

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

Parenting - General

Material Title: **101 Activities for Kids in Tight Spaces**

Author: Carol Kranowitz *Books* 1995 162 pages

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

Material Title: **1-2-3 Magic: Managing Difficult Behavior in Children 2-12 (DVD)**

Author: Thomas W. Phelan DVD *DVDs* 2001 20 minutes

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

Material Title: **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.

Material Title: **55 Favorite Communication Techniques: That Get Kids Talking & Thinking**

Author: Lawrence E Shapiro *Books* 2005 137 pages

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

Material Title: **Addiction and Families: A Survival Guide**

Author: Joan Callender and Chad Dingle *Books* 2012 177 pages

This book interweaves personal stories from those who have been to the darkest places and back, with practical information and faith-based advice for anyone parenting a child of an alcoholic or drug user. Addiction & Families provides the tools necessary to help you reclaim your joy in everyday living and transform your life.

Material Title: **Adolescent Self, The**

Author: David B. Wexler *Books* 1991 183 pages

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

Material Title: **Adoptive Parent Intentional Parent**

Author: Stacy Manning *Books* 2013 249 pages

This book is meant to offer hope. I offer you my story among others so that you will truly understand that you are not alone on this journey. This book is meant to offer peace. I offer you a formula to follow that will aid you in building and maintaining the safety net your child needs to be able to truly heal. This book is meant to offer knowledge. I offer you knowledge about the hurdles you will face; knowledge truly is power. If used intentionally, it will aid you in changing lives. This book is meant to offer clarity. I offer you techniques that help you gain self awareness so that you can more easily move some of your obstacles out of the way. This book is meant to offer support. I offer you tools that will enable you to be the intentional parent you need to be.

Material Title: **Angry Child, The: Regaining Control When Your Child is Out of Control**

Author: Tim Murphy and Loriann Oberlin *Books* 2001 244 pages

Every child has an off day when nothing seems to go right, but for some, angry outbursts, frustration, and resentment are the norm. When a child's anger threatens to jeopardize his school and social life and introduces an element of strain into the family dynamis that affects every member, it's time for a parent to ask: When is angry too angry?

With simple, direct techniques, Dr. Murphy shows it is possible to help an angry child understand what triggers his outbursts and develop new approaches for coping with potentially explosive situations.

Parenting - General

Material Title: **Attaching Through Love, Hugs and Play**

Author: Deborah D. Gray

Books

2014 196 pages

Capturing the warmth and fun of forming close relationships with children, this book offers simple advice to parents of children who find it difficult to attach and bond - whether following adoption, divorce or other difficult experiences. Attachment therapist Deborah D. Gray describes how to use the latest thinking on attachment in your daily parenting. She reveals sensory techniques which have proven to help children bond - straightforward activities like keeping close eye contact or stroking a child's feet or cheeks - and explains why routines like mealtimes and play time are so important in helping children to attach. The book offers positive ideas for responding to immediate crises like difficult behavior and meltdowns, but importantly also offers longer-term strategies to help children to develop the skills they need to cope as they grow up - the ability to plan, concentrate and be in control of their emotions.

Material Title: **Attachment and separation: Putting the pieces together**

Author: Vera Fahlberg

Books

1979 64 pages

A workbook about attachment and separation

Material Title: **Attachment: How Ours Impacts Their (Audio)**

Author: Robyn Gobbel

DVDs

2017 83 minutes

When we offer our children experiences in secure attachment, we provide them an optimal foundation for healthy relationships and mental health. This webinar will clearly explain how attachment is directly related to regulation (and dysregulation) in the nervous system, identify common characteristics of the different attachment patterns- while emphasizing that attachment is so much more than behavior, as well as provide a starting point for how you might begin to shift your own attachment patterns.

Material Title: **Attachment: How Ours Impacts Theirs (Video)**

Author: Robyn Gobbel

DVDs

2017 83 minutes

When we offer our children experiences in secure attachment, we provide them an optimal foundation for healthy relationships and mental health. This webinar will clearly explain how attachment is directly related to regulation (and dysregulation) in the nervous system, identify common characteristics of the different attachment patterns- while emphasizing that attachment is so much more than behavior, as well as provide a starting point for how you might begin to shift your own attachment patterns.

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 Seares 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.

Material Title: **Baby Owl Lost Her Whoo* (Children's Materials)**

Author: Cindy R. Lee

Children's Books

2014 30 pages

Do you have a bossy child at home or a child obsessed with control? Professionals know that children become controlling when they are afraid. Parents who don't know this spend all their energy fighting for control and are left feeling frustrated, angry and confused. Baby Owl Lost Her Whoo teaches children WHY they need to let go of control. When left to manage on her own, Baby Owl freezes in the cold, eats only sweets and forgets to brush her beak! A book designed to teach concepts developed by Dr. Karyn Purvis, this story cleverly teaches children that parents are indeed in charge. When children know a safe loving adult is in charge, they can let go of control and spend their time laughing, playing and exploring.

Material Title: **Bear Inside, The**

Author: Peter & Mark Molchan Mortola

Children's Books

2016 30 pages

We all have a bear inside. Sometimes the bear will act in ways that can hurt others, biting someone at preschool, hitting our sibling, or using vicious words to attack someone on social media. Of course, we want our children to control this aggressive, inner bear. But sometimes, we need our bear to help us. We want our children to be appropriately assertive when confronted by a bully, when they are facing unhelpful peer pressure, or even when they are trying to score a goal in soccer. Clearly, coming to terms with "the bear inside" is important work for any growing child. This book was written to help children, parents, teachers, and counselors to do just that.

Material Title: **Becoming the Parent You Want To Be: A Sourcebook of Strategies for the First Five Years**

Author: Laura Davis & Janis Keyser

Books

1997 415 pages

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

Parenting - General

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

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

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

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

Material Title: **Beneath the Mask: Understanding Adopted Teens**
Author: Debbie Riley and John Meeks *Books* 2005 207 pages

This book offers parents and professionals a wealth of case histories; and treatment resources and therapy tools. Parents will discover the 6 most common adoption "stuck-spots;" a deeper understanding of identity, abandonment, grief and loss, and relinquishment issues - and how they affect personal and family development; and how therapy may help the adoptive family learn and grow together.

Material Title: **Better Behavior Without Stress**
Author: Karen DeBolt, MA *Books* 2010 114 pages

This little parenting book is designed to give parents the tools they need to help their intense child to be happier and more successful without being stressed out all the time themselves. Written in a warm and humorous style without a lot of fluff, this book will help you to calm the chaos in your home.

Material Title: **Beyond Consequences Live (4 DVDs)**
Author: Heather T. Forbes, LCSW *DVDs* 2013 47 minutes

Heather T. Forbes, LCSW delivers one of her best presentations to a group of parents and professionals seeking advice about raising and working with children with difficult and severe behaviors. Her presentation incorporates the understanding that neuroscience gives us to explain the thinking and perspectives of children whose regulatory systems have been compromised through traumatic experiences.

Yet, as a parent herself, Heather knows all too well the importance of being able to know what to do when "the rubber hits the road". Through her presentation and powerful examples, she delivers an empowering, educational, and entertaining message! Heather's ability to speak from the heart, through experience, and with humor and truth makes this presentation engaging and without a dull moment.

Material Title: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children With Severe Behaviors (Volume 1)**
Author: Heather T. Forbes and Bryan Post *Books* 2006 109 pages

This book is divided into three parts - "The Principles of a New Understanding;" "Seven Behaviors Based in Fear;" and "Parenting Bonus Section." The middle part devotes a chapter each to "Parents Appear Hostile and Angry;" "Lying;" "Stealing;" "Hoarding and Gorging;" "Aggression;" "Defiance;" and "Lack of Eye Content."

Material Title: **Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors (Volume 2)**
Author: Heather T. Forbes, LCSW *Books* 2008 160 pages

Heather T. Forbes, LCSW, offers families a new view to parenting children with difficult and severe behaviors. As a parent herself who experienced challenging days (and years) following the adoption of her two children, she offers a ground-breaking approach to parenting that shows parents a proven way to develop strong and loving relationships with their children. She bridges the gap between academic research and real life when the rubber hits the road parenting. This book is written in an easy to understand and easy to grasp format for anyone working with or parenting children with difficult or severe behaviors. Each chapter gives specific examples of how to implement her parenting principles, empowering parents to make amazing and permanent changes in their homes. All the examples given throughout these chapters are true stories provided by parents who read and implemented her first book, Volume 1. The book ends with a parenting bonus section where more real-life stories from real-life parents with real-life children are given. These examples range in the spectrum of the ages of the children and a variety of behavioral issues. This book offers hope and healing.

Parenting - General

Material Title: **Beyond Consequences, Logic, and Control: Tweens (2 CDs)**
Author: Heather T., LCSW and B. Bryan Post Forbes *CDs* 2007 45 minutes

This 2-part audio CD set will bring you solutions and a deeper understanding of the book "Beyond Consequences, Logic, and Control" and how it relates to your tween's behaviors, ages 10-12. This discussion hits the mark for all children and puts the concepts of this book into real life application. The authors answer questions submitted from parents around the world in an engaging and empowering discussion to help you bring peace into your family.

Material Title: **Birth of an Adoptive, Foster or Stepmother, The: Beyond Biological Mothering Attachments**
Author: Barbara Waterman *Books* 2004 227 pp

Adoptive, foster and stepmothers, like biological mothers, find their lives completely changed by motherhood although they are not always granted the rights and privileges accorded to those who give birth. Barbara Waterman explores the common experiences that are shared by all those who enter the motherhood portal. She highlights the importance of wider family, community and professional support for non-biological parents and primary care-givers of both genders, and their children. A stepmother herself and a practicing psychologist, Waterman's writing is illustrated throughout with vignettes of children and parents from a range of backgrounds. She shows the important ways in which a non-biological attachment is both more similar to and more different from a biological attachment than is currently understood. In doing this, Waterman broadens the notion of the 'traditional' family, and offers a positive alternative to the myth of the perfect mother. All kinds of step-, adoptive and foster families and those coming into contact with them will find this thoroughly researched and personal book an indispensable guide. Barbara Waterman earned her doctorate in Psychological and Social Relations from Harvard University in 1975. After working through not being able to conceive a child herself and several unsuccessful attempts to adopt, Dr. Waterman became a stepmother to twelve-year-old twin daughters over a decade ago. She has a private consultation and psychotherapy practice in Oakland, California.

Material Title: **Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment**
Author: Daniel & Jonathan Hughes & Baylin *Books* 2012 272 pages

In this groundbreaking exploration of the brain mechanisms behind healthy caregiving, attachment specialist Daniel A. Hughes and veteran clinical psychologist Jonathan Baylin guide readers through the intricate web of neuronal processes, hormones, and chemicals that drive—and sometimes thwart—our caregiving impulses, uncovering the mysteries of the parental brain.

Material Title: **Brainstorm: The Power and Purpose of the Teenage Brain**
Author: Daniel J. Siegel *Books* 2015 352 pages

Between the ages of twelve and twenty-four, the brain changes in important and, at times, challenging ways. In *Brainstorm*, Dr. Daniel Siegel busts a number of commonly held myths about adolescence—for example, that it is merely a stage of "immaturity" filled with often "crazy" behavior. According to Siegel, during adolescence we learn vital skills, such as how to leave home and enter the larger world, connect deeply with others, and safely experiment and take risks

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

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

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

This insightful DVD gives educators and parents the ability to observe firsthand the techniques used by teachers, in a state of the art preschool and research facility, effectively managing children with challenging behaviors. The esteemed authors from the book, "Challenging Behaviors in Early Childhood Setting; Creating a Place for All Children" offer their expert advice, which is then implemented in the classroom.

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

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

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

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

Parenting - General

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

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

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

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

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

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

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

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

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

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

Material Title: **Confessions of an Adoptive Parent: Hope and Help from the Trenches of Foster Care and Adoption**
Author: Mike Berry *Books* 2017 215 pages

Adopting or fostering a child brings its own unique set of challenges only another parent facing the same uphill climb could possibly understand. From parenting children with traumatic pasts, to dealing with attachment issues, to raising a child with special needs, it can sometimes be a struggle just getting through the day.

Mike Berry knows the loneliness and isolation you can easily feel in your particular parenting role—because he's been there. He's still there, and he wants to give you the hope and encouragement you so desperately need.

There are plenty of how-to guides out there on parenting, but this one-of-a-kind book is specifically designed to address your needs as a parent of an adopted or foster child. With a refreshing dose of honesty, empathy, and care, you'll discover you are definitely not alone on your journey and God has a very special plan for you and your family.

Material Title: **Correcting Without Criticizing: The Encouraging Way to Talk to Children About Their Misbehavior**
Author: John Taylor *Books* revised 199! 36 pages

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

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

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

Parenting - General

Material Title: **Creating Felt Safety (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Audio-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2017 52 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Video-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 74 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

Material Title: **Creating Felt Safety (Video-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2017 52 minutes

This two-part webinar address the three places children are looking to determine if they are safe- and it's happening below conscious awareness! This means we can't TELL them they are safe- we have to create environments in which they can FEEL safe. Regulated, connected children who FEEL SAFE behave well. This two-part webinar will give you concrete tools that will help to create a sense of felt safety for your child, bringing more calm, connection, and FUN to your family.

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

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

Material Title: **Dare to Love Yourself: Music, Meditations and Affirmations for Emotional Wellness (CD)**
Author: Heather T. Forbes, LCSW *CDs* 2010 15 minutes

This 2-part CD set is designed to be your resource for finding peace and happiness in your life. This unique resource will help you move from a place of pain, frustration, and overwhelm to happiness, harmony, and joy. Included are meditations to help distance yourself from negative emotions, affirmations to move you to the next level of thinking positively and an all new soundtrack created specifically to enhance your experience and healing.

Material Title: **Dare to Love: The Art of Merging Science & Love Into Parenting Children with Difficult Behaviors**
Author: Heather T. Forbes, LCSW *Books* 2009 134 pages

Emerging science has helped us to understand children better from a neurological and behavioral standpoint. Yet, all the academic research coupled with the best diagnoses for children can still leave parents feeling completely powerless. In her book, Dare to Love, Heather Forbes, LCSW, describes in detail, through a series of questions and answers, how to merge science into everyday parenting. This book gives practical, effective, and loving solutions for any parent struggling with his or her child. It will leave you feeling empowered, hopeful, and excited to be a parent again!

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

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

Material Title: **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.

Parenting - General

Material Title: **Diagnostic Conundrums (2 CDs)**

Author: John Sobraske

CDs

8/6/2011

2 hours

Presented by John Sobraske, adoption psychotherapist, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Rather than describing specific diagnoses, this session looks at the issue of diagnosis in general. The speaker will cover the use and misuse of labels, such as bipolar and reactive attachment disorder, and the need to understand how various influences interact (like developmental delays, identity issues, and chemical exposure in utero) and to determine, in individual cases, which factors are salient and which are not. Finally, the session will help parents become expert advocates who maintain a whole picture of their child and resist diagnostic fragmentation by specialists.

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.

Material Title: **Discipline: Teaching Limits with Love (DVD)**

Author: DVD

DVDs

2008

30 Min

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

Material Title: **Doggie Doesn't Know No* (Children's Materials)**

Author: Cindy R. Lee

Children's Books

2015

30 pages

It is soooooo hard for children to accept "no!" Parents frequently experience whining, back-talk and defiance when they deny their child's request. Children can learn to accept "no" smoothly by practicing and understanding the concept of "accepting no." While living on his own, little stray Doggie was able to do whatever he pleased and was never told "no." On a cold snowy day he was invited to live with a family in a warm cozy home. Doggie was told "no" many times as he learned the rules of the household! This darling book includes Parenting Tips for Parents and facilitates your child's ability to understand the concept of "accepting no."

Material Title: **Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation**

Author: Becky A. Bailey, Ph.D

Books

2000

269 pages

You love your children, but if you're like most parents, you don't always love their behavior. But how can you guide them without resorting to less-than-optimal behavior yourself?

Focusing on self-control and confidence-building for both parent and child, Dr. Bailey teaches a series of linked skills to help families move from turmoil to tranquility. Learn how to stop policing and pleading and become the parent you want to be.

Material Title: **Effective Adoption Support Groups for Families (2 CDs)**

Author: Ardell Brackley, Michelle Hirst and Bernadette Hicks

CDs

8/5/2011

28 minutes

Presented by Ardell Brackley and Michelle Hirst of Children's Friend & Service, and Bernadette Hicks of Adoption Rhode Island at the 37th NACAC Conference 2011 in Denver, Colorado. This training will explore the effect of support groups on both adoptive and pre-adoptive parents and the children in their care. Come learn how supportive it is for a family to meet with others who are having the same experiences and feelings. We'll discuss how separate parent and child support groups help parents and children stay together and work through the hard times.

Material Title: **Effective Strategies for Severe Behaviors in Adopted and Foster Children (3 DVDs)**

Author: Bryan Post and Gizane Indart, PsyD, LPC

DVDs

4 hours

Bryan Post and Dr. Gizane Indart provide clear cut understanding of the root of severe behaviors most frequently identified by parents and caregivers as troublesome and specific step by step strategies to eliminating these behaviors and creating healing and peace in your home. Learn why even adoption at birth is traumatic. Gain life changing insights to why your children act out, and what you can do to help them succeed. Leave fear-based parenting behind you!

Material Title: **Elephant with Small Ears, The* (Children's Materials)**

Author: Cindy R. Lee, LCSW, LADC

Children's Books

2016

32 pages

Elly's ears won't grow because she is so scared! Little elephants with small ears can get into all kinds of trouble when they can't hear their parents instructions. Find out how Elly's parents learn to help her feel safe so her ears can grow. The Elephant with Small Ears teaches the concept of "listening and minding" to your child while reminding parents about the importance of connecting with children to help them feel safe. Reading The Elephant with Small Ears with your child will help you and your child understand the importance of how traditional parenting techniques are not effective with children from hard places.

Parenting - General

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.

Material Title: **Encouraging the Discouraged Child: Boosting Your Child's Self-Confidence**

Author: John Taylor *Books* 1995 (revised) 35 pages

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

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.

Material Title: **Five Love Languages of Children, The**

Author: Gary D. Chapman and Ross Campbell, MD *Books* 1997 224 pages

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

Material Title: **Five Love Languages of Children, The (2 CDs)**

Author: Gary Chapman and Ross Campbell, MD *CDs* 1997 45 minutes

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

Material Title: **Five Love Languages of Children, The (Audiotape)**

Author: Gary Chapman and Ross Campbell, M.D. *Audiotapes* 1997 45 minutes

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

Material Title: **From Fear to Love**

Author: B. Bryan Post *Books* 2010 114

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

There are occasional references to God.

Material Title: **Good Enough Parent, A: A Book on Child-Rearing**

Author: Bruno Bettelheim *Books* 1987 377 pages

In this book the author gives us the results of his lifelong effort to determine what is most crucial in successful child-rearing. His purpose is not to give parents present rules for raising their children, but rather to show them how to develop their own insights so that they will understand their own and their children's behavior in different situations and how to cope with it. Above all, he warns, parents must not indulge their impulse to try to create the child they would like to have, but should instead help each child fully develop into the person he or she would like to be.

Parenting - General

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

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

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

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

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

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

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

In this 3-part CD, bestselling author Michael Gurian presents the definitive guide to the moral and emotional development of our boys and young men. He provides a complete parenting program, showing how to instill virtues in boys at each of the developmental stages: the Age of Obedience (birth to six); the Age of Convention (seven to twelve); and the Age of Moral Institution (thirteen to eighteen). Also addressed are "moral emergency" questions on how to deal with stealing, violence, and other forms of severe misbehavior.

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

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

Material Title: **Growing Up Again: Parenting Ourselves, Parenting Our Children**
Author: Jean Illsley Clarke & Connie Dawson *Books* 1989 270 pages

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

Material Title: **Handling Those Dragons in Our Lives: How to Keep Stress from Managing Us (CD)**
Author: Maris Blechner *CDs* 2012 66 minutes

NACAC Conference presenter, Maris Blechner, a long-term successful manager of stress, at home and in the office, looks at how caring and over-stressed people like us can leash those fire-breathing dragons in our lives, and keep them in their place. She shares some theory and lots of practical hints and advice to use in our own lives.

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

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

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

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

Parenting - General

Material Title: **Helping Children Heal from Trauma: What Parents and Caregivers Need to Know (CD)**
Author: Sue Badeau *CDs* 8/5/2011 15 minutes

Presented by Sue Beadeau, Casey Family Programs, Pennsylvania at the 37th NACAC Conference 2011 in Denver, Colorado. Every child entering foster care has experienced some amount of trauma—if nothing else, removal from home and placement into care. Parenting a traumatized child can be challenging and stressful. The better a parent is equipped to cope with the emotional, behavioral, and verbal responses of children and youth to placement in foster care, the greater the child or youth's opportunity to heal. The presenter will engage participants in a discussion of the strengths and challenges of traumatized foster children and will share strategies for helping professionals and parents become more trauma-informed.

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

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

Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Audio)**
Author: Robyn Gobbel *DVDs* 2017 96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

Material Title: **Helping Kids Calm: Using the Body and Relationship to Support Regulation (Video)**
Author: Robyn Gobbel *DVDs* 2017 96 minutes

This webinar will focus on supporting regulation in your child both thru your relationship and thru supporting the needs of their body (especially sensory needs or difficulties). While this webinar focuses on parenting children with a history of complex trauma, the topics will apply to parenting any child- especially those who have a sensory processing system.

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

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

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

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

Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2016 83 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Talk About the Hard Truths in Adoption (Audio-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Talk About the Hard Truths in Adoption (Video-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2016 83 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Parenting - General

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

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

Material Title: **How to Talk So Kids Will Listen and Listen So Kids Will Talk**
Author: Adele Faber *Books* 2012 233 pages

Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach provided by the authors makes relationships with children of all ages less stressful and more rewarding. Their methods of communication - illustrated with delightful cartoons showing the skills in action - offer innovative ways to solve common problems.

Material Title: **How to Talk So Teens Will Listen & Listen So Teens Will Talk**
Author: Adele Faber *Books* 2006 203 pages

Filled with straightforward advice and written in their trademark, down-to-earth style sure to appeal to both parents and teens, this all-new volume offers both innovative, easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships. From curfews and cliques to sex and drugs, it gives parents the tools to help their children safely navigate the often stormy years of adolescence.

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 1 of 1)**
Author: Robyn Gobbel *DVDs* 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

Material Title: **How to Tell the Hard Truths in Adoption (Video-Part 2 of 2)**
Author: Robyn Gobbel *DVDs* 2016 72 minutes

This webinar will help describe why it's important for children to know the truth about their life story while promoting honesty, transparency, and authenticity when talking to children about their past. As well as the importance of attunement and connection when sharing stories and how to use the right tools and language for discussing these difficult topics with children. This webinar offers examples and ideas about how to give our children age-appropriate and honest information about their life stories.

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.

Material Title: **I Am Your Child: Video Series (DVD)**
Author: DVD *DVDs* 2008 3 Hours

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

Material Title: **I Love You from the Edges: Lessons from Raising Grandchildren**
Author: Karen Best Wright *Books* 2014 124 pages

I Love You from the Edges is Karen's love story of raising her young granddaughters for several years, letting them capture her heart, her life, and her soul, and then having to give them back - resulting in a painful, yet spiritual journey of love, healing, and reunion. Along with her story, she includes suggestions on the "how's, what's and why's" one should consider when beginning the journey of raising someone else's child. Included is the health and wellness assessment program Karen designed specifically for grandparents and relatives raising children.

Parenting - General

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.

Material Title: **I'll Tell You When You Are Older Because... (CD)**

Author: Barry Chaffkin, April Dinwoodie and Doris Laurenceau

CDs

8/62011 20 minutes

Presented by Barry Chaffkin, April Dinwoodie, and Doris Laurenceau of Changing the World One Child at a Time, New York at the 37th NACAC Conference 2011 in Denver, Colorado. Children do best when they know the truth about their lives, but sharing difficult information is not easy. This workshop will give you the tools to discuss the most challenging situations (abuse, parental incarceration, death, HIV, incest, termination of parental rights) with children of all ages. Please bring your own challenging questions to the session. No topic is off limits!

Material Title: **Incredible Years, The: A Trouble-Shooting Guide for Parents of Children Aged 2-8 Years**

Author: Carolyn Webster-Stratton

DVDs

2005

312 pp

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

Material Title: **Is This Your Child? Discovering and Treating Unrecognized Allergies**

Author: Doris Rapp, M.D.

Books

1991

626 Pages

In Is This Your Child? Dr. Doris Rapp gives you the clues and explanations to determine if your child is part of the subset of children affected by food or chemical allergies. More important, she gives instructions on how to maintain a healthy, comfortable, and drug-free child. Illustrations. 32 black-and-white photos.

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.

Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Audio)**

Author: Robyn Gobbel

DVDs

2017

75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

Material Title: **Jump OUT of the Trauma Tornado: Tackling Lying (Video)**

Author: Robyn Gobbel

DVDs

2017

75 minutes

Families with children who have experienced trauma often get stuck in a vicious cycle of difficult behavior, parent reaction, and then more difficult behavior. This webinar will break down the trauma tornado, helping you understand how it started and what you can do to jump out. It will also help you understand lying as a trauma driven behavior and will give you ideas on how to respond in a way that will actually increase trust and decrease fear- the very thing that is driving the lying in the first place. These skills will help you get to the root of the lying without relying on short-term behavior fixes or fear-based compliance.

Parenting - General

Material Title: **Keepers of the Children: Native American Wisdom and Parenting**
Author: Laura M. Ramirez *Books* 2004 208 pages

This book uses little known Native American secrets to teach parents how to raise children who know their nature and use their strengths to create lives of meaning and contribution. By raising children to unfold the uniqueness in their hearts, parents touch the depths of their own. By teaching children the secrets of genuine fulfillment, they grow up to lead purposeful lives and cherish their parents for this gift.

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

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

Material Title: **Learning the Dance of Attachment**
Author: Holly Van Gulden *Books* 2010 122 pages

Material Title: **Liberated Parents/Liberated Children: Your Guide to a Happier Family**
Author: Adelene Faber and Elaine Mazlish *Books* 1990 248 pages

Authors Faber and Mazlish share their own and others' parenting experiences to provide moving and convincing testimony to their approach which has proved to bring out the best in both children and parents. They also speak to the countless ways your use of language can build self-esteem, inspire confidence, and encourage responsibility.

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

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

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

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

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

Material Title: **Mindful Parenting**
Author: Kristen Race *Books* 2014 272 pages

Rooted in the science of the brain, and integrating cognitive neuroscience and child development, Mindful Parenting is a unique program that speaks directly to today's busy families who make up what Dr. Race calls "Generation Stress." Research has shown that mindfulness practices stimulate the prefrontal cortex of the brain. Regular stimulation of this part of the brain helps us feel happier, healthier, calmer, less anxious, less stressed, and makes it easier for us to concentrate and think clearly—the very behavior we are hoping our children will display.

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".

Material Title: **More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem (VHS)**
Author: Thomas W. Phelan Video *Videotapes* 2000 20 minutes

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

Parenting - General

Material Title: **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.

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

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

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

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

Material Title: **No-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.

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.

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

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

Material Title: **Optimistic Child, The: A Revolutionary Program That Safeguards Children Against Depression & Builds Lifelong Resilience**
Author: Martin E.P. Seligman, Ph.D. *Books*

Over the past thirty years, the self-esteem movement has promoted the credo in American homes and classrooms that unconditional positive feedback is what children need to make them feel better about themselves. But even though we are raising our children to feel good, they have never been more depressed.

To examine and reverse this trend, the author, a leading psychologist who has been studying depression for three decades, developed a long-term research study with his colleagues called the Penn Depression Prevention Project. Their startling finds prove that teaching children to challenge their pessimistic thoughts can "immunize" them against depression. The Optimistic Child offers parents and teachers the tools developed in this study to teach children of all ages life skills that transform helplessness into mastery and bolster genuine self-esteem.

Material Title: **Parent as Coach: Helping your teen build a life of confidence, courage and compassion**
Author: Diana Haskins *Books* 2001 106 pages

An indispensable guide for parents, teenagers, and adults who care, Diana Haskins brings her coaching and parenting together in a thought-provoking yet practical handbook that points the way toward more harmonious parent-teen relationships. Haskins' insights as a parent and personal coach reveal what young people want from adults and how adults can mentor the next generation. Her "Seven Ways to Coach Your Teen" speak directly to teens' most pressing needs - and parents' greatest challenges.

Parenting - General

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: **Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors**

Author: Pat Harvey

Books

2009 207 pages

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless.

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.

Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys**

Author: Gregory C Keck

Books

2009 240 pages

In his newest release, Dr. Gregory C. Keck offers new insights and parenting strategies relative to adolescents, especially adopted adolescents. Parents will find humor and relief as they realize their role in their child's journey in the adoption process.

Material Title: **Parenting Adopted Teenagers: Advice for the Adolescent Years**

Author: Rachel Staff

Books

2015 256 pages

Full of valuable, grounded advice, this guide will help parents to understand the impact of early trauma on a child's development and the specific nature of the changes that occur during adolescence. With tips for coping with common problems, it combines first-hand accounts from professionals, parents and teenagers themselves. It also covers essential topics such as: family and peer relationships, developing healthy intimate relationships, emerging identity issues, and contacting birth family.

Material Title: **Parenting an Only Child: The Joys and Challenges of Raising Your One and Only**

Author: Susan Newman

Books

1990 231 pages

Is it possible to raise a happy and only child? Can we be happy with only one child? The answer to both of these questions is a resounding yes!

Susan Newman, a child-care authority and herself the mother of one, looks at why the single-child family is advantageous for both you and your child and provides sound advice on how you can make the most of those advantages. She debunks the age-old myths about the unhappy, lonely only child and tells why only children are, in fact, more outgoing, creative, and independent than children with siblings.

Parenting - General

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.

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

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

Material Title: **Parenting Tasks in Transracial Adoptions (DVD)**
Author: Dr. Joseph Crumbley *DVDs* 20 minutes

This video presents a psychosocial rationale explaining the parenting tasks with minority children; parental tasks, resources and capabilities; and information and networks parents must access and provide their adopted child.

There are three other videos in this series: "Assessing a Family's Ability to Adopt Transracially," "The Impact of Transracial Adoptions on the Adopted Child and Adoptive Family," and "The Special Needs of Minority Children Adopted Transracially."

Material Title: **Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood**
Author: Foster Cline and Jim Fay *Books* 2006 303 pages

When kids hit their teen years, parenting takes on a whole new dimension. As they struggle toward independence and autonomy, some dicey decisions emerge. And the real world you want them to be ready for can make you shudder - kids today face life-and-death decisions long before they're on their own. As a parent you face no greater challenge - and no greater opportunity - than to guide your children through their teen years toward productive, happy, and responsible adulthood. This book will help you meet that challenge and rejoice in that opportunity.

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.

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

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

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

Author: DVD *DVDs* 2005 9 Hours

Parenting with Dignity teaches parents how to instill a sense of responsible decision making in their kids. A positive approach to parenting that is simple, easily understood, applicable in any situation, and incredibly intuitive. The premise of the Parenting with Dignity philosophy is: "Our children will make all of the most important decisions in their lives - on their own. As parents, the only thing we can do is teach them how to make good decisions."

A Parents Workbook for you to keep should accompany these DVD's and you can download it from the website if you like. Also available in Spanish.

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

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

Parenting - General

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

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

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

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

Material Title: **Parenting Your Adopted Child: A Complete and Loving Guide**
Author: Stephanie Siegel *Books* 1989 234 pages

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

Material Title: **Parents' Adoption Issues and Their Effect on Attachment (CD)**
Author: Regina Kupecky *CDs* 2008

Adoption issues and parents' past experiences often create barriers to healing for their children. While it is not an adoptive parent's fault that the child has attachment difficulties, it is the parent's responsibility to create a family atmosphere in which children can heal. Learn how to help parents face their own issues so they become available for children to change. Recorded at the 2008 NACAC Conference in Ottawa, Regina Kupecky presents.

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.

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.

Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (VHS)**
Author: Bruce Perry *Videotapes* 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.

Parenting - General

Material Title: **Penguin and the Fine-Looking Fish, The* (Children's Materials)**

Author: Cindy R. Lee *Children's Books* 2015 38 pages

Sweet little penguin was separated from all that was familiar to him. This left him sad and confused. He began to be disrespectful to all those around him because his heart was filled with hurt. In this tender book, Penguin goes in search of a pet to love and love him back. He befriends a beautiful fish who takes him on a journey of healing as he discovers what it means to show respect to himself and others. Penguin and the Fine-Looking Fish will help teach your children the importance of showing respect and gets to the heart of why this concept is vital to engaging in healthy relationships.

Material Title: **Pick Up Your Socks... and Other Skills Growing Children Need: A Practical Guide to Raising Responsible Children**

Author: Elizabeth Crary *Books* 1990 105 pages

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

Material Title: **Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems**

Author: Jane Nelsen *Books* 2007 317 pages

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

Material Title: **Preparing for the Teen Years (Audiotape)**

Author: Gregory Keck *Audiotapes* February 26, 2008 5 hours

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

Material Title: **Prism Workbook, The**

Author: David B. Wexler *Books* 1991 73 pages

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

Material Title: **Project MAP: Make A Plan**

Author: Independent Insurance Agents of America *Books* 1999 59 pages

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

Material Title: **Promoting Positive Parenting: An Attachment-Based Intervention**

Author: Femmie Juffer, M Bakermans-Kranenburg, M van Ijzendoorn *Books* 2008 238 pages

Video-feedback Intervention to Promote Positive Parenting (VIPP) is a brief and focused parenting intervention program that has been successful in a variety of clinical and non-clinical groups and cultures. The book describes the implementation and testing of a variety of VIPP based interventions highlighting different families in a variety of childcare settings, and in various countries including the Netherlands, Italy, the United Kingdom, and the United States. Chapters present how the VIPP approach was implemented in samples of insecure mothers, mothers with eating disorders, preterm infants, adopted children, and children with early behavior problems.

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.

Parenting - General

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 360 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.

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.

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.

Material Title: **Raising Cain: Caring for Troubled Youngsters/Repairing Our Troubled System**

Author: Richard Delaney Books 1998 228 pages

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

Material Title: **Raising Cain: Protecting the Emotional Life of Boys**

Author: Dan Kindlon Books 1999 258 pages

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

Material Title: **Raising Children Who Refuse To Be Raised**

Author: Dave Ziegler Books 2000 310 pages

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

Parenting - General

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).

Material Title: **Raising Kids without Raising Cane: A Guide to Managing Young Children's Behavior in Helpful and Healthy Ways**

Author: Gary Direnfield

Books

1993

60 pages

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

Material Title: **Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child**

Author: Robert Brooks

Books

2001

293 pages

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

Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 3 (DVD)**

Author: DVD

DVDs

2010

3 hours

Disk 3 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "The Importance of Self-Care for Parents," presented by Deborah D. Gray, MSW, MPA; "Emerging Pathogens," presented by Cynthia Kertesz, M.D.; "Raising the Rascally Teenager," presented by Paulette Caswell, MSW.

Material Title: **Real Parents, Real Children: Parenting the Adopted Child**

Author: Holly Van Gulden

Books

1993

279

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

Material Title: **Redo Roo, The* (Children's Materials)**

Author: Cindy R. Lee, LCSW, LADC

Children's Books

2015

34 pages

Sweet little Roo is full of energy and excitement which is more than fine when he is playing outside. But, when Roo is asked to sit still, be quiet and keep his hands to himself at school he runs into some not-so-fun trouble. Discover how Roo's teachers find creative solutions to helping Roo succeed in an environment that was not built for his energetic level of exploration. Reading *The Redo Roo* will help you and your child replace, time-outs, lectures and consequences with the "redo" parenting technique and help empower you to succeed.

Material Title: **Re-Education of Foster & Adopted Children: Prospects for a Healthy Life (DVD)**

Author: Vera Fahlberg

DVDs

1992

70 min.

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

Parenting - General

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

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

Material Title: **Riley the Brave**
Author: Jessica Sinarski *Books* 2018 40 pages

Riley the Brave is the story of a little bear with big feelings. Join this super-cool cub as he faces his fears with the animals who love him. Includes educational afterword for caring adults.

"Big critters" can help the "cubs" in their lives as they read and re-read this playful and poignant children's book.

Material Title: **Sacred Work of Grandparents Raising Grandchildren, The**
Author: Elaine Williams *Books* 8/5/11 201 pages

The Sacred Work of Grandparents Raising Their Grandchildren is the first book that contains answers and stories to address these unique issues and challenges—from one grandparent to another. You'll enjoy the practical suggestions on how grandchildren can manage and solve some of their own problems, while learning how to cope with your own distinctive life challenges.

As a parenting grandparent, a kinship caregiver, a teacher, or a social service worker, you must read this book for invaluable insight. No other book takes on the complex challenges that parenting grandparents face with such depth and truth. How relieved and grateful you'll be for the inspiration, knowledge and wisdom by the time you reach the conclusion!

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

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

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

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

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

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

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Audio)**
Author: Robyn Gobbel *DVDs* 2016 76 minutes

This one hour webinar will give you an overview of the powerful work of Dr. Kristin Neff, the world's leading researcher on self-compassion. I'll give you a quick overview while also speaking directly to how self-compassion can help parents like you—parents in the trenches, barely keeping their head above water as they work to care for a child who has been impacted by trauma. One awesome thing about self-compassion is that there are lots of resources you can access after the webinar to help you grow and solidify a self-compassion practice.

Material Title: **Self-Compassion: Helping Parents Feel Connected to Themselves (Video)**
Author: Robyn Gobbel *DVDs* 2016 76 minutes

This one hour webinar will give you an overview of the powerful work of Dr. Kristin Neff, the world's leading researcher on self-compassion. I'll give you a quick overview while also speaking directly to how self-compassion can help parents like you—parents in the trenches, barely keeping their head above water as they work to care for a child who has been impacted by trauma. One awesome thing about self-compassion is that there are lots of resources you can access after the webinar to help you grow and solidify a self-compassion practice.

Parenting - General

Material Title: **Self-Esteem: A Family Affair**

Author: Jean Clarke

Books

1978 262 pages

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

Material Title: **Seven-Year Stretch, The: How Families Work Together to Grow Through Adolescence**

Author: Wyatt & Kastner Jennifer & Laura

Books

1997 307 pages

In this book, Laura Kastner, Ph.D., and Jennifer Wyatt, Ph.D., introduce us to a range of families---from thriving to struggling---and explain how their behavior patterns, past and present, affect the teenager's development. Garnered from Dr. Kastner's clinical and teaching experience, these true-to-life stories and dialogues illustrate the impact of such factors as clashing parenting styles, the temperaments of parents and children, parents' own unresolved issues, marital dynamics, and circumstances such as divorce, financial stress, and cultural differences. With optimism and creativity, the authors explain how parents can harness their family strengths to face today's challenges for adolescents. They look beyond the "shoulds," describing what different parenting approaches look like and sound like in action. Readers of the best early child-rearing texts of the times, from T. Berry Brazelton to Selma Fraiberg, will find The Seven-Year Stretch an essential guide to the passage through the next stage---adolescence.

Material Title: **Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids**

Author: kim John & Lisa M. Payne & Ross

Books

2010 256 pages

Today's busier, faster society is waging an undeclared war on childhood. With too much stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish.

Material Title: **Sleeping Through the Night: How Infants, Toddlers, And Their Parents Can Get A Good Night's Sleep**

Author: Jodi A. Mindell

Books

2005 337 pages

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

Material Title: **Sleepless in America: Is Your Child Misbehaving...or Missing Sleep?**

Author: Mary Sheedy Kurcinka

Books

2006 331

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

Material Title: **Spark: The Revolutionary New Science of Exercise and the Brain**

Author: John J. Ratey and Eric Hagerman

Books

1/1/13 304

Did you know you can beat stress, lift your mood, fight memory loss, sharpen your intellect, and function better than ever simply by elevating your heart rate and breaking a sweat? The evidence is incontrovertible: aerobic exercise physically remodels our brains for peak performance.

In SPARK, John Ratey, MD embarks upon a fascinating journey through the mind-body connection, illustrating that exercise is truly our best defense against everything from depression to ADD to addiction to menopause to Alzheimer's. Filled with amazing case studies (such as the revolutionary fitness program in Naperville, Illinois, that has put the local school district of 19,000 kids first in the world of science test scores), SPARK is the first book to explore comprehensively the connection between exercise and the brain. It will change forever the way you think about your morning run.

Material Title: **Steps to Independence: Teaching Everyday Skills to Children with Special Needs**

Author: Bruce & Alan Baker & Brightman

Books

2004 359 pages

Parents are their children's first and most influential teachers. That's an important job—and this popular, highly respected guidebook makes it much easier. A trusted resource for thousands of families, this lively book gives parents of children from age 3 through young adulthood proven strategies for teaching children the life skills they'll need to live as independently as possible. Parents will start with a reader-friendly overview of the basics of teaching and then go deeper with a step-by-step guide to teaching seven different types of skills: get-ready, self-help, toilet training, play, self-care, home-care, and information gathering skills.

Parenting - General

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 Engel 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.

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

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

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

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

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

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

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

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

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

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

Material Title: **Talking To Your Child About Adoption (fifth printing)**
Author: Patricia Dornier *Books* 1991 28 pages

From infancy through the teen years, this comprehensive jewel guides adoptive parents as they learn about adoption issues and how to comfortably discuss them. The emphasis is on adoption as an ongoing process benefiting from open lines of communication.

Material Title: **Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger**
Author: Meg Eastman *Books* 1994 213 pages

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

Material Title: **Taming the Tornado In Your Classroom and at Home: A Positive Approach to Management & Discipline for Educators & Parents**
Author: Allan Lifson *Books* 1980 214 pages

This book offers parents and teachers ideas for working with hyperactive children. A lot has been learned about hyperactivity in the last two decades, so this shouldn't be used as an introduction to ADHD or related disabilities, but there are practical tips and strategies here that many parents and teachers might find useful in their day-to-day interactions with the "tornadoes" in their lives.

Parenting - General

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

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

Material Title: **Teenagers With Add: A Parents' Guide (The Special-Needs Collection)**
Author: Chris A. Zeigler Dendy *Books* 1995 370 pages

Parents, educators, and health professionals rely on this best-selling guide to understand and cope with teenagers with Attention Deficit Disorder (ADD). With a positive outlook, this book covers symptoms, diagnosis, treatments, accommodations, advocacy, legal rights, family & school life, and options after high school. Appropriate interventions are discussed for troubling behaviors such as sleep disturbances, learning problems, depression, and driving problems. Abundant anecdotal information provides insight and advice to successfully navigate the teenage years.

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

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

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

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

Material Title: **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.

Material Title: **Transgender Child: A Handbook for Families and Professionals, The**
Author: Stephanie A. Brill *Books* 2008 252 pages

This comprehensive first of its kind guidebook explores the unique challenges that thousands of families face every day raising their children in every city and state. Through extensive research and interviews, as well as years of experience working in the field, the authors cover gender variance from birth through college. How can I best raise my gender variant or transgender child with love and compassion, even when I barely understand the issues ahead of us? And what is gender, anyway? These questions and more are answered in this book offering a deeper understanding of gender variant and transgender children and teens.

Parenting - General

Material Title: **Transgender Teen: A Handbook for Parents and Professionals Supporting Transgender and Non-Binary, The**

Author: Stephanie A. Brill *Books* 2016 338 pages

There is a generational divide in our understandings of gender. This comprehensive guidebook helps to bridge that divide by exploring the unique challenges that thousands of families face every day raising a teenager who may be transgender, non-binary, gender-fluid or otherwise gender-expansive. Combining years of experience working in the field with extensive research and personal interviews, the authors cover pressing concerns relating to physical and emotional development, social and school pressures, medical considerations, and family communications. Learn how parents can more deeply understand their children, and raise their non-binary or transgender adolescent with love and compassion.

Material Title: **Trauma Doesn't Tell Time (Audio-Part 1 of 2)**

Author: Robyn Gobbel *DVDs* 83 minutes

In the first year or so after adoption, it's easy for adoptive parents to remember what a difficult journey their child has been through. As time passes, parents expect their children's challenging behaviors, anxiety, and mistrust to fade away. And oftentimes, they do. Despite years in a safe and loving home- children adopted after traumatic beginnings still feel and act as though they are stuck right in the middle of their trauma. Up-to-date information about your child's brain and the latest understanding in memory processing theory will help provide you with new empathy and understanding about why your child is 'flipping their lid.'

Material Title: **Trauma Doesn't Tell Time (Audio-Part 2 of 2)**

Author: Robyn Gobbel *DVDs* 66 minutes

In the first year or so after adoption, it's easy for adoptive parents to remember what a difficult journey their child has been through. As time passes, parents expect their children's challenging behaviors, anxiety, and mistrust to fade away. And oftentimes, they do. Despite years in a safe and loving home- children adopted after traumatic beginnings still feel and act as though they are stuck right in the middle of their trauma. Up-to-date information about your child's brain and the latest understanding in memory processing theory will help provide you with new empathy and understanding about why your child is 'flipping their lid.'

Material Title: **Trauma Doesn't Tell Time (Video-Part 1 of 2)**

Author: Robyn Gobbel *DVDs* 83 minutes

In the first year or so after adoption, it's easy for adoptive parents to remember what a difficult journey their child has been through. As time passes, parents expect their children's challenging behaviors, anxiety, and mistrust to fade away. And oftentimes, they do. Despite years in a safe and loving home- children adopted after traumatic beginnings still feel and act as though they are stuck right in the middle of their trauma. Up-to-date information about your child's brain and the latest understanding in memory processing theory will help provide you with new empathy and understanding about why your child is 'flipping their lid.'

Material Title: **Trauma Doesn't Tell Time (Video-Part 2 of 2)**

Author: Robyn Gobbel *DVDs* 66 minutes

In the first year or so after adoption, it's easy for adoptive parents to remember what a difficult journey their child has been through. As time passes, parents expect their children's challenging behaviors, anxiety, and mistrust to fade away. And oftentimes, they do. Despite years in a safe and loving home- children adopted after traumatic beginnings still feel and act as though they are stuck right in the middle of their trauma. Up-to-date information about your child's brain and the latest understanding in memory processing theory will help provide you with new empathy and understanding about why your child is 'flipping their lid.'

Material Title: **Trauma Informed Approach to Behaviors in the Classroom (Audio)**

Author: Robyn Gobbel *DVDs* 2017 78 minutes

Steeped in science yet easy to understand, this webinar will clearly articulate WHY traditional classroom behavior management systems (level systems, color charts, stop lights, etc.) don't work for children with a history of trauma and what teachers can do instead. This trauma-informed approach uses elements of the familiar color system so your child's teacher doesn't feel overwhelmed at having to start from scratch.

Material Title: **Trauma Informed Approach to Behaviors in the Classroom (Video)**

Author: Robyn Gobbel *DVDs* 2017 78 minutes

Steeped in science yet easy to understand, this webinar will clearly articulate WHY traditional classroom behavior management systems (level systems, color charts, stop lights, etc.) don't work for children with a history of trauma and what teachers can do instead. This trauma-informed approach uses elements of the familiar color system so your child's teacher doesn't feel overwhelmed at having to start from scratch.

Parenting - General

Material Title: **Treewalker's Gift: Overcoming the Fear of Being Loved**
Author: Erma S. Brundidge, MS *Books* 2014 101 pages

A true story of a 6 year old girl's journey from abuse, neglect, and shame to a path of Truth guided by the Great Spirit. The gentleness of her Grandfather's lessons taught along the paths through the meadow and by the flowing stream gave her strength to continue through the emotional pain she would inevitably walk back into. Author Erma Brundidge is a foster and adoptive family trainer who spends time speaking to groups about the effects of trauma on children and their future lives and relationships. She was a family therapist for 27 years before retiring and dedicating her life to giving a new understanding to foster and adoptive parents on how their words and actions impact the children they care for.

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

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

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

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

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

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

Material Title: **Understanding Girls with AD/HD**
Author: Kathleen, Ellen & Patricia Nadeau, Littman & Quinn *Books* 2006 293 pages

A ground-breaking book on the needs and issues of girls with attentional problems: why they are often undiagnosed, how they are different from boys, and what their special needs are in school, in their social world and at home. Age-related checklists from pre-school to high school help parents and professionals better identify and help girls with AD/HD

Material Title: **Unlit Path, An**
Author: Deborah Hannah *Books* 2006 272 pages

What happens when love is not enough? A true story of one family's journey, although tragic, it raises awareness to the inherent risks and rewards of adoption and foster care.

Material Title: **Untangling Disorganized Attachment (Audio-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 72 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

Material Title: **Untangling Disorganized Attachment (Video-Part 1 of 2)**
Author: Robyn Gobbel *DVDs* 2017 72 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

Parenting - General

Material Title: **Untangling Disorganized Attachment (Video-Part 2 of 2)**

Author: Robyn Gobbel *DVDs* 2017 58 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

Material Title: **Untangling Disorganized Attachment (Audio-Part 2 of 2)**

Author: Robyn Gobbel *DVDs* 2017 58 minutes

This webinar will take the confusing concept of disorganized attachment and break it down so you can completely understand what that means, how it happened, and what you can do about it. At least 80% of children who have experienced early abuse, neglect, or trauma have disorganized attachment. The behaviors of a child with disorganized attachment leave their caregivers feeling confused, overwhelmed, and hopeless. If we can get a grasp on what disorganized attachment is and what it looks like, confusion can be replaced with understanding; overwhelm with confidence and compassion; hopelessness with hope.

Material Title: **Ups and Downs of Raising a Bipolar Child, The: A Survival Guide for Parents**

Author: Judith & Candida Lederman & Fink *Books* 2003 320 pages

Bipolar disorder has recently been identified as one of the most misunderstood and underdiagnosed conditions affecting children -- and it is dramatically on the rise. The Ups and Downs of Raising a Bipolar Child gives parents the sound advice and expert information they need to cope with this challenging diagnosis, and shows how to provide essential care and support for a bipolar child as well as for the rest of the family.

Material Title: **When Anger Hurts Your Kids: A Parent's Guide**

Author: Matthew McKay, et. Al *Books* 1996 157 pages

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

Material Title: **Whole Parent, The: How to Become a Terrific Parent Even if You Didn't Have One**

Author: Debra Wesselmann *Books* 1998 307 pages

An important look at how parents can break free from their past unhealthy parent-child relationships and provide a healthy psychological foundation for their children.

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.

Parenting - General

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).

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.

Material Title: **Wonder of Boys, The: What Parents, Mentors, and Educators Can Do to Shape Boys into Exceptional Men**

Author: Michael Gurian

Books

1996 265 pages

Gurian asserts that the biological and neurological differences between boys and girls need to be accounted for and nourished in order to raise healthy, happy boys. Examining the roles of competition, aggression, and physical risk taking, he concludes, "It's not boy culture that's inherently flawed; it's the way we manage it." If the natural, testosterone-based impulses of boys are squelched or ignored, Gurian posits, such biological truths may find their way to the surface in other, more negative behaviors.

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.

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.

Parenting - General

Material Title: **Your Baby & Child: From Birth to Age Five**

Author: Penelope Leach

Books

2010 559 pages

This newest edition of Penelope Leach's much-loved, trusted, and comprehensive classic—an international best seller for twenty-five years, with nearly two million copies sold in America alone—encompasses the latest research and thinking on child development and learning, and reflects the realities of today's changing lifestyles.

In her authoritative and practical style, Leach responds fully to parents' every concern about the psychological, emotional, and physical well-being of their children. She describes, in easy-to-follow stages from birth through starting school, how children develop: what they are doing, experiencing, and feeling. And she tackles both the questions parents often ask—What does a new baby's wakefulness or a toddler's tantrum mean?—and those that are more difficult: How should new parents time their return to work, choose day care, tell a child about a new baby or an impending divorce?

Whatever the concern or question, *Your Baby and Child* supplies the information, encouragement, and reassurance every parent-to-be or new parent needs.

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.

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.

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.

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.
