

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.

Parenting - General

Material Title: **101 Activities for Kids in Tight Spaces**
 Author: Carol Kranowitz *Books* 1995 162 pages

Full of fun, creative ideas to keep kids busy in "tight spaces," this book has something for all parents. From cooking fun to outdoor entertainment, the ideas in this book are designed to keep your kids happy wherever they may be.

Material Title: **1-2-3 Magic: Managing Difficult Behavior in Children 2-12 (DVD)**
 Author: Thomas W. Phelan DVD *DVDs* 2001 120 minutes

This DVD offers parents ideas for disciplining children without arguing, yelling or spanking. Learn how to: handle misbehavior in public; exercise self-control and be an effective disciplinarian at the same time; avoid the talk-persuade-argue-yell-hit syndrome; get your kids to stop obnoxious behavior; deal with six kinds of testing and manipulation; and more.

Material Title: **55 Favorite Communication Techniques: That Get Kids Talking & Thinking**
 Author: Lawrence E Shapiro *Books* 2005 137 pages

Expressing concerns, conflicts, and feelings are critical to a child's emotional and behavioral development. This book is divided into four sections describing proven techniques that help children "open up" about their feelings, including: 50 Conversation Cards, reproducible writing activities; and "talking rituals" to help make emotional communication a daily habit. Activities are designed for use by counselors, teachers, or parents. Ages 3 to 10

Material Title: **Adolescent Self, The**
 Author: David B. Wexler *Books* 1991 183 pages

Dr Wexler helps the reader understand the adaptive functions served by adolescent behaviors that are often viewed by others as simply pathological. The PRISM program teaches new coping skills through creative, often humorous activities, encouraging adolescents to be physically and mentally active throughout the treatment process. There is a workbook which accompanies this book. "The Prism Workbook."

Material Title: **Angry Child, The: Regaining Control When Your Child is Out of Control**
 Author: Tim, and Loriann Oberlin Murphy *Books* 2001 244 pages

This book explains both the roots of and solutions for uncontrollable anger in children, showing parents how to help their children develop new ways to understand their feelings and interact with others.

Material Title: **Baby Book, The: Everything You Need to Know About Your Baby From Birth to Age Two**
 Author: William, M.D. & Martha Sears, R.N. Sears *Books* 2003 767 pages

Dr. Bill and Martha Sears draw from their vast experience both as medical professionals and as the parents of eight children to provide comprehensive information on virtually every aspect of infant care. Working for the first time with their sons Dr. Bob and Dr. Jim, both pediatric specialists in their own right, the Seases have produced a completed updated guide that is unrivaled in its scope and authority. "The Baby Book" focuses on the essential needs of babies--eating, sleeping, development, health, and comfort--as it addresses the questions of greatest concern to today's parents. The topics covered include: bonding with your baby; feeding your baby right; soothing your fussy baby; getting your baby to sleep; understanding your baby's development; treating common illnesses; babyproofing your home; understanding toddler behavior; dealing with temper tantrums; toilet training; and, working and parenting. "The Baby Book" presents a practical, contemporary approach to parenting that reflects the way we live today. Seases acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child. "The Baby Book" is a rich an invaluable resource that willhelp you get the most out of parenting--for your child, for yourself, and for your entire family.

Willam Sears, M.D., and Martha Sears, R.N., are the pediatric experts on whom American parents increasingly rely for advice and information on all aspects of pregnancy, birth, childcare, and family nutrition. Dr. Sears was trained at Harvard Medical School's Children's Hospital and Toronto's Hospital for Sick Children, the largest children's hospital in the world. He has practiced pediatrics for more than thirty years. Martha Sears is a registered nurse, certified child-birth educator, and breastfeeding consultant. Robert Sears, M.D., aand James Sears, M.D., are board-certified pediatricians at the Sears Family Pediatric Practice in San Clemente, California.

Parenting - General

Material Title: **Becoming the Parent You Want To Be: A Sourcebook of Strategies for the First Five Years**
Author: Laura & Janis Keyser Davis *Books* 1997 415 pages

This book is not about adoption, but it offers 415 large pages on a wide range of issues parents face including crying, tantrums, fear, separation, childcare, sleep, eating, toilet training, difficult behavior, testing, biting, swearing, lying, parental anger, punishment, balancing needs in families, teaching kids to negotiate, sharing, gender roles, supporting children's friendships, diversity, sibling relationships, etc.

Material Title: **Behavior Management Using Supportive Controls (DVD)**
Author: Vera Fahlberg, M.D. *DVDs* 2003 95 minutes

Traditional methods of discipline will often fail with children who have been abused or neglected. In this insightful video, Dr. Vera Fahlberg presents Supportive Control, an alternative method of behavior management. Dr. Fahlberg speaks openly, compassionately, and informatively on the importance of positive solutions. She brings the prospect of hope to families who care for abused and neglected children. (description from Sociallearning.com) DVD also includes a Viewer Guide and Questionnaire.

Material Title: **Behavior With a Purpose: Thoughtful Solutions to Common Problems of Adoptive, Foster and Kinship Youth**
Author: Richard Delaney *Books* 2009 156

Provides a practical understanding of and clinically relevant interventions for common problems of youth in adoptive, foster and kinship homes. Specific attention is placed on food hoarding, wetting, defiance, lying, stealing and negative attention seeking behavior. The book also explains how the positive intent of adoptive, foster and kinship parents can often work at cross purposes with the motivations of the child. Numerous case examples illustrate the dynamics of a problem. The book firmly endorses the healing power of the family and is written from a strengths-based perspective.

Material Title: **Celebration of Family (Audiotape)**
Author: Audiotape *Audiotapes* 2001 45 minutes

With a diverse assortment of artists and musical styles, this cassette speaks to the beauty of family and the special relation of parents to their children. Artists include John Lennon, Yoko Ono, Faith Hill, Sweet Honey in the Rock, Brenda Lee, Boyz II Men, Raffi, Victoria Jackson, and several more. Among the songs is "Happy Adoption Day" by John McCutcheon. Also available on CD.

Material Title: **Challenging Behaviors in Young Children (DVD)**
Author: DVD *DVDs* 2006 50 min

This program (DVD) gives educators and parents the opportunity to observe firsthand the techniques used by teachers, in a state of the art preschool and research facility, effectively managing children with challenging behaviors. The esteemed authors of the book, "Challenging Behaviors in Early Childhood Settings; Creating a Place for All Children" offer their expert advice, which is then implemented in the classroom. This program includes: 1.)Live classroom footage of teachers effectively defusing actual crisis situations such as: tantrums, fighting, noncompliance, separation anxiety and other inappropriate behaviors in young children. 2.)How to model problem solving strategies and language. 3.)How to be an active listener to create an environment that fosters learning while giving students the skills to solve problems on their own.

Material Title: **Character Links: Stories and Activities for Teaching Children About Character* (Children's Materials)**
Author: Margaret Prien *Children's Books* 1998 140 pages

This illustrated book, with accompanying finger puppets and masks, introduces thirty-five important character qualities (such as patience, sharing, respectfulness, honesty, etc.). Each Character Link story is introduced by one of several winsome cat characters. The stories are appropriate for children ages three to eight. Each story is followed by a series of interactive questions and activities to help children understand the importance of the Character Link.

Material Title: **Common Sense Parenting: Building Relationships (DVD)**
Author: DVD *DVDs* 2006 28 minutes

This DVD explores several ways to build a better relationship: Catch your children being good and reward them with your praise and attention. Hold short but regular family meetings and have fun with them. Give your children a voice in family rules and decisions. Create predictable family routines that help children feel secure, and establish meaningful traditions that they will want to carry on into the next generation.

Material Title: **Common Sense Parenting: Correcting Misbehavior (DVD)**
Author: DVD *DVDs* 2007 30 minutes

This DVD can show you how to stop misbehavior and turn the problem situation into an opportunity to teach your child a better way to behave. The Common Sense Parenting technique of Corrective Teaching stops negative behavior, delivers a consequence, and teaches children a positive alternative behavior.

Parenting - General

Material Title: **Common Sense Parenting: Helping Kids Succeed in School (DVD)**
Author: DVD *DVDs* 2008 27 minutes

This DVD shows what parents can do at home and in partnership with the school to help kids succeed at school. At home, you can encourage your child to read, be positive about school activities, establish a time, place, and rules conducive to doing homework, and ask for tutoring help if needed. This DVD also gives tips on what you can do to help children improve their behavior, follow the school's code of conduct, and meet teacher's expectations. Finally, learn how to stay informed of your child's progress, work cooperatively with school staff to resolve problems, and enlist teachers and administrators as partners in helping your child.

Material Title: **Common Sense Parenting: Preventing Problem Behavior (DVD)**
Author: DVD *DVDs* 2007 28 minutes

On this DVD, you'll see the Common Sense Parenting technique of Preventive Teaching, showing children what they need to do and say in a future situation and practicing it in advance. Often, what you need to teach a child is an appropriate social skill - how to follow instructions, how to accept "no" for an answer, how to share - to replace the problem behavior. The key to preventing problems is teaching before a potential problem situation occurs, when both you and your child are calm. Preparing children by helping them learn social and life skills not only helps prevent disruptive behavior but can also save them from experiencing awkward, embarrassing, or even dangerous situations.

Material Title: **Common Sense Parenting: Teaching Children Self-Control (DVD)**
Author: DVD *DVDs* 2006 28 min

Teaching children how to stay in control when they are frustrated or angry is a difficult parenting challenge. This DVD gives you the tools to handle emotionally intense situations with your child. Learning how to stay calm yourself is the first step you must take when facing an upset child. Then the DVD demonstrates how you can calm the child down and, once he or she is in control again, do a follow-up teaching. Here, the child practices how to behave better when feeling angry or upset. Teaching self-control gives both of you the time and space to calm down and to work toward fewer angry outbursts in the future.

Material Title: **Correcting Without Criticizing: The Encouraging Way to Talk to Children About Their Misbehavior**
Author: John Taylor *Books* revised 1995 36 pages

This booklet offers advice to parents, teachers, counselors and any other adults who work with children and teens. It offers suggestions on how to improve communication with children, teach decision-making, and implement preventative discipline. Included is a step-by-step model for effective communication and an explanation of the roles parents should avoid.

Material Title: **Creating Ceremonies: Innovative Ways to Meet Adoption Challenges**
Author: Cheryl, Rhea Lieberman, Bufferd *Books* 1999 123 pages

Rituals and ceremonies can help us cope with important transitions in our lives. The authors of this book offer ideas that parents can use and modify to create ceremonies in their adopted children's lives that will help them deal with celebration, transition, self-esteem, loss, fears, anniversaries and more.

Material Title: **Creative Answers to Misbehavior: Getting out of the Ignore-Yell-Punish Cycle**
Author: John Taylor *Books* 1992 28 pages

This booklet includes 16 "Creative Ways to Confront the Child About Misbehavior" and 13 "Effective Disciplinary Responses to Misbehavior."

Material Title: **Dealing With Your Kid's 7 Biggest Troubles**
Author: Val J. Peter *Books* 2000 102 pages

This thought-provoking guide, filled with practical advice, insight, and cautionary tales, reflects on the destructive impulses that threaten the emotional, physical and spiritual life of youth and families.

Material Title: **Discipline: Teaching Limits with Love (DVD)**
Author: DVD *DVDs* 2008 30 Min

In this DVD from the "I Am Your Child Video Series," Dr. T. Berry Brazelton shows parents that setting limits is not punishment, but a loving way to teach a child how to control his or her own behavior.

Material Title: **Encouraging the Discouraged Child: Boosting Your Child's Self-Confidence**
Author: John Taylor *Books* 1995 (revised) 35 pages

This booklet, a guide for parents, teachers and counselors, offers ideas on developing and maintaining self-esteem in children, boosting self-confidence by teaching children how to handle mistakes, and avoiding perfectionism.

Parenting - General

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: **Five Love Languages of Children, The**
Author: Campbell, Ross Chapman, Gary *Books* 1997 224 pages

The authors describe five "love languages" and suggest that your child has one primary "language" with which he or she expresses love and understands it from you. The "languages" are physical touch, words of affirmation, quality time, gifts, and acts of service. One should become familiar with all five since a child can communicate and understand love in other "languages" than his or her primary one and the primary language may change many times.

Material Title: **Five Love Languages of Children, The (Audiotape)**
Author: Audiotape *Audiotapes* 1997 165 minutes

Read by Gary Chapman, the author describes five "love languages" and suggest that your child has one primary "language" with which he or she expresses love and understands it from you. The "languages" are physical touch, words of affirmation, quality time, gifts, and acts of service. One should become familiar with all five since a child can communicate and understand love in other "languages" than his or her primary one and the primary language may change many times.

Material Title: **From Fear to Love**
Author: Bryan Post *Books* 2010 114

Bryan Post speaks to parents about the challenges they face when dealing with behaviors that are often present for adopted children. He helps parents understand the impact of early life trauma and the impact of interruptions in the attachment process. In his compassion for parents and children he offers hope and solutions for the challenges families face. Many parents of adopted children express their fear not only for their child's present behaviors, but for what will become of them in the future. Bryan's straightforward, clear-cut approach has created peace and healing for hundreds of families; families who once operated in fear, are now experiencing love.

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: **Good Son, The: Shaping the Moral Development of Our Boys and Young Men**
Author: Michael Gurian *Books* 1999 358 pages

This book is a guide to the moral and emotional development of boys and young men. It provides a complete parenting program, showing parents how to instill virtues in boys at each of the developmental stages: the Age of Obedience (birth to six); the Age of Convention (seven to twelve); and the Age of Moral Intuition (thirteen to eighteen).

Material Title: **Good Son, The: Shaping the Moral Development of Our Boys and Young Men (Audiotape)**
Author: Michael Gurian *Audiotapes* 1999 2 hrs. 48 min.

This audio book is a guide to the moral and emotional development of boys and young men. It provides a complete parenting program, showing parents how to instill virtues in boys at each of the developmental stages: the Age of Obedience (birth to six); the Age of Convention (seven to twelve); and the Age of Moral Intuition (thirteen to eighteen).

Material Title: **Good Son, The: Shaping the Moral Development of Our Boys and Young Men (CD)**
Author: Michael Gurian *CDs* 1999 2 hrs. 48 min.

This book is a guide to the moral and emotional development of boys and young men. It provides a complete parenting program, showing parents how to instill virtues in boys at each of the developmental stages: the Age of Obedience (birth to six); the Age of Convention (seven to twelve); and the Age of Moral Intuition (thirteen to eighteen).

Parenting - General

Material Title: **Great Behavior Breakdown, The**
Author: Bryan Post *Books* 2009 164

The Great Behavior Breakdown identifies 27 of the most problematic, serious, and challenging behaviors that parents face, broken them down, and provided step-by-step guidance and insight for transforming your family conflict immediately. This is a must-read book for any parent or professional working with children who have seemingly uncontrollable behavior. Common diagnoses for such children are Reactive Attachment Disorder, Oppositional Defiant Disorder, Bi-Polar Disorder, Conduct Disorder, Attention Deficit Hyperactivity Disorder, Depressive Disorder, and Autism Spectrum Disorder.

Material Title: **Growing Up Again**
Author: Jean Illsley & Connie Dawson Clarke *Books* 1989 270 pages

This book provides essential information about ages and stages of development, ways to nurture our children and ourselves, and tools for personal and family growth. This new edition also addresses the special demands of adopted children and blended families, the character of prenatal life and our final days, and the growing problem of overindulgence.

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: **Helping Hands and Smiling Faces: Getting Cooperation on Household Chores**
Author: John Taylor *Books* 1995 34 pages

This parent's guide for encouraging children to cooperate in doing household chores includes an explanation of the importance of including children in family chores, a description of chores to be done, ways to set up the assigning of chores and more.

Material Title: **Home-Along America: The Hidden Toll of Day Care, Behavioral Drugs, and Other Parent Substitutes**
Author: Mary Eberstadt *Books* 2005 180 pages

With chapters on day care, violence by angry children, obesity, child mental health, prescription drugs for kids, teenage music, teen sex, and more, Eberstadt calls into question the direction she believes America is headed as more and more homes leave children at home alone (or in daycare or with sitters) while the parents go off to work.

Material Title: **How to Behave So Your Children Will Too! (VHS)**
Author: VHS *Videotapes* 2000 3 hours 38 mins

This VHS offers stories, ideas, and solutions gathered over eighteen years by Sal Severe, Ph.D., that are presented to help parents teach children how to behave, listen the first time, and be more cooperative. It shows parents how to be consistent, control their anger, and prevent arguments and power struggles.

Material Title: **How to Talk So Kids Can Learn At Home and in School**
Author: Adele Faber *Books* 1995 266 pages

This book offers parents and teachers unique strategies, down-to-earth dialogue, and interesting cartoons to help them help school age children handle the everyday problems that interfere with learning.

Material Title: **How to Talk So Kids Will Listen and Listen So Kids Will Talk**
Author: Adele Faber *Books* 1980 233 pages

This book provides a step-by-step approach to improving relationships in your house. The "Reminder" pages, helpful cartoon illustrations, and excellent exercises will improve your ability as a parent to talk and problem-solve with your children.

Parenting - General

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: **I Am Your Child: video series (DVD)**
Author: DVD *DVDs* 2008 3 Hours

This video series features practical advice for parents, teachers, health professionals and caregivers to help ensure a healthy start in the lives of our children. Topics include: "Ready to Learn"; "Safe from the Start"; "The First Years Last Forever"; "To Be a Father"; "Your Healthy Baby"; "Discipline: Teaching Limits with Love"; "Quality Child Care: Making the Right Choice for You & Your Child". Some titles are available individually.

Material Title: **Incredible Years, The**
Author: Carolyn Webster-Stratton *DVDs* 2005 312 pp

Divided into three parts, "Foundations for Successful Parenting," "Communicating and Problem Solving," and "Coping with Common Behavior Problems," this revised edition offers a wide range of techniques and strategies. Easy to read chapters are well organized with summaries at the end and include information on caring for yourself and working with teachers.

Material Title: **Kids Online: Protecting Your Children in Cyberspace**
Author: Donna Rice Hughes *Books* 1998 253 pages

This book provides simple step-by-step directions for keeping kids safe while still allowing them the many benefits of the Internet. It offers a detailed description of the serious risks of cyberspace, and gives advice on providing rules and regulations regarding online activity. This book also outlines basic computer and Internet terms and usage, for parent's who aren't exactly Internet-savvy.

Material Title: **Laughter: The Best Antidote to Parent Burnout (2 CDs)**
Author: CD *CDs* 2008 90 minutes

This workshop will examine a very important preventative of parent burnout. The speaker will offer concrete ideas on how to bring more laughter to one's home life, which will not only lighten the load around the household but will also increase parent-child bonding.

Material Title: **Liberated Parents/Liberated Children: Your Guide to a Happier Family**
Author: Adelene Faber *Books* 1974 248 pages

This book is filled with anecdotes, observations, dialogues, and practical suggestions any parent can learn from and use.

Material Title: **Listening for Feelings**
Author: John F. Taylor *Books* 1990 27 pages

This booklet gives parents techniques for helping children express their genuine feelings. It emphasizes the importance of honest, open communication between parents and their children. It shows parents how to: teach children healthy ways to assert themselves; provide a genuine childhood; and let children experience positive personal power.

Material Title: **Manners* (Children's Materials)**
Author: Alik *Children's Books* 1990 30 pages

This colorful and imaginative picture book for young children demonstrates the behavioral do's and don'ts of a host of everyday situations. It is humorous and compelling.

Material Title: **More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem (VHS)**
Author: Thomas W. Phelan Video *Videotapes* 2000 120 minutes

This video shows parents how to encourage good behavior. Points of focus include 3 parental qualities that foster competence in kids; how to encourage and respect your child's growing independence; 10 strategies for building self-esteem; making mealtimes more enjoyable; getting kids to pick up after themselves; how to avoid homework civil wars; family meetings; and more.

Parenting - General

Material Title: **No More Sibling Rivalry: A Practical Guide for Parents**
Author: John Taylor Books 1995 35 pages

This booklet shows parents how to decrease competition among siblings, strengthen the bonds between family members, help children to feel they are an important part of the family, and more.

Material Title: **No-Cry Discipline Solution, The: Gentle Ways to Encourage Good Behavior Without Whining, Tantrums, and Tears**
Author: Elizabeth Pantley Books 2007 304 pages

While this book does not focus on children with special needs, and your child may require a much more therapeutically focused approach, there may still be usable tidbits here especially in the sections on taking care of yourself. The first 3 parts of this book for parents of two to eight-year-olds, present "Essential Parenting Attitudes;" "Parenting Skills and Tools;" and "Staying Calm and Avoiding Anger." Part 4 offers "Specific Solutions for Everyday Problems" – 33 of them, including baby talk; bossiness; car problems; doesn't come when called; hitting, kicking, and hair pulling; playtime behavior; sleep issues; and much more.

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 396

Getting babies to sleep through the night is one thing; getting willful toddlers and energetic preschoolers to sleep is another problem altogether. Written to help sleep-deprived parents of children ages one to five, The No-Cry Sleep Solution for Toddlers and Preschoolers offers loving solutions to help this active age-group get the rest they--and their parents--so desperately need.

A follow-up to Elizabeth Pantley's megahit The No-Cry Sleep Solution, this breakthrough guide is written in Pantley's trademark gentle, child-centered style. Parents will discover a wellspring of positive approaches to help their children get to bed, stay in bed, and sleep all night, without having to resort to punishments or other negative and ineffective measures. The No-Cry Sleep Solution for Toddlers and Preschoolers tackles many common nighttime obstacles, including: Refusals to go to bed, Night waking and early rising, Reluctance to move out of the crib and into a big-kid bed, Nighttime visits to the parents' bed, Naptime problems, Nightmares, "night terrors," and fears, Special sleep issues of twins, special needs children, and adopted children, Sleepwalking, sleep talking, snoring, and tooth grinding.

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: **Off Road Parenting: Practical Solutions for Difficult Behavior**
Author: Caesar, Patricia, & Lee Pacifici, Chamberlain, & Whit Books 2002 pages plus a DVD

The book and DVD work together, chapter by chapter, to help parents discover how to get their family back on a positive track. Spiced with Stone Soup cartoons, Off Road Parenting guides the reader to positive and caring solutions with clear and simple language.

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.

Material Title: **Parenting Teens with Love and Logic**
Author: Foster, Jim Cline, Fay Books 1992 253 pages

This book is a guide to preparing adolescents for responsible adulthood from the authors of Parenting with Love and Logic.

Material Title: **Parenting with Dignity**
Author: Mac Bledsoe Books 2005 218 pages

Mac Bledsoe, a successful father, high school teacher, and coach, presents a dignified way to parent based on the philosophy that whether you want to believe it or not, your children will make ALL the important decisions in their life on their own. This book attempts to teach you how to empower your children to make good decisions.

Parenting - General

Material Title: **Parenting with Dignity: Getting Beyond Crisis Management - A Five Point Plan for Raising Responsible, Independent Kids (3 DVD's)**
Author: DVD *DVDs* 2005 9 Hours

Parenting with Dignity teaches parents how to instill a sense of responsible decision making in their kids. A positive approach to parenting that is simple, easily understood, applicable in any situation, and incredibly intuitive. The premise of the Parenting with Dignity philosophy is: "Our children will make all of the most important decisions in their lives - on their own. As parents, the only thing we can do is teach them how to make good decisions."
A Parents Workbook for you to keep should accompany these DVD's and you can download it from the website if you like. Also available in Spanish.

Paternidad con Dignidad enseña a los padres cómo inculcarles a sus hijos un sentido de cómo realizar decisiones con responsabilidad. Es un enfoque positivo a la crianza de los niños, se le comprende fácilmente, es aplicable en cualquier situación, y es muy intuitivo. La premisa de la filosofía de Paternidad con Dignidad es: "Nuestros hijos llevarán a cabo todas las decisiones más importantes en sus vidas--por sí mismos. Como padres, lo único que podemos hacer es enseñarles cómo realizar buenas decisiones". Un cuaderno de ejercicios para padres acompaña los discos (DVD) y se puede bajar este cuaderno de ejercicios del Internet. Estos discos están disponibles en español e inglés.

Material Title: **Parenting with Dignity: The Early Years**
Author: Mac Bledsoe *Books* 2005 249 pages

In this book, Mac Bledsoe applies his five rules of parenting to help parents of children aged two to six overcome the most common and frustrating challenges associated with the toddler and pre-school years, such as: acting out behaviors, eating problems, getting dressed, manners, sibling rivalry, discipline, bedtime, potty training, and more.

Material Title: **Parenting with Love and Logic: Teaching Children Responsibility**
Author: Foster, Jim Cline, Fay *Books* 1990 224 pages

This book helps parents learn to view the behavior, not the child, as the problem. It promotes a philosophy of drawing the child into partnership to work side by side with the parents to jointly solve problems. However, it does not address problems caused by neurological impairment as is often the case for alcohol affected youngsters.

Material Title: **Parenting without Pressure: A Whole Family Approach**
Author: Teresa A. Langston *Books* 1994 142 pages

Emphasizing communication, unconditional love, and a structured environment, this "Parent's Guide" will show you ways to involve the whole family in the parenting process, establish fair rules with workable consequences and motivating incentives, and avoid the pressure of making on-the-spot disciplinary decisions. You'll find out how to give up the struggle but keep your authority, and you'll learn how discussions about rules and consequences prepare your children for the real world ahead.

Material Title: **Parenting Your Adopted Child**
Author: Stephanie Siegel *Books* 1989 234 pages

From infancy through the teenage years and beyond, this book serves as a practical manual. For each stage of adoption, it provides advice on how to handle the issues of adoption including special needs adoption, special situations, and common questions.

Material Title: **Pick Up Your Socks... and Other Skills Growing Children Need: A Practical Guide to Raising Responsible Children**
Author: Elizabeth Crary *Books* 1990 105 pages

This book shows parents how encouraging responsibility will produce a youngster who becomes a competent adult. Questions about discipline, household chores, homework, and independent living skills are answered through examples and exercises. It includes an expectation guideline, tips, and a job chart listing average ages kids do household chores.

Material Title: **Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems**
Author: Jane Nelsen *Books* 1999 317 pages

This revised and expanded handbook is divided into two parts. Part One: Basic Positive Discipline Parenting Tools offers thirty pages of basic parenting tips, ideas and strategies. Part Two: Positive Discipline Solutions from A to Z offers 285 pages of specific ideas for dealing with an array of problem areas listed in alphabetical order.

Material Title: **Preparing for the Teen Years (Audiotape)**
Author: Gregory Keck *Audiotapes* February 26, 2000 5 hours

Dr. Keck addresses a Portland audience of adoptive parents and adoption professionals to talk about some of the unique issues that surface for families when adopted children go through adolescence, including discipline, school, etc.

Parenting - General

Material Title: **Prism Workbook, The**
Author: David B. Wexler *Books* 1991 73 pages

The exercises in this workbook are intended to help you develop better control over your behavior, thoughts and feelings. Wexler identifies basic building blocks for self-management as Self-Talk, Self-Soothing and Self-Expression and says that putting these together will give you the power to take charge of your life, to stop doing things automatically, and to increase your options.

Material Title: **Project MAP: Make A Plan**
Author: Independent Insurance Agents of America *Books* 1999 59 pages

Developed by the Independent Insurance Agents of America, this guide to disaster planning considers the safety of you, your family, and your property. It provides tips on preparing for disasters - from fires to tornados to blizzards - as well as advice on how to act during and after them.

Material Title: **Raising Cain: Caring for Troubled Youngsters/Repairing Our Troubled System**
Author: Richard Delaney *Books* 1998 228 pages

A nationally renowned child and family psychologist, Dr. Delaney offers clear, easily understood strategies for parenting children who have experienced trauma. Through short vignettes, Delaney demonstrates family-based strategies that address behavioral problems and their underlying issues. In additional chapters, he discusses the impact raising a troubled child has on the adoptive family, emphasizing why adoptive moms are so predictably victimized and offers ways we can better protect the interests of adoptive children and their families.

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 Children Who Refuse To Be Raised**
Author: Dave Ziegler *Books* 2000 310 pages

Dr. Ziegler, the founder and Executive Director of SCAR/Jasper Mountain, a treatment program for some of our society's most damaged children, has also been a foster parent to hundreds of challenging children. He provides a mix of wisdom that comes from working in this field for 30 years, humor, and practical tools for families and their therapists/coaches. The safe emotional environment he describes combines optimal structure and appropriate limits with nourishment and compassion.

Material Title: **Raising Kids without Raising Cane: A Guide to Managing Young Children's Behavior in Helpful and Healthy Ways**
Author: Gary Drenfield *Books* 1993 60 pages

This booklet for parents of kids age 2 to 6 is not adoption or special needs oriented, but it offers practical ideas and a gentle philosophy in a straight forward manner in 60 small pages.

Material Title: **Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child**
Author: Robert Brooks *Books* 2001 293 pages

The authors, two renowned child psychologists, explore why some kids are able to overcome tremendous obstacles while others become victims of early experiences and environments. They also explain why many parents, despite the best intentions, unwittingly undermine their children's capacity for resilience. The book offers effective strategies for identifying and eliminating these negative scripts.

Material Title: **Real Parents, Real Children: Parenting the Adopted Child**
Author: Holly Van Gulden *Books* 2001 279

This title, which covers all aspects of adoption, argues that whatever happened, whenever it took place, and for whatever reasons, children in need of adoption have become separated from their birth parents and their genetic roots. Though writing for the adoptive parent, the authors have produced a book that will also be useful for professionals working with adoptive families. One fear among expectant parents is whether they and their child will be close. Adoptive parents ask, "Can I love an adopted child the same as I would a birth child?" Beginning with bonding of child to parent, the authors do a fine job on the developing child, covering early infancy through adolescence. Leading authority Van Gulden offers practical advice for parents on how to talk with their children about adoption and how to help them through the rougher times of growing up adopted. Highly recommended for academic and public libraries with strong reader interest in this area.

Parenting - General

Material Title: **Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (DVD)**
Author: Vera Fahlberg *DVDs* 1992 70 min.

From "The Dr. Vera Fahlberg Collection" with 9-page viewer's manual: Troubled kids from troubled backgrounds often bring deep-seeded problems to their new homes. However, foster and adoptive parents can prepare themselves by developing an effective re-education plan. In this informative video, Dr. Fahlberg discusses how to overcome a child's resistance to change and provide both personal and social relearning experiences.

Material Title: **Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (VHS)**
Author: Vera Fahlberg *Videotapes* 1992 67 min

From "The Dr. Vera Fahlberg Collection" with 9-page viewer's manual: Troubled kids from troubled backgrounds often bring deep-seeded problems to their new homes. However, foster and adoptive parents can prepare themselves by developing an effective re-education plan. In this informative video, Dr. Fahlberg discusses how to overcome a child's resistance to change and provide both personal and social relearning experiences.

Material Title: **Safe Passages (Audiotape)**
Author: Richard Delaney *Audiotapes* 1999 3 hours

The first 15 minutes is opening remarks from Kathy Ledesma, DHS Adoption Manager. The Delaney material consists of nuggets of parenting wisdom presented in a most entertaining format. He advocates thinking unconventionally with kids who have had unconventional experiences and describes survival behaviors of special needs children. Delaney believes placements often destabilize when adoptive parents become aware of feelings they never experienced before. He emphasizes the importance of support groups, parent mentors, and respite for adoptive families.

Material Title: **Safe Passages (CD)**
Author: Richard Delaney *CDs* 1999 4 hrs. 26 min.

The first 15 minutes is opening remarks from Kathy Ledesma, DHS Adoption Manager. The Delaney material consists of nuggets of parenting wisdom presented in a most entertaining format. He advocates thinking unconventionally with kids who have had unconventional experiences and describes survival behaviors of special needs children. Delaney believes placements often destabilize when adoptive parents become aware of feelings they never experienced before. He emphasizes the importance of support groups, parent mentors, and respite for adoptive families. (6 CDs)

Material Title: **Saving F.A.C.E. Approach, The (2 CDs)**
Author: CD *CDs* 2008 90 minutes

This workshop will discuss how to find unconditionally committed permanent parents for teens using this three-pronged approach: friends, acquaintances, and community education.

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: **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: **Sleepless in America: Is Your Child Misbehaving or Missing Sleep?**
Author: Mary Sheedy Kurcinka *Books* 2006 331

Sleepless in America offers weary and frustrated parents a helping hand and an exciting new approach to managing challenging behaviors by integrating research on stress, sleep, and temperament with practical strategies and a five-step approach that enables parents to help their "tired and wired" children get the sleep they so desperately need.

Material Title: **Spirituality and Unconditional Commitment: Surefire Antidotes to Adoption Disruption and Foster Care Drift (2 CDs)**
Author: CD *CDs* 2008 90 minutes

Parenting - General

Material Title: **Successful Parenting: Self-Esteem is the Key (DVD)**
Author: DVD *DVDs* 1999 18 Min

This DVD describes the characteristics of children with high self-esteem, shows how words affect children, and offers ten practical suggestions for enhancing self-esteem.

Material Title: **Supernanny: How to Get the Best from Your Children**
Author: Jo Frost *Books* 2005 224 pages

This book, from TV's *Supernanny*, is divided into action-oriented problem and solution sections. It shows parents how to restore harmony and authority in the home using the Supernanny's ten basic rules for setting boundaries, managing mealtimes, even surviving toilet training, and her effective, no-nonsense approach to problem-solving.

Material Title: **Supporting Brothers and Sisters: Creating a Family by Birth, Foster Care, and Adoption**
Author: Arleta M. James *DVDs* 2005 96 minutes

The video clips are facilitated by Gregory C. Keck, founder and director, Attachment and Bonding Center of Ohio. The video features five families parenting a combination of typically-developing children and adopted children. The adoptees arrived in the family after experiencing trauma – institutionalization, multiple foster homes, physical abuse, sexual abuse, neglect, pre-natal drug/alcohol exposure and abandonment. The parents and the typical kids speak candidly about their expectations prior to placement, and these families speak to adjusting these expectations post-placement – the losses experienced, dealing with negative behaviors, time management, and the development of daily and long-term coping strategies. The families also acknowledge the positive aspects of building a family via adoption.

Material Title: **Systemic Parenting: An Exploration of the Parenting Big Picture**
Author: Mark Gaskill, MFT *Books* 2003 413 pages

Drawing largely on his clinical experience counseling families, Gaskill examines and elaborates a series of "systemic laws" of parenting - laws respecting the whole of a family's complex interactions. Since Gaskill uses anecdotes from his practice rather than lengthy citations from outside sources, his style is familiar and readable, while remaining professional.

Material Title: **Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens**
Author: Judy Owens *Books* 2005 274

Babies aren't the only ones who have trouble sleeping—kids and teens have sleep problems too, and *Take Charge of Your Child's Sleep* has the answers you need to help your child get a good night's sleep. Drs. Owens and Mindell, two of the country's foremost experts in pediatric sleep issues, offer simple, proven strategies and sage advice for solving the sleep problems that many kids and teenagers face, including:

- Not getting enough sleep
- Difficulty falling asleep and staying asleep
- Sleepwalking and sleep terrors
- Nighttime fears and nightmares
- Sleep apnea and other breathing problems that occur during sleep
- Issues related to ADHD and other medical and emotional problems
- Disorders such as insomnia, narcolepsy, restless legs syndrome, and much more

Complete with sections on common myths about children's sleep, using medication to help your child sleep, and the high cost of sleep deprivation in teens, *Take Charge of Your Child's Sleep* is the essential, all-in-one guide to understanding and solving your child's sleep problems.

Material Title: **Taming the Dragon in Your Child**
Author: Meg Eastman *Books* 1994 213 pages

Dr Eastman's true-life examples let you zero in on the sources of rage and defuse problem situations before they explode. Learn to recognize the warning signs of serious family stress; understand your own anger-the dragons that families pass from one generation to the next; keep sibling rivalry in check; discipline without inhibiting personal development; and handle special problems-divorce, abuse, trouble at school, death, and other crises.

Material Title: **Teaching Kids to Make Good Decisions: Common Sense Parenting Series (DVD)**
Author: DVD *DVDs* 2008 31 minutes

On this DVD, you'll see how to teach children a structured way of looking at a situation or problem. This process helps children describe a situation, consider what options they have, and finally, choose the solution they think will work best. Building a good relationship with children, teaching them how to say "no" and mean it, to disagree appropriately, and to make good decisions will prepare them for times when they are pressured by their peers to make difficult choices.

Parenting - General

Material Title: **Teaching Social Skills to Youth**
Author: Tom Dowd *Books* 2005 257 pages

This book features step-by-step component behaviors to 182 skills, from the basic (following instructions and introducing yourself) to the complex (managing stress and resolving conflict), and helps youth to recognize when, where, or with whom to use a particular skill. It also shows how to plan skill-based treatment interventions for youth with difficult problems such as substance abuse, aggression, depression, or attention deficits. Includes a CD-ROM that helps readers search for social skills by title, category, or problem behavior and allows printed copies of social skill steps for display.

Material Title: **Temperament Tools: Working with Your Child's Inborn Traits**
Author: Hellen Neville *Books* 1998 119 pages

This book is to help parents understand what makes their child tick so they can adapt their parenting style to his or her individual needs. It describes many types of children and offers strategies to help life go more smoothly.

Material Title: **Tender Healing (VHS)**
Author: Spaulding for Children *Videotapes* 1997 45 minutes

A Video Curriculum for Foster, Adoptive and Kinship Care Parents, with Drs. Vera Falhberg, Richard Delaney and Joseph Crumbley. This DVD features three segments designed to help parents and professionals better understand issues related to helping troubled children. The three components include: Part 1: Helping Children Make Transitions/ Part 2: Helping Children Build Attachments/ Part 3: Effective Strategies for Discipline Designed for parents caring for children in the child welfare system who have been abused or neglected.

Material Title: **Uncommon Voyage: Parenting a Special Needs Child**
Author: Laura Kramer *Books* 2001 245 pages

This book is a true story of one woman's journey from innocence and denial to enlightenment and empowerment. Through detailed journaling, Kramer recounts the steps she and her family have taken since her son was diagnosed with cerebral palsy in 1984.

Material Title: **Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason**
Author: Alfie Kohn *Books* 2006 272 pages

Kohn questions why parenting literature focuses on compliance and quick fixes, and points out that docility and short-term obedience are not what most parents desire of their children in the long run. He insists that "controlling parents" are actually conveying to their kids that they love them conditionally—that is, only when they achieve or behave. Kohn suggests parents help kids solve problems; provide them with choices; and use reason, humor and, as a last resort, a restorative time away (not a punitive time-out).

Material Title: **Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason (DVD)**
Author: Alfie Kohn *DVDs* 2005 2 hours

Kohn argues that punishments (including time-outs) and rewards may sometimes produce temporary compliance, but they do nothing to help kids grow into responsible, caring, ethical, happy people. Moreover, he suggests that permissiveness is less worrisome than a fear of permissiveness that leads us to over-control our children. Kohn concludes with ten important guidelines to help viewers reconnect to their own best instincts as parents.

Material Title: **When Anger Hurts Your Kids: A Parent's Guide**
Author: Matthew McKay *Books* 1996 157 pages

This book targets families with anger and communication difficulties. It offers information about the long-term effects of anger and how to prevent them early on. This book describes how to tell if your family has anger problems, how anger affects children, 18 mistaken beliefs that fuel your anger, the art of problem-solving communication, and more.

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 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.
