

THE CHATFIELD LIBRARY  
PARENT RESOURCES

**104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery & Coping Skills**

Author(s): Alanna Jones

Format: Book 372.13

Formerly "The Wrecking Ball" this popular book makes teaching and learning by playing games a simple and fun experience for everyone.

**50 Nifty Super Science Fair Projects**

Author(s): Jill Smolinski

Format: Book 507.8

50 Nifty Super Science Fair Projects is filled with fifty great ideas to create original and challenging science fair projects. This super edition also contains tips on how to get started on a project, how to build a display that gets your project noticed, and much more.

**Active Parenting Today: For Parents of 2 to 12 year olds**

Author(s): Michael H. Popkin, Ph.D

Format: Book 649.1

This is a parent guide that includes topics on: The Active Parent, Instilling courage and self-esteem, Understanding your child, developing responsibility, winning cooperation, active parenting in a Democratic society.

**ADD: Attention Deficit Disorder a Common But Often Overlooked Disorder of Children**

Author(s): Glenn Hunsucker

Format: Book 618.92

This book explains A.D.D. in easily understood terms. It also points out the methods of diagnosis and treatment. Both the professional and layman can benefit from reading this book.

**ADD Success Stories: A Guide to Fulfillment for Families with Attention Deficit Disorder**

Author(s): Thom Hartman

Format: Book 616.85

This book is filled with real-life stories of people with ADD who achieved success in school, at work, in marriages and relationships.

**All Grown Up and No Place to Go: Teenagers in Crisis (Revised Ed.)**

Author(s): David Elkind

Format: Book 305.2

Spotlights the pressures on teen to grow up quickly. The resulting problems range from common alienation to self-destructive behavior. Quoting teenagers themselves, Elkind shows why adolescence is a time of "thinking in a new key," and how young people need this time to get used to the social and emotional changes their new thinking brings. Many of his ideas, such as the "imaginary audience" that makes teens so self-conscious, have become seminal in adolescent psychology.

### **Amazing Mallika**

Marsh Media

Format: Video VHS

Mallika is a tiger with a temper. In this fast-paced story set in India, three vignettes tell how Mallika responds with fury to her brother's unfair play, the teasing of trouble-making monkeys, and her own inadequacies. Mallika eventually discovers that a tantrum doesn't make things better. Using techniques suggested by her mother, the little tiger learns ways to cool off, calm down, and take charge of her own feelings. **COMES WITH A TEACHING GUIDE**

### **Asperger Syndrome & Difficult Moments: Practical Solutions for Tantrums, Rage, & Meltdowns**

Author(s): Brenda Smith Myles & Jack Southwick

Format: Book 616.8588

### **Asperger Syndrome, the Universe and Everything**

Author(s): Kenneth Hall

Format: Book 616.85

Kenneth Hall was diagnosed with Asperger Syndrome at the age of eight. He is in a unique position to describe some of the inner experiences and perceptions of autism in childhood.

### **Asperger Syndrome in the Family – Redefining Normal**

Author(s): Liane Holliday Willey

Format: Book 616.8588

The author and one of her daughters have Asperger Syndrome. In this book she looks with honesty, wisdom and humor, at the implications this has for her family, both the Aspie and the non-Aspie members.

### **Asperger's Syndrome: A Guide for Parents and Professionals**

Author(s): Tony Attwood

Format: Video VHS 616.89

This presentation is on Asperger's Syndrome-diagnosis, and support. He covers the theory of mind of those with this challenge, and as he does, his ideas broaden our perception and understanding.

### **Asperger's Syndrome: A Guide for Parents and Professionals**

Author(s): Tony Attwood

Format: Book 616.8982

This book is on Asperger Syndrome diagnosis and support.

### **Asperger's Syndrome: A Guide for Parents and Professionals**

Author(s): Tony Attwood

Format: Video VHS 616.89

This presentation is on Asperger Syndrome diagnosis and support.

### **Attention Deficit Disorder: Workable Solutions**

Author(s): Jim Fay & Ray Levy, Ph.D.

Format: Audio Cassette tape 616.85

Using the Love & Logic techniques, parents and teachers easily can manage the problematic behaviors associated with ADD. At the same time, parents and teachers will be guiding children with ADD/ADHD toward increased self-control and better decision making.

### **Blue-Ribbon Science Fair Projects**

Author(s): Maxine Haren Iritz

Format: Book 507.4

Have you been struggling to find a suitable science fair project idea? If so, this is just the book you need. Maxine Haren Iritz shows that science projects don't have to be complicated, boring, or time-consuming to be successful.

### **Calming the Chaos: Behavior improvement strategies for the child with ADHD**

Author(s): Jim Fay and Charles Fay, Ph.D.

Format: Cassette Tape 618.92

In this live presentation, educational and parenting expert Jim Fay and school psychologist Charles Fay, Ph.D., show parents and teachers how to reduce stress and disruption that so often accompany the child with ADHD. Calming the Chaos features specific classroom and parenting examples that illustrate the use of a team approach in which both educators and parents work together closely to defuse and change destructive behaviors.

### **Children's Prescription Drugs: A Parent's Guide to the Most Commonly Recommended Drugs for Children**

Author(s): Pediatric Pharmacy Advocacy Group

Answers all your questions about more than 200 prescription and nonprescription drugs, with cross references to more than 1,000 brand-name drugs.

### **Choices, Failures, & Thoughtful Risks: Tools and techniques to help children choose success.**

Author(s): Foster W. Cline, M.D.

Format: Audio Cassette Tape 649.1

Dr. Cline shares a philosophy and tools and techniques that will help your child become a thinking individual who chooses success.

### **Common Threads: Celebrating Life with Down Syndrome**

Author(s): Cynthia S. Kidder & Brian Skotko

Format: Book 305.9

Common Threads is an essay and photographic celebration of inspirational accomplishments of people of all ages with Down syndrome. Throughout the book there is a common thread – the thread of belief. For anyone who has wondered if he or she has been unrealistic or set goals too high, this is a must read.

### **The Complete Handbook of Science Fair Projects**

Author(s): Julianne Blair Bochinski

Format: Book 507.9

This book includes: 50 award winning projects plus an expanded list of 400 workable science fair project topics. Straightforward, highly detailed guidelines for preparing a successful project.

### **The Complete Idiot's Guide to Parenting a Teenager**

Author(s): Kate Kelly

Format: Book 649.125

Idiot-proof steps for understanding, talking to, and coping with teenagers. The inside scoop on “teenspeak” and outrageous fashion statements. Valuable parenting tips for when the going gets tough.

### **Drinking: A Risky Business**

Author(s): Laurence Pringle

Format: Book 362.292

Alcohol kills, yet social drinking is such an accepted part of modern life that many young people feel pressured to down a few brews – and more. This thought-provoking book gives them the facts about alcohol and drinking so that they can make an educated decision about one of the most important health choices of their lives.

### **Eating an Artichoke: A Mother's Perspective on Asperger Syndrome**

Author(s): Echo R. Fling

Format: Book 616.8588

Echo Fling is the mother of an autistic child. She chronicles what has been an all too familiar litany of problems for parents of children with special needs.

### **Everybody Loves Birds**

Author(s): Peter G. Merritt (Producer)

Format: Video VHS

This entertaining guide teaches identification of 50 species of North American birds. Aimed at lower school children, this program focuses on the behavior, ecology, and habitats of everybody's favorite animals, birds.

### **The Explosive Child**

Author(s): Ross W. Greene, Ph.D.

Format: Book 649.153

An explosive child is one who frequently exhibits severe noncompliance, temper outbursts, and verbal or physical aggression. If this sounds like your child, you're probably feeling frustrated, guilt-ridden, and overwhelmed. At last, Dr. Ross Greene offers help for you and your child. Now updated with new practical information, The Explosive Child lays out a sensitive, practical approach to helping your child at home and school, including:

- \*reducing hostility and antagonism between the child and adults
- \*anticipating situations in which the child is most likely to explode
- \*creating an environment in which explosions are less likely to occur
- \*focusing less on reward and punishment and more on communication and collaborative problem solving
- \*helping your child develop the skills to be more flexible and handle frustration more adaptively

### **Facing the Facts: The Truth About Sex and You**

#### **God's Design For Sex Ages 11 to 14 Book 4**

Author(s): Stan & Brenna Jones

Format: Book 612.6

This book was written to give you all the information you need to understand exactly what's happening to your body during the years ahead and why God planned it to happen that way.

### **The Friendship Factor**

Author(s): Kenneth H. Rubin, PhD.

Format: Book 303.3

Based on twenty-five years of research on friendship, Dr. Kenneth Rubin reveals the importance of healthy social development to a child's emotional and intellectual growth. In the Friendship Factor he uses vivid case studies to highlight normal social development, potential problems, and real distress.

### **Gifted Children Speak Out**

Author(s): James R. Delisle

Format: Book 371.95

Dr. Delisle collected the thoughts and feelings of gifted children on these topics:

- \*defining giftedness
- \*getting along with friends and classmates
- \*the expectations of gifted children and what others expect from them
- \*Schools that work....schools that fail
- \*parents – a helping hand from home
- \*future goals, future quests

### **Grandparenting With Love & Logic**

Author(s): Jim Fay & Foster W. Cline, M.D.

Format: Book 306.874

Grandparenting today isn't what it used to be! Grandparents will reap the rewards of loving and fulfilling relationships with grandchildren, stepgrandchildren, and their adult children when they employ the common sense approach and techniques found in *Grandparenting With Love & Logic*.

### **Hana's Year**

Author(s): Marsh Media

Format: Video VHS

This video teaches a valuable lesson about resisting peer pressure. Hana, a young macaque monkey living in the mountains of Japan, gets into trouble when she falls under the influence of the mischief-maker Tampopo, whose favorite words are "Follow me!" But when Tampopo leads Hana to betray her new friend, the boy Kenji, Hana decides to rely on her own judgment – even if it means being alone. **COMES WITH A TEACHING GUIDE**

### **Hormones and Wheels: Parent Survival Tips for Those Chaotic Teen Years**

Author(s): Jim Fay

Format: Audio Cassette Tape 649.12

This audiocassette is a parent's road-to-adulthood tool kit for successfully handling teen-age behavior, emphasizing the need for parents to be reasonable and to consistently employ non-threatening communication when dealing with their teen-ager.

### **How to Discipline With Love (From Crib to College)**

Author(s): Dr. Fitzhugh Dodson

Format: Book 649.1

Some of the topics covered are: The difference between discipline and punishment, Establishing rapport and authority, Handling undesirable behavior, To spank or not to spank, The rights of the parents, The family council, Teaching ethics and morality, Problems of the single, working and stepparent, Mutual problem-solving techniques.

### **How to Parent**

Author(s): Dr. Fitzhugh Dodson

Format: Book 649.1

Based on a common sense combination of love and discipline, Dr. Dodson's approach to child-raising offers you a creative, complete, and mutually enjoyable program for guiding yourself and your child through the all-important years from birth to five. Among the subjects covered are enriching the environment, stimulating his mind and sense, child-proofing your home, choosing toys and books, timetable of development, actions –vs- feelings, parental thou-shalt-nots, when to yield and when to be firm, and dealing with hostility.

### **How to Talk So Kids Will Listen & Listen So Kids Will Talk**

Author(s): Adele Faber and Elaine Mazlish

Format: Book 649.1

Faber & Mazlish offer skills based on new psychological insights, their own experience as parents, and what they have learned from parents throughout the country.

### **How You Were Born**

Author(s): Joanna Cole

Format: Book 612.63

This is a book for parents and children to share. Using vivid full-color photographs and a clear, straightforward text, this comprehensive book answers the questions they have about how an egg cell grows to become a baby, how a baby lives inside its mother's uterus, and how a baby is born.

### **Humor, Play, & Laughter: Stress-Proofing Life With Your Kids**

Author(s): Joseph Michelli, Ph.D

Format: Book 649.1

Dr. Joseph Michelli has found a way to beat the parenting stress, develop a new perspective on your children's behavior, and add to the quality time you spend with your children – through laughter, humor, and family play.

### **The Kindergarten Survival Handbook: The Before School Checklist & A Guide for Parents**

Author(s): Allana Elovson, Ph.D.

Format: Book 649.68

The Kindergarten Survival Handbook shows parents and others who care for children what children need to be ready for kindergarten and prepares them to be children's first and most effective teachers. The handbook also reminds parents of the importance of establishing a beneficial connection between home and school and how they can stay involved in their children's education.

### **My Fun with Reading: Parents as Teachers**

Author(s): Ronald Kidd

Format: Book 649

This program is to foster a personal relationship between you and your children. My Fun with Reading has been developed to help your children improve their reading skills. It also give you an opportunity to spend constructive, quality time with your children.

### **Parent Talk: Words That Empower, Words, That Wound**

Author(s): Chick Moorman

Format: Book 649.1

In this book you will gain Parent Talk strategies to help your child become confident, motivated, self-responsible, and productive. You'll know how to stamp out learned helplessness and build your child's self-esteem. You'll improve your parenting skills and build positive relationships with your children.

### **Parenting Isn't For Cowards**

Author(s) Dr. James C. Dobson

Format: Book 649.1

Dr. Dobson offers:

- \*Guilt-banishing insights on why some children really are harder to raise than others along with guidance for doing it.
- \*Trouble-proofing strategies for parents of young children.
- \*Sanity-protecting tactics for weathering adolescence.
- \*An energy-restoring plan for overcoming parental burnout.
- \*Relationship-enhancing guidance for letting go of your children at the right time.

### **Parenting With Love & Logic**

Author(s): Foster Cline, M.D. & Jim Fay

Format: Book 649.1

If you want to raise kids who are self-confident, motivated, and ready for the real world, take advantage of this win-win approach to parenting.

### **Parenting With Love & Logic: Teaching Children Responsibility**

Author(s): Foster Cline, M.D. & Jim Fay

Format: Book

If you want to raise kids who re self-confident, motivated, and ready for the real world, take advantage of this 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 & Logic**

Author(s): Fay & Cline

Format: Audio Cassette Tape

Audio Series includes:

- Love Me Enough to Set Limits
- 60 Second Scolding
- Avoiding Power Struggles
- Didn't I Tell You to Take Out the Trash
- Helicopters, Drill Sergeants & Consultants
- 4 Steps to Responsibility
- Choices, Failures, & Thoughtful Risks

### **Parents Are Teachers Too: Enriching Your Child's First Six Years**

Author(s): Claudia Jones

Format: Book 649.1

Some topics include: Your child's self-esteem, developing skills for learning, developing a love of reading, learning to read, beginning to print, language fun, math, developing muscles, coordination and good sports, creative thinking and more.

### **Positive Discipline (A warm, practical, step-by-step sourcebook for parents and teachers**

Author(s): Jane Nelsen, Ed.D

Format: Book 649.1

Dr. Nelsen explains that parents who show compassion and understanding will encourage self-respect, self-discipline, cooperation, good behavior, and problem-solving skills in their children. In *Positive Discipline* she shows all of us, parents and teachers alike, exactly how her practical program works – answering step-by-step such important questions as: What works better than punishment to teach children positive, good behavior? What mistakes do most parents make in the name of love?

### **The Power of Parent's Words**

Author(s): H. Norman Wright

Format: Book 306.874

In *The Power of a Parent's Words* Norm Wright will show you how to recognize dysfunctional patterns you may have inherited from your own parents, learn healthy, functional methods of communication, discover your child's personality type, understand his or her unique communication style, and apply that knowledge to your daily interactions.

### **Pretending to Be Normal: Living with Asperger's Syndrome**

Author(s): Liane Holliday Willey

Format: Book 616.8

Liane's autobiography will allow others to understand the world as perceived by a person with Asperger's Syndrome.

### **Raising Children in a Socially Toxic Environment**

Author(s): James Garbarino

Format: Book 649.1

Renowned child development expert, James Garbarino, explains how we can make choices and decisions that strengthen children and strike a blow against the social toxicity that surrounds us.

### **Read to Me: Raising Kids Who Love to Read**

Author(s): Bernice E. Cullinan

Format: Book 649.58

Reading specialist, Bernice E. Cullinan, professor of Early Childhood & Elem. Ed answers questions: When to start reading to your child?, how to use television wisely?, how to make a reader out of your child?, how can you teach your child to love books?, how can you help your child do better in school when you are a busy parent?

### **The Ready, Set, Grow Series**

**Keeping Your Body Alive & Well** A Child's Book about physical needs.

**May I? Please? Thank You!** A Children's book about manners

**Danger!** A children's book about handling fear, dangerous things, places & situations

**You're All Right** A children's book about human similarities

Author: Joy Wilt

Format: Books

### **Roe v. Wade: The Abortion Question**

Author(s): D.J. Herda

Format: Book 344.73

*In Roe v. Wade: The Abortion Question*, author D.J. Herda examines the ideas and the arguments of the people behind this landmark case. The author brings to life the agonizing decision made by Jane Roe, a young, single, pregnant woman; and the strong anti-abortion convictions of Henry Wade, the Dallas County District Attorney. Presented in a lively, thought-provoking overview, the author explains the immediate impact of the decision and sheds light on current abortion controversy still raging across the country.

### **Secrets of Stepparenting**

Author(s): Jim Fay & Foster W. Cline, M.D.

Format: Audio Cassette Tape 646.78

Educational expert, Jim Fay and adult and child psychiatrist Foster W. Cline, M.D. offer practical techniques and communication guidelines for helping both stepparents and natural parents deal with child-related issues.

### **Showing Our True Colors: A Fun, Easy Guide for Understanding and Appreciating Yourself and Others**

Author(s): Mary Miscisin

Format: Book 155.26

By determining your own True colors spectrum you can validate yourself for being who you are. Discover the True colors of others and open lines of communication, reduce conflicts and learn ways of relating to bring out the best in everyone.

### **Siblings Without Rivalry: How to Help Your Children Live Together so You Can Live Too**

Author(s): Adel Faber and Elaine Mazlish

Format: Book 649.143

### **Surviving Sibling Rivalry: Healthy Options for Managing Your Children's Conflicts**

Author(s): Joseph Michelli, Ph.D

Format: Cassette Tape 649.1

On this two-tape set, Joseph Michelli, Ph.D., shows parents how to reduce many sibling conflicts by understanding their causes and by helping children to express themselves. Dr. Michelli also helps parents identify the types of behaviors which arise as a natural part of healthy sibling competition, if and when parents should intervene in sibling fights and how to set limits with children about acceptable behavior toward siblings.

### **Teaching Your Children Responsibility**

Author(s): Linda and Richard Eyre

Format: Book 649.7

The Eyres identify twelve simple kinds of responsibility from responsibility for things to responsibility for actions, choices, 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.

### **Trouble-free Teens**

Author(s): Jim Fay and Foster W. Cline, M.D.

Format: Cassette Tape 305.235

Trouble-free Teens is an audiotape parenting primer that coaches parents in using the practical and effective Love & Logic techniques to guide their children and preteens into the teenage years. When combined with respect, wise counsel, and love, these strategies are the best way to increase the chances that your child will successfully meet the challenges of the teen-age years.

### **Winning the Homework Battle (Helping Children Discover & Celebrate Their Strengths)**

Author(s): Jim Fay & Foster Cline

Format: Audio Cassette Tape 649.6

The useful tools and easy-to-do implement strategies outlined in this Love & Logic approach to homework enable parents to help their children build self-esteem and high self-concepts. The Love & Logic approach also will open up the lines of communication between parents and children.

## **Your Child What Every Parent Needs to Know: What's Normal, What's Not, and When to Seek Help**

Author(s): David B. Pruitt, M.D. (Editor-in-chief)

Format: Book 305.231

Written by members of the American Academy of Child and Adolescent Psychiatry, the leading national association of physicians dedicated to the healthy mental development of children and adolescents, *Your Child* is the only reference to offer comprehensive and accessible information for parents on the emotional, behavioral, and cognitive development of children from infancy through the preadolescent years.

## **Your School-Age Child**

Author(s): Lawrence Kutner, Ph.D.

Format: Book 305.231

The third in a series covers everything from preparing your child for the first day of school to handling the peer pressures of preadolescence. Dr. Kutner also shares wisdom on how to solve problems at home, among friends, between siblings, and between you and your child. His practical sage advice includes how to: spot learning problems early, help your child make and keep friends, avoid spoiling your child, confront lying, cheating, and stealing, put a stop to tattling, deal with sports-how to nurture an athlete or help a klutz, handle hero worship, especially when you don't approve of your child's hero.

## **Your Seven Year Old: Life in a Minor Key**

Author(s): Louise Bates Ames and Carol Chase Haber

Format: Book 649.124

Ames & Haber discuss the general characteristics of the age, the child's relationship with others; his routines, health, and tension outlets; the seven-year-old's perception of the world; his behavior in school; and the way parents can best deal with the seven-year-old child. The authors also respond to letters from parents concerning typical problems they have faced with their seven-year-old.

