



Where Do I Start?

Tools and Resources

Books

ADHD:

***Driven to Distraction*, Edward M. Hallowell, M.D., & John J. Ratey, M.D. (2011)**

Driven to Distraction, has been a lifeline to the approximately eighteen million Americans who are thought to have ADHD. Revised and updated with current medical information for a new generation searching for answers. Through vivid stories and case histories of patients—both adults and children—Hallowell and Ratey explore the varied forms ADHD takes, from hyperactivity to daydreaming. They dispel common myths, offer helpful coping tools, and give a thorough accounting of all treatment options as well as tips for dealing with a diagnosed child, partner, or family member. But most importantly, they focus on the positives that can come with this “disorder” – including high energy, intuitiveness, creativity, and enthusiasm.

***Taking Charge of ADHD*, Russell Barkley, Ph.D., ABPP, ABCN (2000)**

From distinguished researcher/clinician Russell A. Barkley, this treasured parent resource gives you the science-based information you need about attention-deficit/hyperactivity disorder (ADHD) and its treatment. It also presents a proven eight-step behavior management plan specifically designed for 6- to 18-year-olds with ADHD. Offering encouragement, guidance, and loads of practical tips, Dr. Barkley helps you: make sense of your child's symptoms; get an accurate diagnosis; work with school and health care professionals to get needed support; learn parenting techniques that promote better behavior; strengthen your child's academic and social skills; use rewards and incentives effectively.

PARENTING:

***1-2-3 Magic: Effective Discipline for Children 2-12*, Thomas W. Phelan, Ph.D.**

This revised edition of the award-winning 1-2-3 Magic program addresses the difficult task of child discipline with humor, keen insight, and proven experience. The technique offers a foolproof method of disciplining children ages two through 12 without arguing, yelling, or spanking. By means of three easy-to-follow steps, parents learn to manage troublesome behavior, encourage good behavior, and strengthen the parent-child relationship—avoiding the “Talk-Persuade-Argue-

Yell-Hit” syndrome which frustrates so many parents. Ten strategies for building a child’s self-esteem and the six types of testing and manipulation a parent can expect from the child are discussed, as well as tips on how to prevent homework arguments, make mealtimes more enjoyable, conduct effective family meetings, and encourage children to start doing their household chores. New advice about kids and technology and new illustrations bring this essential parenting companion completely up-to-date.

***Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds*, Thomas W. Phelan, Ph.D. (1998)**

A step-by-step approach to handling teenagers, this guide helps parents end the hassles and improve their parent-teenager relationship. Parents learn how to communicate with teenagers, how to manage teenage risk-taking, how to ‘let go’ in certain situations, and when to seek professional attention. Concise and encouraging, this resource walks parents through the ups-and-downs of parenting teenagers as their kids push towards independence.

***Parenting with Love & Logic*, Foster Cline & Jim Fay (2006)**

This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles.

***Love & Logic Magic for Early Childhood: Practical Parenting from Birth to Six Years*, Jim Fay & Charles Fay (2010)**

Parenting little ones can be exhausting until you discover Love and Logic. Take the exhaustion out and put the fun into parenting your little one. If you want help with: Potty training, Temper tantrums, Bedtime, Whining, Time-out, Hassle-free mornings and many other everyday challenges, then this book is for you! The tools in *Love and Logic Magic for Early Childhood* will give you the building blocks you need to create children who grow up to be responsible, successful teens and adults. And as a bonus you will enjoy every stage of your child’s life and look forward to sharing a lifetime of joy with them

***Parenting Teens with Love & Logic*, Foster Cline, Jim Fay & Eugene H. Peterson (2011)**

Parents need help to teach their teens how to make decisions responsibly-and do so without going crazy or damaging the relationship. *Parenting Teens with Love and Logic*, from the duo who wrote *Parenting with Love and Logic*, empowers parents with the skills necessary to set limits, teach important skills, and encourage decision-making in their teenagers. Covering a wide range of real-life issues teen’s face-including divorce, ADD, addiction, and sex- this book gives you the tools to help your teens find their identity and grow in maturity; indexed for easy reference.

***Take Back Your Kids: Confident Parenting in Turbulent Times*, William J. Doherty, Ph.D. (2000)**

Childhood may be changing, but today’s cable-ready, all-too-worldly kids are still just kids and should be treated that way. William J. Doherty does not want to recreate childhood as it was in simpler times, he merely wants to help parents adapt to the changes and create an even better future. Doherty’s new book, *Take Back Your Kids*, offers a blueprint to do just that. Too often, Doherty believes, parents merely provide services and opportunities for children, who in turn consider themselves “consumers of parental services.” Hierarchy has diminished. Parents regularly make sacrifices in time and money they perceive to benefit their children. *Take Back Your Kids* shows occasionally saying no to a child’s wish, denying a costly and time-consuming opportunity, allows for more meaningful family moments together at meals, church services and volunteer activities. *Take Back Your Kids* gives parents a clear picture of what they should expect from themselves and their children. Doherty describes the skills necessary to be a confident parent – the importance of firm boundaries on behavior, an understanding of when to be flexible, and the courage to express constructive anger and endure the consequences. A good parent may be unpopular from time to time, but children respect and appreciate the exercise

of authority in the context of loving family relationships. Doherty concedes that maintaining those relationships may be difficult amid modern media distractions and fractured families. *Take Back Your Kids* describes how to monitor media exposure in a culture of constant television and Internet-literate eight-year-olds. He explains why responsible fatherhood may be the most untapped resource in raising children. And he offers advice for co-parents, single parents and step=parents alike to transcend their individual situations and discover the path to loving, respectful and productive relationships with their children.

***Transforming the Difficult Child*, Howard Glasser & Jennifer Easley**

Transforming the Difficult Child brings to life a new way of shifting intense children to a solid life of success. The Nurtured Heart Approach puts a refreshing spin on both parenting and teaching and reveals new techniques and strategies that create thoroughly positive behaviors.

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Uncommon Sense for Parents with Teenagers, Michael Reira, Ph.D. (2004)

Michael Riera's *Uncommon Sense for Parents with Teenagers* has ushered countless families through the trying years of adolescence. Offering a fresh interpretation of the teen years, Riera asserts that this period of a child's growth is too often misunderstood as a phase to be dreaded instead of enjoyed. In this fully revised and updated edition, Riera tackles some of the newest issues facing parents and teens-text messaging and the Internet, changing driver's license requirements, fad diets and exercise-and gives a second look to the old standbys-alcohol and drugs, academics, sex and dating, sports and extracurricular activities, eating disorders, making friends, single parenting, divorce, and more. Beginning with overviews of the parent-teenager relationship, the adolescent world, and high school, the bulk of the book comprises a series of responses to questions commonly asked by parents. Based on his 19 years as a teacher, counselor, dean of students, and parent, Riera recommends some unexpected-and ultimately successful-approaches, like "Communicate indirectly," "Let your teenager brood", and "Resist giving advice, even when your teenager asks for it." With a rare appreciation for this special developmental stage of life and the un-patronizing approach to teenagers, *Uncommon Sense for Parents with Teenagers* is a beacon of optimism and hope for confused and wearied families everywhere.

TEENS (general):

Breaking Through to Teens: The New Psychotherapy for the New Adolescence, Ron Taffel, Ph.D. (2010)

This book presents groundbreaking strategies for psychotherapy with today's teens, for whom high-risk behavior, lack of adult guidance, and intense anxiety and stress increasingly come with the territory. Ron Taffel addresses the key challenge of building a therapeutic relationship that is strong enough to promote *real* behavioral and emotional change. He demonstrates effective ways to give advice that teens will listen to, get them to tell the truth about their lives, help parents reestablish their authority, and extend the reach of therapy by such nontraditional means as inviting teens to bring friends into sessions.

Reviving Ophelia: Saving the Selves of Adolescent Girls, Mary Pipher and Ruth Ross (2005)

As a therapist, Mary Pipher was becoming frustrated with the growing problems among adolescent girls. Why were so many of them turning to therapy in the first place? Why had these lovely and promising human beings fallen prey to depression, eating disorders, suicide attempts, and crushingly low self-esteem? The answer hit a nerve with Pipher, with parents, and with the

girls themselves. Crashing and burning in a “developmental Bermuda Triangle,” they were coming of age in a media-saturated culture preoccupied with unrealistic ideals of beauty and images of dehumanized sex, a culture rife with addictions and sexually transmitted diseases. They were losing their resiliency and optimism in a “girl-poisoning” culture that propagated values at odds with those necessary to survive. Told in the brave, fearless, and honest voices of the girls themselves who are emerging from the chaos of adolescence, *Reviving Ophelia* is a call to arms, offering important tactics, empathy, and strength, and urging a change where young hearts can flourish again, and rediscover and reengage their sense of self.

BEHAVIORAL ISSUES:

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated and Chronically Inflexible Children, Ross W. Greene, Ph.D. (2010)

What's an explosive child? A child who responds to routine problems with extreme frustration-crying, screaming, swearing, kicking, hitting, biting, spitting, destroying property, and worse; a child whose frequent, severe outbursts leave his or her parents feeling frustrated, scared, worried, and desperate for help. Most of these parents have tried everything-reasoning, explaining, punishing, sticker charts, therapy, and medication - but to no avail. They can't figure out why their child acts the way he or she does; they wonder why the strategies that work for other kids don't work for theirs; and they don't know what to do instead. Dr. Ross Greene, a distinguished clinician and pioneer in the treatment of kids with social, emotional, and behavioral challenges, has worked with thousands of explosive children, and he has good news: these kids aren't attention-seeking, manipulative, or unmotivated, and their parents aren't passive, permissive pushovers. Rather, explosive kids are lacking some crucial skills in the domains of flexibility/adaptability, frustration tolerance, and problem solving, and they require a different approach to parenting. Throughout this compassionate, insightful and practical book, Dr. Greene provides a new conceptual framework for understanding their difficulties, based on research in the neurosciences.

CHILDREN'S GRIEF:

When Someone Very Special Dies, Marge Heegard

A practical format for allowing children to understand the concept of death and develop coping skills for life. (Age range 9 and up).