consequences (e.g., how to use natural consequences and how to avoid empty threats) four ways to shape a child's environment (e.g., how to simplify and enrich the home environment) ten ways to meet parents' needs (e.g., how to use relaxation methods and visualization in parenting situations)
If You've Ever Wanted to Crawl in the Closet With an Oreo: Tips for Parenting a Child With Special Needs	<u>Martha Kate Downey</u> Also on: Amazon.com	141	Tips for parenting a child with special needs.

Title	Author	Pgs	Brief Description
Bringing Up Kids Without Tearing Them Down	<u>Dr. Kevin Leman</u>	353	<i>Bringing Up Kids Without Tearing Them Down</i> is packed with real life examples and the tools parents need to underwrite their kids' lives with a solid sense of self-worth and confidence. Often the very things parents do to develop self-esteem in their children actually does just the opposite—Dr. Leman helps parents avoid that. Some of the topics addressed are “Oh no, I told myself I would never do that to my kids,” “The crucial difference between praise and encouragement,” and “How to raise responsible children.” Readers will learn to develop a strategy of discipline that works in any family with any child and how to get the best behavior from each child. At the end of each chapter, readers will find steps to follow in their own families, plus self-evaluating questions that help them gain insight into their own parenting style. There is also a question-and-answer section to quickly reference specific problem areas.
The Life-Smart Kid: Teaching Your Child to Use Good Judgement in Every Situation	<u>Lawrence J. Greene</u> Also on: Amazon.com	264	Today children must cope with insecurity, grades, and peer pressures as well as drugs, AIDS, and gang violence. This book shows parents how to teach their kids to make good judgment calls when critical choices confront them.
P.E.T. in Action	<u>Thomas Gordon</u> Also on: Amazon.com	353	Parent Effectiveness Training (P.E.T.)" is one of those classic books on parenting whose message continues to be ahead of its time. "P.E.T. in Action" shows how the P.E.T. model works using examples from actual situations. The book is filled with these examples, as well as description of the listening, confrontation and conflict resolution skills.
10 Best Gifts for Your Teen: Raising Teens With Love and Understanding	<u>Patt and Steve Saso</u> Also on: Amazon.com	136	Raising teens with love and understanding is perhaps more challenging today than ever. While adolescence can sometimes be as frightening and challenging for parents as it is for their children, a strong parent-teen relationship can be both influential and rewarding. Patt and Steve Saso combine their expertise as a counselor and high school teacher with hard-knocks wisdom from the parenting trenches to offer practical and engaging guidance. They stress that parents are the only ones who can offer ten gifts that make all the difference for their teens. - Respect - Receptivity - Responsibility - Room - Reconciliation - Role-Modeling - Revelation of Self - Resolve - Release
Parents' Guide to Nutrition: Healthy Eating from Birth Through Adolescence	<u>Susan Baker, Roberta R. Henry, David Estridge</u> <u>Children's Hospital Boston, Mass</u>	357	Explaining the basic principles of child nutrition, this comprehensive book covers such topics as allergies, lactose intolerance, additives, dangerous fad diets, and acne, and provides answers to many of the most commonly asked questions about diet.
Raising a Happy Child	Time Life Books	137	
You & Your Child's Self-Esteem	<u>James M. Harris</u>	182	Teach your child to build lasting bonds and head off potential problems through encouragement

Title	Author	Pgs	Brief Description
Raising Teenagers: The Best Resources to Help Yours Succeed (Lifecycles Series)	<u>John Ganz</u> (Editor) Also on: Amazon.com	224	This guidebook will help parents successfully handle the ups and downs of their children's teenage years. You'll find full-page reviews of over 180 resources focused on teenagers and adolescents (including books, websites, and more). Our recommendations identify the best resources to use for: Understanding and guiding your teenager's development. Identifying the unique challenges faced by teenage boys and teenage girls. Resolving family conflicts and improving parent-teen communication. Dealing with substance abuse, sexuality, pregnancy, delinquency, eating disorders, depression, suicide, divorce, and death. Appreciating when and how to "let go" of your teen into adulthood. This book invites you to appreciate these exciting teenage years as your children journey into adulthood. Make it your guide and companion as you master the challenges of being a parent of a teenager!
A Good Enough Parent: A Book on Child-Rearing	<u>Bruno Bettelheim</u> , <u>Anne Freedgood</u> Also on: Amazon.com	377	In this book, the preeminent child psychologist of our time gives us the results of his lifelong effort to determine what is most crucial in successful child-rearing. His purpose is not to give parents preset rules for raising their children, but rather to show them how to develop their own insights so that they will understand their own and their children's behavior in different situations and how to cope with it. Above all, he warns, parents must not indulge their impulse to try to create the child they would like to have, but should instead help each child fully develop into the person he or she would like to be.
Assertive Discipline for Parents: A Proven, Step-by-Step Approach to Solving Everyday Behavior Problems	<u>Lee Canter</u> & <u>Marlene Canter</u> Also on: Amazon.com	125	Parents are taught new approaches to say what they mean and mean what they say—as well as how and when to provide positive support when children behave. They also learn how to avoid being manipulated by their children's "I don't care" attitudes, threats, and anger. You <i>Can</i> Get Your Children To Behave Raising happy, well-behaved children seems to be harder than ever. The old answers don't seem to work. New approaches are needed. <i>Assertive Discipline for Parents</i> is the parenting book that addresses the needs of today's parents. You will learn: How to communicate -- to say what you mean and mean what you say. How and when to provide positive support when your children do behave. How to avoid being manipulated by your children's "I don't care" attitudes, threat and anger. <i>Assertive Discipline for Parents</i> will enable you to master the skills needed to guide your children's behavior successfully.
Your Child's Emotional Health	<u>Jack Maguire</u> (Editor), <u>Philadelphia Child Guidance Center</u>	397	The first family encyclopedia of child development and emotional health covers, in non technical language, every issue relevant to each age group, from birth to late teens.
Parent in Control	<u>Gregory Bodenhamer</u> , <u>Betsy Radin</u> Also on: Amazon.com	174	Using common scenarios to demonstrate specific parenting techniques, a onetime probation officer offers a straightforward, tested program for maintaining control over adolescents without harsh discipline.
Why Parents Disagree: How Women and Men Parent Differently and How We Can Work Together	<u>Ron, Dr. Taffel</u> , <u>Roberta Israeloff</u> Also on: Amazon.com	248	Argues that women and men still approach child-rearing from different perspectives, views family disagreements through a gender lens, and provides numerous solutions to the tricky problems of parental conflict

Title	Author	Pgs	Brief Description
The Tween Years : A Parent's Guide for Surviving Those Terrific, Turbulent, and Trying Times	<u>Donna G. Corwin</u>	155	When Barbie and G.I. Joe are on their way out and makeup and questionable attire are on their way in, parents are often perplexed at how to handle their quickly and constantly changing child. <i>The Tween Years</i> offers some solutions. A guide to understanding their child between the volatile years of 9 and 13, this book provides parents with a wealth of commonsense, no-nonsense advice on situations ranging from simple parent/child conflicts to the essentials of communication and encouragement. Featuring humorous personal stories, parent questions and answers, and psychologist interviews, this warm, heartfelt approach will help parents successfully guide their child through the troubled waters between elementary and high school.
How to Raise an Adopted Child	Judith Schaffer Christina Lindstrom Also on Amazon.com	304	Co-founders and co-directors of the Manhattan-based Center for Adoptive Families, the authors have compiled a "Dr. Spock" for adoptive parents, a guide that discusses the different developmental stages of children from year one through late adolescence, with careful attention to the complications adopted children often experience. Positive and easy to read, this how-to manual manages to be comprehensive, offering special chapters on transracial and single-parent adoptions and adoptions of older and foreign-born children. There are end-of-chapter questions and answers and a list of resources keyed to parents of children with disabilities.
Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People	<u>H. Stephen Glenn, Jane Nelsen</u> Also on Amazon.com	238	inspiring and workable ideas for developing a trusting relationship with children, as well as the skills to implement the necessary discipline to help your child become a responsible adult. Those who think in terms of leniency versus strictness will be surprised. This book goes beyond these issues to teach children to be responsible and self-reliant—not through outer-directed concerns, such as fear and intimidation, but through inner-directed behavior, such as feeling accountable for one's commitments. Inside, you'll discover how to instill character-building values and traits in your child that last a lifetime.
Mega Skills	Dorothy Rich	306	How families can help children succeed in school and beyond w/ confidence, motivation, and effort. As well as initiative, perseverance, caring, team-work, common sense and problem solving.
Developing Your Child's Potential (Successful Parenting Series)	<u>Time Life Books</u> Also on: Amazon.com	137	
Parenting for Prevention :	<u>David J. Wilmes</u> Also on: Amazon.com	186	Raising a Child to Say No to Alcohol and Other Drugs
Mommy-Time: 101 Great Ways to Keep Your Child Entertained While You Get Something Else Done	<u>Danelle Hickman, Valerie Teurlay</u> Also on: Amazon.com	86	
Teaching Children Self Discipline...at Home and at School: New Ways for Parents and Teachers to Build Self-Control, Self-Esteem and Self-Reliance	<u>Thomas Gordon, Sarah Trotta</u> Also on: Amazon.com	240	Provides new ways parents and teachers can build self-control, self-esteem, and self-reliance by teaching the skills required to govern a family, classroom or group more democratically, less autocratically.
Teaching Good Behavior	TimeLife Books	139	

Title	Author	Pgs	Brief Description
Raising Curious Kids: Over 100 Simple Activities to Develop Your Child's Imagination	<u>Nancy Sokol Green</u>	159	Presents open-ended activities to do and questions to ponder that will develop a child's creativity, confidence, and decision-making ability. All the hands-on activities and more than 600 thought-provoking questions in this book follow a basic pattern: They allow children to use their senses and their imaginations, they have no "right" way to answer or do them, and they encourage more questions and more independent investigation
Teaching Your Children Responsibility	<u>Linda Eyre, Richard Eyre</u> Also on: Amazon.com	179	As a parent, you know how much less stressful your life would be if you could count on your children to be more <i>responsible</i> for their toys, their homework, their household chores, and their choice of friends. You know you want your children to grow up to be responsible adults. In <i>Teaching Your Children Responsibility</i> , bestselling authors Linda and Richard Eyre show you how to make sure your elementary-school-aged children learn this invaluable lesson. The Eyres identify twelve simple kinds of responsibility—from responsibility for things to responsibility for actions, from responsibility for choices to responsibility for younger siblings—that children can relate to. They provide a simple, practical program—with enjoyable exercises, games, and activities—that you can use to teach your children these important concepts.
Back in Control: How to Get Your Children to Behave	<u>Gregory Bodenhamer</u> Also on: Amazon.com	112	In <i>just thirty days</i> , you can get children to behave the way you want them to. Whether their misbehavior is as minor as letting the dishes pile up and the trash overflow or as traumatic as a drug habit and stealing, <i>Back in Control</i> will enable you to set and enforce rules that your kids will obey. <i>Back in Control</i> is based on a highly successful program that has helped thousands of parents regain control over their children. Without compromising your values away or kicking the kids out of the house, it offers you the simplest, most effective method of childhood discipline to date. It presents a three-step formula that is perfect for virtually any adult wanting to control children's misbehavior. Instead of getting caught up in children's arguments and manipulations, <i>Back in Control</i> shows parents how to reestablish their rightful place as bosses of the family. Teachers are able to devote more time to teaching than to disciplining students. Probation officers and social workers working with parents, in addition to managing their caseloads more effectively, are able to permanently stop children from abusing drugs or alcohol, stealing, running away from home, and being truant. Children themselves learn that there are some rules they must obey, whether they want to or not, and they will grow up believing that they can succeed in doing what is required of them. Power belongs to those who use it. And if you don't, your children will. If your children's problem behavior is out of hand, it's time you got <i>Back in Control</i> .
Good Kids, Bad Behavior: Helping Children Learn Self-Discipline	<u>Peter A. Williamson</u> Also on: Amazon.com	248	An entirely new approach to discipline that will be a welcome relief to parents of two- to eight-year-olds. By emphasizing a teaching rather than a punishing attitude, creates a positive way to discipline effectively.

Title	Author	Pgs	Brief Description
Change Your Child's Behavior by Changing Yours: 13 New Tricks to Get Kids to Cooperate	<u>Barbara Chernofsky, Diane Gage</u> Also on: Amazon.com	194	The authors explore 13 common problem situations with youngsters from birth to age six and provide the words and tools to deal with them. Each chapter re-creates and proffers solace for such practical scenarios as sibling rivalry, following instructions, whining, bedtime, going places, and the dreaded dinner table. The authors' no-nonsense approach machine-guns through each behavior by summarizing the situation, discussing what is happening developmentally, giving a typical parental reaction, relating the action to adult conduct, and concluding with books useful for bibliotherapy.
Parenting With Love and Logic : Teaching Children Responsibility	<u>Foster W. Cline, Jim Fay</u> Also on: Amazon.com	224	EFFECTIVE PARENTING-WITHOUT THE POWER STRUGGLES. As parents, you have only a few years to prepare your children for a world that requires responsibility and maturity for survival. That thought alone can send shivers down your parental spine! So what do you do? Hover over your kids so they never make mistakes? Drill them so they'll remember the important principles when you're on their own? Tear your hair out, wondering if teaching them responsibility is anything but a battle of wills? According to Jim Fay, one of America's top educational consultants, and Dr. Foster Cline, a trend-setting child and adult psychiatrist, parents who try to ensure their children's success often raise unsuccessful kids. Responsibility is like anything else-it has to be learned through practice. If you want to raise kids who are self-confident, motivated, and ready for the real world, take advantage of the win-win approach to parenting. Your kids will win because they'll learn responsibility and the logic of life by solving their own problems. And you'll win because you'll establish healthy control-without resorting to anger, threats, nagging, or exhausting power struggles. Parenting with Love and Logic puts the fun back into parenting!
Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds	<u>Thomas W. Phelan Ph.D.</u> Also on: Amazon.com	176	A step-by-step approach to handling teenagers, this guide helps parents end the hassles and improve their parent-teenager relationship. Parents learn how to communicate with teenagers, how to manage teenage risk-taking, how to "let go" in certain situations, and when to seek professional attention. Concise and encouraging, this resource walks parents through the ups-and-downs of parenting teenagers as their kids push towards independence.
Why Wait	<u>Josh McDowell, Dick Day</u> Also on: Amazon.com	429	A 450-page resource book on teen sexual attitudes and behavior, with advice on helping teens say "no" to premarital sex. Also, what to do if they are sexually active.
Talking to Your Children About Love and Sex	<u>Leon Somers, Barbara C. Somers</u> Also on: Amazon.com	165	
The Practical Parent: ABCs of Child Discipline	<u>Raymond J. Corsini</u> Also on: Amazon.com	243	

Title	Author	Pgs	Brief Description
Taking Charge: Caring Discipline That Works – At Home and at School	<u>Joanne Nordling</u> Also on: Amazon.com	250	If the children in your family or classroom are driving you crazy and you need ideas for getting back in control of the situation, this book is for you. It is a definitive guide to the art and skill of disciplining children with love and respect, for children from tots to teenagers. TAKING CHARGE is based on over forty years of parenting, teaching, and counseling experience, resulting in an overall approach that works. Solid ideas for contemporary parents and teachers.
Helping Your Difficult Child Behave: A Guide to Improving Children's Self-Control-Without Losing Your Own	<u>Michael Schwarzschild</u> Also on: Amazon.com	229	A guide to improving children's self-control--without losing your own. You've tried reasoning, scolding, grounding, yelling, and taking away privileges. You've asked yourself, "What more can I do?" The answer is simple: you can open Helping Your Difficult Child Behave. Inside, you will find an easy-to-read and engaging guide to improving your child's behavior, self-control, and self-esteem. This comprehensive approach will help you set goals and deliver consequences that work. Helping Your Difficult Child Behave covers a wide range, from constructing basic allowance systems to addressing the special needs of children with Attention-Deficit Hyperactivity Disorder and Tourette's Disorder. It also includes specific advice on how single parents, ex-partners, step-parents, and educators can positively influence children's behavior.
Normal Children Have Problems, Too: How Parents Can Understand and Help	<u>Stanley Turecki,</u> <u>Sarah Wernick</u> Also on: Amazon.com	246	Lack of friends * poor self-image * sibling rivalry * hyperactivity * sadness and fearfulness * eating problems * nervous habits * aggressive behavior * defiance * sleep problems * lying * learning disabilities. . . Even normal children can have problems. And parents can help them. That is the powerful assurance Dr. Stanley Turecki offers parents in this compassionate and practical book. Whatever the situation, Dr. Turecki shows you: A new way to understand your child's difficulties and gain insights into causes and solutions. How to discuss problems without destructive arguments and win your child's cooperation, How to strengthen self-esteem by making the most of your child's individual temperament. How to improve discipline by focusing on planning and prevention rather than punishment, How to collaborate with teachers about school problems, What to do if you are told that your child should be tested for ADD or placed on medication, When to seek professional help. Including vivid vignettes illustrating a wide range of problems and how they were successfully resolved, this award-winning book is destined to become a parenting classic.
The 7 Worst Things (good) Parents Do	<u>John C. Friel Ph.D.</u> <u>Linda D. Friel M.A.</u> Also on: Amazon.com	179	An enormously readable and infinitely practical book that explores some of the worst mistakes we can make as parents, and guides us through examples and ideas on how change can be effected immediately. They examine the seven most ineffective and self-defeating behaviors that parents display again and again. Working from the ideas that even small changes can have big results, they give parents concrete steps they can take to end these behaviors and improve the quality of their parenting..

Title	Author	Pgs	Brief Description
How to Talk So Kids Will Listen and Listen So Kids Will Talk	<u>Adele Faber,</u> <u>Elaine Mazlish</u> Also on: Amazon.com	233	Here is the bestselling book that will give you the know how you need to be more effective with your children--and more supportive of yourself. 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. Now, in this Twentieth Anniversary Edition, these award-winning experts share their latest insights and suggestions based upon feedback they've received over the years. Their methods of communication--illustrated with delightful cartoons showing the skills in action--offer innovative ways to solve common problems. You'll learn how to: Cope with your child's negative feelings--frustration, disappointment, anger, etc. Express your anger without being hurtful, Engage your child's willing cooperation, Set firm limits and still maintain goodwill, Use alternatives to punishment, Resolve family conflicts peacefully.
Teaching Your Children Values	<u>Richard Eyre</u> <u>Linda Eyre</u> Also on: Amazon.com	242	One of the greatest gifts you can give your children is a strong sense of personal values. Helping your children develop values such as honesty, self-reliance, and dependability is as important a part of their education as teaching them to read or how to cross the street safely. The values you teach your children are their best protection from the influences of peer pressure and the temptations of consumer culture. With their own values clearly defined, your children can make their own decisions -- rather than imitate their friends or the latest fashions. In <i>Teaching Your Children Values</i> Linda and Richard Eyre present a practical, proven, month-by-month program of games, family activities, and value-building exercises for kids of all ages
Solid Answers: America's Foremost Family Counselor Responds to Tough Questions Facing Today's Families	<u>James C. Dobson</u> Also on: Amazon.com	550	Solid Answers responds to serious questions about family life with time-tested information from one of America's foremost experts on child-raising. The format is conversational, at times humorous, and always encouraging. There are over 495 questions with answers to them.
The Emotional Problems of Normal Children: How Parents Can Understand and Help	<u>Stanley, M.D. Turecki,</u> <u>Sarah Wernick</u> Also on: Amazon.com	245	Turecki, a child and family psychiatrist who heads New York City's Difficult Child Center, covers several examples of children whose emotional difficulties, despite frequently causing them to "act up" not only at home but at school, can be coped with and eventually improved, if not alleviated. And he comes right out with a philosophy that's respectful to children, so often the missing ingredient in heavy-handed parenting books. Turecki and Wernick also demonstrate how the "planned discussion" can work in approaching the child's objectionable behavior, the first step toward changing it. <i>Emotional Problems</i> contains a special section on school problems--including ADHD, formerly known as hyperactivity--and how to determine when professional help is needed. Good for parents who don't quite need a book about "problem kids."
The Strong-Willed Child: Birth Through Adolescence	by <u>James C. Dobson</u> Also on: Amazon.com	237	The Strong-Willed Child is a practical, "how-to" book on discipline and child-rearing, focusing on sibling rivalry, hyperactivity, self-esteem, and the most common errors made by frustrated parents.

Title	Author	Pgs	Brief Description
8 Weeks to a Well-Behaved Child: A Failsafe Program for Toddlers Through Teens	by <u>James Windell</u> Also on: Amazon.com		Throughout, he emphasizes the importance of consistency as a tool for ushering change into a child's bad behavioral habits. Scheduling his strategies into a week-by-week series of courses, the author urges sufficient "loving" but insists "love is not enough"; to augment that, he recommends respect, "setting strict and firm limits," enforcing these, and yet also "allowing for dissent and expression" of children's emotions as adults move with them through a developmental process. Windell provides homework assignments at the close of chapters that ask parents to come to grips with the particulars of their situation in an objective fashion. And he certainly does not rule out punishment, but notes that it should be well-considered. His stories of fractious children (and dialogue) are likely to ease a reader's way. But as always, the proof is in the doing.
The Hyperactive Child Book: Treating, Educating, and Living With an Adhd Child - Strategies That Really Work, from an Award-Winning Team of Experts	<u>Patricia Kennedy</u> , <u>Leif Terdal</u> , <u>Lydia Fusetti</u> Also on: Amazon.com	242	The only book authored by a pediatrician, a child psychologist, and the mother of an Attention Deficit-Hyperactivity Disorder (ADHD) child, this detailed, compassionate, and endlessly useful book guides parents through every step in the process of raising a hyperactive child, from toddler hood through adolescence.
Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too	<u>Adele Faber</u> <u>Elaine Mazlish</u> Also on: Amazon.com	152	Siblings Without Rivalry guides the way to peace and tranquility with humor, compassion and understanding, and the illustrated, action-oriented, easy-to-understand stories will make life easier for both siblings and their parents.
You Can Say No to Your Teenager:	<u>Jeanette Shalov</u> , <u>Douglas W. Thorne</u> <u>Phyllis Steinbrecher</u> Also on: Amazon.com	218	Strategies for Effective Parenting

Title	Author		Brief Description
Setting Your Child Up for Success - Anticipating and Preventing Problems	Boys Town	<u>Video</u> 12 min	Sometimes problems occur because children literally don't know how to behave in some situations. This video demonstrates the technique of Preventive Teaching: how to prepare children for new situations or situations where they've had difficulty in the past.
No, I Won't! And You Can't Make Me!	Boys Town	13 min	A defiant child can easily trigger a parent's anger. Here are some tips for staying calm and following a five-step process for teaching a child to keep his or her own emotions under control and to be more cooperative.
10 Ways to be a Better Parent		30 min	Stresses the importance of a sense of humor to cope with challenges and failures of parenting. There is a corresponding notebook that can be checked out as well.
10 solutions to Common Problems		20 min	Focuses on 10 questions with simple, realistic solutions.
Parenthood by Proxy	<u>Laura C. Schlessinger</u>	<u>Audio</u> 2 hrs 20 min	She states that parents need to make their own children their top priority, that parents need to involve themselves in their children's hearts, minds, and souls, to cherish and protect them, and to commit to the essential task of teaching them right from wrong.