

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

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Material Title: **200 Ways to Raise a Girl's Self-Esteem: Indispensable Guide for Parents, Teachers & Other Concerned Caregivers**

Author: Will Glennon *Books* 1999 255 pages

"200 Ways to Raise a Girl's Self-Esteem" provides straightforward advice and helpful guidelines for parents and teachers who want to help girls build positive self-images and develop full, exuberant lives.

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Material Title: **Adolescence and Other Temporary Mental Disorders (DVD)**

Author: DVD *DVDs* 2010 *our* 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.

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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.

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Material Title: **Adopted Adolescent, The (CD)**

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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.

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Material Title: **Adopted Child in Middle Childhood, The (CD)**

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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.

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Material Title: **Adoption Parenting: Creating a Toolbox, Building Connections**

Author: Jean MacLeod and Sheena Macrae *Books* 2006 485 pages

Over 100 contributors have helped to weave this tapestry of advice for adoptive parents. It looks at FASD, trauma and PTSD, sensory integration, speech and language delays, and at ways to effectively parent a post-institutionalized child or a child who has experienced trauma. You may not read it all at once, but you'll come back to it again and again as your child's self-awareness develops and your awareness of how to help increases.

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Material Title: **Advanced Parenting: Understanding Trauma and Activities That Heal (CD)**

Author: Kay Dechario and Kelly Winters *CDs* 8/6/2011 15 minutes

Presented by Kay Dechario and Kelly Winters of the Center for Child and Family Therapy, Colorado at the 37th NACAC Conference 2011 in Denver, Colorado. This session offers an overview of trauma (definitions, causes, and current perspectives) while focusing on issues that affect adoptive families. The presenters will cover behavioral challenges, school difficulties, and family regulation, and will present activities that enrich attachment, and brain development, and create change. Attendees will be able to begin implementing tools immediately.

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Material Title: **An Activity-Based Approach to Developing Young Children's Social Emotional Competence**

Author: Jane Squires and Diane Bricker *Books* 2007 ges + 1 CD

From the creators of ASQ and ASQ:SE, this practical guidebook gives non-mental health professionals exactly what they need: a ready-to-use, start-to-finish linked system for identifying concerns and improving young children's social-emotional health. This book walks readers through the five-step intervention process called Activity-Based Intervention: Social Emotional (ABI:SE).

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Material Title: **Answering Your Child's Questions About Adoption (Audiotape)**

Author: Lois Melina *Audiotapes* 1990 80 minutes

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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.

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Material Title: **Attachment Dance, The (DVD)**

Author: TCU Institute of Child Development *DVDs* 2008 16 minutes

The attachment relationship between parents and their children is one of the most cherished experiences of our lives. In the Attachment Dance, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, explores the attachment experiences of neuro-typical children and children with histories of harm. Dr. Purvis explains how to recognize features of the attachment relationship and teaches parents and caregivers how to explore their own attachment styles and facilitate healing for the children in their care. In this lecture, Dr. Purvis aims to deepen understanding of attachment issues, both theoretically and practically, and provide a solid foundation for parents and their children.

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Material Title: **Baby Book, The: Everything You Need to Know About Your Baby From Birth to Age Two**

Author: William Sears, M.D. & Martha Sears, R.N. *Books* 2003 767 pages

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 Baby Book presents a practical, contemporary approach to parenting that reflects the way we live today. The Searses 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 and invaluable resource that will help you get the most out of parenting -- for your child, for yourself, and for your entire family.

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Material Title: **Becoming Attached: First Relationships and How They Shape Our Capacity to Love**

Author: Robert Karen *Books* 1994 441 pages

Dr. Karen explores such questions as: What do children need to feel that the world is a positive place and that they have value? What are the risks of day care for children under one year of age, and what can parents do to manage those risks? What experiences in infancy will enable a person to develop healthy relationships as an adult?

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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.

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Material Title: **Best of Questions & Answers with Heather T. Forbes, LCSW, The (6 CDs)**  
Author: Heather T. Forbes, LCSW *CDs* 2015 7 hours

This 6-disc audio CD set is a compilation of the very best Q&A Heather T. Forbes has done with parents through her online parenting classes over the past several years. This one-of-a-kind audio set contains seven hours of practical, effective, & loving solutions for foster, adopted, and traumatized children. Topics include abandonment, arguing, boundaries vs. consequences, chores, disobedience, emotional age, expectations, grieving, healing, hygiene, lying, medical trauma, medication, older children, opposition, overwhelm, parent anger, parent self-care, prenatal trauma, regulatory issues, relatives, shutting down, sibling rivalry, social issues, stealing, tantrums, texting, toddler issues, transitions, trauma and much more!

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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. Haffner, MPH *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.

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Material Title: **Born for Love: why empathy is essential-and endangered**  
Author: Maia, Bruce D. Perry, MD., PhD. Szalavitz *Books* 2010 374 pages

From birth, when babies' fingers instinctively cling to those of adults, their bodies and brains seek an intimate connection--a bond made possible by empathy, the remarkable ability to love and to share the feelings of others.

In this unforgettable book, award-winning science journalist Maia Szalavitz and renowned child-psychiatrist Bruce D. Perry explain how empathy develops, why it is essential both to human happiness and for a functional society, and how it is threatened in the modern world.

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Material Title: **Brain, The: Effects of Childhood Trauma (DVD)**  
Author: Bruce Perry *DVDs* 2002 29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving.

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Material Title: **Brain, The: Effects of Childhood Trauma (VHS)**  
Author: Bruce Perry *Videotapes* 2002 29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving. ("Understanding Childhood Trauma" Series Part 3.)

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Material Title: **Brainstorm: The Power and Purpose of the Teenage Brain**  
Author: Daniel J. Siegel, M.D. *Books* 2013 307 pages

Between the ages of twelve and twentieth-four, the brain changes in important and, at times, challenging ways. In this book, author Daniel J. Siegel, M.D., busts a number of commonly held myths about adolescence to reveal how it is in fact a vital time in our lives in terms of charting the course for the adults we ultimately become. According to Siegel, during adolescence we learn important skills, such as how to leave home and enter the larger world, how to connect deeply with others, and how to safely experiment and take risks, thereby creating strategies for dealing with the worlds' increasingly complex problems.

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Material Title: **Bright Futures in Preventative Mental Health (2 DVDs)**

Author: DVD *DVDs* 2007 *irs. 35 min.*

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 is a curriculum developed by the University of Washington to address the mental health of children in care and includes a CD-ROM with handout materials.

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Material Title: **Building Strong Foundations: Practical Guidance for Promoting the Social-Emotional Development of Infants and Toddlers**

Author: Rebecca Parlakian and Nancy L. Seibel *Books* 2002 26 pages

This book explores how supportive relationships at all levels of an infant-family program (supervisor and staff, staff and family, parent and child) contribute to children's healthy social-emotional development (infant mental health). The authors present the core concepts of infant mental health, offer strategies that leaders and trainers can use to promote children's mental health, and describe guidelines for referring very young children for assessment and treatment. This publication offers numerous vignettes featuring a mix of infant-family settings and exercises designed to help staff and leaders better understand and apply infant mental health practices.

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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.

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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.

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Material Title: **Childhood Mental Health Disorders: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes *DVDs* 2012 47 minutes

In this interview, Dr. Federici sheds light on the countless number of children who are being treated with multiple layers of inappropriate care due to multiple and inaccurate diagnoses. Trauma presents itself differently, requiring a closer look at the child's anxiety and fear. This DVD will give you a better understanding of how a child's world needs to be reconstructed with the family being the primary construct, whereby the family becomes the "medication."

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Material Title: **Children from Hard Places and the Brain (DVD)**

Author: TCU Institute of Child Development *DVDs* 2014 20 minutes

This video explores the impact of trauma on a developing brain and explains how fear and chronic stress damage the structure, wiring, and chemistry of the brain. This puts children at risk for a lifetime of social, learning, and behavioral problems if there isn't intervention. Children from Hard Places and the Brain features experts Dr. Tina Payne Bryson, Dr. Karyn Purvis, and Dr. David Cross, and offers practical advice and tips for leading children of all ages - even teens - to new levels of healing.

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Material Title: **Circle of Security Intervention, The: Enhancing Attachment in Early Parent-Child Relationships**

Author: Bert Powell, Glen Cooper, Kent Hoffman, and Bob Marvin *Books* 2014 396 pages

Presenting both a theoretical foundation and proven strategies for helping caregivers become more attuned and responsive to their young children's emotional needs (ages 0-5), this is the first comprehensive presentation of the Circle of Security (COS) intervention. The book lucidly explains the conceptual underpinnings of COS and demonstrates the innovative attachment-based assessment and intervention strategies in rich clinical detail, including three chapter-length case examples. COS is an effective research-based program that has been implemented throughout the world with children and parents experiencing attachment difficulties.

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Material Title: **Complex Trauma and PTSD: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald and Heather T. Forbes, LCSW Federici *DVDs* 2012 47 minutes

Children who are continually under stress during their early years often accumulate layers and layers of emotional injury. Their post trauma behaviors are fear-based, chaotic, and out of reality. In this interview, Dr. Federici explains how and why parents and professionals need to work at the level of the child's development in order to create safety. Healing then happens through a step-by-step developmental process with families being the curative agent.

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Material Title: **Contexts of Early Intervention: Systems and Settings**

Author: S. Kenneth Thurman, Janet Cornwell, Sheryl Ridener Gottwald *Books* 1997 249 pages

In a multidimensional, ever-changing field like early intervention, it can be difficult to see the "big picture." But the authors of this book succeed in presenting an understandable overview of the subject while clarifying the relationship between early intervention and the environmental systems that surround them. Beginning with a review of the ecological and sociopolitical factors that influence a child's world, the authors scrutinize typical early intervention environments such as homes, child care centers, and public schools. Based on their collective observations, they proceed to explore the influence that familial, economic, and cultural systems have on program outcomes.

Its illustrative case studies and historical perspective make this text ideal for in-service use. Scholarly as well as practical, Context of Early Intervention is an important professional development tool for improving early intervention programming today and envisioning a model system of service provision for tomorrow.

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Material Title: **DC:0-3 Casebook : A Guide to the Use of Zero to Three's "Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood" in Assessment and Treatment Planning**

Author: Alicia Lieberman, Serena Wieder, and Emily Fenichel *Books* 1997 393 pages

Helps professionals from various disciplines to put DC:0-3's diagnostic system into practice. Twenty-four detailed case reports, documenting work with children, ages 6 months to 4-1/2 years, and their families, show how highly experienced practitioners from a range of disciplines use Zero to Three's DC:0-3.

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Material Title: **Deepest Well: Healing the Long-Term Effects of Childhood Adversity, The**

Author: Nadine Burke Harris *Books* 2018 272 pages

Through storytelling that delivers both scientific insight and moving stories of personal impact, Burke Harris illuminates her journey of discovery, from research labs nationwide to her own pediatric practice in San Francisco's Bayview-Hunters Point. For anyone who has faced a difficult childhood, or who cares about the millions of children who do, the innovative and acclaimed health interventions outlined in The Deepest Well will represent vitally important hope for change.

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Material Title: **Developmental Disabilities: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

Explore the differences between attachment disorder and developmental disabilities. In this DVD, Dr. Federici explains how a child's development can be altered through traumatic experiences leading to an alteration in the brain that can manifest into psychological, regulatory, social, and learning problems. Trauma goes much deeper than attachment. This discussion will give you a thorough understanding of the entire developmental spectrum for our children.

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Material Title: **Diagnosis and Treatment of Feeding Disorders in Infants, Toddlers, and Young Children**

Author: Irene Chatoor, MD *Books* 2009 141 pages

Delays in development, as well as in growth, can occur when a feeding disorder arises. Irene Chatoor, MD, a world-renowned specialist in feeding disorders at Children's National Medical Center in Washington, DC, offers clinical guidelines for comprehensive diagnosis and treatment of feeding disorders in infants and toddlers. Grounded in the latest research and contemporary practice, the author discusses the consequences of early feeding problems and reviews relevant terminology, etiological factors, and how to distinguish serious feeding disorders from transient and milder feeding difficulties. The book also includes Parent Information Outlines about the feeding disorders.

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Material Title: **Disciplina Sin Lagrimas**

Author: Daniel Siegel *Libros en español* 2015 280 pages

Los expertos pioneros Tina Payne Bryson y Daniel J. Siegel, autor best seller del New York Times, explora lo ultimo en desafios de crianza: la disciplina. Destaca la fascinante relacion entre el desarrollo neurologico de los ninos y la forma en que un padre reacciona al mal comportamiento. Este libro proporciona una ruta eficaz y compasiva para hacer frente a las rabietas, tensiones y lagrimas, sin causar una escena. / Highlighting the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, No-Drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears, without causing a scene.

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Material Title: **Domestic Violence and Childhood Trauma (DVD)**

Author: Bruce Perry *DVDs* 2002 29 minutes

This video examines how abused children often become involved later in destructive and problematic adult relationships. In some cases the adult who was abused in childhood becomes a victim again in adult relationships, in other cases they may become the perpetrator of domestic violence. Three personal stories are presented.

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This video examines how abused children often become involved later in destructive and problematic adult relationships. In some cases the adult who was abused in childhood becomes a victim again in adult relationships, in other cases they may become the perpetrator of domestic violence. Three personal stories are presented. ("Understanding Childhood Trauma" series Part 6)

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Material Title: **Early Years Matter, The: Education, Care, and the Well-Being of Children, Birth to 8**

Author: Marilou & Heather Biggar Thomlinson Hyson

*Books*

2014 180 pages

This accessible and engaging work introduces current and future teachers, child care providers, and others interested in early childhood education to the importance of the early years in children's well-being and success. It summarizes the research on the value of high-quality services for young children, families, and society, showing why early education matters both today and into the future. Emphasizing the need to understand and respect young children's strengths and unique characteristics, the authors offer inspiration for working in the field, as well as addressing the realistic challenges of implementing developmentally appropriate care and education.

Each chapter begins with an introductory vignette focused on one child whose experiences are typical of other children in the same age group or life circumstances, using that child's experiences to draw out what the best research tells us about why early care and education matters for that group of children. The book also features first-person narratives by early childhood professionals working in a range of positions who offer insight into the complexity and joys of working with or on behalf of young children. Suggestions for further reading and concluding questions for reflection, dialogue, and action make The Early Years Matter a perfect resource for courses and professional development.

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Material Title: **Education and Trauma: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes

*DVDs*

2012 42 minutes

Trauma can have an impact on the brain, compromising a child's focus, memory, and ability to retain, retrieve, and organize information. It can negatively impact a child's memory, speech, language, problem solving skills, and informational processing. In this series, Dr. Federici discusses how to best educate children who may present with typical behavioral or learning issues but need to be addressed from a trauma perspective in order to reach their full learning potential.

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Material Title: **Emotional Life of the Toddler, The**

Author: Alicia F. Lieberman

*Books*

1993 244 pages

Any parent who has tried to keep up with an active toddler for a whole day knows that a child of this age is a whirlwind of contradictory, explosive and ever-changing emotions. In this book, child psychologist Alicia Lieberman addresses common emotional issues and questions facing parents with children this age. Why, for example, is "no" often the favourite response of the toddler? How should parents deal with the anger they sometimes feel in the face of their toddler's unflagging obstinacy? Why does a crying toddler run to its mother for a hug, only to push himself away as soon as she begins to embrace him? With the help of examples and case studies, Lieberman answers these and other questions.

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Material Title: **Family, The: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW

*DVDs*

2012 47 minutes

Children belong in families because families are the curative factor. Dr. Federici explains that for children from traumatic backgrounds, families become the definitive and key element; the family is the treatment for the child. He discusses how a family intervention program, with a holistic and reality-based approach, can be used to reconstruct traumatized children and reintegrate them back into the family system successfully.

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Material Title: **Family-centered early intervention: supporting infants and toddlers in natural environments**  
Author: Sharon A., Dana C. Childress Raver *Books* 2015 298

Aligned with DEC recommended practices and CEC standards!

A must for future early interventionists, this introductory text prepares professionals to support infants and toddlers with special needs and their families--and address the OSEP child outcomes so critical to a program's success. Focusing on the needs and challenges of children from birth to 3 who have or are at risk for developmental delays, the book teaches readers the foundations of:

- addressing the three OSEP Child Outcome Indicators: positive social-emotional skills, acquisition and use of knowledge and skills, and using appropriate behaviors to meet needs
- developing and implementing IFSPs
- weaving intervention strategies into a family's established routines
- empowering parents to successfully guide and support their child's development
- conducting interventions that support motor, cognitive, social-emotional, communication, and adaptive skills
- making the most of natural learning opportunities in natural environments
- working in teams with professionals from diverse disciplines
- meeting the specific needs of children with all disabilities and/or risk areas, including autism, sensory disabilities, and cognitive and/or motor disabilities

Featuring the expertise of a dozen contributors, this book will get professionals ready to conduct family-centered, evidence-based intervention--and ensure the best possible outcomes for infants and young children.

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Material Title: **Fawn's Touching Tale: A story for children who have been sexually abused**  
Author: Irene Wineman-Marcus and Agnes Wohl, LCSW, ACSW *Children's Books* 5/26/18 30

i. Introduction to Parents, School Personnel and Psychotherapists: There are many books aimed at the prevention of sexual abuse; few story books are geared for children that deal with the profound emotional aftermath. This book is unique because it offers the use of engaging animal protagonists, which allows the child to work through painful emotions in a less threatening and more effective manner. Among the most universal issues for the sexually abused child are: the mixed feelings toward the abuser, the dread and wish to be loved, the difficulties of disclosing the abuse, the fear of being blamed and/or of not being believed. The effects frequently culminate in a sense of vulnerability, damaged self-esteem, guilt and faulty defenses against the feelings of being hurt. This can lead to a wide range of self-destructive behavior in childhood and adulthood. This gentle, "child friendly", animal tale provides children with a story they can listen to again and again. Parents, psychotherapists and school professionals can use this book as a point of entry into complex feelings that the youngster, or any sexually abused person might experience. Our hope is that with the help of this book, the child will begin the process of healing and gradual resumption of his or her healthy psychological development.

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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.

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Material Title: **First Years Last Forever, The (DVD)**  
Author: Rob Reiner *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.

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Material Title: **Functional Emotional Assessment Scale (FEAS) for Infancy and Early Childhood, The: Clinical and Research Applications**  
Author: Stanley I. Greenspan, Georgia DeGangi, and Serena Wieder *Books* 2001 427 pages

The Functional Emotional Assessment Scale by Stanley Greenspan, Georgia DeGangi, & Serena Wieder enables clinicians, educators, and researchers to observe and measure emotional and social functioning in infants, young children, and their families. Historically, the complexity of emotional functioning has been difficult to measure and assess. The FEAS meets this longstanding need of the field. The FEAS conceptualizes, operationalizes, and measures in a reliable and valid manner.

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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.

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Material Title: **Ghosts from the Nursery: Tracing the Roots of Violence**  
Author: Robin Karr-Morse and Meredith S. Wiley *Books* 2013 326 pages

When this book was published in 1997, it was lauded for providing scientific evidence that violence can originate in the womb and become entrenched in a child's brain by preschool. This revised edition continues to shift the conversation among parents and policy makers toward more preventative measures, incorporating significant advances in the field of neurobiological research over the past decade.

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Material Title: **Gingerbread Girl, The**  
Author: Joanna & Heather Forbes *Children's Books* 2017 59 pages

Full of pizzazz and adventure, The Gingerbread Girl takes children on an explorative journey of emotions, survival challenges, and determination. Written from a trauma perspective, unlike the traditional Gingerbread Boy story, it has a different ending (SPOILER ALERT) that shows how even in the most challenging of situations, you can still remain in a place of personal power and confidence.

The Gingerbread Girl includes an in-depth social/emotional discussion guide written by Heather T. Forbes, LCSW. It is designed to be an example of how any traditional storybook can be used as a social/emotional learning experience for children. When we teach young children how to identify their emotional responses, they become better equipped to handle adversity and develop better self-regulatory skills that will serve them to remain in a place of power and control of their own actions.

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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.

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Material Title: **Handbook of Early Childhood Intervention, Second Edition**  
Author: Jack P. Shonkoff and Samuel J. Meisels *Books* 2000 734 pages

This second edition of the Handbook of Early Childhood Intervention provides a comprehensive overview of this complex and continually evolving field by an outstanding group of contributing authors. Eighteen of the twenty-eight chapters are new to this edition; chapters from the first edition have been updated. It combines rigorous scholarship with state-of-the-art content on policy and service delivery. It is designed to address a broad, multidisciplinary audience including psychologists, early childhood educators, social workers, pediatricians, nurses, child psychiatrists, physical and occupational therapists, speech and language pathologists, and professionals interested in public health and social policy. The Handbook is a valuable resource for both graduate students and experienced professionals.

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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.

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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.

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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.

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# Child Development

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Material Title: **Healing Research (DVD)**

Author: TCU Institute of Child Development *DVDs* 2007 28 minutes

For decades, scientists have studied how children's brains and behaviors are impacted by prenatal exposure to drugs and alcohol, trauma, abuse, and neglect. In this nearly 90-minute lecture, Dr. Karyn Purvis, developmental psychologist and Director of the TCU Institute of Child Development, reviews a wide range of research that gives insight into developmental deficits that drive many behaviors of at-risk children. Dr. Purvis explains the science in easy-to-understand terms to help parents and caregivers understand how psychological changes in children can be induced by early harm. Dr. Purvis helps parents and caregivers see the "real child" beneath their child's behavior.

There are occasional references to God and quotations from The Bible.

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Material Title: **Healthy Touch (DVD)**

Author: TCU Institute of Child Development *DVDs* 2008 51 minutes

Touch is a universal language - more dynamic and powerful than any other form of communication. More than an integral part of everyday life; touch is essential to our very existence. The Healthy Touch DVD explores the importance of touch, particularly as a tool for promoting healing and developing deeper connections between parents of children. It features child development experts, Dr. Karyn Purvis and Dr. David Cross, founders of the TCU Institute of Child Development, and renowned researcher, Dr. Tiffany Field, Director of the Touch Research Institute at the University of Miami Miller School of Medicine, among other renowned experts. This nearly 50-minute video also explores research about touch and offers practical ways to add healthy touch in our lives on a daily basis.

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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.

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Material Title: **How Culture Shapes Social-Emotional Development: Implications for Practice in Infant-Family Programs**

Author: Monimalika Day, Ph.D., and Rebecca Parlakian *Books* 2004 26 pages

Suitable for program leaders and practitioners, this book examines how culture shapes children's fundamental learning about themselves, their emotions, and their way of interacting and relating to others. It also includes recommendations for providing culturally responsive services.

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Material Title: **Hurried Child, The: Growing Up Too Fast Too Soon**

Author: David Elkind *Books* 2007 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.

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Material Title: **I Love You Rituals**

Author: Becky Bailey *Books* 11/21/2000 208

I Love You Rituals offers more than seventy delightful rhymes and games that send the message of unconditional love and enhance children's social, emotional, and school success. Winner of a 1999 Parent's Guide Children's Media Award, these positive nursery rhymes, interactive finger plays, soothing games, and physically active can be played with children from infancy through age eight. In only minutes a day, these powerful rituals:

Prime a child's brain for learning

Help children cope with change

Enhance attention, cooperation, and self-esteem

Help busy families stay close

Affirm the parent-child bond that insulates children from violence, peer pressure, and drugs, and much more.

Easy to learn and especially effective in stressful situations, I Love You Rituals gives parents, grandparents, caregivers, and teachers inspiring tools to help children thrive.

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Material Title: **Identifying and Responding to Trauma: Ages 0 to 5 Years Old (DVD)**

Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with verbal language and are unable to adequately express their thoughts and feelings or describe threatening life events. In order to understand a child's behavior and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources.

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# Child Development

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Material Title: **Identifying and Responding to Trauma: Ages 0 to 5 Years Old (VHS)**  
Author: Bruce Perry *Videotapes* 2002 29 minutes

Trauma in the life of children from birth to five years of age has a profound impact which intensifies the need for early identification and intervention. Young children are either pre-verbal or inexperienced with verbal language and are unable to adequately express their thoughts and feelings or describe threatening life events. In order to understand a child's behavior and plan for care and intervention it is necessary for the caregiver, teacher, or health care provider to determine the child's history and emotional state from other sources. ("Understanding Childhood Trauma" Series Part 4.)

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Material Title: **Identifying and Responding to Trauma: Ages Six to Adolescence (DVD)**  
Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Misdiagnosed characteristics of trauma are typically gender related, with boys who are hyperactive and act out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. This video emphasizes the role of school and community in healing from trauma.

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Material Title: **Identifying and Responding to Trauma: Ages Six to Adolescence (VHS)**  
Author: Bruce Perry *Videotapes* 2002 29 minutes

Misdiagnosed characteristics of trauma are typically gender related, with boys who are hyperactive and act out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. ("Understanding Childhood Trauma" Series Part 5)

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Material Title: **Infant Previewing: Predicting and Sharing Interpersonal Outcome**  
Author: Paul V. Trad *Books* 1990 286 pages

Infant Previewing: Predicting and Sharing Interpersonal Outcome examines the developmental processes of the first two years of life from an innovative perspective that may dramatically alter the way health care professionals view and predict their perceptions of developmental phenomena. The volume introduces the concept of previewing, a developmental principle that organizes our understanding of how infants and caregivers share experience during the first few years of life. Previewing is manifested by virtually all caregivers and is designed to provide the caregiver-infant dyad with insight into imminent maturational trends and with the motivation for continuing on the development journey with a sense of mastery and control. The book not only launches the theory underlying the concept of previewing, but it also offers guidelines for using previewing to enhance the relationship between infant and caregiver. Various applications of previewing - as a means of fostering the infant's predictive abilities, as a catalyst for differentiating and coordinating developmental functions, and as a principle for motivating interpersonal communication - are analyzed.

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Material Title: **Inside Out/ "Intensamente" (DVD) \*(Children's Materials)**  
Author: Disney Pixar *DVDs* 2015 35 minutes

Do you ever look at someone and wonder what's going on inside their head? Disney-Pixar's INSIDE OUT takes a rollicking journey into the mind to find the answer. Based in Headquarters, the control center of 11-year-old Riley's mind, five emotions are hard at work, led by lighthearted optimist Joy. She strives to make sure Riley stays happy as she operates alongside fellow emotions Fear, Anger, Disgust and Sadness. (Blu-Ray/DVD/Digital HD edition)

En Español: ¿Alguna vez miraron a alguien y se preguntaron qué tiene en la cabeza? La película "Intensa Mente" por Disney Pixar les llevará a un viaje tumultuoso por la mente para descubrir la respuesta. Las 5 emociones viven en la Sede Central, el centro de control dentro de la mente de Riley, desde donde la ayudan y aconsejan en su vida cotidiana.

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Material Title: **Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma**  
Author: Debra, Cathy Schweitzer and Stefanie Armstron Wesselmann *Books* 2014 130 pages

Children traumatized in their attachment relationships by abuse and neglect, hospitalizations, or out-of-home placements experience intense hurt, fear, and mistrust. The deep emotional pain often manifests as defiance and aggression, even after the environment has change through adoption, foster care, guardianship, or resolution of issues in the home. A treatment that integrates EMDR and family therapy provides hope and healing for hurt children and their families. This practical guide provides specialized parenting strategies to support the treatment, designed to help heal the past, integrate the emotional and logical regions of the child's brain, and nurture a healthy, happier child.

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Material Title: **Introductory Overview: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

In this introductory overview of complex trauma, Dr. Federici eloquently brings simplicity to the understanding of children from every end of the trauma spectrum. Federici gives insight on how to create an intervention program with simplicity and accuracy. This interview between these two professionals explores and sheds light on how developmental issues are the root of the problem underlying a child's negative behaviors.

# Child Development

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Material Title: **It's Tough to Be Gentle: A Dragon's Tale\* (Children's Materials)**

Author: Cindy R. Lee *Children's Books* 2015 34 pages

Dex has the sweetest heart and the roughest touch. He breaks his toys, has difficulty with personal space, and has an energy level that idles on high! Dex deeply desires to play with a family of baby birds, but his request is denied until he can learn to be gentle and kind. Join this misunderstood dragon as he creatively learns how to have a gentle touch. *It's Tough to Be Gentle: A Dragon's Tale*, helps children understand the gentle and kind concept and the Teaching Tips for Parents provides parents with information on how they can empathize with a child similar to Dex. *It's Tough to Be Gentle: A Dragon's Tale* is designed to teach Trust Based Relational Intervention (TBRI ®) principles developed by Dr. Karyn Purvis and Dr. David Cross at the Institute of Child Development.

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Material Title: **Learning Happens (DVD) 30 video vignettes of babies and toddlers learning school readiness skills through everyday interactions**

Author: Claire, Rebecca Parlakian Lerner *DVDs* 2007 1 hr

"Learning Happens" features 30 video vignettes that show parents and children--aged birth to 3 years--interacting during everyday play and routines. These vignettes provide rich examples of how:

- Development unfolds from birth to age 3
- Young children acquire school readiness skills through everyday interactions and activities
- Parents and caregivers support children's early learning and development through daily interactions and activities

These vignettes provide compelling illustrations of many critical aspects of child development including:

- Communication
- Literacy
- Fathering
- Feeding/Mealtimes
- Play
- Routines
- Self-control
- Self-confidence
- Thinking skills

These vignettes serve as powerful tools for professionals to use both in direct work with families and for training other early child development professionals. They act as catalysts for discussion about all aspects of early development and provide vivid illustrations of the significant influence parents have in getting their young children ready for school.

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Material Title: **Learning the Dance of Attachment: An Adoptive Parent's Guide to Fostering Healthy Development**

Author: Holly Van Gulden & Charlotte Vick *Books* 2010 110 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.

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Material Title: **Medication Madness: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 46 minutes

There is no magic pill to resolve trauma for anyone, especially for our children. Dr. Federici explains why simply medicating symptoms is ineffective and how we have not only medicated our children to toxic levels but how we have endangered them with toxic combinations of medications. Learn more about how medications can be used at conservative levels in order to help bring children back to being functional in a family to foster greater levels of healing.

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Material Title: **Microscope with a Wide-Angle Lens, The: A Complete Look at Your Adopted Child Using a Bio-Psycho-Social Model (2 CDs)**

Author: James Kagan and Richard Delaney *CDs* 852011 28 minutes

Presented by James Kagan, pediatrician/psychiatrist, Colorado and Richard Delaney of Hawaii Behavioral Health, Texas at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop will address how the bio-psycho-social assessment of troubled adopted children and youth permits adoptive parents to be better advocates, more informed treatment team members in working with helping professionals, and more knowledgeable observers and caregivers of their children.

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Material Title: **Mood Disorders and Trauma: Making Sense of Our Complex Children (DVD)**

Author: Dr. Donald Federici and Heather T. Forbes, LCSW *DVDs* 2012 41 minutes

Dr. Federici clearly explains how trauma induced mood disorders drive much of a child's negative and acting-out behaviors. He gives insight as to how anxiety, depression, mood swings, compulsive behaviors, sleep difficulties, poor social skills, reactivity, and defiance all connect back to a child's inability to regulate themselves. Solutions that center on a parent's ability and the family's ability to provide an end to the child's fear cycle are discussed in this interview.

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# Child Development

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Material Title: **Moral Intelligence of Children: How to Raise a Moral Child**  
Author: Robert Coles *Books* 1997 196

How can we raise our children to be good people with strong moral characters and values that will guide and sustain them through life? In this powerful, carefully reasoned book Robert Coles, America's leading authority on child development, explores the ways parents and teachers can foster generosity of spirit and empathy in children, and nurture them so that they become "morally intelligent".

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Material Title: **Mothers, Babies, and Their Body Language**  
Author: Antonella Sansone *Books* 2004 304 pages

This book explores the complex interaction and the importance of early communication between mother and baby from pregnancy to the first early months of development. It provides a rich and detailed study of this earliest relationship, and makes a significant and valuable contribution to this area of the mental health field.

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Material Title: **Moving Forward: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012

When children reach the later teenage years, many times they are not emotionally or developmentally ready for the challenges of independence. In this DVD, Dr. Federici discusses legal and financial options families have in order to stage their children through a slower and more gradual approach into adulthood. This volume sheds light on how to create the balance children with trauma histories need, without overwhelming them, to move them forward successfully.

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Material Title: **Mozart Effect for Children, The: Awakening Your Child's Mind, Health, and Creativity with Music**  
Author: Don Campbell *Books* 2002 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.

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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.

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Material Title: **My Body, My Self for Boys\* (Children's Materials)**  
Author: Lynda Madaras *Children's Books* 2007 92 pages

Aimed at 8 to 15 year old boys, this fact-filled journal and activity book makes it fun for boys to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games, and illustrations throughout, there are also journal pages and lots of personal stories addressing boys' concerns, experiences, and feelings during this new stage of their lives.

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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.

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Material Title: **Neurobehavioral and Social-Emotional Development of Infants and Children, The**  
Author: Ed Tronick *Books* 2007 571 pages

Tronick has gathered together his most influential writings in a single, essential volume. Organized into five parts—(I) Neurobehavior, (II) Culture, (III) Infant Social-Emotional Interaction, (IV) Perturbations: Natural and Experimental, and (V) Dyadic Expansion of Consciousness and Meaning Making—this book represents his major ideas and studies regarding infant-adult interactions, developmental processes, and mutual regulation.

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Material Title: **Neurobiology of Attachment-Focused Therapy, The: Enhancing Connection & Trust in the Treatment of Children & Adolescents**  
Author: Jonathan & Daniel Baylin & Hughes *Books* 2016 304 pages

This groundbreaking book explores, for the first time, how the attachment-focused family therapy model can respond to this question at a neural level. It is a rich, accessible investigation of the brain science of early childhood and developmental trauma. Each chapter offers clinicians new insights—and powerful new methods—to help neglected and insecurely attached children regain a sense of safety and security with caring adults. Throughout, vibrant clinical vignettes drawn from the authors' own experience illustrate how informed clinical processes can promote positive change.

# Child Development

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Material Title: **No-Drama Discipline Workbook: Exercises, Activities, and Practical Strategies to Calm the Chaos and Nurture Developing Minds**

Author: Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D. *Books* 2016 135 pages

The goal of this guide is simple: discipline less on "autopilot" by developing a set of principles and strategies based on your own family dynamics. These stories, reflections, and exercises will help you think more deeply about the way you communicate with your kids and provide opportunities for peaceful and nurturing conflict resolution.

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Material Title: **No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind**

Author: Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D. *Books* 2014 255 pages

This book highlights the fascinating link between a child's neurological development and the way a parent reacts to misbehavior, No-Drama Discipline provides an effective, compassionate road map for dealing with tantrums, tensions, and tears - without causing a scene. The authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth.

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Material Title: **Nowhere to Hide: Why Kids with ADHD & LD Hate School and What We Can Do About It**

Author: Jerome J. Schultz *Books* 2011 321 pages

A new approach to help kids with ADHD and LD succeed in and outside the classroom  
This groundbreaking book addresses the consequences of the unabated stress associated with Learning disabilities and ADHD and the toxic, deleterious impact of this stress on kids' academic learning, social skills, behavior, and efficient brain functioning. Schultz draws upon three decades of work as a neuropsychologist, teacher educator, and school consultant to address this gap. This book can help change the way parents and teachers think about why kids with LD and ADHD find school and homework so toxic. It will also offer an abundant supply of practical, understandable strategies that have been shown to reduce stress at school and at home.

Offers a new way to look at why kids with ADHD/LD struggle at school  
Provides effective strategies to reduce stress in kids with ADHD and LD

Includes helpful rating scales, checklists, and printable charts to use at school and home

This important resource is written by a faculty member of Harvard Medical School in the Department of Psychiatry and former classroom teacher.

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Material Title: **Orchid and the Dandelion, The; Why Some Children Struggle and How All Can Thrive**

Author: W. Thomas Boyce *Books* 1/29/2019 304

A book that offers hope and a pathway to success for parents, teachers, psychologists, and child development experts coping with difficult children.

In Tom Boyce's extraordinary new book, he explores the "dandelion" child (hardy, resilient, healthy), able to survive and flourish under most circumstances, and the "orchid" child (sensitive, susceptible, fragile), who, given the right support, can thrive as much as, if not more than, other children.

Boyce writes of his pathfinding research as a developmental pediatrician working with troubled children in child-development research for almost four decades, and explores his major discovery that reveals how genetic make-up and environment shape behavior. He writes that certain variant genes can increase a person's susceptibility to depression, anxiety, attention deficit hyperactivity disorder, and antisocial, sociopathic, or violent behaviors. But rather than seeing this "risk" gene as a liability, Boyce, through his daring research, has recast the way we think of human frailty, and has shown that while these "bad" genes can create problems, they can also, in the right setting and the right environment, result in producing children who not only do better than before but far exceed their peers. Orchid children, Boyce makes clear, are not failed dandelions; they are a different category of child, with special sensitivities and strengths, and need to be nurtured and taught in special ways. And in *The Orchid and the Dandelion*, Boyce shows us how to understand these children for their unique sensibilities, their considerable challenges, their remarkable gifts.

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Material Title: **Parent-Infant Psychodynamics: Wild Things, Mirrors and Ghosts**

Author: Joan Raphael-Leff *Books* 2003 317 pages

This book focuses on the interweaving psychic realities and unconscious dynamics between family members. These are set in the context of changing patterns of socio-cultural expectations, ethical considerations and biological realities. The broad spectrum of topics encourage self-reflective thinking about the role of health-care professionals working with families at various phases of the life cycle, in illness and health. In particular, recognition of risk factors relating to areas of emotional vulnerability in clients and their impact on the practitioner. It is intended for interested parents, students and professionals working with expectant parents, babies and their families. Contributors include: Acquarone, Balint, Bick, Bion, Bourne, Brazelton, Bryan, Daws, Fraiberg, Green, Grier, Hawthorne, Hopkins, Lewis, Murray, Spitz, Trevarthen, Tronick, Winnicott, Wittenberg, Wright.

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# Child Development

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Material Title: **Parenting Across the Autism Spectrum: Unexpected Lessons We Have Learned**  
Author: Maureen F. Morrell and Ann Palmer Books 4/27/06 220

Maureen F. Morrell and Ann Palmer are raising two very different children: Justin, a whirlwind of activity and mood swings, who is supervised in a residential farm community, and Eric, quiet and passive, who lives independently at college. The authors give an account of the striking similarities as well as the stark differences in their experiences of parenting children at opposite extremes of the autism spectrum.

The two mothers speak openly about their children's diagnosis and early childhood through to adolescence, young adulthood and the day they leave home. They give a moving account of the challenges they faced and the surprising consolations they found along their sons' very different paths in life. Through their friendship and two decades of shared experiences of parenting an ASD child, each has gained a clear understanding of her own strengths and limitations, as well as those of her child.

Parenting Across the Autism Spectrum offers a personal perspective and practical guidance for parents at the start of their journey with autism, especially those whose children are newly diagnosed. It also provides useful insights for professionals working with individuals across the autism spectrum and their families. The book was elected the 2007 Autism Society of America's Outstanding Literary Work of the Year.

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Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys**  
Author: Gregory Keck, PhD Books 2009 220 pages

Your adopted adolescent proclaims, "I can't wait until I turn eighteen so I can leave!" And you celebrate your future liberation. If this scenario is too familiar, you're not alone. And you've chose the right resource for parenting strategies, tips, new suggestions, and insights to manage tough situations in your family. Dr. Gregory Keck - adoptive parent, psychologist, and adoption expert - helps you understand and appreciate the complicated journey that adopted adolescents face. And once you understand your role in their journey, you will be more effective in your role as a parent.

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Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys (2 CDs)**  
Author: Gregory Keck CDs 8/5/2011 25 minutes

Presented by Gregory Keck of the Attachment and Bonding Center of Ohio at the 37th NACAC Conference 2011 in Denver, Colorado. Filled with information about typical adolescent development, this session explores how adopted adolescents may deal with developmental issues such as separation and individuation, identity formation, and sexuality. Parents will gain insight into how to help an adolescent make transitions, and professionals will get information they need to work with adopted adolescents and their families.

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Material Title: **Parenting Difficult Tweens & Teens (2 CDs)**  
Author: Bryan and Helene Timpone, CSW Post CDs 2010 20 minutes

What every parent or professional needs to know about raising and working with preteen and teen children. Develop insights on how the teen brain process information; Learn about a chemical in the brain that will change how you see your Adolescent; Overcome the pressures imposed by their peers; End the power struggles while knowing you're teaching them everything they need to live healthy, productive lives.

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Material Title: **Parenting the Attachment Challenged Child: When Behavior Modification and Consequences Don't Work! (3 CDs)**  
Author: Bryan Post CDs 2004 : 10minutes

Listen while Dr. Post shares with you, in his compassionate, yet non-nonsense manner which you have come to love, the latest information from the fields of neuroscience, psychology, and education. In this set of 3 audio CDs you will learn why behavior modification consequences don't work for parenting children with the most difficult behaviors. Dr. Post invites you to a new understanding of the behavior of the difficult child and leads you from old parenting paradigms to a new paradigm, family-centered regulatory parenting.

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Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (DVD)**  
Author: Dr. Bruce Perry DVDs 2002 44 minutes

The 2001 terrorist attacks rank high on the trauma scale, but there are other kinds of childhood trauma. This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence, and natural catastrophic disasters, such as earthquakes, tornados and floods, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills make these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and the appropriate responses to take. This video features Dr. Bruce D. Perry a pioneer in the research focused on traumatized children. Dr. Perry's work includes examining the long-term cognitive, behavioral, emotional, social, and psychological effects of trauma in children, adolescents and adults.

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# Child Development

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Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (VHS)**  
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Material Title: **Pediatric Disorders of Regulation in Affect and Behavior: A Therapist's Guide to Assessment and Treatment**  
Author: Georgia DeGangi *Books* 2000 334 pages

This book, designed for mental health professionals and occupational therapists working with infants and children, describes in detail, specific treatment approaches for problems of mood regulation, sensory processing, attention, sleep, feeding, and play and social interactions. Comprehensive case presentations are included in each chapter to demonstrate this innovative and integrated treatment approach.

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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-NOS and Atypical 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.

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Material Title: **Play Therapy**  
Author: Virginia Axline *Books* 1969 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.

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Material Title: **Playful Interaction: Unlocking the Mysteries of Nurturing Human Relationships (DVD)**  
Author: TCU Institute of Child Development *DVDs* 2009 56 minutes

Play puts the fun in fundamental - central to a child's well-being now and in the future. Through play, children learn to develop the social and emotional skills they need to succeed in life. Playful Interaction, featuring child development experts, Dr. Karyn Purvis and Dr. David Cross, along with other child development experts, outlines the importance of play and provides practical examples of playful interaction from The Institute of Child Development's Hope Connection Summer Camp.

This DVD highlights the importance of playful interactions, especially children with histories of trauma, abuse, or neglect. The practical examples through The Institute of Child Development's Hope Connection Summer Camp show how playful interactions: promote attachment through attuning and engaging the child, disarm fear responses, teach problem solving skills, teach self-regulation skills, teach social skills, can correct children and connect after correcting.

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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.

# Child Development

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Material Title: **Psychotherapy with Infants and Young Children: Repairing the Effects of Stress and Trauma on Early Attachment**

Author: Alicia F. Lieberman and Patricia Van Horn *Books* 2008 366 pages

This eloquent book presents an empirically supported treatment that engages parents as the most powerful agents of their young children's healthy development. Child-parent psychotherapy promotes the child's emotional health and builds the parent's capacity to nurture and protect, particularly when stress and trauma have disrupted the quality of the parent-child relationship. The book provides a comprehensive theoretical framework together with practical strategies for combining play, developmental guidance, trauma-focused interventions, and concrete assistance with problems of living. Filled with evocative, "how-to-do-it" examples, it is grounded in extensive clinical experience and important research on early development, attachment, neurobiology, and trauma.

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Material Title: **Quirky Kids: Understanding and Helping Your Child Who Doesn't Fit In - When to Worry and When Not to Worry**

Author: Perri Klass, M.D. and Eileen Costello, M.D. *Books* 2003 366 pages

From the fourth-grade girl who never gets invited to a birthday party because classmates think she's "weird", to the geek who is terrific at math but is failing every other subject, quirky children are different from other kids in ways that they - and their parents - have a hard time understanding. They present a host of challenges that standard parenting books fail to address. Seasoned pediatricians Perri Klass and Eileen Costello provide expert guidance that families with quirky children so desperately need. Illuminating the confusing list of terms often applied to quirky children - from Asperger's Syndrome and "nonverbal learning disability" to "obsessive-compulsive behavior" and Sensory Integration Dysfunction, the authors also discuss various therapy options, coping strategies, and available medications. Most of all, they will help quirky kids lead rich, fulfilling lives at home, at school, even on the playground.

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Material Title: **Railly el Valiente**

Author: Jessica Sinarski *Children's Books* 2018 48 pages

Únete a nuestro héroe, el osito Railly, en la aventura de su vida donde aprende a ser valiente como un osito. Siempre ha sido valiente e inteligente, pero su viaje con criaturas buenas y grandes le ayudarán a abrir su corazón de maneras nuevas. ¡Este osito genial está listo para enfrentarse al desafío!

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Material Title: **Raising a Child Responsibly in a Sexually Permissive World**

Author: Sol Gordon, Ph.D., and Judith Gordon, MSW *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.

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Material Title: **Raising a Daughter: Parents and the Awakening of a Healthy Woman (First Edition)**

Author: Jeanne Elium and Don Elium *Books* 1994 364 pages

The often conflicting messages to women about women make the raising of girls a sometimes daunting responsibility. The continuing struggle for equality between the sexes may appear to be at odds with the obvious and the not-so-obvious differences between males and females. The Eliums help parents unravel and make sense of all this conflicting information. They address the unique challenge of the mother/daughter relationship, the confusion experienced by fathers, and the special needs of single parents. Going step-by-step through each stage of development, from infancy through the teen years and into early adulthood, this book is indispensable reading for new and experienced parents alike.

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Material Title: **Raising a Secure Child: How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore**

Author: Kent Hoffman, Glen Cooper and Bert Powell *Books* 2/6/17 280

Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful "Circle of Security" parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time.

You will learn:

- \*How to balance nurturing and protectiveness with promoting your child's independence.
- \*What emotional needs a toddler or older child may be expressing through difficult behavior.
- \*How your own upbringing affects your parenting style--and what you can do about it.

Filled with vivid stories and unique practical tools, this book puts the keys to healthy attachment within everyone's reach--self-understanding, flexibility, and the willingness to make and learn from mistakes. Self-assessment checklists can be downloaded and printed for ease of use.

# Child Development

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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.

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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.

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Material Title: **Raising Human Beings**  
Author: Ross W. Greene *Books* 8/2016 281

Parents have an important task: figure out who their child is—his or her skills, preferences, beliefs, values, personality traits, goals, and direction—get comfortable with it, and then help them pursue and live a life according to it. Yet parents also want their kids to be independent, but not if they are going to make bad choices. They want to avoid being too overbearing, but not if an apathetic kid is what they have to show for it. They want to have a good relationship with their kids, but not if that means being a pushover. They don't want to scream, but they do want to be heard. Good parenting is about striking the balance between a child's characteristics and a parent's desire to have influence.

Dr. Ross Greene "makes a powerful case for rethinking typical approaches to parenting and disciplining children" (The Atlantic). Through his well-known model of solving problems collaboratively, parents can forgo timeout and sticker charts; stop badgering, berating, threatening, and punishing; allow their kids to feel heard and validated; and have influence.

From homework to hygiene, curfews, to screen time, Dr. Greene "arms parents with guidelines that are clear, doable, and sure to empower both parents and their children" (Adele Faber, coauthor of How to Talk So Kids Will Listen). Raising Human Beings is "inspirational...a game-changer for parents, teachers, and other caregivers. Its advice is reasonable and empathetic, and readers will feel ready to start creating a better relationship with the children in their lives" (Publishers Weekly, starred review).

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Material Title: **Raising Resilient Rascals 2008: Disc 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.

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Material Title: **Raising Resilient Rascals 2008: Disc 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.

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Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 1 (DVD)**  
Author: DVD *DVDs* 2010 *irs. 30 min.*

Disk 1 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Turbulence and Instrument Calibration: Early Childhood Mental Health & Development in Adoption," presented by Kristie Baber, MSW, LICSW; "Sleep and Adoption" presented by Julian Davies, MD.

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Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 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."

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# Child Development

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Material Title: **Right-Brained Children in a Left-Brained World: Unlocking the Potential of your ADD Child**  
Author: Jeffrey Freed, M.A.T., and Laurie Parsons *Books* 1997 238 pages

For children living with Attention Deficit Disorder (ADD), life can be frustrating. They may find it impossible to sit quietly, focus on a task, or work well with others; they often have difficulty mastering even basic skills. But there is more to ADD than deficits. Jeffrey Freed, who works exclusively with ADD and gifted children, has developed a simple, easy-to-apply program that works with the special abilities of the ADD child. Freed and coauthor Laurie Parsons explain how, in as little as ten minutes a day you can: test for a right-brained learning style; help your ADD child master spelling – and build confidence; tap your child's speed-reading abilities; and win over teachers and principals to the right-brained approach the ADD child thrives on.

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Material Title: **Safe Place for Caleb, A: An Interactive Book for Kids, Teens and Adults with Issues of Attachment, Grief, Loss or Early Trauma**  
Author: Kathleen & Paul Chara *Children's Books* Jan 1970 128 pages

A Safe Place for Caleb is a comprehensive and richly illustrated resource for individuals of all ages who are dealing with attachment problems. Parents, professionals, and lay people will find this book helpful in understanding and addressing attachment disorders in children, adolescents, and adults.

The first half of the book is an interactive story that follows the experiences of Caleb, a young boy who relates his difficulties and frustrations in forming and sustaining healthy relationships. He learns strategies for coping with attachment issues during his journey to the Safe Tree House, where he is introduced to the four "attachment healing keys". These act as therapeutic tools to unlock difficulties with attachment, and are presented using text and illustrations that are easily accessible for readers of all ages, even for young children.

The second half of the book presents a summary of current scientific thought on attachment styles and disorders, and provides a wide array of assessment tools, photocopiable material and healing techniques to address attachment difficulties. Lists of helpful organizations and relevant reading materials are also presented.

Based on established psychological principles, the book is a unique and imaginative guide for professionals, parents, caregivers, and people of all ages who are dealing with attachment issues.

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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.

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Material Title: **Sensory Integration (DVD)**  
Author: TCU Institute of Child Development *DVDs* 2010 10 minutes

A key element of typical development is the capacity to process and regulate environmental input. Sadly, children who have experienced prenatal exposure to drugs or alcohol, early trauma, abuse or neglect, are at high-risk for sensory disorders. In this lecture, developmental psychologist and Director of the Texas Christian University Institute of Child Development, Dr. Karyn Purvis, explains risk factors and warning signs for Sensory Processing Disorders and offers practical interventions for parents and professionals. This DVD features a Q&A session that explores common questions about sensory disorders.

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Material Title: **Sensory World, A: Making Sense of Sensory Disorder (DVD)**  
Author: TCU Institute of Child Development *DVDs* 2010 98 minutes

This DVD offers insight and understanding about sensory issues that may make it difficult for a child to function at home and school. Parents and professionals will learn to recognize the difference between sensory problems and problem behaviors and how to help children overcome everyday struggles that hamper their success.

This encouraging video features Dr. Karyn Purvis and Dr. David Cross, child development researchers from Texas Christian University's Institute of Child Development, and Carol Kranowitz, author of the best seller "The Out of Sync Child". These experts offer proven interventions and practical exercises to help children cope with sensory issues which will lead to enriched relationships and improved self-esteem and learning.

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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.

# Child Development

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Material Title: **Short-Term Parent-Infant Psychotherapy**

Author: Paul V. Trad *Books* 1993 350 pages

Uses case studies to elaborate on parent-infant psychotherapy, which brings both parent and infant to the therapist to overcome problems, including postpartum depression, preventing the child's development from being derailed.

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Material Title: **Siblings Without Rivalry**

Author: Adele Faber *Books* 2012 240 pages

Drawing on their own experience, the authors have developed simple yet astonishingly effective ways to reduce conflict and generate goodwill between siblings. Each skill is illustrated by the thoughts and stories of real parents. Unprecedented insights into sibling relationships show how we can incorporate these ideas into our everyday lives.

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Material Title: **Significant Event Childhood Trauma (DVD)**

Author: Bruce Perry *DVDs* 2002 29 minutes

Sometimes a single significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, significant-event childhood trauma will negatively affect normal and healthy childhood development. Typical effects of trauma are the alarm state, re-experiencing, emotional memory, avoidance, and dissociation. Effective intervention involves openness and honesty, nurturing, and the frank discussion of details.

Program segments include Significant Event Trauma Effects, Targeting Resources, In the Classroom, Divorce, Single Parents, Addiction, Violence, and Intervention. Over time and with compassionate care and intervention, children can recover from a traumatic childhood event and be better prepared for similar losses and other trauma later in life.

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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.

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Material Title: **Smart Love: The Compassionate Alternative to Discipline That Will Make You a Better Parent and Your Child a Better Person**

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.

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Material Title: **Smart Moves: Why Learning Is Not All In Your Head**

Author: Carla Hannaford, PhD *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.

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Material Title: **Stories Children Tell, The: Making Sense of the Narratives of Childhood**

Author: Susan Engel *Books* 1995 221 pages

Whether presenting their versions of real events or making up tales of adventure and discovery, children enchant us with their stories. But the value of those stories goes beyond their charm. Storytelling is an essential form through which children interpret their own experiences and communicate their view of the world. Each narrative presented by a child is a brushstroke on an evolving self-portrait - a self-portrait the child can reflect on, refer to, and revise. Here, developmental psychologist Susan Engels examines the methods and meanings of children's narratives. She offers a fascinating look at one of the most exciting areas in modern psychology and education.

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# Child Development

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Material Title: **Teenage Brain, The: A Neuroscientist's Survival Gide to Raising Adolescents and Young Adults**  
Author: Frances E. Jensen, MD and Amy Ellis Nutt *Books* 2015 293 pages

Drawing on her research, knowledge, and clinical experience, internationally respected neurologist – and mother of two boys – Frances E. Jensen, MD, offers a revolutionary look at the adolescent brain, providing remarkable insights that translate into practical advice both for parents and teenagers.

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Material Title: **Tender Years, The: Toward Developmentally Sensitive Child Welfare Services for Very Young Children**  
Author: Jill Duerr Berrick, B. Needell, R. Barth, and M. Jonson-Reid *Books* 1998 203 pages

Today most children entering the child welfare system are very young, and, in most large states, infants are the largest group of children entering foster care each year. Social service systems are typically not designed for very young children, however, and therefore fail to serve their special needs. This shortcoming is significant because protecting very young children from physical harm is not enough; they must also be protected from developmental harm.

The Tender Years is the first textbook to address this critical situation. Beginning with an overview of child development theory, it examines child abuse reporting patterns and discusses placement in foster care, reunification, and adoption. It also looks at public child welfare practice, featuring vivid examples of the children and families served by this system. The authors analyze the differences between the foster care experiences of very young children and those of older children, with special emphasis on the way the child welfare system deals with infants. Based on a significant body of evidence regarding young children's unique affective, physical, and cognitive development, this text illuminates the interrelationship of child welfare practice, child development outcomes, and public policy. The authors offer a fundamental framework for decision-making in child welfare when young children are involved, and recommend specific changes in policy and practice aimed at moving the system toward greater developmental sensitivity.

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Material Title: **The Open-Hearted Way to Open Adoption: Helping Your Child Grow Up Whole**  
Author: Lori Holden and Crystal Hass *Books* 5/22/15 228

Prior to 1990, fewer than five percent of domestic infant adoptions were open. In 2012, ninety percent or more of adoption agencies are recommending open adoption. Yet these agencies do not often or adequately prepare either adopting parents or birth parents for the road ahead of them! The adult parties in open adoptions are left floundering.

There are many resources on why to do open adoption, but what about how? Open adoption isn't just something parents do when they exchange photos, send emails, share a visit. It's a lifestyle that may feel intrusive at times, be difficult or inconvenient at other times. Tensions can arise even in the best of circumstances. But knowing how to handle these situations and how to continue to make arrangements work for the child involved is paramount. This book offers readers the tools and the insight to do just that. It covers common open-adoption situations and how real families have navigated typical issues successfully. Like all useful parenting books, it provides parents with the tools to come to answers on their own, and answers questions that might not yet have come up.

Through their own stories and those of other families of open adoption, Lori and Crystal review the secrets to success, the pitfalls and challenges, the joys and triumphs. By putting the adopted child at the center, families can come to enjoy the benefits of open adoption and mitigate the challenges that may arise.

More than a how-to, this book shares a mindset, a heartset, that can be learned and internalized, so parents can choose to act out of love and honesty throughout their child's growing up years, helping that child to grow up whole.

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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.

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Material Title: **Toddler Adoption: The Weaver's Craft**  
Author: Mary Hopkins-Best *Books* 2012 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.

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Material Title: **Tools for Tots: Sensory Strategies for Toddlers and Preschoolers**  
Author: Diana A. Henry, Maureen Kane-Wineland, and Susan Swindem *Books* 2007 53 pages

This book is designed to offer practical sensory options to improve the ability of toddlers and preschoolers to function in their environments at home, in child care centers and in school.



# Child Development

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Material Title: **Trauma and Healing (DVD)**

Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz, who states that "Anger can be like a balloon. You keep blowing it up until it finally pops, and then only look at the result of the popping. But we also have to look at the blowing up process, which is often the pain and rage caused by childhood trauma."

This program also features interviews with Vickie, Cynthia, and Curtis, adults recovering from childhood trauma. Curtis, for example, is battling addiction and is beginning to explore the connections between a violent childhood and his current substance-abuse problems. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child.

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Material Title: **Trauma and Healing (VHS)**

Author: Bruce Perry *Videotapes* 2002 29 minutes

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Material Title: **Trauma Through A Child's Eyes**

Author: Peter A. and Maggie Kline Levine *Books* 2007 457 pages

Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, this book gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

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Material Title: **Trauma, Brain & Relationship: Helping Children Heal (DVD)**

Author: Drs. Bruce Perry, Constance Lillas, Daniel J. Siegel et al *DVDs* 2004 26 minutes

Trauma profoundly affects the way children think, feel and act and is far more prevalent than we formerly thought. Trauma's aftermath affects children's abilities mentally, emotionally, and situationally. Trauma is the source of chronic learning and attention problems, emotional and social difficulties and physical ills. It is also a condition that is readily repaired in young children. This engaging documentary features leading-edge mental health professionals who introduce revolutionary new discoveries that help identify, prevent, and heal trauma in children.

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Material Title: **True/Not True: When Memories Can Be Trusted (DVD)**

Author: DVD *DVDs* 1993 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.

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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.

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Material Title: **Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior (2 DVDs)**

Author: TCU Institute of Child Development *DVDs* 2011 35 minutes

**\*\*Suggested to accompany "A TBRI Pocket Guide: Trust-Based Caregiving".\*\***

This DVD set offers in-depth training for parents of children with trauma-based behavioral issues. The Trust-Based Relational Intervention (TBRI) is an intervention model created by developmental psychologists Dr. Karyn Purvis and Dr. David Cross, founders of the Institute of Child Development at Texas Christian University. It is based on more than a decade of research and hands-on work with vulnerable children and their families. Dr. Purvis coined the phrase "children from hard places" to describe children who have experienced abuse, neglect, abandonment and/or trauma in early development. Their survival behaviors can be confusing, frustrating, and difficult to manage even for the most patient and loving parents.

This video features Drs. Purvis & Cross coaching families through real-life, problem-solving scenarios. They demonstrate proven, practical skills and strategies for applying TBRI Empowering, Connecting and Correcting Principles to everyday life to build a stronger parent-child connection, which leads to better behavior. Parents from around the world praise TBRI for giving them hope in times of crisis and lifelong solutions that can benefit the entire family.

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# Child Development

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Material Title: **Understanding Behaviors of Alcohol/Drug Affected & Neurologically Impaired Children (Audiotape)**

Author: Diane Malbin *Audiotapes* June 3, 2001 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.

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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).

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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.

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Material Title: **Very Touching Book, A...for Little People and for Big People (Children's Materials)**

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.

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Material Title: **Visiting Feelings**

Author: Lauren Rubenstein *Children's Books* 2013 32 pages

Beautifully descriptive prose and delightful illustrations cultivate a message of mindfulness and emotional awareness to help children fully experience the present moment. Rather than labeling or defining specific emotions and feelings, *Visiting Feelings* invites children to sense, explore, and befriend any feeling with acceptance and equanimity. Children can explore their emotions with their senses and nurture a sense of mindfulness. Gaining this objectivity allows space for a more considered response to the feelings. Practicing mindfulness can also enhance many aspects of well-being, help develop insight, empathy, and resiliency.

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Material Title: **What Children Can Tell Us: Eliciting, Interpreting, and Evaluating Critical Information from Children**

Author: James Garbarino *Books* 1992 315 pages

This book is a guide to help professionals in diverse fields—including law, social work, pediatrics, education and psychology—better understand, interview and assess children in order to make well-informed decisions regarding their welfare and treatment.

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Material Title: **What Is Childhood Trauma? (DVD)**

Author: Bruce Perry *DVDs* 2002 29 minutes

There are sixteen to twenty million children and adolescents currently at risk for developing trauma-related problems. These problems include anxiety, depression, substance abuse, failure at school, susceptibility to victimization and abuse, and criminality. Many healthcare systems, teachers, and caregivers are only now beginning to recognize and address the problem. This program presents an overview of the effects of childhood trauma on the individual and on society.

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# Child Development

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Material Title: **What's Going on in There? How the Brain and Mind Develop in the First Five Years of Life**

Author: Lise Eliot, Ph.D. *Books* 1999 533 pages

Drawing upon the exploding research in this field as well as the stories of real children, *What's Going On in There?* is a lively and thought-provoking book that charts the brain's development from conception through the critical first five years. In examining the many factors that play crucial roles in that process, *What's Going On in There?* explores the evolution of the senses, motor skills, social and emotional behaviors, and mental functions such as attention, language, memory, reasoning, and intelligence.

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Material Title: **What's Happening to Me? An Illustrated Guide to Puberty\* (Children's Materials)**

Author: Peter Mayle and Arthur Robins *Children's Books* 1975 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.

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Material Title: **What's Happening to My Body? Book for Boys, The\* (Children's Materials)**

Author: Lynda Madaras *Children's Books* 2007 231 pages

This book gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all boys ages 10 and up.

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Material Title: **What's Happening to My Body? Book for Girls, The\* (Children's Materials)**

Author: Lynda Madaras *Children's Books* 2007 255 pages

Written by an experienced educator and her daughter in a reassuring and down-to-earth style, this book gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up.

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Material Title: **When Listening Comes Alive? A Guide to Effective Learning and Communication**

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.

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Material Title: **Whole-Brain Child, The**

Author: Daniel J. Siegel, MD and Tina Payne Bryson, PhD *Books* 2011 168 pages

In this pioneering, practical book parents are offered a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The new science of how a child's brain is wired and how it matures is explained. Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations to help you explain these concepts and enjoy your child, *The Whole-Brain Child* shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

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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!

# Child Development

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Material Title: **Why love matters (2nd Edition) how affection shapes a baby's brain**

Author: Sue Gerhardt *Books* 2015 303 pages

"Why Love Matters" explains why loving relationships are essential to brain development in the early years, and how these early interactions can have lasting consequences for future emotional and physical health. This second edition follows on from the success of the first, updating the scientific research, covering recent findings in genetics and the mind/body connection, and including a new chapter highlighting our growing understanding of the part also played by pregnancy in shaping a baby's future emotional and physical well-being.

Sue Gerhardt focuses in particular on the wide-ranging effects of early stress on a baby's or toddler's developing nervous system. When things go wrong with relationships in early life, the dependent child has to adapt; what we now know is that his or her brain adapts too. The brain's emotion and immune systems are particularly affected by early stress and can become less effective. This makes the child more vulnerable to a range of later difficulties such as depression, anti-social behaviour, addictions or anorexia, as well as physical illness.

"Why Love Matters" is an accessible, lively account of the latest findings in neuroscience, developmental psychology and neurobiology - research that matters to us all. It is an invaluable and hugely popular guide for parents and professional alike.

Dr Sue Gerhardt has been a psychoanalytic psychotherapist in private practice since 1997. She co-founded the Oxford Parent Infant Project (OXPIP), a pioneering charity that today provides psychotherapeutic help to hundreds of parents and babies in Oxfordshire and is now the prototype of many new 'PIPs' around the country. She is also the author of "The Selfish Society" (2010).

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Material Title: **Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents**

Author: Violet Oaklander, Ph.D. *Professional Materials* 1979 324 pages

With over 300 pages of methods, materials, techniques for working with children and adolescents, transcripts, case examples and discussion, this book more than fills a void in the child therapy literature. Counselors and therapists, in schools, mental health centers and private practice embrace this book.

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Material Title: **Without Spanking or Spoiling: A Practical Approach to Toddler and Preschool Guidance (Second Edition)**

Author: Elizabeth Crary *Books* 1993 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.

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Material Title: **Worried Child, The: Recognizing Anxiety in Children and Helping Them Heal**

Author: Foxman Paul *Books* 2004 304 pages

The Worried Child shows that anxiety is preventable - or can at least be minimized - by raising children's self-confidence, increasing social and self-control skills, and teaching them how to play, relax, and communicate their feelings and needs. Written for parents and teachers and anyone dealing with children, the guide covers the importance of adequate rest, sleep, and exercise and provides detailed lists, skill exercises, sample dialogues, and case studies. It also presents extensive information on the various types and symptoms of anxiety disorders. Advice for educators, health care professionals, childcare workers and psychotherapists is included along with a chapter and tutorial written specifically for children.

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Material Title: **Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child, The**

Author: Daniel Siegel *Books* 2018 208 pages

When facing challenges, unpleasant tasks, and contentious issues such as homework, screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. This is what New York Times bestselling authors Daniel J. Siegel and Tina Payne Bryson call a No Brain response. But our kids can be taught to approach life with openness and curiosity. Parents can foster their children's ability to say yes to the world and welcome all that life has to offer, even during difficult times. This is what it means to cultivate a Yes Brain.

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Material Title: **Young Children and Foster Care: A Guide for Professionals**

Author: Judith A. Silver, Barbara J. Amster, and Trude Haecker *Books* 1999 509 pages

Infants and young children entering the child welfare system often have histories of abuse, neglect, and fragmented medical care. This book helps human services professionals meet these children's special needs as it proposes models for intervention and provides expert advice on often-overlooked aspects of care, including developmental and medical concerns, child advocacy, and early intervention services.

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# Child Development

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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.

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Material Title: **Your Child: Special Edition Newsweek 2000**

Author: *Journals/Newsletters II/Winter 20*

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.

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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.

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Material Title: **Your Four-Year-Old: Wild and Wonderful**

Author: Louise Bates Ames, Ph.D, and Frances L. Ilg, M.D. *Books* 1976 136 pages

What is it about four-year-olds that makes them so loveable? What problems do four-year-olds have? What can they do now that they couldn't do at three? Dr. Ames and Ilg, recognized authorities on child behavior and development, discuss these and scores of other questions unique to four-year-old girls and boys, and they offer parents practical advice and enlightening psychological insights.

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Material Title: **Your Six-Year-Old: Loving and Defiant**

Author: Louise Bates Ames, M.D. and Frances L. Ilg, M.D. *Books* 1981 118

The six-year-old is a complex child, entirely different from the five-year-old. Though many of the changes are for the good - six is growing more mature, more independent, more daring and adventurous - this is not necessarily an easy time for the little girl or boy. Relationships with Mother are troubled - most of the time Six adores Mother, but whenever things go wrong, it's her fault. It used to be, at Five, that she was the center of the child's universe; now the child is the center of his own universe.

Parent's need the expert advice of Dr. Ames and Ilg during this difficult year, to explain parent-child relations, friendships with peers, what six-year-olds excel at, how they see the world, what it feels like to be entering the first grade. Children need patience and understanding to help make this age of transition easier.

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Material Title: **Your Two-Year-Old: Terrible or Tender**

Author: Louise Bates Ames, Ph.D. and Frances L. Ilg, M.D. *Books* 1976 133 pages

Are two-year-olds really so terrible, or does the world have a slightly skewed view of this sometimes difficult, sometimes adorable tot? Dr.s Ames and Ilg, recognized worldwide as authorities on child behavior and development, offer parents practical advice and enlightening psychological insights on children at this age.

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