

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

Child Development

Material Title: **Adolescence and Other Temporary Mental Disorders (DVD)**
 Author: DVD *DVDs* 2010 1 h.r. & 15 min.

On this DVD, Dr. Pat Friman shows his audience and viewers how the teenage brain affects teen behavior. With plenty of thought-provoking as well as laugh-out-loud examples, he explains how "insane" behavior on the part of teens is actually normal considering the different rates of development of parts of the brain. Dr. Friman tells viewers which behaviors to address and how, and which behaviors should simply be ignored as teen "insanity" that will be outgrown as youth mature. His presentation, full of witty examples and wise advice, speaks directly to parents, caregivers, and educators who are looking to better understand and deal with the craziness of adolescence.

Material Title: **Adolescent Brain, The**
 Author: Robert Sylwester *Books* 2007 157

In this enlightening volume, expert educator Robert Sylwester explains how adults can better understand teenagers through an engaging discussion of the adolescent brain. Readers will learn how to: Mentor adolescents rather than attempt to manage or control them; Nurture creativity, imagination, and individuality; Understand such critical issues as sexuality and bonding, productivity and vocation, morality and ethics, risk and security, technology and drugs, collaboration and autonomy, and more. Familiar examples and nontechnical language make this an accessible resource appropriate for rewarding classroom or family discussion.

Material Title: **Adopted Adolescent, The (Audiotape)**
 Author: Lois Melina *Audiotapes* 1993 60 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption," which covers pre-school, the middle years, and adolescence, this tape deals with the adolescent years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Child in Middle Childhood", offer more details on discussing adoption with children pre-school and ages 7-11 respectively.

Material Title: **Adopted Adolescent, The (CD)**
 Author: Lois Melina *CDs* 1993 60 minutes

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Material Title: **Adopted Child in Middle Childhood, The (Audiotape)**
 Author: Lois Melina *Audiotapes* 1990 79 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption", which covers pre-school, the middle years, and adolescence, this tape deals with the 7-11 years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Adolescent", offer more details on discussing adoption with children pre-school and 12-18 respectively.

Material Title: **Adopted Child in Middle Childhood, The (CD)**
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These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption", which covers pre-school, the middle years, and adolescence, this tape deals with the 7-11 years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Adolescent", offer more details on discussing adoption with children pre-school and 12-18 respectively.

Material Title: **Adopting the Older Child**
 Author: Claudia Jewett *Books* 1978 289 pages

This book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family, giving practical, caring advice on how to handle each situation.

Child Development

Material Title: **Answering Your Child's Questions About Adoption (Audiotape)**
Author: Lois Melina *Audiotapes* 1990 80 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, *Making Sense of Adoption*, which covers pre-school, the middle years, and adolescence, this tape deals with the pre-school years. Two other tapes, *The Adopted Child in Middle Childhood* and *The Adopted Adolescent*, offer more details on discussing adoption with children ages 7-11 and 12-18.

Material Title: **Answering Your Child's Questions About Adoption (CD)**
Author: Lois Melina *CDs* 1990 80 minutes

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Material Title: **Before She Gets Her Period: Talking with Your Daughter about Menstruation**
Author: Jessica B. Gillooly *Books* 1998 158 pages

This book is designed to help parents talk with their children about all aspects of menstruation. It includes exercises and activities to get parents talking with their daughters, as well as tips on exactly what to say. In addition, the book provides insightful real life stories written by girls and women.

Material Title: **Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond**
Author: Debra W., M.P.H. Haffner *Books* 2001 222 pages

In this book, the author confronts issues such as peer pressure, dating and parties, alcohol and drugs, sexual harassment, abstinence, and much more. The book is broken down to provide specific information particular to each age group from middle school to high school and beyond. It is packed with helpful exercises and an extensive appendix of additional resources. In addition, a supportive foreword is written by the author's own teenage daughter.

Material Title: **Bright Futures in Practice: Mental Health Materials (CD-ROM)**
Author: *CD-ROMs*

This CD-ROM contains a manual designed for use by medical professionals. This can be paired up with the DVD "Bright Futures in Preventative Mental Health Disk 1 & 2."

The disk includes a description of certain mental health conditions and related topics that may be experienced either by a child or parent, symptoms, interventions, resources and developmental interventions. Parents may use this in order to learn more about a particular diagnosis and resources. Topics that are included here are: mental retardation, mood disorder, Munchausen Syndrome by Proxy, obesity, oppositional behavior, parental depression, pervasive developmental delay, postpartum mood disorders and substance abuse.

Material Title: **Bright Futures in Preventative Mental Health: Disks 1& 2 (DVD)**
Author: DVD *DVDs* 2007 3 hrs. 35 min.

This DVD includes 2 disks with 4 parts. It is a curriculum developed by the University of Washington to address the mental health of children in care.

Part 1: Provides an overview of the Bright Futures for Children and Youth in Foster Care. The presenters discuss ways to promote mental health in children and prevent mental illness.

Part 2: Mickey Kander provides a general overview of common mental health diagnosis for children in foster care.

Part 3: A panel of professionals, including a school psychologist, child welfare supervisor, school nurse and Puget Sound ESD Safe Schools, Healthy Student program answers foster parents' questions regarding the mental health issues of the children in their care. The panel is facilitated by Mickey Kander.

Part 4: Tree House: Educational Advocacy for Special Education and 504 Plans. Barbara Hollbrook provides an overview of the curriculum and answers audience members' questions.

This DVD set could be paired with the CD-ROM "Bright Futures in Practice: Mental Health Materials."

Material Title: **Challenging Child, The: Understanding, Raising, and Enjoying the Five "Difficult" Types of Children**
Author: Stanley Greenspan *Books* 1995 309 pages

Identifying five "difficult" child personality types - sensitive, withdrawn, defiant, inattentive, and active/aggressive - this guidebook explains development from the child's perspective and offers strategies on how to make such differences positive.

Child Development

Material Title: **Child With Special Needs, The**
Author: Stanley Greenspan *Books* 1998 479 pages

This comprehensive approach to developmental challenges including autism, PDD, language and speech problems, Down syndrome, cerebral palsy, ADD, and other related disorders helps parents and professionals "get beyond the label" and understand each child's unique profile.

Material Title: **First Feelings: Milestones in the Development of Your Baby and Child**
Author: Stanley Greenspan *Books* 1985 228 pages

This book shows parents how to recognize the key stages of a child's emotional growth while guiding and enhancing early psychological development. It covers such topics as encouraging curiosity and independence; handling temper tantrums, aggressiveness and sibling rivalry; stimulating (and over-stimulating) your baby; evaluating and dealing with your own emotional responses; and developing a positive and constructive parenting style.

Material Title: **First Years Last Forever, The (DVD)**
Author: DVD *DVDs* 2005 30 min

The new research in brain development tells us of the vital importance of the relationship between caregiver and child in the critical first years of life. New parents have a wonderful opportunity to help their child reach their full potential. This video includes information on: bonding and attachment, communication, health and nutrition, discipline, self-esteem, child care, and self-awareness.

Material Title: **Ghosts from the Nursery**
Author: Robin Karr-Morse *Books* 1997 298 pages

This book offers startling new evidence that violent behavior is fundamentally linked to abuse and neglect in the first two years of life. Using case histories of "children who kill," along with the latest in brain development research, the authors show how infancy is the stage during which foundations for trust, empathy, conscience and lifelong learning and thinking are laid down or during which a predisposition to violent behavior is "hardwired" into the brain.

Material Title: **Good Friends Are Hard to Find: Help your child find, make and keep friends**
Author: Fred Frankel *Books* 1996 235 pages

Step-by-step, parents learn to help their 5 to 12-year-olds make friends and solve problems with other kids. This guide also offers concrete help for teasing, bullying and meanness, both for the child who is picked on and for the tormentor. Based on the UCLA Children's Social Skills Program, this book teaches clinically tested techniques that really work.

Material Title: **Handbook of Infant Mental Health, Second Edition.**
Author: Charles Zeanah, Jr. *Books* 2000 558 pages

This revised and expanded edition consists of 36 articles from a host of authors presented in six sections. Grounded in a relational perspective, it offers analysis of the developmental, clinical, and social aspects of mental health from birth to age three, reviewing a range of assessment techniques and providing detailed descriptions of specific disorders and clinical problems.

Material Title: **Happiest Baby on the Block, The (DVD)**
Author: Harvey Karp *DVDs* 2006 68 minutes

This DVD is presented by Dr. Karp who explains the "calming reflex" (an automatic "off-switch" for crying and "on-switch" for sleep all babies are born with). Dr. Karp shows different techniques to help calm baby's cries and help them sleep more. This DVD also includes bonus features: Dr. Karp answers 25 common parent questions, 3 effective calming sounds that can be played back all night. User guide included with DVD. Available in Spanish or English.

Material Title: **Happiest Toddler on the Block, The (DVD)**
Author: Harvey Karp *DVDs* 2004 69 minutes

This DVD is presented by Dr. Harvey Karp who provides information on typical toddler development (between 8 months-5 years old). He explains how to help prevent tantrums before they happen, help calm toddler's melt-downs, and how to build a loving and respectful relationship with the child. This DVD also includes a bonus feature of Dr. Karp answering 26 common parenting questions. Available in Spanish or English.

Material Title: **Help Yourself for Teens: Real-Life Advice for Real Life Challenges**
Author: Dave Pelzer *Books* 2005 164 pages

The author offers his home spun philosophy and aphoristic advice on how to approach some of the difficult challenges life tends to throw out. This book is intended for teenaged readers.

Child Development

Material Title: **Hurried Child, The: Growing Up Too Fast Too Soon**
Author: David Elkind *Books* 1981 200 pages

This book takes a hard look at children and stress. Elkind explores the pressure to cope, to succeed, and to win brought upon our children from every corner of society. Today's children are forced to achieve more, earlier, than their counterparts of any previous generation, and the media tell them that sex is in and childhood is out. Parents increasingly look to their children to rescue them from the despair of failed marriages, role conflict and job dissatisfaction. For dealing with and alleviating these and other pressures, Elkind offers insights, advice, and hope.

Material Title: **Learning the Dance of Attachment: An Adoptive Parent's Guide to Fostering Healthy Development**
Author: Holly, Charlotte van Gulden, Vick *Books* 2005 100 pages

This book, from the author of Real Parents Real Children, is a handbook style guide to raising adopted children, offering chapters devoted to specific developmental stages – though your child is nine, if she behaves more like a four-year-old, then that might be the developmental stage she is in. It is full of charts, lists, anecdotes, and guidelines that make it an easy tool for parents to use and refer back to.

Material Title: **Mozart Effect for Children, The: Awakening Your Child's Mind, Health, and Creativity with Music**
Author: Don Campbell *Books* 2000 263 pages

This book offers essential guidance that will enable parents and educators to better understand music as an aid to growth, development, mental and physical health, and creative awakening in our most precious human resource.

Material Title: **Multiple Intelligences: The Theory in Practice**
Author: Howard Gardner *Books* 1993 252 pages

This book brings together previously published and original work by Gardner and his colleagues at Project Zero to provide a coherent picture of what we have learned about the educational applications of MI theory from projects in schools and formal research over the last decade.

Material Title: **My Body, My Self for Boys* (Children's Materials)**
Author: Lynda Madaras *Children's Books* 2000 92 pages

Aimed at 8 to 15 year old boys, this book explores the changing body through quizzes, exercises, checklists, illustrations, and lots of personal stories from boys (and their fathers) about their growing-up concerns and experiences. It covers such topics as body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, and the emotional problems of puberty, diet, and health.

Material Title: **My Body, My Self for Girls* (Children's Materials)**
Author: Lynda Madaras *Children's Books* 2000 117 pages

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

Material Title: **No-Cry Sleep Solution for Toddlers and Preschoolers, The: Gentle Ways to Stop Bedtime Battles and Improve Your Child's Sleep**
Author: Elizabeth Pantley *Books* 2005 387 pages

This book provides tools to help your one- to six-year-old get in bed, stay in bed and sleep all night by providing no-cry solutions for: Bedtime battles, dawdling, and evening meltdowns; Night waking and early rising; Moving out of the crib and into a big-kid bed; Stopping nighttime visits to your bed; Handling naptime problems; Nightmares, separation anxiety and fears.

Material Title: **Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive**
Author: Daniel and Mary Hartzell Siegel *Books* 2003 250 pages

This book provides insights into how we remember, perceive reality, feel, communicate, attach to others, and make sense of our lives. The authors lay a scientific groundwork, but the book is written on a more "human" level. It is not adoption or pathology focused but more development focused.

Child Development

Material Title: **Pervasive Developmental Disorders: Finding a Diagnosis and Getting Help**
Author: Mitzi Waltz *Books* 1999 400 pages

Designed for parents, adults diagnosed with PDD, and professionals, this book shows how medications, therapies, and educational techniques can address symptoms and improve the lives of people with PDD. In some cases the results can be spectacular. Waltz includes a range of stories from parents who are raising children with PDD to cover such topics as: getting a diagnosis; treatment options; and coping with diagnosis and treatment.

Material Title: **Play Therapy**
Author: Virginia Axline *Books* 1993 374 pages

The author discusses the use of play therapy for children with behavioral, emotional or other psychological problems. The bulk of the text consists of highly readable annotated transcripts of therapeutic sessions that illustrate the principles. The transcripts are authentic, and the annotations include comments on errors the therapist makes, as well as positive points.

Material Title: **Preparing Youth for Adult Life (VHS)**
Author: Ed-Net Series *Videotapes* 1996 2 hours

A panel consisting of a therapist, an agency director, and an adoptive/foster parent discuss developmental issues for youth ages 11-30, with a focus on the additional developmental tasks adopted and foster youth face. The video will challenge adoptive parents to re-evaluate their views on defining family, honoring birth family connection, educating the community, understanding the tasks and steps that assist youth in moving into adulthood, and the wisdom of independent living at a particular age. This video is intended for parents of adolescents and young adults.

Material Title: **Raising a Child Responsibly in a Sexually Permissive World**
Author: Sol, Ph.D., and Judith Gordon, MSW Gordon *Books* 2000 233 pages

This book teaches parents how to give their children the guidance they need to develop healthy, positive attitudes about sex, and to counter media and peer pressures. It will help you to discuss this sensitive topic in an open, informed way and to take responsibility for being your child's primary sex educator.

Material Title: **Raising Adopted Children**
Author: Lois Melina *Books* 1998 370 pages

This 1998 update of the classic handbook on issues faced by adoptive families examines the child's physical, emotional and psychological development at every age. It also has chapters on special topics such as the multiracial family, serious behavior problems and single parent adoption.

Material Title: **Raising Cain: Protecting the Emotional Life of Boys**
Author: Dan Kindlon *Books* 1999 258 pages

Kindlon and Thompson make a compelling case that "emotional literacy" is the most valuable gift we can offer our sons, urging parents to recognize the price boys must pay when we hold them to an impossible standard of manhood. They illuminate the forces that threaten our boys, teaching them that "cool" equals macho strength and stoicism. Cutting through outdated theories of "mother blame," "boy blame," and "testosterone," the authors shed light on the destructive emotional training our boys often receive.

Material Title: **Raising Resilient Rascals 2008: Disk 1 (DVD)**
Author: DVD *DVDs* 2008 3 hours

This disk includes the following presentations from the 2008 conference: "The Nature and Nurture of the Brain" with Julian Davies; "The Dichotomy of Foster Care Adoption" with Paulette Caswell; and "Raising Resilient Rascals in a Raging Rambunctious World" – on sensory processing – with Stephen T. Glass.

Material Title: **Raising Resilient Rascals 2008: Disk 2 (DVD)**
Author: DVD *DVDs* 2008 3.5 hours

This disk includes the following presentations from the 2008 conference: "What Can Orphans Tell Us about the Family's Role in Promoting Child Well-Being? The Bucharest Early Intervention Study;" with Dana Johnson; "Why Does My Child Go Ballistic?" with Gwen Lewis; and a Question/Answer Panel with Presenters.

Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disk 2 (DVD)**
Author: DVD *DVDs* 2010 3 hours

Disk 2 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Understanding and Building Childhood Executive Functioning," presented by Gwen A. Lewis, Ph.D, A.B.Pd.N; "Enhancing Executive Function," presented by Julia M. Bledsoe, MD; "Panel Discussion: Advocating for your child's school needs."

Child Development

Material Title: **Self-Esteem: A Family Affair**
Author: Jean Clarke *Books* 1978 262 pages

This book offers a series of blueprints for building self-esteem as a foundation for a successful life at home in the everyday interactions between parents and children, and in the big decisions about child care and lifestyle.

Material Title: **Sexually Reactive and Aggressive Children (VHS)**
Author: Ed-Net Series *Videotapes* 1996 2 hours

EXPLICIT LANGUAGE: This panel presentation includes foster parents and two professionals. A continuum of behaviors is described for children from birth to age 12. In the first half, professionals, highlight the components of a good assessment (locating behavior along the continuum?) and types of treatment. In the second half, foster parents detail practical tips for living with children who act out sexually. The importance of supervision; establishing trust, boundaries, confidentiality and safety; open communication; and sex education are emphasized.

Material Title: **Siblings Without Rivalry**
Author: Adele Faber *Books* 1998 240 pages

This book, not related to adoption, challenges the notion that constant, unpleasant conflict among siblings is natural and unavoidable. It uses action-oriented, accessible anecdotes and stories to show parents many ways to teach children to get along. The highly informative text is punctuated with helpful summary/reminder boxes and cartoons illustrating key points.

Material Title: **Sleeping Through the Night: How Infants, Toddlers, And Their Parents Can Get A Good Night's Sleep**
Author: Jodi A. Mindell *Books* 2005 337 pages

This book covers Dr. Mindell's method for teaching a baby or toddler to fall asleep on his or her own and stay asleep. Dr. Mindell discusses the latest research and strategies, with reassurance and field-tested tips from her experience as a pediatric sleep expert and parent including: Giving newborns the right start on sleep; Handling nursing and sleep; Making the transitions from bassinet to crib and from crib to bed; Solving nap problems; Dealing with night terrors and nighttime fears; Sleep issues with multiples.

Material Title: **Smart Love**
Author: Martha Pieper *Books* 1999 234 pages

This book of practical tips, psychological insights and wise child-rearing will provide insights into why babies to adolescents do what they do and how you can steer a peaceful course through the daily challenges of parenting.

Material Title: **Smart Moves: Why Learning Is Not All In Your Head**
Author: Carla, Ph.D. Hannaford *Books* 1995 214 pages

The body's role in thinking and learning is presented in a readable format, thoroughly supported by scientific research. Hannaford, a neurophysiologist and educator, tells us why we must move and shows us how to move to fully activate our learning potential. Her insights will be of immediate value to learners of all ages, from the gifted to the so-called learning-disabled.

Material Title: **Therapeutic Metaphors for Children and the Child Within**
Author: Joyce Mills *Books* 1986 261 pages

For clinicians, presents a method of applying Erikson's metaphoric interpersonal technique for child therapy. Incorporates theory, technique, and examples to give the reader a full sense of the 'second generation' Eriksonian method of therapy with children of all ages.

Material Title: **Toddler Adoption: The Weaver's Craft**
Author: Mary Hopkins-Best *Books* 1997 247 pages

Most often, children are joining their permanent, adoptive families past the age of infancy but not yet as "older children." This book covers many aspects of adopting and parenting these young children: the decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. Until now, few written resources have been available to discuss this special age -- the toddler.

Material Title: **True/Not True: When Memories Can Be Trusted (DVD)**
Author: DVD *DVDs* 30 minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

Child Development

Material Title: **True/Not True: When Memories Can Be Trusted (VHS)**
Author: VHS *Videotapes* 30 Minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

Material Title: **Understanding Behaviors of Alcohol/Drug Affected & Neurologically Impaired Children (Audiotape)**
Author: Diane Malbin *Audiotapes* June 3, 2000 5 hours

From ORPARC with Diane Malbin: Malbin explains why traditional parenting and teaching techniques often fail with children affected by prenatal exposure to drugs or alcohol. She shows parents how to understand and work differently with the behavioral symptoms often exhibited by these children and what strategies and techniques do work and why. Also explored are primary and secondary behaviors and diagnoses that can overlap FAS/E, such as ADHD, Reactive Attachment Disorder, learning disabilities, and Oppositional Defiant Disorder.

Material Title: **Understanding Behaviors of Alcohol/Drug Affected & Neurologically Impaired Children (CD)**
Author: Diane Malbin *CDs* June 3, 2000 173 minutes

From ORPARC with Diane Malbin: Malbin explains why traditional parenting and teaching techniques often fail with children affected by prenatal exposure to drugs or alcohol. She shows parents how to understand and work differently with the behavioral symptoms often exhibited by these children and what strategies and techniques do work and why. Also explored are primary and secondary behaviors and diagnoses that can overlap FAS/E, such as ADHD, Reactive Attachment Disorder, learning disabilities, and Oppositional Defiant Disorder.

Material Title: **Understanding Children's Sexual Behaviors: What's Natural and Healthy**
Author: Toni Johnson *Books* 1998 20 pages

This 20-page booklet provides a definition of natural and healthy childhood sexual behaviors and contrasts this with 20 characteristics of children's sexual behaviors which might alert adults that an assessment of the child by a qualified professional is indicated.

Material Title: **Understanding Temperament**
Author: Lyndall Shick *Books* 1998 119 pages

This book is intended to help parents understand their child's unique, inborn temperament so they can solve problems by improving the "fit" between their child and the environment (people, situations, surroundings).

Material Title: **Understanding Your Child's Sexual Behavior: What's Natural and Healthy**
Author: Toni Cavanagh Johnson *Books* 1999 186 pages

This readable, easily understood book for parents and caregivers explains children's developing sexuality -- when their behaviors are normal and when to be concerned. It focuses on children from birth to approximately 12 years, providing valid strategies to both understand the behavior and respond to it.

Material Title: **Very Touching Book, A**
Author: Jan Hindman *Children's Books* 1983 50 pages

This book is intended to be read and shown to a child by a parent. Through pictures and words, it teaches appropriate and inappropriate touching. It is written on a child's level, but the cartoon like illustrations are anatomically correct to avoid confusion.

Material Title: **What's Happening to Me?* (Children's Materials)**
Author: Peter Mayle *Children's Books* 1994 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

Material Title: **What's Happening to My Body? Book for Boys, The* (Children's Materials)**
Author: Lynda Madaras *Children's Books* 2000 231 pages

This comprehensive puberty education and health book targets 8 to 15 year old boys. It offers down-to-earth information on the body's changing size and shape, the growth spurt, reproductive organs, voice changes, body hair, puberty, and much more. This best-selling classic includes an introduction for parents.

Child Development

Material Title: **What's Happening to My Body? Book for Girls, The* (Children's Materials)**
Author: Lynda Madaras *Children's Books* 2000 255 pages

This easy to read health book aimed at 8 to 15 year old girls provides factual information on all aspects of girls' transformation into womanhood. The introduction is for the parent, the book for the young girl. It addresses the body's changing size and shape, breasts, the reproductive organs, the menstrual cycle, body hair, and much more.

Material Title: **When Listening Comes Alive**
Author: Paul Madaule *Books* 1994 204 pages

This is a book about listening at all stages of life – for parents-to-be, hard-working professionals, teachers, early childhood educators and parents seeking help for learning disabled children or difficult teenagers. It describes the "Tomatis Listening Method," a series of techniques designed to develop and improve listening skills throughout life.

Material Title: **Why Can't My Child Behave? Why Can't She Cope? Why Can't He Learn?**
Author: Jane Hersey *Books* 1996 380 pages

Written by a family physician, this book tackles child behavior (and misbehavior) through the perspective of diet and nutrition. It shows how certain foods and chemicals in foods affect your child's behavior and offers sound advice on creating a more wholesome diet, and thus a more balanced child. This book will show what you can do to help your child and yourself – today!

Material Title: **Without Spanking or Spoiling: A Practical Approach to Toddler and Preschool Guidance**
Author: Elizabeth Crary *Books* 1979 98 pages

For every parent who has ever felt frustrated, bewildered, or discouraged, this workbook's rich use of vignettes and exercises will enhance your awareness of how kids think and feel. Crary's eclectic approach to guidance and discipline allows parents to choose tools that fit best with their child's temperament and their family's values. This workbook includes a leader's guide.

Material Title: **Your Body Belongs to You* (Children's Materials)**
Author: Cornelia Spelman *Children's Books* 1997 18 pages

This children's picture book teaches very young children about their bodies and about how to distinguish between "good touch" and "bad touch." It teaches children that their bodies belong to them and them alone, and that it is ok to say "no" to someone, even an adult, if touch makes them feel uncomfortable. It also encourages positive touch such as cuddling and hugging between parents, children, and friends, in a safe environment.

Material Title: **Your Child: Special Edition Newsweek 2000**
Author: *Journals/Newsletters Fall/Winter 2000*

This "Special 2000 Edition," devoted to raising children from birth to age three, is divided into five sections, First Steps, Learning, Health, Emotions, and The World. It emphasizes advances in science and understanding and the new challenges parents face in today's changing world.

Material Title: **Your Child's Growing Mind: Brain Development and Learning from Birth to Adolescence**
Author: Jane M Healy *Books* 2004 374 pages

This book looks at the roots of emotion, intelligence, and creativity, translating scientific research into practical suggestions for parents and teachers. Dr. Healy also addresses academic learning offering suggestions for how parents can help without pushing. She also examines learning disabilities, ADHD, and hazards of forced early learning.
