

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.

Diet/Nutrition

Material Title: **Am I Weird or Is This Normal? Advice and Info to Get Teens in the Know* (Children's Materials)**
 Author: Marlin S. Potash, Ed.D. *Children's Books* 2001 261 pages

Written by a mother-daughter team, this book offers practical, down-to-earth advice on issues teenage girls are dealing with today. It is written in question-and-answer form, and includes many quizzes, games, & helpful hints. In addition, the book is packed with current facts on alcohol and drugs, eating disorders, sex and relationships, after school jobs, college, & more.

Material Title: **Anorexia Nervosa: When Food Is the Enemy* (Children's Materials)**
 Author: Erica Smith *Children's Books* 1999 57 pages

This book is intended to help adolescents understand the causes of anorexia and its signs and symptoms, providing them with resources that can help change anorexia's destructive course. Poignant, revealing case histories and vignettes combined with a frank, down-to-earth writing style make this book particularly appealing and relevant to young readers.

Material Title: **Change Your Brain Change Your Life**
 Author: Daniel G Amen *Books* 1998 305 pages

Dr. Amen presents the case that many behavioral disorders formerly considered psychological actually have a biological basis. Through the lens of new brain imaging techniques, you can see what depression, anxiety, temper, impulsiveness and obsession look like in the brain. Dr. Amen gives practical suggestions for overcoming these problems and gives tools for optimizing the brain and improving life.

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.

Material Title: **Eating Disorders: Foster Parent College (DVD)**
 Author: Rick Delaney *DVDs* 2003 2 Hrs

Rick Delaney helps parents identify and understand four types of eating disorders with children - refusing certain foods, stealing and hoarding food, anorexia, and gorging - and offers practical solutions.

Material Title: **Love Me, Feed Me: The Adoptive Parent's Guide to Ending the Worry About Weight, Picky Eating, Power Struggles and More**
 Author: Katja Rowell, MD *Books* 2012 283 pages

Love Me, Feed Me is a relationship-building, practical guide to help fostering and adoptive families enjoy family meals and raise children who eat a variety of foods and grow to have the body that is right for them. Grounded in science, but made real with the often heart-breaking and inspiring words of parents who have been there, Dr. Katja Rowell helps readers understand and address feeding challenges, from simple picky eating to entrenched food obsession, oral motor and developmental delays, "feeding clinic failures," and more.

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.

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.

Diet/Nutrition

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.

Material Title: **Special Diets for Special Kids**

Author: Lisa Lewis

Books

2011 239 pages

The first part of the book describes dietary intervention in detail, from both a scientific and a personal approach. Studies have shown that children with autism have a marked deficiency of enzymes that break down gluten and casein, which may explain why GFCF diets have yielded positive results for many children. The second part of the book is an easy-to-follow cookbook, containing over 200 recipes like: banana-nut pancakes; tortillas/wraps; shepherd's pie; chili; cakes and cookies; blueberry muffins; chicken nuggets; mock mac and cheese; turkey dressing - and many more!

Material Title: **Understanding Bulimia Nervosa* (Children's Materials)**

Author: Debbie Stanley

Children's Books

1999 115 pages

This book for adolescents, explains what bulimia is, how to recognize its symptoms, and why this serious problem is easily overlooked. Using the voices of young people who have struggled with bulimia, Stanley explores the roles pressure from peers, parents, and society -- as well as bottled up emotions and low self-esteem -- can play in developing bulimia. Practical suggestions help young readers learn to recognize and resist society's unrealistic expectations, develop a positive self-image, and evaluate their nutritional habits and fitness level accurately and honestly.

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.

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.

Material Title: **When Your Body Gets The Blues: The Clinically Proven Program for Women Who Feel Tired and Stressed and Eat Too Much**

Author: Marie-Annette Brown and Jo Robinson

Books

2002 191 pages

This book in four parts, "The Problem," "The Science behind the LEVITY Program," "How to Follow the LEVITY Program," and "Resources and References," recommends a therapeutic combination of sunlight, exercise, and vitamins. It claims to help women think clearly, sleep soundly, cope easily with stress, reduce anxiety and depression, and lose weight in eight weeks.

Material Title: **Why Can't I Eat That: Helping Kids Obey Medical Diets**

Author: John Taylor & R. Sharon Latta

Books

1996 224 pages

This book helps parents and professionals with psychological and practical advice for getting kids to follow prescribed guidelines for weight control, diabetes, food allergies, digestive disorders, cancer, and hypoglycemia.

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!
