

Recommended Reading List

A compilation of recommended reading gathered from our providers, local clinicians & therapists, and other trusted resources.
June 2014

Title {subtopic or recommended age}	Author
Anger	
Anger Habit Workbook	Carl Semmelroth
Anxiety, Fears, & Phobias	
The Anxiety & Phobia Workbook	Edmund Bourne
What To Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety	Huebner & Matthews
Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias	Tamar Ellas Chansky
Helping Your Anxious Child: A Step-by-Step Guide for Parents	Ronald Rapee
The Kissing Hand {starting school, separation}	Audrey Penn
Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children	Wilson & Lyons
Monsters Under The Bed and Other Childhood Fears: Helping Your Child Overcome Anxieties, Fears, and Phobias	Garber
Mind Coach: How To Teach Kids and Teens to Think Positive and Feel Good	Amen
Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children	Dacey & Fiore
A Boy and A Bear: The Children's Relaxation Book	Lite
Attention Deficit Disorder & ADHD	
A Mind At A Time	Mel Levine
The Myth of Laziness	Mel Levine
Taking Charge of ADD: The Complete, Authoritative Guide for Parents	Russell Barkley
ADHD in Girls	Kathleen Nadeau
Driven to Distraction	Hallowell & Ratey
ADHD: What Every Parent Needs to Know	Michael Reiff, MD
The ADD Hyperactive Handbook for Schools: Effective Strategies for identifying & Teaching ADD Students in Elementary and Secondary Schools	Parker
Beyond Ritalin: Facts About Medication and Other Strategies for Helping Children, Adolescents and Adults with Attention Deficit Disorders	Garber, Garber, Spitzman
How to Reach and Teach ADD/ADHD Children: Practical Techniques, Strategies, and Interventions for Helping Children with Attention Problems and Hyperactivity	Rief
Teenagers with ADD: A Parent's Guide	Ziegler Dendy
Your Hyperactive Child: A Parent's Guide to Coping with Attention Deficit Disorder	Ingersoll
Behavior & Discipline	
1-2-3 Magic: Effective Discipline for Children 2-12	Thomas W. Phelan
Teach Your Children Well	Madeline Levine
The Explosive Child	Ross Greene
Kids, Parents, and Power Struggles	Mary Kurcinka
Positive Discipline	Jane Nelson
Your Defiant Child: 8 Steps to Better Behavior	Barkley & Bento
Common Sense Parenting	Raymond Burke
How To Keep Your Teenager Out Of Trouble & What To Do If You Can't	Neil Bernstein
Raising Your Spirited Child	Mary Kurcinka
SOS! Help For Parents: A Practical Guide for Handling Common Behavior Problems {ages 2-12}	Lynn Clark
SOS! Help For Emotions: Managing Anxiety, Anger, and Depression {adults, teens}	Lynn Clark

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Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm, and Collected	Susan Stiffelman
How to Behave So Your Preschooler Will, Too!	Severe
Bipolar Disorder	
The Bipolar Child	Papalos & Papalos
The Bipolar Disorder Survival Guide	Miklowitz
Birth, Infants, Toddlers, Families	
It's So Amazing: A Book about Eggs, Sperm, Birth, Babies, and Families	Robie Harris
It's Not The Stork: A Book About Girls, Boys, Babies, Bodies, Families and Friends	Robie Harris
Baby 411: Clear Answers & Smart Advice For Your Baby's First Year	Brown & Fields
Infants & Mothers: Differences in Development	T. Berry Brazelton
Bullying & Social Interactions	
Bullies & Victims: Helping Your Child Through The Schoolyard Battlefield	Freid and Freid
Best Friends, Worst Enemies: Understanding The Social Lives of Children	Michael Thompson
Girl In The Mirror: Mothers & Daughters In the Years of Adolescence	Nancy L. Snyderman
Masterminds & Wingmen: Helping Our Boys Cope with Schoolyard Power, Locker-Room Tests, Girlfriends, and the New Rules of Boy World	Rosalind Wiseman
Queen Bees and Wannabees	Rosalind Wiseman
Why Don't They Like Me? Helping Your Child Make and Keep Friends	Sheridan
Depression	
Don't Let Emotions Run Your Life	Scott Spradlin
Depressed and Anxious	Thomas Marra
This Isn't What I Expected (Overcoming Post-Partum Depression)	Kleiman & Raskin
Development	
Your Three Year Old {age appropriate series for ages}	Ames & Ilg
Best Friends, Worst Enemies: Understanding The Social Lives of Children	Michael Thompson
Raising Cain: Protecting The Emotional Lives of Boys	Michael Thompson
Reviving Ophelia: Saving the Selves of Adolescent Girls	Pipher & Ross
How To Talk To Kids So Kids Will Listen & Listen So Kids Will Talk	Faber & Manglish
Girl In The Mirror: Mothers & Daughters In The Years of Adolescence	Nancy Snyderman
You Are Special {self esteem}	Max Lucado
Just for Girls: Understanding Your Body and the Changes You're Going Through	Hoekstra
Puberty's Wild Ride	McCave
Sex Explained: Honest Answers to Your Questions About Guys and Girls, Your Changing Body, and What Really Happens During Sex	Claussen-Petit
Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships	Bell
It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health	Harris
Sex Stuff For Kids 7-17: A Book of Practical Information & Ideas for Kids, Parents, and Teachers	Marsh
The Blessing of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers	Mogel
My Body, My Self for Girls	Madaras
No B.O.! The Head to Toe Book of Hygiene for Pre-teens	Crump
It's My Life	Sanders
Growing and Changing	McCoy & Wubblesman
A Survival Guide to Parenting Teens: Talking to Your Kids About Sexting, Drinking, Drugs, and Other Things That Freak You Out	Geltman
How Children Succeed: Grit, Curiosity, and the Hidden Power of Character	Tough

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Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager, Revised and Updated	Wolf
Divorce & Separation	
What About The Kids: Raising Your Children Before, During, & After Divorce	Judith Wallerstein
Mom's House, Dad's House	Isolina Ricci
Dinosaurs Divorce: A Guide For Changing Families	Laurene & Marc Brown
Eating Issues	
Don't Diet, Live It Workbook	Lobue & Marcus
Making Peace With Food	Susan Kano
Bulimia: A Guide to Recovery	Hall & Cohn
Executive Function Disorder	
Late, Lost, and Unprepared: A Parents' Guide to Helping Children with Executive Functioning	Joyce Cooper-Khan
Smart But Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential {or parents}	Dawson & Guare
Train Your Brain for Success: A Teenager's Guide to Executive Functions {for teens}	Kulman
Grief & Trauma	
Talking With Children About Loss	Trozzi & Massimini
It Happened to Me: A Teen's Guide to Overcoming Sexual Abuse	William Carter
A Terrible Thing Happened {child friendly book about trauma}	Margaret Holmes
Gentle Willow: A Story For Children About Dying {death of a peer, ages 4+}	Mills
Talking About Death {young children}	Grollman
The Grieving Teen: A Guide for Teenagers and Their Friends	Fitzgerald
What Children Need When They Grieve: The Four Essentials	Rathkey
Learning Disabilities	
Help Me To Help My Child	Jill Bloom
The Out of Sync Child {sensory integration}	Carol Kranowitz
BookShare.org - access to books that play aloud	
When You Worry About the Child You Love: Emotional & Learning Problems in Children	Hallowell
Non-Verbal Learning Disorders	
Raising NLD Superstars: What Families with Nonverbal Learning Disabilities Need to Know About Nurturing Confident, Competent Kids	Marcia Brown Rubinstein
Nonverbal Learning Disabilities at Home	Pamela B. Tanguay
Obsessive Compulsive Disorder	
When Perfect Isn't Good Enough	Antony & Swinson
Stop Obsessing! How to Overcome You Obsessions & Compulsions	Foa & Wilson
Talk Back to OCD, Freeing You Child From Anxiety	Tamar Ellsas Chansky
Panic Attacks	
Don't Panic: Taking Control of Anxiety Attacks	Reid Wilson
Coping With Panic	George Clum
Self Harm	
Helping Teens Who Cut: Understanding and Ending Self Injury	Michael Hollander
Sexuality & Gender	
Always My Child: A Parent's Guide to Understanding You Gay, Lesbian, Bisexual, or Questioning Son or Daughter	Jennings
Free Your Mind: The Book for Gay, Lesbian, and Bisexual Youth and their Allies	Bass, Kaufman

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Shyness & Social Phobia	
Overcoming Shyness & Social Phobia	Ronald Rapee
Diagonally Parked in a Parallel Universe	Signe Dayhoff
Sleep	
Good Night, Sleep Tight: The Sleep Lady's Gentle Step-by-step Guide for Tired Parents	West
Solve Your Child's Sleep Problems: New, Revised, and Expanded Edition	Ferber
Social Media	
The Big Disconnect: Protecting Childhood & Family Relationships in the Digital Age	Steiner-Adair & Barker
Stress Management	
The Healthy Mind, Healthy Body Handbook	Sobel & Ornstein
Cool Kats, Calm Kids: Relaxation and Stress Management For Young People	Williams