

Resource List for Challenging Behavior

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

314-989-8438/989-8108/989-8194

Acting Out Child: Coping with Classroom Disruption. Hill M Walker (1995)

This text provides practical guidelines and techniques for effectively managing acting out behavior in elementary students.

Addressing the Challenging Behavior of Children with High-Functioning Autism/Asperger Syndrome in the Classroom: A Guide for Teachers and Parents. Rebecca A Moyes. (2002)

Provides possible explanations for challenging behaviors, and practical help for both teachers and parents to address them in and out of the classroom.

Adolescent Volcanoes: Helping Adolescents and their Parents to Deal with Anger. Warwick Pudney & Eliane Whitehouse. (2014)

Featuring interactive worksheets and handouts throughout, explores the causes of anger, focusing not only on the adolescent, but also on styles of parenting and situations at home that can exacerbate these feelings, and suggests ways to tone down confrontations and improve relationships.

Aggressive and Defiant Behavior — The Latest Assessment and Treatment Strategies for Conduct Disorders. J. Mark Eddy, Ph.D. (2001)

Reviews the scientific literature on the conduct disorders and presents the information in an easy-to-access manner.

Anger Control Training for Children and Teens: the Adult's Guidebook for Teaching Healthy Handling of Anger. John F. Taylor (1995)

Guidebook that contains dozens of explicit directions and step-by-step explanations for training children and adolescents in what anger is, ways to express anger, and suggestions for healthy management.

Anger Management: A Practical Resource for Children with Learning, Social and Emotional Difficulties. Fiona Burton & Melanie Wells (2011)

Aims to deliver an appealing, practical and meaningful programme which all children (including those with learning difficulties) will find easy to access and enjoy.

Anger Mountain. Bryna Hebert (2005)

Ages 8 and up. Anger Mountain will help children better understand anger and deal more effectively with it. (20 pages)

The Angry Child: Regaining Control When Your Child is Out of Control . Tim Murphy, PhD (2002)

Helps to understand both the causes and the repercussions of childhood anger and to devise effective strategies for defusing the time bomb.

Angry Kids, Frustrated Parents: Practical Ways to Prevent & Reduce Aggression in Your Children. Terry Hyland & Jerry Davis (1999)

This book has two goals: 1) to help parents recognize aggressive behavior in their children and act before it becomes a problem, and 2) to show parents how they can teach their children to stop using negative aggressive behaviors and learn new positive behaviors.

Arnold Gets Angry. Lawrence E. Shapiro (2004)

Ages 4-12. Children learn about what makes them angry, and how angry behavior can get them into trouble. The book focuses on healthy ways to handle anger. (44 pages)

Backtalk: 4 Steps to Ending Rude Behavior in Your Kids. Audrey Ricker, PhD (1998)

Four-step program for ending backtalk and restoring balance in relationships between parents and children, from preschoolers to teens.

A Bad Case of Tattle Tongue. Julia Cook (2006)

Ages 5-10. This book teaches children the difference between tattling and telling. (32 pages)

Be Your Child's Best Advocate. 100 Strategies for Children with Learning or Behavioral Issues. Peggy Schmidt

Helps parents understand and accept what is preventing their child from performing and interacting successfully in school and in social situations. This book is intended to be a voice of encouragement and direction to parents who have not yet found the courage for connections to get help and support for their child. Also contains guidelines for parents who want to improve their effectiveness in getting the right help for their child.

The Behavior Code: A Practical Guide to Understanding and Teaching the Most Challenging Students. Jessica Minahan & Nancy Rappaport. (2012)

Systematic approach for deciphering causes and patterns of difficult behaviors and how to match them with proven strategies for getting students back on track to learn.

The Behavior Education Program: A Check-In, Check-Out Intervention for Students at Risk. DVD (2005)

Demonstrates the Behavior Education Program (BEP), a Tier 2 intervention designed to help the 10-15% of students who fail to meet school-wide disciplinary expectations but do not require the highest level of behavior support.

Behavior Self! Dave Hingsburger (1996)

Dave writes about the importance of understanding behavior messages from people with developmental disabilities in a straightforward yet humorous fashion.

Behavior Solutions for the Inclusive Classroom: A Handy Reference Guide that Explains Behaviors Associated with Autism, Asperger's ADHD, Sensory Processing, and other Special Needs. Beth Aune, Beth Burt & Peter Gennaro

Illuminates possible causes of those mysterious behaviors, and more importantly, provides solutions! Teachers can quickly look up an in-the-moment solution and learn about what the child is communicating, and why.

The Behavior Survival Guide for Kids: How to Make Good Choices and Stay Out of Trouble. Thomas McIntyre

Ages 9-12. Kids who are labeled BD (or ED, EBD, or SED) struggle every day—with their peers, teachers, parents, and themselves. It's no fun to be labeled, and nobody wants to have behavior problems. This book can help them improve their behavior and their lives. (176 pages)

Behavioral Interventions for Young Children with Autism: A Manual for Parents and Professionals. Catherine Maurice, et al (1996)

This manual presents 21 chapters on the use of applied behavior analysis techniques with children who have autism.

Behavioral Support (Teacher's Guides to Inclusive Practices) – 2nd Edition. Martha Snell, PhD & Rachel Janney, PhD (2008)

Gives teachers a plan for implementing positive behavior support, both in the classroom and across and entire school.

Betty Stops the Bully. Lawrence E. Shapiro, PhD (2004)

Ages 8 and up. This book teaches children just what to do when confronted with a bully. The book also helps children who are bullies learn new social skills and encourages children who are bystanders to seek adult help. (44 pages)

Beyond Consequences, Logic, and Control: A Love Based Approach to Helping Children with Severe Behaviors. Volume 2. Heather T. Forbes. (2008)

Offers families a light inside the tunnel and provides the parenting "formula" that call heal all wounds, a scientifically based model based on love.

Beyond Sticks and Stones: How to Help Your Child with a Disability Deal with Bullying. Pacer Center (2006)

Offers specific, practical information on how to prevent bullying.

Blue Cheese Breath and Stinky Feet: How to Deal with Bullies. Catherine Depino (2004)

Ages 6-12. Fictional consumer text tells a story about a young boy in school being bullied by a classmate. Offers advice and recommendations on how children can stand up to bullying without fighting. (48 pages)

Bringing ABA into Your Inclusive Classroom. Debra Leach. (2010)

How-to guide to the research-proven ABA approach, teachers will improve outcomes for K-12 students with autism and behavior challenges. Packed with plain-English guidance and fifty sample teaching plans.

Challenging Behaviors in Early Childhood Settings: Creating a Place for All Children. Susan Hart Bell, Ph.D., Victoria W. Carr, Ed.D., Dawn Denno, M.Ed., Lawrence J. Johnson, Ph.D., & Louise R. Phillips, M.Ed. (2004)

Learn to manage a wide range of challenging behaviors in early childhood settings with this strategy-filled resource for teachers and other professionals.

Challenging Behaviors in Young Children: Techniques and Solutions. (DVD) (2004) (50 minutes)

Set in a preschool, this video shows educators and parents first hand the techniques used by teachers to effectively manage children's challenging behaviors.

Challenging Behavior in Young Children: Understanding, Preventing, and Responding Effectively. Barbara Kaiser & Judy Sklar Raminsky. (2012)

Presents background information and strategies to help understand, prevent, and address the behavior problems found in primary schools and child care centers.

The Challenging Child. Stanley Greenspan (1995)

Explains the five "difficult" types of children: sensitive, self-absorbed, defiant, and inattentive and active/aggressive. Discusses how to adapt parenting styles to the child's unique personality.

The Chameleon Kid: Controlling Meltdown Before He Controls You. Elaine Marie Larson. (2008)

School aged. Uses short verses to present the various reactions that the bad guy Meltdown can cause, followed by advice for how the Chameleon Kid can adapt his emotions and attitudes to prevent Meltdown from taking over. In the process, readers learn various methods of self-regulating their emotion.

Children Who Say No When You Want Them to Say Yes: How to Deal With Defiant and Oppositional Youngsters, from Toddlerhood Through Teens. James Windell (1996)

Helps parents recognize, understand and cope with a child's resistant behavior whether it arises as a part of a normal stage of growth, stems from a child's temperament, or has developed from other less easily definable sources.

Commonsense Parenting. Ray Burke, Ph.D., Ron Herron, & Bridget Barnes (1996)

Guidebook for parents of children ages 6 to 16 facing a myriad of family challenges: a teen who's defiant; siblings who constantly bicker; a child having trouble in school, or parents and kids who occupy the same house but don't communicate or have fun together anymore.

Commonsense Parenting of Toddlers and Preschoolers. Bridget A Barnes & Steven M. York (2001)

Describes parenting techniques in a way that is persuasive, logical, and easy to read, particularly in short chunks.

Choices, Cookies & Kids: A Creative Approach to Discipline. Dr. Garry Landreth. (DVD) (1996)

How To DVD with Dr. Landreth's humorous stories about his interactions with his children. Each story makes a powerful and lasting teaching point about how to use his method of choice giving to change children's behaviors and in the process DE-STRESSES PARENTING.

Cool Down and Work Through Anger. Cheri J Meiners. (2010)

Ages 4-8. Everyone gets angry, so it's never too early for children to learn to recognize feelings of anger, express them, and build skills for coping with anger in helpful, appropriate ways.

Correcting Without Criticizing: The Encouraging Way to Talk to Children About Their Misbehavior by John F. Taylor (2002)

Booklet explains how adults can be more successful in confronting children about misbehavior.

Daily Behavior Report Cards: An Evidence-Based System of Assessment and Intervention. Robert J Volpe & Gregory A Fabiano. (2013)

Presents everything needed to design and implement daily behavior report cards (DRCs), a flexible and dynamic system for promoting positive student behaviors and overcoming barriers to learning.

Dare to Love: The Art of Merging Science and Love into Parenting Children with Difficult Behaviors. Heather T. Forbes (2009)

The first part of the book explains the science behind what we now know about affect regulation and how the brain operates. The second part describes the art of merging both science and love into unconditional parenting.

The Defiant Child: A Parent's Guide to Oppositional Defiant Disorder. Douglas Riley (1997)

Explores the mindset of children who are ODD and explains the way they operate. Teaches how to recognize the signs, understand the attitudes and modify the behavior.

Defiant Children: A Clinician's Manual. Russell A Barkley, PhD (1997)

Manual for training parents in child management skills.

Demystifying Psychiatry: A Resource for Patients and Families. Charles F Zorumski & Eugene H Rubin (2010)

Range from a basic discussion of what psychiatry is, to the types of illnesses psychiatrists treat, the training of psychiatrists, the treatment of psychiatric disorders (covering medications, psychotherapy, lifestyle interventions, electroconvulsive therapy, and much more), and how families can help with treatment.

Designing Positive Behavior Support Plans. Linda Mambara & Tim Knoster (1998)

Provides a conceptual framework for understanding, designing and evaluating positive behavior support plans.

Developing Schoolwide Programs to Prevent and Manage Problem Behaviors. Kathleen Lynne Lane (2009)

A Step by step approach for schools learning about, developing, or refining an integrated primary prevention program.

The Difficult Child. Stanley Tureki & Leslie Tonner (2000)

How to help-and cope with-the difficult child.

Don't Behave Like You Live in a Cave. Elizabeth Verdick. (2010)

Ages 8-13. Full-color cartoons and humorous, kid-friendly text teach kids how to make smarter choices about how they behave at home and at school so they stay out of trouble, feel good about themselves and their choices, and get along better with family, friends, and teachers.

Don't Laugh At Me Kit. (video, DVD and books) (2000)

A Movement to help create safe and caring environments for all our children – where they can grow to become responsible, compassionate citizens. Includes video, DVD with songs and teacher's guide.

Don't Pop Your Cork on Mondays! The Children's Anti-Stress Book. Adolph Moser (1988)

Ages 9-12. Explores the causes and effects of stress and offers practical approaches and techniques for dealing with stress in daily life (41 pages)

Don't Rant and Rave on Wednesday: The Children's Anger Control Book. Adolph Moser, Ed.D (1994)

Ages 9-12. Explains the causes of anger and offers methods that can help children reduce the amount of anger they feel. He also gives effective techniques to help young people control their behavior, even when they are angry. (61 pages)

Don't Squeal Unless It's a Big Deal: A Tale of Tattletales. Jeanie Franz Ransom (2005)

Ages 4-8. Helps kids learn when telling is appropriate and when it is merely squealing. (13 pages)

Dysinhibition Syndrome: How to Handle Anger and Rage in your Child and Spouse. Rose Wood. (1999)

Written for people with neurological disorders and for those who care for them, educate them and treat them.

Educating Oppositional and Defiant Children. Philip & Nancy Hall (2003)

Illustrate the key concepts and techniques needed to successfully teach oppositional students.

Emotional and Behavioral Problems of Young Children: Effective Interventions in the Preschool and Kindergarten Years. Gretchen A. Gimpel & Melissa L. Holland (2003)

Provides hands-on tools and resources for addressing common emotional and behavioral problems in preschool and kindergarten-age children.

Exploring Feelings Cognitive Behavior to Mange Anger. Tony Attwood (2004)

The cognitive behavior therapy program Exploring Feelings was designed by the author to be highly structured, interesting and successful in encouraging the cognitive control of emotions.

Exploring Feelings Cognitive Behavior to Manage Anxiety. Tony Attwood (2004)

The cognitive behavior therapy program Exploring Feelings was designed by the author to be highly structured, interesting and successful in encouraging the cognitive control of emotions.

Exploring Feelings: Cognitive Behavior Therapy to Manage Anxiety, Sadness, and Anger. Tony Attwood (DVD) (2007) (3 hours)

In this presentation, Dr Tony Attwood, teaches caregivers how to implement "cognitive behaviour therapy." With a logical understanding of emotional triggers and responses, people can learn to recognize and control their emotions.

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children. Ross W. Greene (2001)

Lays out a sensitive, practical approach to helping your child at home and school, including: reducing hostility and antagonism between the child and adults, anticipating situations in which the child is most likely to explode, creating an environment in which explosions are less likely to occur, focusing less on reward and punishment and more on communication and collaborating problem solving, helping your child develop the skills to be more flexible and handle frustration more adaptively.

Families and Positive Behavior Support: Addressing Problem Behaviors in Family Contexts. Joseph Lucyshyn, Ed., Glen Dunlap, Ed. & Richard W. Albin, Ed. (2002)

Addresses theory, research, and practice concerning positive behavior support with families of children and youth with developmental disabilities and problem behavior.

FBA to Z: Functional Behavior and Intervention Plans for Individuals with ASD. Ruth Aspy, Barry Grossman, Brenda Smith Myles & Shawn Henry. (2016)

Practical guide to developing comprehensive behavior intervention plans that highlight the need to understand an individual's unique needs and strengths within each treatment.

Feeling Angry. Kay Barnham. (2017)

Elementary. Uses humor and compassion to show children how to help others—and themselves—feel better when dealing with challenging emotions.

A Five is Against the Law! Social Boundaries: Straight Up! An Honest Guide for Teens and Young Adults. Kari Dunn Buron (2007)

Young Adult. Takes a narrower look at challenging behavior with a particular focus on behaviors that can spell trouble for adolescents and young adults who have difficulty understanding and maintaining social boundaries. (47 pages)

From Chaos to Calm: Effective Parenting of Challenging Children with ADHD and Behavioral Problems. Janet E. Heining PhD & Sharon K. Weiss, M.Ed (2001)

All children were challenging some of the time. But when kids are challenging all of the time – because they suffer from ADHD, OCD, depression or other disorders that affect day-to-day behavior – chaos can rule the roost. This thoroughly practical book offers three important points of view - the parent's, the therapist's and the child's.

Functional Behavioral Assessment. Tim Lewis, PhD. (DVD & CD-ROM)

Instructional video on Functional Behavior Assessment.

Functional Behavior Assessment for People with Autism: Making Sense of Seemingly Senseless Behavior. Beth A Glasberg PhD. (2006)

This guide describes functional behavior assessment (FBA), a highly regarded strategy that parents and professionals can use to identify the factors contributing to the problem behavior.

Good Kids, Difficult Behavior. Joyce Divinyi (1997)

Guide that answers these questions and teaches parents, teachers, and other professionals practical ways to work with even the most non-responsive, discipline-resistant, or hostile child.

Hands Are Not for Hitting. Martine Agassi, PhD (2000)

Preschool. This title offers youngsters an alternative to hitting and other forms of hurtful behavior, guiding them to a more peaceful and positive outcome in their dealings with other children. (24 pages)

Healing Parents: Helping Wounded Children Learn to Trust & Love. Michael Orlans & Terry Levy (2006)

Practical strategies and research that helps parents and caregivers understand their child, learn to respond in a constructive way, and create a healthy environment.

Helping Children with Aggression and Conduct Problems: Best Practices for Intervention. Michael L Bloomquist & Steven V Schnell. (2002)

Best practices guidelines for working with 3-12 year olds and their families in clinical, school and community settings.

Helping Schoolchildren Cope with Anger. Jim Larson & John E Lochman. (2002)

Guide to the Anger Coping Program, a group intervention for 8-12 year olds with anger and aggression problems.

Helping Your Child with Extreme Picky Eating: A Step-by-Step Guide for Overcoming Selective Eating, Food Aversion and Feeding Disorders. Katja Rowell & Jenny McGlothlin. (2015)

After gaining a foundation of understanding of your child's challenges and the dynamics at play, you'll be ready for the 5 steps (STEPS+ approach—Supportive Treatment of Eating in PartnershipS) that transform feeding and meals so your child can learn to enjoy a variety of foods in the right amounts for healthy growth.

Honorable Intentions: A Parent's Guide to Educational Planning for Children with Emotional or Behavioral Disorders. Dixie Jordan & Paula Goldberg (2000)

It includes information on special education, individualized education program, school rules, residential placement, etc. It also has checklists that parents can use as a guide when having their children evaluated for the various special programs.

How Big is the Fly? Asking the Right Questions. Bonnie Jean Smith (2007)

Strategies for communication with students and children.

How to Handle Bullies, Teasers and Other Meanies. Kate Cohen-Posey (1995)

Grades 4-7. Every young person will need this book at some time in his or her life! Covers annoying name calling, vicious prejudice, explosive anger, dangerous situations, and causes of difficult behavior. (91 pages)

How to Handle a Hard to Handle Kid: A Parent's Guide to Understanding and Changing Problem Behaviors. C. Drew Edwards (1998)

Explains why some children are especially aggressive and disruptive and spells out specific strategies for building a solid, positive relationship with your child and how to become an authoritative parent.

How to Keep Your Teenager Out of Trouble and What to Do If You Can't. Dr. Neil I. Bernstein (2001)

Helps parents identify whether their teens are exhibiting typical behavior-such as locking themselves in their room for hours-or are exhibiting real danger signs, such as being secretive, despondent, or constantly angry. And then he tells what to do about it.

How to Lose All Your Friends. Nancy Carlson. (1994)

Pre-School. Light-hearted look at bratty behavior that will have children laughing in recognition while learning exactly how not to behave.

How to Reach and Teach Children with Challenging Behavior: Practical, Ready-to-Use Interventions That Work. Kaye L Otten & Jodie L Tuttle (2011)

Offers teachers classroom-proven approaches to help manage a wide variety of student behavior problems.

How to Take the GRRRR Out of Anger. Elizabeth Verdick and Marjorie Lisovskis (2003)

Ages 9-12. 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 kids and offers strategies they can start using immediately. (128 pages)

Hunter and His Amazing Remote Control. Lori Ann Copeland. (2015)

Ages 4-8. In this full-color, illustrated storybook, Hunter teaches students how he learned to use his very special remote control to become more successful.

I Can't Believe You Said That: My Story About Using My Social Filter...Or Not. Julia Cook. (2014)

Ages 4 & Up. Offers help for children who say inappropriate things.

I Just Don't Like the Sound of No: My story about accepting "No" for an answers and disagreeing the right way. Julia Cook. (2012)

Grades K-6. Helps readers laugh and learn along with RJ as he understands the benefits of demonstrating these social skills both at home and in school. (32 pages)

I Just Want to Do It My Way! My Story About Staying on Task and Asking for Help. Julia Cook. (2013)

Ages 5-12. Follow RJ as he learns he can save himself a lot of grief if he stays on task and does things the right way!

I'm Not Bad, I'm Just Mad: A Workbook to Help Kids Control Their Anger. Lawrence Shapiro, et al (2008)

Ages 9-12. Workbook to help children learn to control their anger. (141 pages)

Inclusion Strategies for Students with Learning and Behavior Problems: Perspectives, Experiences and Best Practices. Paul Zions Ed. (1997)

This book presents discussions of the practical implementation of inclusion principles with students having learning and/or behavioral problems and disorders.

Incredible 5 Point Scale: Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling their Emotional Responses. Kari Dunn Buron & Mitzi Curtis (2004/book) (2005/ DVD/26 minutes)

Explains use of 5-point scales to help students understand and control their emotional reactions to everyday events that might otherwise set in emotion escalating reactions.

The Incredible 5-Point Scale: The Significantly Improved and Expanded Second Edition; Assisting Students in Understanding Social Interactions and Controlling their Emotional Responses. Kari Dunn Buron & Mitzi Curtis.

Includes refinements to the original scales, now considered "classics" in homes and classrooms across the country and abroad, as well as lots of new scales specifically designed for two groups of individuals: young children and those with more classic presentations of autism, including expanded use of the Anxiety Curve.

Is My Child OK? When Behavior is a Problem, When It is Not & When to Seek Help. Henry A. Paul, M.D. (2000)

Offers reassuring words for worried parents as well as concrete ways to spot problems between a normal stage of development...and a true problem.

It's Not Just the Tics: Classroom Learning and Behavioral Issues with Tourette Syndrome. (2001)

Booklet to help educators and parents understand the challenges facing the child with tics and provide the tools for working most effectively with the child who exhibits an extended range of symptoms.

The Kid's Guide to Staying Awesome and In Control: Simple Stuff to Help Children Regulate their Emotions and Senses. Lauren Brukner. (2014)

From breathing exercises, pressure holds and finger pulls, to fidgets, noise-reducing headphones and gum, the book is brimming with fun stuff to help kids feel cool, calm and collected. They will learn how to label difficult feelings, choose the perfect strategies and tools to tackle them, and use these correctly whether at home or at school.

The Last Bedtime Story That We Read Each Night. Carol Gray. (2012)

Ages 3-8. Every child begs for "one more story" before bed. By clearly and warmly stating that this is *The Last Bedtime Story*, they know there are no more stories to be begged for.(32 pages)

Little Volcanoes: Helping Young Children and Their Parents to Deal with Anger. Warwick Pudney and Eliane Whitehouse. (2012)

Advice and strategies for those working with children under five on how to understand and manage anger in children, and also how to help their parents or caregivers to deal with anger.

Lost & Found: Helping Behaviorally Challenging Students (and, While You're At It, All the Others). Ross W Greene. (2016)

Provides educators with highly practical, explicit guidance on implementing the evidence-based Collaborative & Proactive Solutions (CPS) model with behaviorally-challenging students.

Lost at School: Why Our kids with Behavior Challenges are Falling Through the Cracks and How We Can Help Them. Ross W Green (2008)

Helps adults focus on the true factors contributing to challenging classroom behaviors, empowering educators to address these factors and create helping relationships with their most at-risk kids.

Love, Limits, Lessons: A Parent's Guide to Raising Cooperative Kids. Bill Corbett (2008)

Offers solid common sense solutions for raising capable and cooperative kids in today's fast-paced world. Designed with the quick reference approach in mind, this book will allow you to turn immediately to the situations you find yourself faced with most often.

Meeting the Challenge: Using Love and Logic to Help Children Develop Attention and Behavior Skills. Jim Fay, et al (2000)

Some kids can challenge even the most patient parent or teacher. This book will help you: Develop attention skills in children, Learn to gain teaching time by delaying the consequence and discover how empathy leads to stress-free evenings.

Mental Health & Growing Up: Factsheets for Parents, Teachers and Young People. Dr. Vasu Balaguru (2013)

Contains easy-to-read factsheets on over 40 different mental health issues . Each factsheet explains the problem, causes and effects, practical tips to deal with it, the treatments available, available evidence and sources of further help.

More Behavior Solutions In and Beyond the Inclusive Classroom: A Must Have for Teachers and Other Educational Professionals. Beth Aune, Beth Burt & Peter Gennaro (2011)

This book builds on the success of the first one by expanding the focus from within the classroom to all areas of the school environment—in the hallways, cafeteria, and auditorium, on the playground, and in therapy sessions during the school day.

More 1-2-3 Magic: Encouraging Good Behavior, Independence and Self-Esteem. (video) (2000) (120 minutes)

In the More 1-2-3 Magic video you will learn how to encourage positive behavior, responsible independence and a healthy self-

My Mouth is a Volcano. Julia Cook (2005)

Ages 4 and up. Louis always interrupts! But when others begin to interrupt Louis, he learns how to respectfully wait for his turn to talk. (32 pages)

No. Why Kids of All Ages Need to Hear It and Ways Parents Can Say It. David Walsh, PhD (2007)

No. It's not just a one-word answer, it's a parenting strategy. By saying No when you need to, you help your children develop

No Fishing Allowed-“Reel” in Bullying – Teacher Manual, Student Workbook and (Kit with DVD & 2 books). Carol Gray and Judy Williams (2006) (Bullying Prevention Program: Educating ALL students on how bullying affects
Program teaches students and adults what they can do to prevent bullying.

No More Meltdowns: Positive Strategies for Preventing Out-Of-Control Behavior. Jed Baker (2008)

Offers parents and teachers strategies for preventing and managing meltdowns.

Odd Girl Out: The Hidden Culture of Aggression in Girls. Rachel Simmons (2003)

Dirty looks and taunting notes are just a few examples of girl bullying that girls and women have long suffered through silently and painfully. Puts the spotlight on this issue, using real-life examples from both the perspective of the victim and of the bully.

1-2-3 Magic: Managing Difficult Behavior in Children 2-12. Thomas W. Phelan (DVD) (2004) (120 minutes)

Details the tried and true method that provides parents with the tools to discipline children ages 2 to 12 without arguing, spanking or yelling.

1-2-3 Magic for Teachers: Effective Classroom Discipline Pre-K Through Grade 8. Thomas W. Phelan, PhD and Sarah Jane Schonour, M.A. (2004)

Explains in straightforward language exactly how teachers can establish and maintain reasonable control of their classrooms.

The Oppositional Child. O. Randall Braman (1995)

Shows how to recognize and change children's self-defeating behavior through discussion, diagnosis, case studies, drawings and more.

Optimistic Parenting. V. Mark Durand. (2011)

Happier lives. Less stress. Family harmony. That's what all parents of children with challenging behavior want. Learn how to get there with this groundbreaking guide to confident, skillful, and positive parenting.

Outrageous Behavior Modification. Barry T Christian. (2008)

Handbook of strategic interventions for managing "impossible" students.

A Parent Guide to Hair Pulling Disorder: Effective Parenting Strategies for Children with Trichotillomania. Suzanne Mouton-Odum & Ruth Goldfinger Golumb. (2013)

Guide for parents of children with compulsive hair pulling, or trichotillomania, that explains the nature and causes of the problem and methods for treatment and obtaining help.

Parenting Mentally Ill Children: Faith, Caring, Support and Surviving the System. Craig Winstons LeCroy. (2011)

Captures the essence of caring for these youngsters, providing resources and understanding for parents and an instructive lesson for society.

Parenting Strategies to Help Adoptive and Fostered Children with Their Behavior: Trauma-Informed Guidance and Action Charts. Christine Gordon. (2018)

Guides you using easy to understand language through the latest science and research relating to trauma and its impact on the brain and executive functioning. Lays out 35 action charts to addresses some of the very hardest challenges for parents and carers.

Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two to Six Year Olds. Rex Forehand, PhD et al (2002)

This hands-on guide provides you with a step-by-step, five-week program toward improving your child's behavior as well as the entire family's relationship

Parenting with Positive Behavior Support: A Practical Guide to Resolving Your Child's Difficult Behavior. Meme Hieneman, Ph.D., Karen Childs, M.A., & Jane Sergay, M.Ed. (2006)

Handbook offers parents easy-to-follow guidelines for identifying the reasons for their children's behavior and effectively intervening through three basic methods: preventing problems, replacing behavior and managing consequences.

Positive Behavior Support at the Tertiary Level. Laura A. Riffel (2011)

This book describes a research-based model for creating intervention plans to modify extremely challenging behavior. Included are success stories and tools, including analysis forms, charts, and templates.

Positive Behavioral Support: Including People with Difficult Behavior in the Community. Lynn Kern Koegel et al
Strategy-packed resource demonstrates how people with challenging behavior can be fully included at home, in school and in the community.

Positive Behavior Supports in Classrooms and Schools: Effective and Practical Strategies for Teachers and Other Service Providers. Keith Storey, PhD & Michal Post. (2012)

Provides teachers and other service providers the knowledge and skills for positive behavior supports in the school setting, thereby improving the academic and social skills of their students

Positive Strategies for Students with Behavior Problems. Daniel Crimmins et al (2007)

Manual has effective solutions for educators from grades K–12. Developed specifically for use with children with persistent or severe behavior problems, this book introduces educators to the systematic Positive Strategies method, which helps teachers understand why behaviors persist, prevent problem behavior, and replace challenging behaviors with better alternatives.

The Power of Positive Talk: Words to Help Every Child Succeed: A Guide for Parents, Teachers, and Other Caring Adults. Jon Merritt & Douglas Bloch (2003)

Affirmations are more than just words. They can heal hurts, build self-esteem, and empower us to face life with confidence and courage. In a world filled with stress, pressures, and fears, children need support and encouragement from adults—and they need to know how to affirm themselves.

Practical Strategies for Supporting Emotional Regulation in Students with Autism: Enhancing Engagement and Learning in the Classroom. Leslie Bloom. (2018)

The guidelines and strategies provided help students with prediction and make the expectations of them clear, empowering children by giving them choices.

Prevent, Teach, Reinforce for Families: A Model of Individualized Positive Behavior Support for Home and

With the model in this guidebook, education professionals can use this proven approach with families to help them resolve their children's challenging behavior in their own homes and communities.

Problem Child or Quirky Kid? A Commonsense Guide. Rita Sommers-Flanagan & John Sommers-Flanagan (2002)

Gives parents the advice, reassurance, and practical knowledge they need to help their child and themselves.

The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience & Take Back Your Life. Sheela Raja & Jaya Raja Ashrafi. (2018)

In this compassionate guide, you'll find skills based in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT) to help you tackle anxiety and harmful avoidance behaviors; manage negative emotions; cope with flashbacks and nightmares; and develop trusting, healthy relationships—even if your trust in others has been shaken to the core.

Raising a Moody Child. Mary Friestad & Jill Goldberg Arnold (2003)

Book explains how treatment works and what additional steps parents can take at home to help children with mood disorders--and the family as a whole--improve the quality of their lives

Raising Troubled Kids: Help for Parents of Children with Mental Illness or Emotional Disorders. Margaret Puckette. (2008)

Fact-filled and practical guide on how to get a stressful home under control quickly: including techniques for working with a troubled child's behavior, professional advice from therapists and psychiatrists, hopeful research findings, and anecdotes and stories from parents, grandparents, and siblings.

Ready to Play! A Tale of Toys and Friends, and Barely Any Bickering. Stacey R. Kaye (2009)

Book about positive social interaction behavior.

The Red Beast: Controlling Anger in Children with Asperger's Syndrome. K I Al-Ghani. (2008)

Ages 5 and up. Accessible, fun way to talk about anger, with useful tips about how to 'tame the red beast' and guidance for parents on how anger affects children with Asperger's Syndrome. (48 pages)

Relationship Skills 101 for Teens: Your Guide to dealing with Daily Drama, Stress & Difficult Emotions Usind DBT. Sheri Van Dijk. (2015)

Teens. Offers powerful tools based in dialectical behavior therapy (DBT) to help you regulate your emotions so you can build better relationships with your parents, friends, and peers.

School Struggles: A Guide to Your Shut-Down Learner's Success. Richard Selznick, PhD. (2012)

Addresses reading and writing issues, task analysis, learning disabilities, behavioral problems, difficulties with organization, social skills, medication, parents' interactions with teachers, and more, in a practical, down-to-earth manner.

School Success for Kids with Emotional and Behavioral Disorders. Michelle R Davis, Vincent P Culotta, Eric A Levine & Elisabeth Hess Rice. (2011)

Gives parents and teachers of students with conduct disorder, oppositional defiant disorder, mood disorders, or other emotional and behavioral disorders the strategies they need to help these kids overcome their struggles and find success in school.

Seeing the Charade: What We Need to Do and Undo to Make Friendship Happen. Carol Tashie, et al (2006)

This book is aimed at overcoming friendship barriers and the facilitation of friendships in inclusive environments.

The Sensory-Sensitive Child: Practical Solutions for Out-Of-Bounds Behavior. Karen A. Smith, PhD et al (2004)

Explains that the central and frequently unrecognized role that sensory processing problems play in a child's emotional and behavioral difficulties.

Setting Limits with Your Strong-Willed Child. Robert MacKenzie. (2013)

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.

Seven Steps to Help Your Child Worry Less: A Family Guide. Sam Goldstein, PhD et al (2002)

This guide for parents offers practical strategies to help teach children relaxation techniques, correct ways of thinking to combat worry and anxiety, and empowering behavioral interventions.

A Short Introduction to Understanding and Supporting Children and Young People who Self-Harm. Carol Fitzpatrick. (2012)

Shows parents, carers and professionals how they can support young people through these difficult times, as well as how to find specialist professional help.

Show Me: A Teacher's Guide to Video Modeling. Carol Dittoe & Heather Bridgman. (2017)

This book is meant to inspire readers to think about how they can use video modeling by providing many real-life examples of students who have used and benefitted from watching videos to learn social skills, positive behaviors, and academics.

Show Me Your Mad Face: Teaching Children to Feel Angry without Losing Control. Connie J Schnoes, PhD. (2012)

Discover ways to teach children to stop using angry and aggressive behaviors and learn new, positive ways of behaving and expressing anger or frustration.

The Simple Guide to Child Trauma: What it is and How to Help. Betsy de Thierry. (2017)

Offers help to understand more about a child's emotional and behavioural responses following trauma and provides welcome strategies to aid recovery.

Sitting Still Like a Frog: Mindfulness Exercises for Kids. Eline Snel. (2013)

Simple mindfulness practices to help your child (ages 5-12) deal with anxiety, improve concentration, and handle difficult emotions. Includes a 60 minute audio CD of guided exercises ready by Myla Kabat-Zinn.

Social Behavior and Self-Management: 5-point Scales for Adolescents and Adults. Kari Dunn Baron, Jane Thierfeld Brown, Mitzi Curtis & Lisa King. (2012)

Uses scales as a way of explaining social and emotional concepts to individuals who have difficulty understanding such information but have a relative strength in understanding systems.

Special Kids Problem Solver: Ready-To-Use Interventions for Helping All Students with Academic, Behavioral and Physical Problems. Kenneth Shore (1998)

Resource gives classroom teachers and specialists at all levels the key information and practical strategies they need to recognize and respond effectively to 30 of the most common problems encountered in today's classrooms, including: academic problems, behavioral problems, and physical problems.

Stop Caretaking the Borderline or Narcissist: How to End the Drama and Get on with Life. Margalis Fjelstad. (2013)

Looks at the underlying rules and expectations in these relationships and shows Caretaker's how to move themselves out of these rigid interactions and into a healthier, more productive, and positive lifestyle.

Stop Struggling with Your Teen: A Complete Easy-to-Use Guide for Parents of Teens and Preteens. Evonne Weinhaus & Karen Friedman (1988)

Shows a series of steps that move families from conflict to resolution. This is an approach to parenting that blends calm, caring attitude with a determination to protect parent's rights.

Stop That Seemingly Senseless Behavior: FBA-Based Interventions for People with Autism. Beth A Glasberg, PhD

Full of case studies and Keep it Simple tips, plus forms, figures, and graphs, this book offers families and professionals proven strategies to change a person's challenging behavior, helping him to have a more productive and inclusive future.

Study Skills for People Who Hate to Study. Human Relations Media. (18 minutes) (DVD)

Grades 7-12. Designed to help students get organized, this program helps set goals and priorities, and allows students to stay in charge of their schoolwork.

Supporting Positive Behavior in Children and Teens with Down Syndrome. David Stein. (2016)

Examines how the brain of a person with Down syndrome works, how those differences impact behavior, and why bad behavior should not be viewed as a willful act.

The Survival Guide for Kids with Behavior Challenges: How to Make Good Choices and Stay Out of Trouble. Tom McIntyre. (2013)

Provides up-to-date information, practical strategies, and sound advice to help kids learn to make smarter choices, make and keep friends, get along with teachers, take responsibility for their actions, work toward positive change, and enjoy the results of their better behavior.

Taking No For An Answer and Other Skills Children Need. Laurie Simons, M.A. (2000)

Children want to spend time with their parents, and they like to play. Taking advantage of these two compelling desires, this book offers 50 quick, lively games that families can play to help children learn and practice 12 important skills.

Taming the Dragon in Your Child: Solutions for Breaking the Cycle of Family Anger. Meg Eastman & Sydney Craft Rozen (1994)

Shows parents how to recognize and break their own anger patterns which their children may be imitating.

Taming the Dragons: Real Help For Real School Problems. Susan Setley (1995)

Focuses on the hidden shame of many families--rage--and provide excellent advice and tools for understanding anger patterns, learning self-calming techniques, and managing conflict with kids of all ages.

Teacher's Encyclopedia of Behavior Management. Randy Sprick, PhD. (2011)

Offers more than 500 easy-to-implement intervention plans covering over 100 common classroom problems.

Teaching and Working with Children Who Have Emotional and Behavioral Challenges. (2000)

Designed to help you educate students with emotional and behavioral difficulties. Parents can also use this guidebook to learn how to address their children's needs and to work effectively with the educators in their children's lives.

Teaching Self-Management Strategies to Adolescents. K Richard Young, Richard P West, Deborah J Smith, Daniel P Morgan. (1991)

Provides at-risk students techniques that will help them be more successful academically and maintain and transfer gains made in the special education setting back in the regular classroom.

Teamwork Isn't My Thing, and I Don't Like to Share. Julia Cook. (2012)

Grades K - 6. With the help of his coach, RJ learns that working as a team and sharing are skills needed not just on the soccer field, but in school and at home too! (32 pages)

10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior. Jeffrey Bernstein, PhD (2006)

10-day program to help parents gain back control over their defiant child or teen. Explains what causes defiance in kids, why it's so destructive to the family, and shows parents step-by-step how they can end the behavior.

Thinking, Feeling, Behaving: An Emotional Education Curriculum for Grades 1 to 6. Dr. Ann Vernon (revised 2006)

Grades 1-6. Resource for helping students learn to overcome irrational beliefs, negative feelings, and the negative consequences that may result.

Tic Disorders: A Guide for Parents and Professionals. Uttom Chowdhury & Tara Murphy (2017)

Written in clear, accessible language and with practical advice on how to support children with tics at home and in school, the book also includes essential information on the common co-occurring conditions and difficulties, such as ADHD, anxiety, OCD, autism, self-esteem issues and behavioural difficulties.

The Tough Kid Book: Practical Classroom Management Strategies. Ginger Rhode, William Jenson & H. Kenton Reavis (1994)

A resource for both regular and special educators with research-validated solutions designed to maximally reduce disruptive behavior in tough kids without big investments on the teacher's part in terms of time, money and emotion.

The Tough Kid Parent Book: Why Me? Practical Solutions to Tough Childhood Problems Book with CD-ROM. William R. Jenson, Ph.D., Ginger Rhode, Ph.D. & Melanie Hepworth Neville, M.A. (2002)

Part of The Tough Kid Series, this resource helps parents and educators approach everyday behavioral concerns (arguing and noncompliance) as well as more difficult issues (stealing, smoking, and drug use).

The Tough Kid Social Skills Book. Susan M. Sheridan, Ph.D. (1995-2000 8th printing)

Grades 1-8. Teach students how to resolve conflict, express frustration, and interact with others.

Transforming the Difficult Child – The Nurtured Heart Approach. Howard Glasser & Jennifer Easley (1999)

Brings to life a new way of shifting intense children to a solid life of success.

Treating Explosive Kids: The Collaborative Problem-Solving Approach. Ross W. Greene & J. Stuart Ablon (2005)

Provides a detailed framework for effective, individualized intervention with highly oppositional children and their families.

Understanding the Defiant Child. (DVD) (1997)

Offering a clear picture of children who routinely demonstrate negative, hostile, and defiant behavior, this video illuminates the nature and causes of oppositional defiant disorder (ODD).

Unspoken Words: A Child's View of Selective Mutism. Sophia Blum. (2013)

School Age. Written by a teenager who suffered from Selective Mutism. This unique book is directed to children with Selective Mutism as well as for parents, professionals and teachers to help them understand a child's unspoken words when unable to speak and express themselves. (71 pages)

Video Modeling for Young Children with Autism Spectrum Disorders: A Practical Guide for Parents and Professionals. Sarah Murray & Brenna Noland. (2013)

Explains how professionals and parents can use innovative video modeling techniques to support the development of young

The Way to A: Empowering Children with Autism Spectrum and Other Neurological Disorders to Monitor and Replace Aggression and Tantrum Behavior. Hunter Manasco (2006)

Ages 3-9. Presents a systematic strategy that clarifies and sequentially teaches the child how to manage his behavior by engaging in forethought and self-analysis before acting out.

A Week of Switching, Shifting, and Stretching: How to Make My Thinking More Flexible. Lauren H Kerstein. (2014)

School Aged. Assists children on the autism spectrum, and any child for that matter, in examining their black-and-white thinking in order to begin to think more flexibly rainbow thinking. Using repeated rhymes and illustrations, the child begins to recognize that the more flexible his or her thinking is, the better he or she is able to cope with the challenges that life presents, ultimately leading to fewer tantrums and meltdowns.

What To Do About Smearing: A Practical Guide for Parents and Caregivers of People with Autism, Developmental and Intellectual Disabilities. Kate Reynolds. (2017)

Addressing the often hidden, yet not uncommon, behaviour of faecal smearing among children and adults with autism and developmental and intellectual disabilities, this practical handbook shows how to tackle this often embarrassing and difficult issue in a positive way.

What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep. Dawn Huebner. (2008)

Ages 6 and up. Guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. (96 pages)

What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity. Dawn Huebner. (2007)

Ages 6 and up. Guides children and their parents through the cognitive-behavioral techniques used to treat negative thinking. (88 pages)

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger. Dawn Huebner. (2008)

Ages 8 and up. Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. (96 pages)

What's Wrong with My Kid? When Drugs or Alcohol Might Be a Problem and What to Do about It. George E Lerary, Jr. (2012)

Covers the warning signs; how to intervene and find treatment; the nature and biology of addiction; the co-occurring mental health issues common to teenagers; the role of family in enabling behavior; the types of treatment and the role of drugs and alcohol in increasing teen suicide rates.

When Actions Speak Louder Than Words: Understanding the Challenging Behaviors of Young Children and Students with Disabilities. Kim Davis & Susan D Davis. (2010)

Provides information and tools for teachers and others on how to support children whose primary way to communicate is through challenging behaviors, including young children and those with disabilities.

When the Chips are Down. Rick Lavoie (DVD)

Offers practical advice on dealing with behavioral problems quickly and effectively. He shows how preventive discipline can anticipate many problems, and how teachers and parents can create a stable, predictable environment in which children with learning disabilities can flourish.

When Love is Not Enough - A Guide to Parenting Children with RAD-Reactive Attachment Disorder. Nancy L. Thomas. (1997)

Clear, focused plan for parenting disturbed children back to health.

Who Cares About Kelsey? (DVD) (2012) (76 minutes)

Documentary about empowering, not overpowering, youth with emotional and behavioral disabilities.

Why Do I Have To? A Book for Children Who Find Themselves Frustrated by Everyday Rules. Laurie Leventhal-Belfer (2008)

Elementary. Looks at a set of everyday situations that provide challenges for children at home, with their friends, and at school. (53 pages)

Why Johnny Doesn't Behave: Twenty Tips for Measurable BIPS. Barbara D. Bateman and Annemieke Golly (2003)

This book focuses on 20 concrete "tips" to help you avoid behavioral problems, including: Making clear classroom expectations; directly teaching expectations; minimizing attention for minor inappropriate behaviors and paying attention to behavior you want to encourage.

With Open Arms: Creating School Communities of Support for Kids with Social Challenges Using Circle of Friends, Extracurricular Activities and Learning Teams. Mary Schlieder (2007)

Kids with Asperger Syndrome, attention deficit disorder, learning disabilities, and behavior disorders, as well as English language learners, often face even greater social challenges, resulting in feelings of isolation. Book provides practical, easy-to-use techniques for even the busiest school personnel

A Work in Progress Companion Series: Vol 3 Teaching Interactions. Autism Partnership. (DVD & booklet) (2012)

Offers a style of teaching which adds the element of leading students to understand rationales for why they might want to change their behavior and learn new skills.

A Work in Progress Companion Series: Vol 4 Token Economy. Autism Partnership. (DVD & booklet) (2012)

Learn step-by step how to improve behavior by ensuring a strong connection between the target behavior and the reward that follows.

You Can't Make Me (But I Can Be Persuaded): Strategies for Bringing Out the Best in Your Strong-Willed Child. Cynthia Ulrich Tobias. (2012)

Shows how you can start today to build a stronger, more positive relationship with your strong-willed child.

Your Defiant Child: Eight Steps to Better Behavior. Russell A. Barkley, PhD & Christine Benton (1998)

Offers tools and strategies to turn your child's behavior around. Explains eight steps for reversing patterns of interaction that turn everyday encounters into conflicts. Learn how to pay positive attention to your child, communicate productively, and discipline wisely

Your Defiant Teen: 10 Steps to Resolve Conflict and Rebuild Your Relationship. Russell Barkley & Arthur Robin

Centered around 10 steps that lead to better behavior, this book provides guidelines for putting an end to hostilities.

The Zones of Regulation. Leah M Kuypers. (2011)

Curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities.