

Bibliography

Sorted by Call Number / Author.

- PAR 004.69 MEL Melton, Barbara. What in the world are your kids doing online? : how to understand the electronic world your children live in. 1st ed. New York : Broadway Books, c2007.
- PAR 011.62 DAR Darnall, Beverly. Laura's list : the First Lady's list of 57 great books for families and children. New York : Jeremy P. Tarcher/Penguin, c2006.
First Lady Laura Bush lists fifty-seven books for families and children that will help children learn to love books and reading, examining the values found in each book and listing prominent themes to watch for.
- PAR 011.62 SIL Silvey, Anita. 100 best books for children. Boston : Houghton Mifflin, c2004.
Presents age ranges and plot summaries for one hundred books recommended by the author as the best for children from infants to preteens, grouped according to age, with additional lists of books to meet specific interests.
- PAR 025.04 WIL Willard, Nancy E. Cyber-safe kids, cyber-savvy teens : helping young people learn to use the Internet safely and responsibly. 1st ed. San Francisco : Jossey-Bass, c2007.
Of fenced play yards and hands-on parenting : effective real-world parenting online -- Danger signs on the information highway : overview of online risks and concerns -- Internet use for different ages : guidelines for children, early teens, and older teens -- Too hard, too soft, just right : parenting styles and effective Internet parenting -- Filtering follies and other myths : technology "quick fixes" lead to false security -- I'm your parent. it's my responsibility : supervising your child's online activities -- A community of parents : collaborating with other parents -- Red flags! warning signs and responses -- Away from home : use of the Internet at other places -- Get it in writing : parent-teen Internet use agreement -- Me and my friends : online social networking -- Eyeballs and e-wallets : e-commerce and your child -- None of your business : privacy protection strategies -- Wired 24/7 : Internet addictive behavior and multitasking -- Read with your eyes open : the importance of information literacy -- Don't take candy from strangers : online stranger literacy -- Working on the "hard-wiring" : brain development and online decision making -- You can't see me, I can't see you : how technology can interfere with responsible decision making -- Why we believe what "they" say : social influence techniques online -- Looking for love in all the wrong places : young people who are at greater risk online -- On the Net, what you do reflects on you : core values and standards online -- Sex and the Internet : risky sexual online activities -- I can say what I want online : cyberbullying and social cruelty -- Questionable support : self-harm communities and "at risk" teens -- "Us" against "them" : hate groups, gangs, and other troublesome groups -- I'm going to get you : cyberthreats and distressing material -- Come and play : online gaming -- You bet, I win, you lose : online gambling -- Tag, I got you : hacking and computer crimes -- Not the highest form of flattery : plagiarism -- I can copy and share anything on the Internet : copyright protection and infringement -- Security first : protection against "malware" -- Spam, spam, spam, and more spam : unsolicited (or unknowingly approved) email advertising -- Have I got a deal for you : scams and phishing -- Finding the good life : beneficial activities online -- Appendix A: Parent-teen Internet use agreement -- Appendix B: The cyberspace world. Provides guidance on keeping children and teenagers safe on the Internet; addressing parenting strategies, foundational issues, influences on online decision making, specific risks and concerns, and beneficial activities.
- PAR 028.1 ODE Odean, Kathleen. Great books for boys : more than 600 books for boys 2 to 14. 1st ed. New York : Ballantine Books, 1998.
Presents short summaries on more than six hundred fiction, nonfiction, and biography books separated into sections for beginning, middle, and older readers.

- PAR 028.1 ODE Odean, Kathleen. Great books for girls : more than 600 recommended books for girls ages 3-14. 1st rev. ed. New York : Ballantine, 2002.
Reviews over 600 books, including novels, biographies, folktales, and picture books, that feature positive female characters.
- PAR 028.5 BAX Baxter, Kathleen A. Gotcha for guys! : nonfiction books to get boys excited about reading. Westport, CT : Libraries Unlimited, 2007.
Around the world -- American history -- Prehistoric creatures -- Science -- All things gross -- Animals -- Creepy-crawly creatures : bugs, reptiles, and amphibians -- Action and innovation : sports, the military, machines, buildings, and inventions -- Disasters and unsolved mysteries -- Hot topics : magic, riddles, games and puzzles, art and drawing -- Fascinating facts and reference books. Provides bibliographic information for over 1,100 books selected to interest boys in reading, providing annotations for many, and includes several booktalks.
- PAR 028.5 COD Codell, Esmé Raji, 1968-. How to get your child to love reading. Chapel Hill, N.C. : Algonquin Books of Chapel Hill, c2003.
Presents guidance for parents on reading aloud, encouraging reluctant readers, rewarding progress, and getting involved in a child's school, and lists over three thousand children's books, providing at-home story-time, craft, cooking, science, and related-reading activities.
- PAR 152.4 VER Verdick, Elizabeth. How to take the grrrr out of anger. Minneapolis, MN : Free Spirit Pub, c2003.
A book about recognizing anger, both your own and other people's, and how to deal with it.
- PAR 155 BOR Borba, Michele. Nobody likes me, everybody hates me : the top 25 friendship problems and how to solve them. 1st ed. San Francisco : Jossey-Bass, c2005.
Shows parents how to help children ages four to fifteen who do not have friends or have difficulties in friendships, covering such issues as tattling and gossiping, teasing and bullying, shyness, bossiness, insensitivity, oversensitivity, competitiveness, peer pressure, cliques, breakups, and being the "new kid."
- PAR 155.4 AME Ames, Louise Bates. Your ten- to fourteen-year-old. New York : Dell, [1989], c1988.
Addresses the questions and concerns of parents by revealing the patterned changes in behavior which normally take place in children between 10 and 14.
- PAR 155.4 GRE Greenspon, Thomas S., 1942-. What to do when good enough isn't good enough : the real deal on perfectionism : a guide for kids. Minneapolis, MN : Free Spirit Pub., c2007.
A guide for kids that provides guidance on perfectionism, discussing what it is, ways to lighten responsibilities, dealing with feelings of inadequacy, getting help for problems, and other related topics.
- PAR 155.4 NOW Nowicki, Stephen. Helping the child who doesn't fit in. Atlanta, Ga. : Peachtree Publishers, c1992.
Argues that many children who cannot seem to fit in and make friends are suffering from an inability to use and understand nonverbal communication such as facial expressions, postures, gestures, interpersonal distance, and tone of voice; and offers advice to parents and other adults on how to help children correct the problem, or know when to seek professional help.
- PAR 155.42 AME Ames, Louise Bates. Your five-year-old : sunny and serene. New York : Dell Trade Paperback, [1981], c1979.
Offers advice on understanding a five-year-old, discussing their characteristics, discipline, abilities, individuality, and toys.
- PAR 158 KAU Kaufman, Gershen. Stick up for yourself! : every kid's guide to personal power and positive self-esteem. Minneapolis, MN : Free Spirit Pub., c1999.
Discusses problems facing young people such as making choices, learning about and liking yourself, and solving problems.

- PAR 158.1 ELL Elliott, Miriam, 1957-. Perfectionism : what's bad about being too good? [Rev. and updated ed.]. Minneapolis, MN : Free Spirit Pub, c1999.
Discusses the dangers of being a perfectionist, with tips for easing up on oneself, gaining control over life, and getting professional help.
- PAR 158.2 ROM Romain, Trevor. Cliques, phonies, & other baloney. Minneapolis : Free Spirit, c1998.
Discusses cliques, what they are and their negative aspects, and gives advice on forming healthier relationships and friendships.
- PAR 302.3 KRA Kraizer, Sherryl Kerns. 10 days to a bully-proof child : the proven program to build confidence and stop bullies for good. New York : Marlowe & Co. :, c2007.
Presents a ten-day program based on role playing activities designed to help parents teach their children how to deal with bullying, explaining how to react to a bully, why body language is so important, how to make friends, why they should stand up for other children, and how to tell an adult about bullying.
- PAR 302.3 ROM Romain, Trevor. Bullies are a pain in the brain. Minneapolis : Free Spirit Pub., c1997.
A serious yet humorous guide to dealing with bullies.
- PAR 302.5 SIM Simmons, Rachel, 1966-. Odd girl out : the hidden culture of aggression in girls. 1st Harvest ed. Orlando : Harcourt, 2003, c2002.
Explores the issues surrounding aggression in girls, discussing why the signs of aggression are harder to recognize in girls than boys, how parents can help their daughter's deal with aggression, and the negative impact aggression can have on teenage girls' lives.
- PAR 303 SHE Sheridan, Susan M. Social skills for the tough kid : tips and tools for parents. Eugene, Or. : Pacific Northwest Pub., c2010.
Offers parents tools and techniques to help their children develop better social skills.
- PAR 303.6 COH Cohen-Posey, Kate. How to handle bullies, teasers, and other meanies : a book that takes the nuisance out of name calling and other nonsense. Highland City, Fla. : Rainbow Books, c1995.
What makes bullies and teasers tick? -- 3 ways to handle bullies and teasers -- Golden nuggets and prejudice -- 2 more methods for handling bullies -- Do's and don'ts of handling insults and teasing -- Making decisions and commitments -- Practice -- Turning ideas into action -- Final vision. Provides information on what makes bullies and teasers tick, how to handle bullies, how to deal with prejudice, and how to defend oneself when being teased or insulted.
- PAR 305.23 AME Ames, Louise Bates. Your nine-year-old : thoughtful and mysterious. New York : Dell, 1991.
Offers advice on how to cope with an unpredictable nine-year-old.
- PAR 305.23 BRA Brashich, Audrey. All made up : a girl's guide to seeing through celebrity hype-- and celebrating real beauty. New York : Walker :, 2006.
I believed the hype -- Models, stars, and celebrities -- The media -- The look -- Boys - - Real role models -- Let's celebrate! -- Beyond the hype. Explains why the definitions of beauty and success set by celebrities are so powerful and how girls can empower themselves by disregarding these definitions.
- PAR 305.23 POL Pollack, William S. Real boys : rescuing our sons from the myths of boyhood. 1st Owl Books ed. New York : Henry Holt & Company, 1999.
Discusses the reality and the myths about boys, growing up in America, and the problems boys face.
- PAR 305.23 SHA Shaffer, Susan Morris. Why boys don't talk--and why it matters : a parent's survival guide to connecting with your teen. New York : McGraw-Hill, c2005.
Why boys don't talk--and why it matters -- A new vision : individuation and connection : do we push our sons away? -- New challenges for building connections : what can we do to foster closeness? -- The veil of masculinity : what is the impact of

"boys will be boys"? -- What statistics tell us : what is it really like to be a boy today?
 -- Focus on adolescent males of color : what cultural factors affect the development of African American, Asian, and Latino teenage boys to form and sustain connections with parents, schools, and friends? -- A work in progress : how do we create more than just a "few good men"? -- Somewhere between superhero and geek : how do we make it okay for boys to break out of the box? -- The debate about nature versus nurture : how powerful is biology and its impact on behavior and learning? -- Historical perspective : the myth of the "good old days" : do we want things the way they were? -- Strategies for parents : a baker's dozen : where do we go from here? -- The power of connection : how can we redefine masculinity?. Offers parents practical advice for raising teenage sons and provides tips on understanding why boys often hide behind a wall of silence, recognizing ways to communicate, and maintaining strong bonds.

- PAR 305.234 AME Ames, Louise Bates. Your seven-year-old : life in a minor key. New York : Dell Pub., c1985.
 A guide to the characteristics, moods, thoughts, and development of the seven year-old.
- PAR 306 HET Hetherington, E. Mavis (Eileen Mavis), 1926-. For better or for worse : divorce reconsidered. New York : W.W. Norton, c2002.
 Explores the nature and consequences of divorce in the United States, explaining how marital breakups influences every aspect of the spouses', and their children's, lives.
- PAR 306 STR Siblings : coming unstuck and putting back the pieces. Stories of everyday life with children who are different.
- PAR 306.87 APE Apel, Melanie Ann. Let's talk about living with your single dad. 1st ed. New York : PowerKids Press, 2001.
 Discusses, in simple text, the difficulties, adjustments, and positive aspects of living with a single male parent.
- PAR 306.87 ASH Ashworth, Trisha. I was a really good mom before I had kids : reinventing modern motherhood. San Francisco : Chronicle Books, c2007.
 The fake cupcake problem (Why we needed to write this book) -- I love being a mom - I just hate doing it (Align your expectations with reality) -- You can have it all - just not all at once (Make peace with your choices) -- Am I a bad mom if I don't buy organic SpaghettiOs? (Lose the judgment) -- I count the hours she spends with the nanny and make sure I have more (Let go of the guilt) -- Just give us a rule book - we can't read minds (Tell him what you need) -- When you say mom, it leaves a lot unsaid about you (Honor your whole self) -- You know what? It ain't gonna happen (Just say no) -- Oh, my God, I don't want to color right now (Live in the moment) -- Where do we go from here?. Trisha Ashworth and Amy Nobile offer mothers from every walk of life advice on how they can cope with the challenges of motherhood and the guilt they often feel over how they are raising their children.
- PAR 306.87 HAM Special brothers and sisters : stories and tips for siblings of children with a disability or serious illness. London ; : Jessica Kingsley Publishers, 2005.
 Contains stories in which children from forty families discuss what it is like to grow up with a sibling who has a disability, and offers tips and advice for handling the special challenges they face, as well as definitions of key words, and a list of helpful organizations.
- PAR 306.87 MEY The sibling slam book : what it's really like to have a brother or sister with special needs. Bethesda, MD : Woodbine House, 2005.
 Presents a comprehensive book for teens with contributions by over eighty teens around the world who share the joys and trials of living with their special needs siblings.

- PAR 306.89 CLA Clark, Betty (Betty L.). When your parents divorce : a handbook for children whose parents are divorcing. Minneapolis, MN : Educational Media Corp., c1998.
Presents a helpful guide to children whose parents are going through a divorce and address such concerns as money, visitation, grandparents, security, and love.
- PAR 306.89 HAN Hannibal, Mary Ellen. Good parenting through your divorce : the essential guidebook to helping your children adjust and thrive--based on the leading national program. 2nd ed., rev. and updated. New York : Marlowe & Co., c2007.
Provides guidance for parenting during the process of divorce, covering development, emotional health, creative expression, communication, discipline, and the relationship with one's former spouse.
- PAR 306.89 THO Thomas, Pat, 1959-. My family's changing : a first look at family break up. 1st ed. the U.S. and Canada. Hauppauge, NY : Barron's, 1999.
Explains divorce to young children.
- PAR 362.1 GOS Gosselin, Kim. Taking seizure disorders to school : a story about epilepsy. 2nd ed. Valley Park, MO : JayJo Books, L.L.C., c2001.
Jamie, a young girl with epilepsy, explains her disorder and offers reassurance to other children who may know someone who suffers from seizures.
- PAR 362.1 MEY Views from our shoes : growing up with a brother or sister with special needs. Bethesda, MD : Woodbine House, 1997.
A collection of essays in which siblings share their experiences as the brother or sister of someone with a disability. Children between the ages of four and eighteen relate the good and bad things about having a sibling with a special need such as autism, cerebral palsy, ADD, and Down syndrome.
- PAR 362.1 TRA Trainer, Marilyn. Differences in common : straight talk on mental retardation, Down syndrome, and life. Rockville, Md. : Woodbine House, 1991.
Presents essays by parents of children with mental retardation.
- PAR 362.4 MEY Meyer, Donald J. (Donald Joseph), 1951-. Living with a brother or sister with special needs : a book for sibs. 2nd ed., rev. and expanded. Seattle : University of Washington Press, 1996.
Presents specific strategies to help brothers and sisters meet the challenges of living with a sibling with a disability, addressing their unique concerns and needs, helping them sort out their mixed feelings, and explaining the disabilities in a factual, easy-to-understand manner.
- PAR 370.11 SOM Sommer, Carl, 1930-. Character under attack : & what you can do about it. 1st ed. Houston, TX : Advance Pub., c2005.
- PAR 370.15 MAH Mah, Ronald. Difficult behavior in early childhood : positive discipline for PreK-3 classrooms and beyond. Thousand Oaks, CA : Corwin Press, c2007.
Offers teachers effective strategies to help students make good behavioral choices and develop the self-control needed to make the right choices in the classroom setting, with information on why certain children behave certain ways.
- PAR 371 GRA Gray, Carol, 1952-. The new social story book. 10th anniversary ed., rev. and expanded. Arlington, Tex. : Future Horizons, c2010.
- PAR 371 LAN Improving children's homework, organization, and planning skills (HOPS).
- PAR 371.1 ADE How to talk so kids can learn-- at home and in school. 1st Fireside ed. New York : Fireside, 1996,c 1995.
- PAR 371.19 CLA Clark, Rosemarie, 1956-. The school-savvy parent : 365 insider tips to help you help your child. Minneapolis : Free Spirit, c1999.
Presents a comprehensive guide for parents that includes three hundred sixty-five

practical tips for preparing a child for school and offers advice on starting the school year, health and safety, talking with teachers, volunteering, and more.

- PAR 371.19 EPS School, family, and community partnerships : your handbook for action. 2nd ed. Thousand Oaks, Ca : Corwin Press, c2002.
A comprehensive framework -- Using the framework in practice: stories from the field -- Taking an action team approach -- Conducting workshops -- Selecting materials for presentations and workshops -- Strengthening partnership programs in middle and high schools -- Developing state and district leadership for partnerships -- Implementing teachers involve parents in schoolwork (TIPS) -- Planning and evaluating your partnership program -- Networking for best results on partnerships.
- PAR 371.3 FOX Fox, Janet S. Get organized without losing it. Minneapolis, MN : Free Spirit Pub, c2006.
Basic tools for getting organized -- The curse of the too-heavy backpack -- My get-organized shopping list -- Desk disasters, locker shockers, and other major messes -- How to survive a desk disaster -- How to handle a locker shocker -- Pssst -- How to manage other major messes -- Give yourself regular checkups -- Plan for school success -- Use a student planner -- 9 Great reasons to use a student planner -- Plan to manage your time -- After-school scheduler -- Plan for homework -- Homework checklist -- Deal with distractions -- Plan to be ready for school each day -- Is that your lunch box or a garbage can? -- Plan for long-term projects -- Long-term project planner -- Plan to learn -- Pssst -- Memory tips and tricks -- Plan to stay organized day-by-day -- Is it worth it to get organized? -- A note for parents and teachers -- Helpful resources -- For kids -- For parents and teachers. A collection of helpful tips for kids for becoming more organized at home and at school.
- PAR 371.3 ROM Romain, Trevor. How to do homework without throwing up. Minneapolis, MN : Free Spirit, c1997.
Discusses a variety of simple techniques for getting homework done.
- PAR 371.5 NEL Positive discipline : a teacher's A-Z guide. Rev. 2nd ed. [Roseville, Calif.] : Prima Pub., c2001.
Describes the seventeen fundamental tools of positive discipline, and features an A-to-Z list of discipline problems that occur in most classrooms, each with a discussion of the issue, suggestions for responding to the problem, and advice from other teachers.
- PAR 371.94 SIL Silverman, Stephan, 1942-. School success for kids with Asperger's Syndrome. Waco, TX : Prufrock Press, c2007.
Offers parents and teachers of children with Asperger's Syndrome practical advice on how to help children succeed in school and overcome the challenges Asperger's causes in the classroom.
- PAR 371.95 DEL Delisle, James R., 1953-. When gifted kids don't have all the answers : how to meet their social and emotional needs. Minneapolis, MN : Free Spirit Pub., c2002.
A guide for adults working with gifted children that explains what giftedness means, how gifted students are identified, and how the identification and education process of gifted students can be improved.
- PAR 371.95 SOC The social and emotional development of gifted children : what do we know? Washington, DC : National Association for Gifted Children, c2002.
Examines the social and emotional development of gifted children, discussing how gifted students respond to peer pressure, social acceptance, resilience, delinquency, and underachievement, and summarizing several decades worth of research on minority, learning-disabled, and gay and lesbian gifted students.
- PAR 372 ENG Engelmann, Siegfried. Teach your child to read in 100 easy lessons. 1st Fireside ed. New York : Simon & Schuster, 1986.
A step-by-step program featuring one hundred twenty-minute lessons designed to help parents teach their children to read and to love books.

- PAR 372.126 ROM Romain, Trevor. True or false? Tests stink! Minneapolis : Free Spirit Works for Kids, c1999.
Offers proven strategies, practical advice, and information to help readers survive in all kinds of test situations, including tips on overcoming test anxiety and procrastination, preparing for tests, the pros and cons of guessing, and more.
- PAR 372.4 BEN Bennett-Armistead, V. Susan. Beyond bedtime stories : a parent's guide to promoting reading, writing, and other literacy skills from birth to 5. New York : Scholastic, c2007.
Offers parents simple strategies they can use to promote basic literacy skills in the first five years of their child's life.
- PAR 372.41 DOD Dodson, Shireen. The mother-daughter book club : how ten busy mothers and daughters came together to talk, laugh, and learn through their love of reading. 10th anniversary ed., 1st Harper pbk. [ed.]. New York : Harper, 2007.
Tells the story of a group of mothers and their daughters who changed and enhanced their relationships by starting a monthly reading club, and includes advice on how to start a similar group, reading lists, and discussion guides.
- PAR 372.41 HAL Hall, Susan L (Susan Long). Straight talk about reading : how parents can make a difference during the early years. Lincolnwood, Ill : Contemporary Books, c1999.
A guide for parents who want to help their children learn to read, discussing the controversy between the whole language and phonics approaches to teaching reading; taking a grade-by-grade look at how to help children in preschool through third grade; and providing information about reading difficulties and disabilities.
- PAR 372.45 TRE Trelease, Jim. The read-aloud handbook. 6th ed., 2006-2007 ed. New York : Penguin Books, c2006.
Presents evidence in support of reading aloud to children, and features an annotated listing of recommended read-aloud books, including wordless, predictable, reference, and picture books, short and full-length novels, poetry, anthologies, and fairy and folk tales.
- PAR 395.1 EBE Eberly, Sheryl. 365 manners kids should know : games, activities, and other fun ways to help children learn etiquette. 1st ed. New York : Three Rivers Press, c2001.
Offers parents advice on how to deal with a variety of situations where consideration counts, but is sometimes forgotten and discusses the best ways to teach children proper manners.
- PAR 395.1 ESP Espeland, Pamela, 1951-. Dude, that's rude! : (get some manners). Minneapolis, MN : Free Spirit Pub., c2007.
Manners : who cares? -- Power words -- In the house -- Body manners -- Potty manners -- Eating -- Meeting & greeting -- Hosting & guesting -- Gifting & getting -- Word-y manners -- Phone-y manners -- Class-y manners -- E-tiquette : manners online -- Public manners -- 10 steps to amazing manners anytime, anywhere. A practical guide to learning basic manners and the difference between what is appropriate and what is not.
- PAR 395.1 POS Post, Peggy, 1945-. Emily Post's the guide to good manners for kids. 1st ed. New York : HarperCollins, c2004.
Presents a reference guide to good manners for children of the twenty-first century, offering advice on writing thank-you notes, and examining proper etiquette for home, school, play, travel, weddings, funerals, hospital visits, and other situations.
- PAR 612.6 GRA Gravelle, Karen. The period book : everything you don't want to ask (but need to know). Updated ed. New York : Walker ;, 2006.
Explains what happens at the onset of menstruation, discussing what to wear, going to the gynecologist, and how to handle various problems.
- PAR 613 CRU Crump, Marguerite, 1955-. No b.o.! : the head-to-toe book of hygiene for preteens. Minneapolis, MN : Free Spirit Press, c2005.

- Presents a concise book of hygiene for preteens, and describes the various physical changes that occur in adolescence and how to avoid embarrassment.
- PAR 613.9 HAR Harris, Robie H. It's perfectly normal : a book about changing bodies, growing up, sex, and sexual health. 2nd pbk. ed., [10th anniversary ed.]. Cambridge, Mass : Candlewick Press, 2004, c1994.
Provides answers to nearly every conceivable question children may have about sexuality, from conception and puberty to birth control and AIDS.
- PAR 613.9 MAD Madaras, Lynda. The what's happening to my body? book for boys : a growing-up guide for parents and sons. 3rd rev ed. New York : Newmarket Press, c2007.
Discusses the changes that take place in a boy's body during puberty, including information on the body's changing size and shape, the growth spurt, reproductive organs, pubic hair, beards, pimples, voice changes, wet dreams, and puberty in girls.
- PAR 613.9 MAD Madaras, Lynda. The "what's happening to my body?" book for girls. Rev. 3rd ed. New York : Newmarket Press, c2007.
Discusses the changes that take place in a girl's body during puberty, including information on the body's changing size and shape, pubic hair, breasts, reproductive organs, the menstrual cycle, and puberty in boys.
- PAR 613.9 MAD Madaras, Lynda. The what's happening to my body? book for girls : a growing-up guide for parents and daughters. 3rd rev ed. New York : Newmarket Press, c2007.
Discusses the changes that take place in a girl's body during puberty, including information on the body's changing size and shape, pubic hair, breasts, reproductive organs, the menstrual cycle, and puberty in boys.
- PAR 616.3 HEN Henry, Cynthia S. Taking cystic fibrosis to school. 1st ed. Valley Park, MO : Jayjo Books, c2000.
Illustrations and simple text help children learn what cystic fibrosis is and how it is dealt with.
- PAR 616.8 AND Anderson, Mary Elizabeth. Taking cerebral palsy to school. Valley Park, MO : Jayjo Books, c2000.
Illustrations and simple text help children understand what cerebral palsy is and how it can be dealt with.
- PAR 616.8 KRU Krueger, Tira. Taking Tourette Syndrome to school. 1st ed. Valley Park, MO : JayJo Books, c2001.
Megan, a young girl, explains what it is like to live with Tourette Syndrome, a nervous system disorder that causes her to make sudden, uncontrolled movements or sounds known as tics.
- PAR 616.85 GLA Glatzer, Jenna. Taking Down syndrome to school. 1st ed. Valley Park, MO : JayJo Books, c2002.
Nick, a young boy, tells what it is like to have Down syndrome, explains what he is doing and how others are working to help him learn, and shares how much it hurts his feelings when kids make fun of him.
- PAR 616.85 NAT Natenshon, Abigail, 1947-. When your child has an eating disorder : a step-by-step workbook for parents and other caregivers. 1st ed. San Francisco : Jossey-Bass Publishers, c1999.
Presents information and exercises for families of children and young adults with eating disorders, providing guidance on the signs of disease, the beginning of dialogue with the child, treatment, recovery, and setbacks, and includes a special section on children leaving for college, as well as a resource directory.
- PAR 616.97 WEI Weiner, Ellen. Taking food allergies to school. 1st ed. Valley Park, MO : JayJo Books, c1999.
Explains what food allergies are and how they work through the story of Jeffrey, a young boy who is allergic to pizza, bread, and other things.

- PAR 616.97 WOO Wood, Robert A. (Robert Alan). Food allergies for dummies. Hoboken, NJ : Wiley, c2007. A comprehensive guide to food allergies that covers identification; contributing factors; using medications, modifications, and other therapies; causes and symptoms; common allergens; diagnosis and treatment; avoidance diets; symptomatic relief; cures; and helping children with allergies; and includes Web sites and ten do's and don'ts.
- PAR 616.97 YOU Young, Michael C. The peanut allergy answer book. 2nd ed. Gloucester, MA : Fair Winds Press, 2006. Presents a easy-to-understand facts about peanut allergies along with continued research findings, treatment, and allergy-management success stories.
- PAR 616.99 HEN Henry, Cynthia S. Taking cancer to school. 1st ed. Valley Park, MO : JayJo Books, c2001. Max, a boy with Acute Lymphatic Leukemia, explains how it feels to have cancer and how it affects his life, and tells what he and others are doing to halt the progress of his disease.
- PAR 618 BAR Barkley, Russell A., 1949- author. Taking charge of ADHD : the complete, authoritative guide for parents. Third edition. Explains attention-deficit/hyperactivity disorder and discusses what the latest research findings are, how parents can deal with their child, what medical alternatives there are, how to improve a child's school performance, and other related topics.
- PAR 618 CHA Chansky, Tamar E. (Tamar Ellsas), 1962- author. Freeing your child from anxiety : practical strategies to overcome fears, worries, and phobias and be prepared for life-- from toddlers to teens. Revised edition. " ... contains ... tools for teaching children to outsmart their worries and take charge of their fears"--Back cover.
- PAR 618 KEA Kearney, Christopher A. Getting your child to say "yes" to school : a guide for parents of youth with school refusal behavior. Oxford ; : Oxford University Press, 2007.
- PAR 618.92 BRY Bryant, John E., 1935-. Taking speech disorders to school. 1st ed. Plainview, NY : JayJo Books, c2004. Illustrations and simple text tell a story about a boy named Michael and how speech therapy helps him communicate more clearly.
- PAR 618.92 EDW Edwards, Andreanna. Taking autism to school. 1st ed. Valley Park, MO : JayJo Books, c2001. Illustrations and simple text help teach children what autism is and how they can help autistic students in their classes or community.
- PAR 618.92 HAM Hamaguchi, Patricia McAleer, 1959-. Childhood speech, language, and listening problems : what every parent should know. New York : J. Wiley, c2001.
- PAR 618.92 NAD Nadeau, Kathleen G. Learning to slow down and pay attention : a book for kids about ADHD. 3rd ed. Washington, DC : Magination Press, c2005. A guidebook designed especially for kids, which uses cartoons, checklists, and activity pages to teach them, their parents, and others around them, how to deal with the challenges of attention deficit disorder.
- PAR 618.92 STI Stillman, William, 1963-. The autism answer book : more than 300 of the top questions parents ask. Naperville, Ill. : Sourcebooks, c2007. What is autism? -- Getting a diagnosis -- Communication -- Sensory sensitivities -- Physical well-being -- Mental health -- Valuing passions -- Treatment options -- Fair discipline -- Making social connections -- School success -- Young adulthood and beyond. Uses a question-and-answer format to help parents of children with autism understand their child's condition and help them cope with the challenges they face at home and at school, with information on the signs of autism, possible treatment options, common issues related to autism, and other related topics.

- PAR 649 AME Ames, Louise Bates. Your eight-year-old : lively and outgoing. New York : Dell, [1990], c1989.
A guide to the characteristics, moods, thoughts, and development of the eightyear-old.
- PAR 649 APT Apter, T. E. The confident child : raising a child to try, learn, and care. New York : Norton, 2006, c1997.
Offers parents practical strategies that will help them raise confident, motivated, caring children, focusing on the importance of responding to a child's emotions and helping them use their feelings to guide them when solving problems, making friends, and manage their reactions.
- PAR 649 BER Berman, Jenn. The A to Z guide to raising happy, confident kids. Novato, Calif. : New World Library, c2007.
A is for apple: helping your children form a healthy relationship with food -- B is for bogeyman: understanding and addressing childhood fears -- C is for cheering: being a great sports parent -- I is for double trouble: raising twins -- E is for eenie meanie: helping children become good decision makers -- F is for free to be me!: raising kids with great self-esteem -- G is for gimme, gimme: raising down-to-earth children -- H is for hero: being a great dad -- I is for "I don't wanna go": helping the child who doesn't want to go to school -- J is for jumping jacks: helping your children love exercise -- K is for kitty cat: keeping pets in the home -- L is for lovebug: teaching your child about love -- M is for Mary Poppins: finding good childcare -- N is for noodles and nuggets: eating meals together -- O is for ouch: making visits to the doctor painless -- P is for priorities: spending time with loved ones -- Q is for quarters: teaching your kids about money -- R is for riddles and rainbows: promoting creativity in your child -- S is for sos (save our siblings): dealing with sibling rivalry - - T is for Teletubbies: understanding the effects of tv on your child -- U is for uno: parenting your only child -- Is for vegging out: letting your child have downtime -- W is for wedded bliss: keeping your marriage strong -- Is for x chromosome: raising a girl -- Y is for y chromosome: raising a boy -- Z is for getting zzz's: helping your child get a good night's sleep. A guide for parents that covers twenty-six different topics on effective parenting, discussing issues such as self-confidence, childhood fears, school anxiety, doctor's visits, sibling rivalry, and more.
- PAR 649 BER Bernstein, Jeffrey, 1961-. 10 days to a less defiant child : the breakthrough program for overcoming your child's difficult behavior. New York : Marlowe & Co., c2006.
Introduction: This is not what I expected parenting to be like -- Day 1: Grasping why your child acts defiant -- Day 2: Understanding your defiant child -- Day 3: Sidestepping the yelling trap -- Day 4: Avoiding power struggles -- Day 5: Reinforcing the positive changes in your child -- Day 6: Dependable discipline -- Day 7: Rallying family support -- Day 8: Lessening defiance at school -- Day 9: Overcoming stubborn obstacles -- Day 10: Reducing defiance for the long run -- Appendix: Guide to handling defiant students. Child psychologist Jeffrey Bernstein presents a ten-day program designed to help parents regain control of their defiant child using simple, non-confrontational methods.
- PAR 649 BRO Brooks, Robert B. Raising a self-disciplined child : help your child become more responsible, confident, and resilient. New York : McGraw-Hill, c2007.
Developing self-discipline in our children -- The mindset for effective discipline -- Helping your child take control -- Teaching your child to solve problems -- Showing your child that he or she is competent -- Teaching your child how to react to mistakes -- Helping your child cope with doubts and disappointments -- Responding constructively when life seems unfair -- Encouraging your child to make a difference - - The lessons and power of self-discipline. Provides advice for parents on promoting self-discipline in their children and helping them become responsible, confident, and resilient; and includes case studies.

- PAR 649 CAN Chicken soup for the parents soul : stories of loving, learning, and parenting. Deerfield Beach, FL : Health Communications, c2000.
A collection of approximately ninety stories designed to inspire and comfort parents, including works by Peter Fonda, Martha Beck, and Gary Lautens.
- PAR 649 CLA Clarke, Jean Illsley. How much is enough? : everything you need to know to steer clear of overindulgence and raise likeable, responsible, and respectful children. New York : Marlowe & Co., c2004.
Offers parents practical advice on how they can find the perfect balance between helping their children and overindulging them, explaining the dangers of giving children too much and overnurturing them and the best ways to provide them with the structure that will help them learn the skills needed to become happy, well-adjusted adults.
- PAR 649 COL Coloroso, Barbara. Parenting through crisis : helping kids in times of loss, grief, and change. 1st HarperResource Quill pbk. ed. New York : Quill, 2001, c2000.
Shows parents how to help children find a way through grief and sorrow during the difficult times of death, illness, divorce, and other upheavals by using time, affection, and optimism, and contains anecdotes from her personal life as a nun, mother, and parenting educator.
- PAR 649 COO Cooper-Kahn, Joyce. Late, lost and unprepared : a parents' guide to helping children with executive functioning. Bethesda, MD : Woodbine House, 2008.
Discusses how parents can help their children manage frustrating problems with executive functions, such as impulse control, cognitive flexibility, initiation of chores and homework, memory, planning, organizing, and self-monitoring.
- PAR 649 DAW Dawson, Peg. Smart but scattered : the revolutionary "executive skills" approach to helping kids reach their potential. New York : Guilford Press, c2009.
Introduction -- Part I: What makes your child smart but scattered -- How did such a smart kid end up so scattered? -- Identifying your child's strengths and weaknesses -- How your own executive skill strengths and weaknesses matter -- Matching the child to the task -- Part II: Laying a foundation that can help -- Ten principles for improving your child's executive skills -- Modifying the environment : A is for antecedent -- Teaching executive skills directly : B is for behavior -- Motivating your child to learn and use executive skills : C is for consequence -- Part III: Putting it all together -- Advance organizer -- Ready-made plans for teaching your child to complete daily routines -- Building response inhibition -- Enhancing working memory -- Improving emotional control -- Strengthening sustained attention -- Teaching task initiation -- Promoting planning and prioritizing -- Fostering organization -- Instilling time management -- Encouraging flexibility -- Increasing goal-directed persistence -- Cultivating metacognition -- When what you do is not enough -- Working with the school -- What's ahead?. The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial "executive skills"--the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines. -- from publisher description.
- PAR 649 DEL Delisle, James R., 1953-. Parenting gifted kids : tips for raising happy and successful children. Waco, Tex. : Prufrock Press, c2006.
A practical guide to parenting gifted children with advice on understanding a child's giftedness, dealing with perfectionism, building character, and helping kids achieve goals.
- PAR 649 DIN Dinkmeyer, Don C. Raising a responsible child : how to prepare your child for today's complex world. Rev. and updated ed. New York : Simon & Schuster, 1996.
A guide to raising confident and caring children that is designed to help parents understand their children's behavior, build their child's self-esteem, teach their

children to take responsibility for their actions, and listen to and accept their children's opinions.

- PAR 649 EMM Emmett, Rita. The procrastinating child : a handbook for adults to help children stop putting things off. New York : Walker, 2002.
Provides parents with tips and strategies designed to help them motivate their children to do things on time and stop procrastinating at home, at school, and at play.
- PAR 649 GRE Greene, Ross W. The explosive child : a new approach for understanding and parenting easily frustrated, chronically inflexible children. Rev. and updated [ed.]. New York : Harper, 2005.
Presents advice for parents on handling children with quick tempers, explaining how to anticipate and lessen the behavior and teach one's child the skills necessary to handle frustration adaptively and become more flexible, socially and emotionally.
- PAR 649 GRE Greene, Ross W., author. The explosive child : a new approach for understanding and parenting easily frustrated, chronically inflexible children. Fifth edition.
Advises parents on how to handle children with quick tempers, explaining how to anticipate and lessen the behavior by teaching the child the skills necessary to handle frustration adaptively to become more flexible, socially and emotionally.
- PAR 649 HAR Harris, Sandra L. Siblings of children with autism : a guide for families. 2nd ed. Bethesda, MD : Woodbine House, 2003.
Brothers and sisters : getting together and getting along -- He doesn't know what angels are : autism viewed through children's eyes -- Why does he do that? : explaining autism to children -- Let's talk : helping children share their thoughts and feelings -- The balancing act : finding time for family, work, and yourself -- Children at play : helping children play together -- An adult perspective : the mature sibling.
Offers advice to parents that helps them to see autism through the eyes of their other children and answers questions such as how to explain autism to other siblings and how to balance the needs of other family members.
- PAR 649 IKE Ikeda, Joanne P. Am I fat? : helping young children accept differences in body size : suggestions for teachers, parents, and other care providers of children to age 10. Santa Cruz, Calif. : ETR Associates, 1992.
- PAR 649 JEN Jenson, William R. The tough kid parent book. Eugene, Or. : Pacific Northwest Pub., c2010.
Presents practical techniques for parents to effectively deal with their children during challenging situations.
- PAR 649 MAC Mac Kenzie, Robert J. Setting limits with your strong-willed child : eliminating conflict by establishing clear, firm, and respectful boundaries. 1st ed. Roseville, Calif. : Prima, c2001.
Explains how to parent a strong-willed child without being too easy or too hard, showing how to set boundaries and keep them while staying empathetic, and how to make the child want to cooperate.
- PAR 649 MCL McLaughlin, Dan J. The parent's homework dictionary. 2nd ed. Poway, CA : Damand Promotions, c1998, 2007.
Provides parents with definitions and explanations of key terms and concepts in language arts, mathematics, science, and social studies to help them understand their child's homework and help them succeed.
- PAR 649 NAK Nakazawa, Donna Jackson. Does anybody else look like me? : a parent's guide to raising multiracial children. 1st Da Capo Lifelong Books pbk. ed. Cambridge, MA : Da Capo Life Long, 2004, c2003.
Draws from psychological research and interviews with more than sixty multiracial families to show parents of multiracial children how to help them cope with identity issues and social conflicts at each stage from preschool to young adulthood, covering such topics as mean-spirited peers and how to handle the "What are you?" question.

- PAR 649 PAR Parker, Harvey C. The ADHD workbook for parents : a guide for parents of children ages 2-12 with attention-deficit/hyperactivity disorder. Plantation, Fla. : Specialty Press, c2005.
A guide for parents of children with attention-deficit/ hyperactivity disorder that explains the condition; offers strategies for managing behavior, handling homework, improving study skills, advocating in schools, and understanding medical treatments; and provides resources.
- PAR 649 PHE Phelan, Thomas W., Ph.D. 1-2-3 Magic: effective discipline for children 2-12. Glen Ellyn, IL : Child Management Inc, 1995.
- PAR 649 SHU Shure, Myrna B. Raising a thinking child workbook : teaching young children how to resolve everyday conflicts and get along with others. Rev. ed. Champaign, IL : Research Press, 2000.
Presents games and activities parents may use to help children ages four to seven learn how to solve everyday problems, looking at parent/child and child/child problems.
- PAR 649 TUR Turecki, Stanley. The difficult child. 2nd rev. trade pbk. ed. New York : Bantam, 2000.
Some children are born difficult -- A program for your difficult child -- What does the future hold for my child?. Provides advice for parents of hard-to-raise children; covering attention-deficit hyperactivity disorder, situation evaluation, managing temperament, regaining adult authority, coping with a difficult infant, working with professionals, and more. Includes recommended reading.
- PAR 649.1 AME Ames, Louise Bates. Your six-year-old : loving and defiant. New York : Dell, 1981.
Provides guidance for parents of six-year-olds, explaining the six-year-old child's psychology and addressing such topics as the relationship with the mother, beginning first grade, competitiveness with siblings and friends, and lying, and includes lists of recommended books and toys.
- PAR 649.1 FAB Faber, Adele. How to talk so kids will listen & listen so kids will talk. New York : Avon, [1999], c1980.
Presents innovative ways to solve common communication problems of parents and children.
- PAR 649.155 WAL Walker, Sally Yahnke, 1942-. The survival guide for parents of gifted kids : how to understand, live with, and stick up for your gifted child. Minneapolis, MN : Free Spirit, c1991.
Information for parents on gifted children, their education, and problems.
- PAR 791.43 BUR Burr, Ty. The best old movies for families : a guide to watching together. New York : Anchor Books, 2007.
Contends that children and teenagers should be exposed to old films; providing detailed notes on over two hundred movies with cast and crew, plots, why it should be viewed, trivia, and more.
- PAR 796.352 SPE Spearman, Mitchell. A.I.M. of golf : visual-imagery lessons to improve every aspect of your game. [Emmaus, Pa.] : Rodale :, c2004.
Mitchell Spearman offers a systematic approach designed to help golfers master the game and improve their swing by using visual imagery.
- PAR E MOO Moore-Mallinos, Jennifer. When my parents forgot how to be friends. 1st ed. for the U.S. and Canada. Hauppauge, N.Y. : Barron's, 2005.
A little girl explains how she feels when her parents begin arguing a lot, stop doing things together, and decide to separate, and describes the ways they cooperate to show her they are still a family.
- PAR E SMI Smith, Nicole. Allie, the allergic elephant. 3rd ed. Colorado Springs, CO : Allergic Child Pub., c2006.

Allie the elephant has an allergic reaction to peanuts served at school and soon learns what symptoms to watch for and what foods to avoid.

PAR FIC PAT

Paton Walsh, Jill, 1937-. The green book. 1st Sunburst ed. New York : Farrar, Straus and Giroux, 1986, c1982.

As their small stock of essential supplies dwindles, a group of refugees from Earth struggles to make their strange new planet provide life's necessities.