

MRES Parent Resource Titles

Topics:

- Anxiety Disorders (generalized anxiety, social phobia, panic disorder, separation anxiety, obsessive compulsive disorder)
- Autism, Aspergers, PDD-NOS
- Attention Deficit/Hyperactivity Disorders
- Behaviour Regulation
- Bullying
- Depression
- Divorce
- Effective Parenting/Effective Discipline
- Emotional Regulation Disorders
- Internet Safety

Anxiety

Freeing Your Child from Negative Thinking: Powerful, Practical, Strategies to Build a Lifetime of Resilience, Flexibility and Happiness by Tamar Chansky, Ph.D.

A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Now, in the first book that specifically focuses on negative thinking in kids, 'Freeing Your Child from Negative Thinking' provides parents, caregivers, and clinicians the same clear, concise, and compassionate guidance that Dr. Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms. Here she thoroughly covers the underlying causes of children's negative attitudes, as well as providing multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience.

Helping Your Anxious Child, Second Edition: A Step-by-Step Guide for Parents, by Ronald M. Rapee, PhD., Ann Wignall, D. Psych., Susan H. Spence, PhD., Vanessa Cobham, Ph.D., and Heidi Lyneham, Ph.D.

Most children are afraid of the dark and some fear monsters under the bed. But about 10 percent of children have excessive fears and worries – phobias, separation anxiety, panic attacks, social anxiety or obsessive-compulsive disorder. The program in this book offers practical advice to parents on how to help their child overcome intense fears and worries and learn important social skills.

Letting Go of Perfect: Overcoming Perfectionism in Kids

by Jill L. Adelson, Hope E. Wilson

Proven strategies for helping kids and teens break free of the bonds of perfectionism.

Letting Go of Perfect: Overcoming Perfectionism in Kids and Teens pinpoints a crippling state of mentality among many kids and teens today - the need to be absolutely perfect - and gives parents and teachers the guidance and support they need to help children break free of the anxieties and behaviors related to perfectionism.

For children who believe their best is never good enough, perfectionism can lead to excessive guilt, lack of motivation, low self-esteem, depression, pessimism, obsessive and compulsive behavior, and a sense of rigidity. By delineating the major types of perfectionists and providing practical tips, the authors show parents and teachers how they can help these children effectively control their perfectionist tendencies and use those to their advantage.

This engaging, practical book is a must-have for parents, teachers, and counselors wanting to help children overcome perfectionism, raise self-confidence, lessen guilt, increase motivation, and offer a future free of rigidity.

What to do when you Worry Too Much: A Kid's Guide to Overcoming Anxiety

By Dawn Huebner, Ph.D

A workbook that will teach parents and children new and successful ways to effectively deal with anxiety. Through lively metaphors and illustrations, this book guides children and parents through the cognitive-behavioural techniques most often used in the

treatment of anxiety. Clear how-to steps help children master new skills related to reducing anxiety. The techniques described will help children take control.

How to take the Grrrrr Out of Anger:

By Elixabeth Verdick & Marjorie Lisovskis

Anger is a part of life. We can't avoid it, we shouldn't stuff it, and we can't make it go away. Kids need help learning how to manage their anger. This book speaks directly to them and offers strategies they can start using immediately. Blending solid information and sound advice with jokes and funny cartoons, it guides kids to understand that anger is normal and can be expressed in many ways—some healthy, some not. It teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. Young readers learn that violence is not acceptable and there are better, safer, more positive ways to resolve conflicts. They also discover what to do when people around them are angry, how to get help, and how to locate other resources (books, hotlines, school groups) when they need more support.

A Child's Story: Going to School with Anxiety

By George A. Bains & Paul Bains

A story told from a child's point of view when dealing with Separation Anxiety Disorder.

Nobody's Perfect - A Story for Children about Perfectionism

By Ellen Flanagan Burns

Sally Sanders is good at everything she does, or so it seems. Secretly she is afraid that if she can't do something well, or be the best, she will feel like a failure. She is scared that she is not "good enough." As a perfectionist, hitting the wrong note at a piano recital, or not making the soccer team feels like the end of the world! Gradually, through the help of her teachers and mother, Sally learns to have fun and not worry so much about being the best. She realizes that making mistakes is a part of learning, and that doing her best is good enough.

Autism, Asperger's and PDD NOS

School Success for Kids with Asperger's Syndrome, by Stephan M. Silverman, Ph.D., and Rick Weinfeld.

Hundreds and thousands of children face life with Asperger's syndrome, a mild form of autism spectrum disorder that affects a child's language and social skills. Children with Asperger's have average to above-average intelligence, but often have obsessive interests, are socially awkward, and do not understand the subtleties of language and conversation. This book covers topics such as recognizing and diagnosing Asperger's syndrome, implementing successful practices in the classroom, and providing interventions in the home to help develop needed skills.

The ADHD-Autism Connection: A Step Toward More Accurate Diagnoses and Effective Treatments

by Diane Kennedy

The Doubleday Religious Publishing Group | March 19, 2002 | Trade Paperback

At last, long-awaited answers to the questions you've been asking. Help for frustrated ADHD patients and their families. (As well as those with autism, PDD, Asperger's syndrome, and other related conditions.)

Attention deficit/hyperactive disorder (ADHD) is one of the most rapidly growing diagnoses of our generation. Often the diagnosis fails to provide real help, leaving patients, doctors, and families at a loss to know what to do next. But for the first time ever, new insights into the overwhelming number of similarities between Autism and ADHD are giving those with ADHD genuine hope.

For years, the label of Autism has carried a negative connotation. Parents were afraid to admit the diagnosis and banished the term from discussion. Finally, The ADHD-Autism Connection gives parents, educators, and doctors a reason to embrace autism with a renewed sense of hope and understanding. This book will show how these understandings can minimize the frustration, misdiagnoses, and misunderstandings ADHD sufferers and their families face.

The Out-of-sync Child

by Carol Kranowitz Preface by: Lucy Jane Miller

The Out-of-Sync Child broke new ground by identifying Sensory Processing Disorder, a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. This newly revised edition features additional information from recent research on vision and hearing deficits, motor skill problems, nutrition and picky eaters, ADHA, autism, and other related disorders.

Attention Deficit/Hyperactivity Disorders/Behaviour Regulation

No Mind Left Behind: Understanding And Fostering Executive Control

by Adam J. Cox

From a clinical psychologist who has devoted his clinical and research work to the study of executive control skills, here is a program for helping children master the eight essential cognitive skills that are critical for success in life in work:

Taking initiative

Screening out distractions

Organizing

Thinking flexibly

Planning

Regulating emotions

Self-monitoring

Using memory effectively

Using case studies and anecdotes, Dr. Cox presents a comprehensive and practical plan for parents. The book addresses special-needs children as well as neuro-typical children, and includes practical suggestions for parents and educators.

What Your Explosive Child Is Trying To Tell You: Discovering The Pathway From Symptoms To Solutions

by Douglas A. Riley

From the author of *The Defiant Child* comes the first book to connect explosive behavior -when kids go from Jekyll to Hyde and back in the blink of an eye - with its underlying causes.

Does your hitting, kicking, screaming child explode with so little provocation that you can't help but wonder if he's possessed? Are his extreme tantrums becoming the stuff of playground legend? And are you about to lose your job because his daycare or school repeatedly asks you to pick him up early?

Dr. Douglas Riley's ear-to-the-ground insights will give much-needed help to desperate parents who have one overriding question: Why does my child act like this? This compassionate yet no-nonsense therapist explains that explosive behavior is the mere tip of the iceberg. Instead of using a one-size-fits-all strategy, Dr. Riley identifies the eleven most common causes of explosions and accordingly tailors his treatment strategies to address the underlying cause of the behavior.

What Your Explosive Child Is Trying to Tell You is a lifeline for parents who are at their wits' end.

Bullying

Sticks and Stones: Defeating the Culture of Bullying and Rediscovering the Power of Character and Empathy by Emily Bazelon.

Being a teenager has never been easy, but in recent years, with the rise of the Internet and social media, it has become exponentially more challenging. Bullying, once thought of as the province of queen bees and goons, has taken on new, complex, and insidious forms, as parents and educators know all too well. No writer is better poised to explore this territory than Emily Bazelon, who has established herself as a leading voice on the social and legal aspects of teenage drama. In *Sticks and Stones*, she brings readers on a deeply researched, clear-eyed journey into the ever-shifting landscape of teenage meanness and its sometimes devastating consequences. The result is an indispensable book that takes us from school cafeterias to courtrooms to the offices of Facebook, the website where so much teenage life, good and bad, now unfolds. Along the way, Bazelon defines what bullying is and, just as important, what it *is not*. She explores when intervention is essential and when kids should be given the freedom to fend for themselves. She also dispels persistent myths: that girls bully more than boys, that online and in-person bullying are entirely distinct, that bullying is a common cause of suicide, and that harsh criminal penalties are an effective deterrent. Above all, she believes that to deal with the problem, we must first understand it.

Blending keen journalistic and narrative skills, Bazelon explores different facets of bullying through the stories of three young people who found themselves caught in the thick of it. Thirteen-year-old Monique endured months of harassment and exclusion before her mother finally pulled her out of school. Jacob was threatened and physically attacked over his sexuality in eighth grade—and then sued to protect himself and change the culture of his school. Flannery was one of six teens who faced criminal

charges after a fellow student's suicide was blamed on bullying and made international headlines. With grace and authority, Bazelon chronicles how these kids' predicaments escalated, to no one's benefit, into community-wide wars. Cutting through the noise, misinformation, and sensationalism, she takes us into schools that have succeeded in reducing bullying and examines their successful strategies. The result is a groundbreaking book that will help parents, educators, and teens themselves better understand what kids are going through today and what can be done to help them through it.

Depression

Helping Your Depressed Child: A Step-by-Step Guide for Parents

by Martha Underwood Barnard

New Harbinger Publications | May 10, 2003 | Trade Paperback

From this book, come to understand the causes of your child's depression and find out how to assess his or her symptoms and behaviors.

Once a child's initial or ongoing depression has been established, this book offers you a step-by-step program for advocating for his or her care. Learn to evaluate which therapies are most appropriate for your particular situation, how and when to seek professional help, and how to understand the pharmacological treatments used with children today. Find out about other diagnoses associated with depression that may be affecting your child. The book stresses ways in which your whole family can participate in your child's wellness by reinforcing cognitive-behavioral techniques at home. These include disciplining your child without exacerbating symptoms, learning how to help your child think positively by monitoring his or her thoughts, encouraging positive affirmations, and helping with visualization techniques and deep breathing.

Divorce

Step Parenting and the Blended Family: Recognizing the Problems and Overcoming the Obstacles

by Scott Wooding

Despite the fact that more than 40 percent of Canadian marriages end in divorce each year, over 70 percent of divorced people eventually remarry and fail again-over 50 percent of the time. Among the many reasons for the failure of these second marriages between supposedly older and wiser participants, the problems stemming from step-parenting and the blending of the families ranks high, explains psychologist and author Scott Wooding in this comprehensive and groundbreaking look at the challenges faced by couples starting over again. Starting with the breakup itself, and after outlining the pitfalls and hurdles surrounding the love which most adults assume will lead to new found happiness, Dr. Wooding presents a comprehensive roadmap, a one step-at-a-time guide to successful remarriage for parents and children alike.

The Truth About Children And Divorce: Dealing With The Emotions So You And Your Children Can Thrive

by Robert Emery

Plume | January 31, 2006 | Trade Paperback

Nationally recognized expert Robert Emery applies his twenty-five years of experience as a researcher, therapist, and mediator to offer parents a new road map to divorce. Dr. Emery shows how our powerful emotions and the way we handle them shape how we divorce-and whether our children suffer or thrive in the long run. His message is hopeful, yet realistic-divorce is invariably painful, but parents can help promote their children's resilience. With compassion and authority, Dr. Emery explains:

- Why it is so hard to really make divorce work
- How anger and fighting can keep people from really separating
- Why legal matters should be one of the last tasks
- Why parental love-and limit setting-can be the best "therapy" for kids
- How to talk to children, create workable parenting schedules, and more

Effective Parenting/Effective Discipline

The Pampered Child Syndrome: How to Recognize It, How to Manage It, and How to Avoid It by Maggie Mamen

Teachers recognize them in their classrooms; professionals encounter them in their offices; parents live with them in their homes: CHILDREN - Who are given everything, but constantly demand more; - Who believe that they are entitled to the same rights as adults, but are not ready to accept grown-up responsibilities; Who are loved, nurtured and protected, yet are unhappy, anxious or angry; and Who are increasingly being diagnosed with emotional, behavioral or other major psychiatric disorders.

The Pampered Child Syndrome is not something a child has, like the measles. Nor is it something a child is, like "depressed" or "defiant" or "a problem." It is a multifaceted sociological phenomenon, driven and supported by parents who truly believe that they have their children's best interest at heart, and who work hard to ensure that their youngsters are given everything possible to make them feel special. In turn, the Pampered Child Syndrome is fueled by those professionals who recommend child-driven parenting or teaching practices, who provide diagnosis-driven solutions to the problems parents are facing, and whose advice parents hungrily seek and follow. Despite every good intention, the result is an increasing number of children who are not merely influenced by the philosophies with which they are growing up, but who may unwittingly be at risk because of them.

This book provides insight and support for parents, teachers and other professionals who are trying to deal with these pampered children, and who can thus be constructive influences in promoting change by working together as a team. The goal is for parents to take back the power they have given away, and to be confident in raising resilient, empathic, and mentally healthy children who are well-prepared for the world outside the family.

How to Talk so Kids Will Listen...And Listen So Kids Will Talk

by Adele Faber, Elaine Mazlish Read by: Adele Faber

Simon & Schuster Audio | September 1, 2002 | Audio Book (CD)

Get your kids' cooperation...without arguing. Morning hassles and bedtime battles disappear when you apply the communication techniques these experts have been teaching parents nationwide. Even if you've felt you had no other alternative than to lecture or criticize, you'll be able to reduce the wear and tear on yourself and your family with this practical program. Adele Faber and Elaine Mazlish -- once frustrated mothers themselves -- use real-life situations to show how you can respect and respond to your child's feelings and satisfy your own needs.

Setting Limits with Your Strong-Willed Child: Eliminating Conflict By Establishing Clear, Firm, And Respectful Boundaries

by Robert J. Mackenzie

Disruptive misbehavior, constant power struggles, manipulative or aggressive behavior--the challenges facing parents and teachers of strong-willed children can seem overwhelming at times. That's why thousands of parents and educators have turned to the solutions in *Setting Limits With Your Strong-Willed Child*. This revised and expanded second edition offers the most up-to-date alternatives to punishment and permissiveness--moving beyond traditional methods that wear you down and get you nowhere, and zeroing in on what really works so parents can use their energy in more efficient and productive ways. With fully updated guidelines on parenting tools like "logical consequences," and examples drawn directly from the modern world that children deal with each day, this is an invaluable resource for anyone wondering how to effectively motivate strong-willed children and instill proper conduct .

Parent Effectiveness Training: The Proven Program for Raising Responsible Children

by Thomas Gordon

P.E.T., or **Parent Effectiveness Training**, began almost forty years ago as the first national parent-training program to teach parents how to communicate more effectively with kids and offer step-by-step advice to resolving family conflicts so everybody wins. This beloved classic is the most studied, highly praised, and proven parenting program in the world -- and it will work for you. Now revised for the first time since its initial publication, this groundbreaking guide will show you:

How to avoid being a permissive parent

How to listen so kids will talk to you and talk so kids will listen to you

How to teach your children to "own" their problems and to solve them

How to use the "No-Lose" method to resolve conflicts

Using the timeless methods of P.E.T. will have immediate results: less fighting, fewer tantrums and lies, no need for punishment. Whether you have a toddler striking out for independence or a teenager who has already started rebelling, you'll find P.E.T. a compassionate, effective way to instill responsibility and create a nurturing family environment in which your child will thrive.

Hold On To Your Kids Why Parents need to matter more than Peers:

By Gordon Neufeld and Gabor Mate

This book helps parents understand a new and worrying trend in which peers are replacing parents in the lives of children and youth. When this happens, children look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, sabotages healthy development, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture.

Emotional Regulation Disorders

Understanding the Mind of Your Bipolar Child: The Complete Guide to the Development, Treatment, and Parenting of Children with Bipolar Disorder, by Gregory T. Lombard, M.D., Ph.D.

Bipolar disorder has an impact not only on children's mood and behaviour but on the way they experience the world, and consequently on the way they think. The intensity with which a bipolar child perceives things can be the source of creativity and talent, but it can also be a source of confusion and disorganization. This book provides comprehensive information on professional diagnosis, developmental issues, disorders that go hand-in-hand with bipolar such as ADHD and oppositional defiant disorder, and treatment, including psychotherapy and medication.

Internet Safety

Cyber Bullying No More: Parenting A High Tech Generation

by Holli Kenley Foreword by: Laurie Zelinger

Every day children are being humiliated, violated, and degraded through the use of electronic devices. This resource will give parents and guardians a manageable number of effective strategies and practical safety measures that can be easily implemented for the protection of children.

Staying Safe in a Wired World: A Parent's Guide to Internet Safety, by Rob Nickel

This book was written for parents who, like the author, realize that the Internet can be intimidating and confusing. It discusses most of the applications used on the Internet by children, and helps teach parents the dangers that are lurking online. Also included are the terms used by children when they are chatting online, and resources for parents they can use online.