

# Resource List for Parenting

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

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St. Louis, MO 63131

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## **An Accidental Advocate: A Mother's Journey with Her Exceptional Son. Kathryn Burke (2011)**

Kathryn writes with candor about the steep learning curve and emotions that accompany being a parent of a child with exceptional needs, and her family's experiences in dealing with the education and health systems.

## **AD/HD & Driving: A Guide for Parents of Teens with AD/HD. J. Marlene Snyder (2001)**

Discusses the additional challenges parents encounter when their teen with AD/HD is working towards a drivers license.

## **ADHD Handbook for Families: A Guide to Communicating with Professionals. Paul L. Weingartner (1999)**

Provides real-life strategies and techniques that can be used immediately, including how to develop behavior modification plans, how to decide if and when to use medication and how to work with clinical and educational professionals.

## **ADHD: A Survival Guide For Parents and Teachers. Richard Lougy et al (2002)**

Addresses issues and concerns confronting parents and teachers with children diagnosed with ADHD. The friendly and supportive style of the book is easy for readers to understand and use.

## **ADHD: What Every Parent Wants to Know. David Wodrich (1994)**

Whether your child has ADHD or you are considering having your child evaluated, inside this book you'll find caring, expert answers to your questions. This revised edition updates you on the key issues that concern you most, including ADHD symptoms and diagnosis, medical interventions such as Ritalin, Adderall, and more, instruction strategies, effective communication strategies, antecedent control to help influence behavior, the relationship between ADHD and learning disabilities.

## **Adopting the Hurt Child: Hope for Families with Special Needs Kids: A Guide for Parents and Professionals. Gregory C. Peck (1995)**

Discover the grim truths and real hope that hurting children can be healed through adoptive and foster parents, social workers, and others who care. Includes information on foreign adoptions.

## **After the Cochlear Implant: A Teacher and Parent Guide to Developing Speech and Language. Elaine Schneider.**

Contains strategies for language and/or speech development to be used after a cochlear implant, going by order of the months following surgery; for example, what you might do a few months after surgery, 6 months after, 18 months after, etc. building on what is learned and adding new sounds to those that the brain has learned to interpret.

## **All About Me: A Step-by-Step Guide to Telling Children and Young People on the Autism Spectrum about Their Diagnosis. Andrew Miller. (2018)**

This in-depth guide describes the practicalities of disclosure, including when to tell, who should do it and what they need to know beforehand with strategies to tailor your approach as every child's experience will be different.

## **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.

## **The Asperger Parent: How to Raise a Child with Asperger Syndrome and Maintain Your Sense of Humor. Jeffrey Cohen. (2002)**

Written by a parent of a child with Asperger Syndrome, provides essential information and emotional support without being clinical and dry

**Asperger Syndrome for Dad: Becoming an Even Better Father to your Child with Asperger Syndrome. (DVD) (2004) (26 minutes)**

Ten secrets to help you get closer to your child with Asperger Syndrome, help him or her succeed in life and have fun along the way.

**Attaching in Adoption: Practical Tools for Today's Parents. Deborah D. Gray (2002)**

Explaining that attachment forms the template for future adult relationships, the author stresses how important it is for adoptive parents to be patient in forging this new bond.

**Autism? Aspergers? ADHD? ADD? A Parent's Roadmap to Understanding and Support. Diane Drake Burns (2005)**

Suspect there's something "different" about your child? This book will help you navigate those early stages of your child's life when a diagnosis is nowhere in sight and you're either totally frustrated or frightened into inaction by a vision of what may lie ahead.

**The Autism Mom's Survival Guide. Susan Senator. (2010)**

Interweaves the voices of autism parents, researchers and professionals to offer guidance and encouragement on how to find happiness and fulfillment in the midst of the struggles of raising a child with autism.

**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.

**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.

**"Because I Said So!" Family Squabbles and How to Handle Them. Laurie Berkenkamp and Steen Atkins, Psy.D.**

A practical guide for parents to help handle everyday family bickering.

**Becoming an Ally to the Gender-Expansive Child: A Guide for Parents and Carers. Anna Bianchi. (2018)**

For anyone eager to understand their child's gender experience, or to learn how best to accept, support and protect them, this book will provide knowledge, reassurance and the confidence to do so.

**Becoming a Supporting Parent: How to Listen, Talk and Instill Hope in Others. (DVD) (2005)**

This DVD provides parent-to-parent programs a tool for group trainings and gives parents an efficient way to be trained conveniently in their own home.

**Believe in My Child with Special Needs: Helping Children Achieve Their Potential in School. Mary A Falvey. (2005)**

Handbook to help parents by demystifying complicated issues, celebrate their child's abilities and show them how to be successful advocates throughout their child's education.

**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.

**Bipolar Kids: Helping Your Child Find Calm in the Mood Storm. Rosalie Greenberg, MD (2007)**

This book helps parents: understand why bipolar disorder is often overlooked or misdiagnosed, distinguish bipolarity from other common childhood disorders like ADHD, explain why their child may be well behaved in school but out of control at home, communicate effectively with their child and learn about the latest treatment options available.

**Building Parent Engagement in Schools. Larry Ferlazzon & Lori Hammond. (2009)**

Contains both a review of research that confirms the positive impact of parental involvement on student achievement and a guide for implementing proven strategies for increasing that involvement.

**Bullies and Victims: Helping Your Child Survive the Schoolyard Battlefield. Suellen Fried (1998)**

Bullies and Victims explores the context of teasing and the power of relationships between children, as well as the roles of adults, schools, the media, and society at large.

**The Bully, the Bullied and the Bystander: From Preschool to High School – How Parents and Teachers Can help Break the Cycle of Violence. Barbara Coloroso (2004)**

Practical solutions to a problem that may affect 80% of school children.

**Bully Proofing Your Child: A Parent's Guide. Carla Garrity, et al (2000)**

By helping your child develop an effective personalized strategy for dealing with bullying, you can reduce the changes he or she will be a target and circumvent the bully/victim dynamic.

**Can't Your Child See? A Guide for Parents of Visually Impaired Children. Eileen P. Scott, James E. Jan & Roger D. Freeman (1994)**

The insensitive question, "Can't your child see?" is handled with warmth and valuable information in this book.

**The Child with Special Needs: Encouraging Intellectual and Emotional Growth. Stanley Greenspan et al (1998)**

Helps parents and professionals get beyond the label and understand each child's unique profile.

**Childhood Speech, Language and Listening Problems: What Every Parent Should Know. Patricia McAleer Hamaguchi (1995)**

Guide to help determine the best plan for your child with a speech, language or listening problem.

**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.

**Children with Acquired Brain Injury: Educating and Supporting Families. George HS Singer, Ann Glang & Janet M Williams (1996)**

Guide gives practical strategies for helping children and their families move through the rehabilitation and recovery process.

**Children with Cerebral Palsy: A Parent's Guide. Elaine Geralis (1990)**

Professionals explain the diagnoses and treatments of the various conditions associated with cerebral palsy. Parents are offered guidance and encouragement as they adjust to the needs of their child, including daily care, educational options, legal rights and long term care.

**Children with Facial Difference: A Parent's Guide. Hope Charkins (1996)**

Parents learn about the diagnostic process, interdisciplinary treatment approach, education, speech and language issues and how to help their child and family adjust emotionally.

**Children with High-Functioning Autism: A Parent's Guide. Claire E. Hughes-Lynch (2010)**

Offers parents information to help them cope with their child's autism and to navigate the path as they first perceive differences, seek assistance and treatment, and help their child develop into his or her full potential.

**Children with Seizures: A Guide for Parents, Teachers and Other Professionals. Martin L. Kutscher, MD (2006)**

Handbook for families, friends and caregivers of children with seizures provides all the information they need to approach seizures from a position of strength.

**Children with Spina Bifida: A Parent's Guide. Marlene Lutkenhoff (2008)**

Provides parents with the latest research and medical developments on spina bifida, provides a resource that covers every aspect of their child's care and development from birth through age six.

**Children with Tourette Syndrome: A Parent's Guide. Tracy Haerle (1992)**

Guide is a collaboration by a team of medical specialists, therapists, people with TS and parents.

**Children with Traumatic Brain Injury: A Parent's Guide. Lisa Schoenbrodt (2001)**

Reference that provides parents with the support and information they need to help their child recover from a closed-head injury and prevent further incidents.

**Children with Visual Impairments: A Parent's Guide. M. Cay Holbrook (2006)**

Information and advice on raising children with visual impairments from birth to age seven.

**Choices in Deafness: A Parent's Guide to Communication Options. Sue Schwartz, PhD. (2007)**

Offers updated, unbiased approach to the five major communication options: Auditory-Verbal, ASL-English Bilingual, Cued Speech, Auditory-Oral, and Total Communication and includes parents' first-person accounts of what it is like to use each method.

**The Common Sense Guide to Your Child's Special Needs: When to Worry, When to Wait, What to Do. Louis Pellegrino, MD. (2012)**

Organized by key developmental milestones rather than by disability, this book responds perfectly to the needs of parents who don't have a diagnosis yet or want to explore challenges common across disabilities.

**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.

**The Complete IEP Guide: How to Advocate for Your Special Ed Child – 5<sup>th</sup> Edition. Lawrence Siegel (2007)**

Walks readers through the entire IEP process, explaining eligibility rules and assessments in plain language, and gives advice on developing the child's IEP each year, preparing for IEP meetings, and resolving disputes with the school district.

**Creating A Win-Win IEP for Students with Autism: A How to Manual for Parents and Educators. Beth Fouse, PhD. (1999)**

This book is intended to provide parents of students with autism with necessary information for the Individualized Education Program (IEP) process and includes relevant information from the 1997 Individuals with Disabilities Education Act.

**Creative Play Activities for Children with Disabilities: A Resource Book for Teachers and Parents. Lisa Rappaport Morris et al (1989)**

In this book you will discover 250 games and activities designed to help infants to 8-year-olds with all types of disabilities grow through play.

**Crucial Conversations: Tools for Talking When the Stakes are High. Kerry Patterson, Joseph Grenny, Ron McMillan & Al Switzler. (2012)**

Gives you the tools to: Prepare for high-stakes situations; Transform anger and hurt feelings into powerful dialogue; Make it safe to talk about almost anything; Be persuasive, not abrasive.

**Dancing in the Rain: Stories of Exceptional Progress by Parents of Children With Special Needs. Annabel Stehli**

Selection of stories written with candor and intelligence by the parents of children with autism, developmental delays and learning disabilities. Interventions include auditory integration training, Lovaas, Option Institute, TEACCH Program, sensory integration therapy and more.

**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.

**Different Dreams: Reflections and Realities of Raising a Child with Developmental Disabilities, A Road Map for New Parents. Mary Kay DeGenova. (2017)**

In this guide for new parents, DeGenova shares the challenges she's overcome and what other parents of a child with developmental disabilities can expect on their own respective journeys.

**Disability Awareness: A Guidebook for Families and Educators. Pacer Center (1997)**

Provides basic information about many disabilities. The resource sections point readers to books, videos and organizations that provide further information about particular disabilities.

**Disability is Natural. Kathy Snow (DVD) (2007) (7 minutes)**

Explores new ways of thinking about people with disabilities. When we think differently, we'll act differently: we can focus on ensuring children and adults with disabilities live natural lives as citizens in their communities, instead of clients in the service system.

**Disability is Natural: Revolutionary Common Sense for Raising Successful Children with Disabilities. Kathie Snow. (2001)**

Disability, like gender, ethnicity and age- are simply one characteristic of being human. There have been people with disabilities in the world, and there will always be. When we recognize that disability is a natural condition of the human experience, new attitudes will lead us to new actions!

**Dr. Larry Silver's Advice to Parents on ADHD. Larry B. Silver, MD (1999)**

Second edition of this classic guide, Dr. Silver addresses the subjects all parents wonder about when they suspect their child has attention deficit hyperactivity disorder.

**Does My Child Have A Speech Problem? Katherine Martin (1997)**

Written in response to 50 questions parents and teachers most frequently ask about children's speech.

**Don't Miss the Bus: Steering Your Child to Success in School. Mary Ann Smialek (2003)**

Focused on assisting parents on helping parents with what they need to know and do at each developmental level throughout the elementary school years.

**Down Syndrome Parenting 101: Must-Have Advice for Making Your Life Easier. Natalie Hale. (2011)**

Takes readers by the hand and walks them through the various life stages, experiences, and people they will encounter with their child including: getting to know and fall in love with your child, interacting with medical professionals, literacy, discipline, school, transitioning, and independence.

**Duct Tape & WD-40: A Parent's Guide to the Mysteries of a Bipolar Child. When The "Fix-it" Approach Doesn't Work. David Anderson Brown (2009)**

Inspirational journey of one father through the world of mental illness. Offers tools often unknown to parents and the children they love.

**Dyspraxia: A Guide for Teachers and Parents. Kate Ripley, et al (1999)**

Aim of this book is to promote an understanding of dyspraxia and movement development among professionals who work with children and also to provide a text on this subject accessible to parents.

**Eating an Artichoke – A Mother's Perspective on Asperger's Syndrome. Echo R. Fling (2000)**

This is the author's story as a mother with a child recently diagnosed with Asperger Syndrome. It traces the mother's journey with doctors, medical specialists, learning consultants and psychologists.

**Eating, Sleeping and Getting Up — How to Stop the Daily Battles with Your Child. Carolyn Crowder (2002)**

Provides the keys to starting a new-and-improved routine and specific language for ending a variety of standoffs

**The Elephant in the Playroom: Ordinary Parents Write Intimately and Honestly about Raising Kids with Special Needs. Denise Brodey (2007)**

Introduces us to a community of intrepid moms and dads who share the highs and lows of parenting a child with special needs.

**Empowered Autism Parenting: Celebrating (and Defending) Your Child's Place in the World. William Stillman.**

Gives parents, caregivers, and teachers the information they need to recognize the child with autism's unique personality, passions, and intellect and therefore liberate them from today's culture of fear.

**Everything Parent's Guide to Children with Asperger's Syndrome. William Stillman (2005)**

Shows you how you can maintain a positive attitude, honor your child's unique experience, and strengthen the bond between you and your child.

**The Everything Parent's Guide to Children with Dyslexia. Abigail Marshall (2013)**

Shows you how to: Identify the early symptoms of dyslexia; Work with teachers to create an Individualized Education Program (IEP); Reduce homework struggles; Find the best treatment program; Help your child develop skills with the use of assistive technology; Plan for college and career.

**The Everything Parent's Guide to Children with Executive Functioning Disorder: Strategies to Help Your Child Achieve the Time-Management Skills, Focus, and Organization Needed to Succeed in School and Life. Rebecca Branstetter. (2014)**

Hands-on guide to learning what Executive Functioning difficulties look like and how you can help your child overcome these challenges.

**The Everything Parent's Guide to Sensory Processing Disorder. Terri Mauro. (2014)**

Gives professional advice to help your child to manage sensory needs and feel calmer, happier, and in control, now and in the future.

**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.

**Facing Autism: Giving Parents Reasons for Hope and Guidance for Help. Lynn Hamilton (2000)**

This is one mother's account of coping with her son's autism. Within two months of his diagnosis, Ryan began intensive Applied Behavior Analysis (ABA) and with his mother tackled other related issues, including immune deficiency, food intolerance, and obsessive-compulsive behaviors.

**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.

**Family Information Guide to Assistive Technology. Family Center on Technology and Disability. (2005)**

Includes the following sections: The Possibilities of Assistive Technology (AT) , Assistive Technology in Schools Funding AT, Quick Questions and Tips, [Glossary of AT Terms and Definitions](#) and additional AT Information Resources.

**Family Information Guide to Assistive Technology and Transition Planning: Planned Transitions are Smooth Transitions! Jacqueline Hess & Ana Maria Gutierrez (2009)**

Includes an introduction to transition planning and assistive technology, laws, glossary of AT and transition terms and resources.

**Family Law Resource Guide. (2008)**

Guide from the Missouri Bar on family law topics.

**A Field Guide to Boys and Girls: Differences, Similarities: Cutting-Edge Information Every Parent Needs to Know. Susan Gilbert (2000)**

Taps into parents' natural fascination with gender issues and urges readers to move beyond the fear that discovering sex differences will lead to sex biases.

**Fierce Conversations: Achieving Success at Work & in Life, One Conversation at a Time. Susan Scott. (2004)**

Teaches readers how to: Overcome barriers to meaningful communication; Expand and enrich conversations with colleagues, friends, and family; Increase clarity and improve understanding; Handle strong emotions-on both sides of the table.

**Financial Freedom for Special Needs Families: 9 Building Blocks to Reduce Stress, Preserve Benefits, and Create a Fulfilling Future. Rob Wrubel. (2017)**

Comprehensive planning guide designed to give you the ideas and tools needed to create a financial and legal plan for your family.

**Finding Einstein: My IEP Journey. Lia Martin. (2016)**

Finding Einstein is Lia Martin's powerfully moving journey to uncovering the hidden genius in her child.

**For Parents and Professionals: Down Syndrome. Catherine Chamberlain & Robin Strode (2000)**

Resource gives you valuable information, helpful tips, and great activities to share with parents, teachers, and other caregivers.

**Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents. Tamar A Chansky, PhD (2001)**

Explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs.

**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.

**From Emotions to Advocacy: the Special Education Advocacy Guide: 2<sup>nd</sup> Edition. Pam & Pete Wright (2008)**

Practical and user-friendly book includes hundreds of strategies, tips, references, warnings and Internet resources. Appendices help to find contact information for hundreds of disabilities information groups, parent training and information groups, state department of education and legal and advocacy organizations.

**Give Your ADD Teen a Chance: A Guide for Parents of Teenagers with Attention Deficit Disorder. Lynn Weiss PhD (1996)**

Parenting teenagers is never easy-especially if your teen is diagnosed with from Attention Deficit Disorder (ADD). ADD adds complications and challenges to adolescence that parents must understand in order to help their teens succeed in high school and into adulthood. Give Your ADD Teen a Chance provides parents with expert help by showing them how to determine which issues are caused by "normal" teenage development, and which are caused by ADD. It also looks specifically at the academic challenges ADD teens face, offering tips for academic success.

**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.

**Grandparenting a Child with Special Needs. Charlotte E Thompson. (2009)**

Provides guidance on how to grandparent a child with special needs and give every grandchild the love and care they deserve and parents the added support they need.

**Grandparent's Guide to Autism Spectrum Disorders: Making the Most of the Time at Nana's House. Nancy Mucklow. (2012)**

Practical guide to turning grandparents' concern, confusion and initial sadness for their grandchild with ASD into a relationship of acceptance, confidence and realistic expectations.

**Gravity Pulls You In - Perspective on Parenting Children on the Autism Spectrum. Kyra Anderson & Vicki Forman (2010)**

Essays and poems by mothers and fathers raising children on the autism spectrum.

**Guiding Teens with Learning Disabilities: Navigating the Transition from High School to Adulthood. Arlyn Roffman (2007)**

Helps parents as their children shift from teenage life to adulthood. It includes sections on planning for transition, post-secondary education, vocational training, career preparation, and life in the community.

**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.

**Help for the Hopeless Child: A Guide for Families. Dr. Ronald S. Federici (2001)**

Consists of a very comprehensive, aggressive and innovative assessment and treatment program for those families having children who have been deemed “hopeless” or “untreatable”.

**Help Me, I'm Sad. David G. Foster & Lynne S. Dumas (1997)**

Explains how parents can play a vital role in helping a child overcome, and often prevent, depression. Discusses how to tell if your child is at risk, how to spot symptoms, depression's link with other problems, teen suicide, finding the right diagnosis and treatment and more.

**Help Your Child Get Ready to Read: A Handbook for Parents of 4-6 Year Olds. Dr. Elizabeth Wile.**

A handbook for you to thumb through informally, choosing activities to enjoy with your child. Presents the skills a child needs before they can learn to read.

**Helping Children with Nonverbal Learning Disabilities to Flourish: A Guide for Parents and Professionals. Marilyn Martin (2007)**

Offers practical advice on NLD at home and at school. Describes step-by-step interventions for improving a range of skills from penmanship to social acumen.

**Helping Your Anxious Child: A Step-by-Step Guide for Parents. Ronald A. Rapee, PhD, et al (2000)**

Parents want to help their anxious children but often do not know how. Here at long last is a book designed just for that. It offers extensive and concrete steps to teach the child to cope with anxiety, using the means of behavior and thought.

**Helping Your Child with Autism Spectrum Disorder: A Step-By-Step Workbook for Families. Stephanie B. Lockshin, BCBA et al (2005)**

With this workbook, parents learn the latest and most effective ASD management techniques for their children, including the use of the family enhancement treatment model designed by the authors—a program that provides step-by-step guidelines for fostering children's abilities and enhancing the health of the whole family.

**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.



**Helping Your Dyslexic Child: A Guide to Improving Your Child's Reading, Writing, Spelling, Comprehension and Self-Esteem. Eileen Cronin, PhD (1997)**

Not just a reading problem, dyslexia can affect many areas of your child's life—including understanding words, discerning left from right, and counting money.

**Helping Your Teenager Beat Depression: A Problem Solving Approach for Families (2004)**

Presents a strategy that enables parents to become effective partners in the treatment of their child's depression.

**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.

**Hopes and Dreams: An IEP Guide for Parents of Children with Autism Spectrum Disorders. Kirby Lentz (2005)**

With an emphasis on preparation and collaboration, this practical resource shows parents step-by-step how to become truly active members of the IEP team, thereby achieving their child's and family's hopes and dreams.

**How to Compromise with Your School District Without Compromising Your Child. Gary Mayerson (2004)**

Gary Mayerson has devoted his career in law to helping children with autism get the fair and appropriate education that they need and deserve. In this field guide, he brings parents up to speed quickly and efficiently on the ways educational bureaucracies work—or more importantly, don't—for children with special needs.

**How to Explain a Diagnosis to a Child: An Interactive Resource Guide for Parents and Professionals. Janet Arnold, Rece & Francine McLeod. (2017)**

This step-by-step guide includes templates and worksheets that can be tailored to meet the individual needs of the child and their families embrace who they are, regardless of a diagnosis.

**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 Help Your Child with Homework: Every Caring Parent's guide to Encouraging Good Study Habits and Ending the Homework Wars – Ages 6-13. Marqueritte Radencich (1996)**

The authors have provided a sound basis for dealing with homework questions and problems.

**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 Make School Make Sense: A Parent's Guide to Helping the Child with Asperger Syndrome. Clare Lawrence (2008)**

The book explores how parents can prepare their child for school life and how they can work with teachers to improve the classroom environment, as well as the school environment as a whole, for their child and consequently for the benefit of all pupils.

**How to Organize an Effective Parent/Advocacy Group and Move Bureaucracies. Charlotte Des Jardins (1991)**

Gives information on how to become an effective advocate, get a state charter and tax-exempt status, train parents on their rights, reach out to other parents, lobby and get results, make headlines, open new services in the public schools, develop a newsletter, organize a conference, raise money and much more.

**How to Say It to Your Child When Bad Things Happen: Good Answers to Tough Questions. Dr. Paul Coleman**

A program/guidebook on responding with wisdom and compassion to the inevitable life events that cause pain and sorrow in the lives of children and families.

**I am Intelligent: From Heartbreak to Healing- A Mother and Daughter's Journey through Autism. Peyton Goddard and Dianne Goddard (2012)**

A gripping look into the lives of a mother obsessed with curing her child of autism and a daughter who retains full awareness of her situation.

**I Am Not a Syndrome, My Name is Simon. Sheryl Crosier. (2012)**

Moving and gripping story of a baby diagnosed with Trisomy 18. Details the struggle of Sheryl's son Simon from the early stages of pregnancy to his life here on earth.

**I Wish: Dreams & Realities of Parenting a Special Needs. Kate McAnaney (1998)**

Tells what it is like to be the parent of a child with a disability. It relates the experience of adults with disabilities and it gives a new perspective to professionals who work with exceptional families.

**I Wish I Knew Then What I Know Now: A Guide for Special Needs Parents. Mark Horowitz, Sandy Horowitz and Ian Horowitz. (2013)**

Even though our kids different, as parents we are essentially faced with the same challenges. This guide will help you navigate the waters of being a special needs parents.

**I Wish I Knew Then What I Know Now: Wisdom and Advice from Parents of Children with Disabilities. Pacer Center. (2012)**

Parents of children with disabilities share what they have learned while navigating health care, education, and social support systems and what they would do differently if they did it all again.

**If You've Ever Wanted to Crawl in the Closet with an Oreo: Tips For Parenting A Child With Special Needs. Mary Kate Downey (2004)**

The perfect book for the caregiver with major challenges, but little time or energy to read a bigger book.

**If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents. Edna Foa & Linda Wasmer Andrews. (2006)**

By bringing together two strands of expertise--that of mental health professionals and of parents who have lived through the experience of their own teenager's mental illness this book provides readers with the clinical information and practical advice they need to understand and help their teen.

**If Your Adolescent has Depression or Bipolar Disorder: An Essential Resource for Parents. Dwight L. Evans, PhD & Linda Wasmer Andrews (2005)**

Guide to understanding and getting effective help for adolescents with depression or bipolar disorder.

**If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents. B Timothy Walsh & V L Cameron. (2005)**

Combines the latest scientific expertise available--including the newest treatments and most up-to-date research findings on eating disorders--with the practical wisdom of parents who have raised teenagers with anorexia or bulimia

**If Your Adolescent Has Schizophrenia: An Essential Resource for Parents. Raquel E Gur & Ann Braden Johnson.**

Parents will find a clear definition of the disease, including early indicators of the disease as well as information on how to arrange for the proper diagnosis and treatment.

**If Your Child is Bipolar: The Parent-to-Parent Guide to Living with and Loving a Bipolar Child. Cindy Singer & Sheryl Gurrentz (2004)**

Provide parents with specific information to deal with the everyday but incredibly challenging issues confronting the entire family.

**Inclusion: A Practical Guide for Parent — Tools to Enhance Your Child's Learning. Lorraine O. Moore (1996)**

Book serves as a guide to answer parent's questions and provide them with the necessary tools to promote their child's learning.

**Is It Just a Phase? How to Tell Common Childhood Phases from More Serious Problems. Drs Susan Anderson Swedo & Henrietta L. Leonard (1999)**

Most frequently asked questions by parents concerned about the behavior of their children, whether toddlers or teens: Is this normal or do we have a serious problem? And how can we tell the difference?

**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.

**Is Your Child a Target of Bullying? Intervention Strategies for Parents of Children with Disabilities (CD-ROM)**

Curriculum developed for parent audiences has been released by the ALLIANCE to address bullying.

**It Takes Two to Talk: A Parent's Guide to Help Children Communicate. Ayala Manolson (1992)**

Must have for parents, speech-language pathologists and others who work with or care for young children with language delays.

**January First: A Child's Descent into Madness and Her Father's Struggle to Save Her. Michael Schofield (2013)**

A father's soul-bearing memoir of the daily challenges and unwavering commitment to save his daughter from the edge of insanity while doing everything he can to keep his family together.

**Just One of the Kids: Raising a Resilient Family When One of Your Children has a Physical Disability. Kay Harris Kriegsman & Sara Palmer. (2013)**

Designed to help parents focus not on what could have been but instead on what can be, so that they, their children, and the grandparents thrive as individuals and as a family.

**Just This Side of Normal: Glimpses Into Life With Autism. Elizabeth King Gerlach (1999)**

Mother's journey toward understanding and acceptance of the disability that affects her son.

**Kid-Friendly Parenting with Deaf and Hard-of-Hearing Children: A Treasury of Fun Activities Toward Better Behavior. Daria Medwid & Denise Chapman Weston (1995)**

Step-by-step guide offers hundreds of ideas and methods that work with children ages 3 to 12.

**Kids, Parents, and Power Struggles. Mary Sheedy Kurcinka. (2001)**

Offers unique approaches to solving the daily, and often draining, power struggles between you and your child.

**Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder. Richard Louv (2005)**

Brings together a new and growing body of research indicating that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and adults

**Late, Lost, and Unprepared: A Parents Guide to Helping Children with Executive Functioning. Joyce Cooper-Kahn, Ph.D. & Laurie Dietzel, Ph.D. (2008)**

Strategies for parents to help children get organize.

**Late Talker: What to Do If Your Child Isn't Talking Yet. Dr. Marilyn Agin (2003)**

Every parent eagerly awaits the day his or her child will speak for the first time. For millions of mothers and fathers, however, anticipation turns to anxiety when those initial, all-important words are a long time coming. Many worried parents are reassured that their child is 'just a late talker,' but unfortunately, that is not always the case. Balanced with a mother's perspective and an acclaimed doctor's experience, this book gives parents needed guidance on: -The warning signs of a serious speech disorder -Finding the right therapist for their child -Negotiating with school boards, teachers, and service providers -Exercises to do at home with a child.

**Laughing Allegra: The Inspiring Story of a Mother's Struggle and Triumph Raising a Daughter with Learning Disability. Anne Ford (2003)**

Story about the struggle and triumph of raising a child with learning disabilities, by the great-granddaughter of Henry Ford and the Chairman Emeritus of the National Center for Learning Disabilities.

**Laying Community Foundations for Your Child With Disabilities – How to Establish Relationships That Will Support Your Child After You’ve Gone. Linda J Stengle (1996)**

Practical guide shows families of children with developmental disabilities how to establish a network of non-paid people that can provide lasting relationships for their son or daughter.

**The LD Child and the ADHD Child: Ways Parents and Professionals Can Help. Suzanne H. Stevens (1996)**

Invaluable insights are threaded throughout this handbook. Presents a wealth of information about learning disabilities so parents can be well informed and make realistic decisions. Advises parents on what to do when professional help is not available and examines the type of help that can be expected from schools and therapists.

**The Leader in Me: How Schools and Parents Around the World are Inspiring Greatness, One Child at a Time. Stephen R Covey (2008)**

Story of the extraordinary schools, parents, and business leaders around the world who are preparing the next generation to meet the great challenges and opportunities of the twenty-first century.

**Let Them Thrive: A Playbook for Helping Your Child Succeed in School and in Life. Katie Novak. (2017)**

Introduces the research-based framework Universal Design for Learning (UDL). Parents learn the origins of UDL in the learning sciences and in practice. They also learn strategies, tips, and tools to support their children's learning in school and in life.

**The Life Planning Workbook: A Hands-On Guide to Help Parents Provide for the Future Security and Happiness of Their Child With a Disability After Their Death. L. Mark Russell et al (1995)**

Intended to enable you to help assure continuity of care for your child with a disability after your death.

**Lonely, Sad and Angry: A Parent's Guide to Depression in Children and Adolescents. Barbara Ingersoll & Sam Goldstein (1995)**

Teenagers. Covers the symptoms of depression its diagnosis, causes, treatment (including medication), suicide and management strategies at home and at school. (225 pages)

**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.

**Made for Good Purpose: What Every Parent Needs to Know to Help Their Adolescent with Asperger's, High Functioning Autism or a Learning Difference Become an Independent Adult. Michael P McMannon. (2012)**

Filled with useful advice, easy-to-apply techniques, and personal anecdotes from both the author's own experiences of Asperger's Syndrome and those of his students, this book is a practical guide for helping young adults on the spectrum achieve independence and learn life-long skills of self-knowledge, self-sufficiency, and self-advocacy.

**Making the System Work for Your Child with ADHD. Peter S. Jensen MD (2004)**

There's lots of help out there for kids with ADHD, but getting it isn't always easy. Where can you turn when you've mastered the basics and "doing everything right" isn't enough – the insurer denies your claims, parent-teacher meetings get tense, or those motivating star charts no longer encourage good behavior

**Maybe You Know My Teen A Parents' Guide to Helping Your Adolescent with ADHD. Mary Fowler (2002)**

The first comprehensive guide for dealing with the unique challenges of raising an adolescent with ADHD.

**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.

**Mom, They're Teasing Me: Helping Your Child Solve Social Problems. Michael Thompson, Ph.D., Lawrence J. Cohen, Ph.D., with Catherine O'Neil Grace (2002)**

Using case studies and a question and answer format this book shows parents and teachers what a typical child may confront daily with other children.

**My Kid is Driving Me Crazy: A Mom's Survival Guide for Living with a Child with Mental Illness**

Helps other who are living with people with mental illness learn to separate themselves from the chaos, redefine who they are, and figure out what they want for their future.

**My Perfect Son has Cerebral Palsy: A Mother's Guide for Helpful Hints. Marie Kennedy (2001)**

This book shares the thoughts, concerns and unrelenting faith of a young mother whose son, Jimmy, was born with Cerebral Palsy.

**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 skills such as self-reliance, self-discipline, respect, integrity, the ability to delay gratification, and a host of other crucial character traits they need to be successful.

**No Easy Answers: The Learning Disabled Child At Home and At School. Sally Smith (1981 and the revised edition**

The author, who is the director of the Lab School of the Kingsbury Center in Washington, DC, provides a clearly written description of the child with learning disabilities and positive suggestions for the parent and teacher.

**Now I See the Moon: A Mother, a Son, a Miracle. Elaine Hall. (2010)**

A mother's story about how she founded the Miracle Project to use performing arts to connect with children with autism.

**Nurture by Nature: Understand Your Child's Personality Type and Become a Better Parent. Paul Tieger & Barbara Barron-Tieger (1997)**

Shows you how to harness the power of Personality Type to develop the parenting strategies that work with your child.

**One Small Star Fish. Anne Addison (2002)**

A mother of a boy with ADHD, Asperger's Syndrome and developmental delays, who shares her techniques and strategies for overcoming the little and large challenges.

**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.

**Ordinary Families, Special Children: A Systems Approach to Childhood Disability. Milton Seligman & Rosalyn Benjamin Darling (1997)**

Resource provides a multisystem perspective on childhood disability and its effects on family life.

**Our Journey Through High Functioning Autism and Asperger Syndrome: A Roadmap. Linda Andron (2001)**

Text written by families who have experienced Asperger syndrome first-hand. They share their practical and original strategies for dealing with issues such as helping children to develop empathy and humor, maintaining friendships, and

**Overcoming School Anxiety: How to Help Your Child with Separation, Tests, Homework, Bullies, Math Phobia, and Other Worries. Diane Peters Mayer (2008)**

Shows parents how to deal with a wide variety of problems, from test and homework anxiety to bullying, school violence and fear of speaking up in class.

**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.

**A Parent Survival Guide to Childhood Depression. Susan E. Dubuque (1996)**

Author recounts the story of her son's struggle, shows the warning signals and guideposts along the way and points out the pitfalls in the diagnosis of depression.

**Parent Survival Manual: A Guide to Crisis Resolution in Autism and Related Developmental Disorders Eric Schopler (1995)**

Uses 350 anecdotes told by parents of children with autism and other developmental disorders that were analyzed by professional behavior therapists to illustrate effective solutions to difficult behavior problems such as aggression, communication, perseveration, play and leisure, eating and sleeping and toileting and hygiene.

**The Parent-to-Parent Handbook: Connecting Families of Children with Special Needs. Betsy Santelli et al (2001)**

Book shares with you the ins and outs of developing and maintaining a strong, local Parent to Parent program that individually matches "veteran" supporting parents with those who are new to the challenges of caring for a child with a disability.

**Parenting Anxious Kids: Best Tips To Managing Attention Deficit Disorder In Children Including The 21st Century ADD Strategies For School Age Children. Monica Davis (2016)**

This book seeks to introduce you to valuable information about ADD like the signs and symptoms of this brain disorder, the method of diagnosis and various means of treating this condition, including helping you to understand the disposition of people, particularly children, affected by ADD.

**Parenting ASD Teens: A Guide to Making It Up As You Go. Andrew Schlegelmilch. (2014)**

Offers a school psychologist's perspective on coping with the issues that can arise during the difficult adolescent years.

**Parenting a Bipolar Child: What to Do and Why. Gianni L. Faedda & Nancy B. Austin (2006)**

Overview from a psychiatrist and a psychologist of the available treatment options and most effective parenting strategies you can use to deal with a Child with Bipolar Disorder.

**Parenting a Child with Asperger Syndrome: 200 Tips and Strategies. Brenda Boyd (2003)**

Positive strategies and tips for parents with children having Asperger Syndrome.

**Parenting Children with Health Issues: Essential Tools, Tips and Tactics for Raising Kids with Chronic Illness, Medical Conditions and Special Healthcare Needs. Foster Cline & Lisa Greene (2007)**

Teaches the essential parenting skills you need to help your child comply with medical requirements, cope well with health challenges and live a hope-filled life.

**Parenting the Hurt Child: Helping Adoptive Families Heal and Grow. Gregory Keck & Regina Kupecky (2002)**

Explores how parents can help adopted or foster children who have suffered neglect or abuse.

**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 OCD: Down to Earth Advice from One Parent to Another. Claire Sandrers. (2015)**

Covers what is involved in getting a diagnosis, what to expect in therapy, how to cope with panic attacks, how it might affect the rest of your family and how you might feel as a parent.

**Parenting Plus: Raising Children with Special Health Needs. Peggy Finston (1990)**

This book embraces the emotions, frustrations, and perplexities that parents and relatives of children with disabilities face each day.

**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 a Struggling Reader. Susan Hall and Louisa Moats (2002)**

Provides a road map for any parent facing the challenging problem of a struggling reader.

**Parenting Through the Storm: Find Help, Hope, and Strength When Your Child Has Psychological Problems. Ann Douglas. (2017)**

In this compassionate and empowering guide, the author combines the vital lessons she has learned with vivid stories from other parents and advice from leading psychologists.

**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.

**Parents Can Be the Key. Pacer Center. (2009)**

Handbook that helps parents navigate the special education system and help their children receive services.

**Parents' Complete Special Education Guide: Tips, Techniques and Materials for Helping Your Child Succeed in School and Life. Roger Pierangelo & Robert Jacoby (1996)**

This practical guide gives you all the important and pertinent information necessary to survive, and interpret, the myriad rules and regulations surrounding the educational, social, vocational, and environmental needs of your child with a disability.

**A Parent's Guide: Attention Deficit Hyperactivity Disorder in Children. Sam Goldstein & Michael Goldstein (1989)**

Booklet provides a comprehensive model for effectively parenting a child with ADHD and contains chapters on the definition, hypothesized causes, description of the child with ADHD at home, in the community and at school, and the use of medications for these problems.

**A Parent's Guide to Asperger Syndrome and High Functioning Autism: How to Meet the Challenges and Help Your Child Thrive. Sally Ozonoff (2002)**

Shows parents how to work with their child's unique impairments and capabilities to help him or her learn to engage more fully with the world and live as self-sufficiently as possible.

**The Parent's Guide to College for Students on the Autism Spectrum. Jane Thierfeld, Lorraine E Wolf, Lisa King & G Ruth Kukiela Bork (2012)**

Learn how to select the right campus, how to work with Disability Services staff, what legal protections apply, how to prepare your son or daughter to be an effective self-advocate on campus, what assistance can be reasonably be expected from residence hall managers, faculty, and much, much more.

**A Parent's Guide to Developmental Delays: Recognizing and Coping with Missed Milestones in Speech, Movement, Learning and Other Areas. Laurie LeComer (2006)**

Covers a range of delays and disorders and provides information to parents with a child who might have a cognitive, physical or emotional delay.

**A Parent's Guide to Differences and Disabilities in Learning. Schwab Learning (2001)**

Booklet about Schwab learning, what are learning disabilities, and how to help.

**A Parent's Guide to Special Education: Insider Advice on How to Navigate the System and Help Your Child Succeed. Linda Wilmhurst, PhD & Alan W Brue, PhD. (2005)**

Step by step the authors reveal the stages of identification, assessment, and intervention, and help readers to better understand special needs children's legal rights and how to become an active, effective member of a child's educational team.

**The Parent's Guide to Specific Learning Difficulties: Information, Advice and Practical Tips. Veronica Bidwell.**

Guide for parents and carers who are looking for ways to support their child's learning, as well as for educators and teachers looking for advice on how to differentiate lessons and motivate pupils with SpLDs.

**Parents and Professionals Partnering for Children with Disabilities: A Dance That Matters. Janice M Fialka, Arlene K Feldman & Karen C Mikus. (2012)**

Provides practical insights and approaches for forming partnerships between professionals and parents for the benefit of children with disabilities.

**A Place of Our Own. (DVD) (2008) (97 minutes)**

Provides parents and child care providers with information to help young children develop social, emotional and cognitive skills.

**Planning for the Future: Providing Meaningful Life for a Child with a Disability After Your Death. L. Mark Russell (2005)**

Discusses all the steps that parents should take to assure a secure and happy life for their son or daughter with a disability.

**Please Don't Label My Child: Break the Doctor-Diagnosis-Drug Cycle and Discover Safe, Effective Choices for Your Child's Emotional Health. Scott Shannon & Emily Heckman (2007)**

Provides the viewpoint that adjusting nutrition, environment, and lifestyle may be more effective than meds for many kids

**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.

**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.

**Quirky Kids: Understanding and Helping Your Child Who Doesn't Fit In — When to Worry and When Not to Worry . Perry Klass et al (2004)**

Provides the guidance that families with quirky children so desperately need.

**Raise Your Child's Social IQ. Stepping Stones for People Skills for Kids. Cathi Cohen (2000)**

This book offers direct, sense-making, step-by-step exercises that parents can do with their children to increase their social skills and awareness.

**Raising a Child Who Has a Physical Disability. Donna Albrecht (1995)**

Includes solving stressful situations within the family, developing a proper support team you can trust, information about school placement options, the IEP, and lists of medical specialists, organizations and government programs that offer help.

**Raising a Child with Autism: A Guide to Applied Behavior Analysis for Parents. Shira Richman (2001)**

A guide for parents and family members of children with autism, to using Applied Behavior Analysis (ABA) to help the child interact successfully at home, at school and in his or her social life.

**Raising Lifelong Learners: A Parent's Guide. Lucy Calkins. (1998)**

Shows how to nurture our children's imagination at home, from the earliest days of babytalk to the time when we see them off to school.



**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 a Sensory Smart Child: The Definitive Handbook for Helping Your Child with Sensory Integration Issues. Lindsey Biel & Nancy Perske (2005)**

For children with sensory integration issues--those who have difficulty processing everyday sensations and exhibit unusual behaviors such as avoiding or seeking out touch, movement, sounds, and sights--this groundbreaking book is an invaluable resource.

**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.

**Reading David: A Mother and Son's Journey Through the Labyrinth of Dyslexia. Lisa Weinstein (2004)**

Expresses a mother's fear and hope, as well as the bewilderment and courage of a child who cannot learn along with his peers.

**Reflections from a Different Journey: What Adults with Disabilities Wish All Parents Knew. John Kemp et al (2004)**

Presents 40 stories by successful adults who grew up with disabilities. They provide insights into what it is like to persevere in the face of community prejudices, and what it takes for families and children with disabilities to work together toward fulfillment.

**Ryan: A Mother's Story of Her Hyperactive/Tourette Syndrome Child. Susan Hughes (1990)**

Mother's story about her struggle to understand her son's hyperactive and destructive behavior

**Safe Child: A Commonsense Approach to Protecting Children and Teaching Children to Protect Themselves. Sherryll Kraizer, PhD (1996)**

Gives parents effective and non-threatening techniques for teaching children how to protect themselves without making them afraid.

**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.

**The 7 Habits of Happy Kids. Sean Covey. (2008)**

Ages 4-8. Inspiring picture book for helping parents teach their kids good values. (93 pages)

**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.

**Seven Steps to Homework Success: A Family Guide To Solving Common Homework Problems. Sydney Zentall et al (1998)**

Book will help parents solve many of the most common homework problems experienced by children in elementary and secondary school.

**Seven Steps to Improve Your Child's Social Skills. Kristy Hagar, PhD. Et al (2006)**

Seven step workbook to guide parents as they write about practical strategies to improve a child's social development

**Sharing Information About Your Child with Autism Spectrum Disorder: What Do Respite or Alternative Caregivers Need to Know? Beverly Vickers, M.S. (2007)**

Leaving their child with a paid respite care worker, friend, neighbor, or even an extended family member, represents a potentially stressful situation for parents of children with an autism spectrum disorder (ASD). This book has the answers for situations like this.

**The Shut-Down Learner: Helping Your Academically Discouraged Child. Richard Selznick (2009)**

Also referred to as Lego kids or high-spatial children, such kids thrive with hands-on tasks that use their visual and spatial abilities. This book offers perspective and hope to parents who are struggling with these issues.

**Shut Up About Your Perfect Kid: A Survival Guide for Ordinary Parents of Special Children. Gina Gallagher & Patrica Konjoian. (2010)**

On a “perfection-preoccupied planet,” sisters Gina and Patty dare to speak up about the frustrations, sadness, and stigmas they face as parents of children with disabilities (one with Asperger’s syndrome, the other with bipolar disorder).

**Siblings of Children with Autism. Sandra Harris (1994)**

This book is a guide to understanding sibling relationships, how autism affects these relationships, and what families can do to support their other children as they cope with the intensive needs of a child with autism

**The Silent Garden: Raising Your Deaf Child. Paul W. Ogden (1996)**

Provides parents of children who are hearing impaired with crucial information on the possibilities afforded their children today.

**Sleep Better — A Guide to Improving Sleep for Children with Special Needs. V. Mark Durand (1998)**

When children have recurrent sleep problems, they **and** their families must deal with negative effects on behavior, mood, social interactions, physical stamina, and performance at school or work. This book offers step-by-step, "how to" instructions for helping children with disabilities get the rest they need

**The Sleep Book for Tired Parents: Help for Solving Children’s Sleep Problems. Becky Huntley (1991)**

Exercises to help parents detect a child's problem in going to sleep and to devise an effective strategy are given.

**Soul Sunday: A Family’s Guide to Exploring Faith and Teaching Tolerance. Carrie Brown-Wolff (2007)**

Soul Sunday offers families a way to explore their faith while also understanding world religions. Colorful and interactive projects are outlined.

**Special Children, Challenged Parents: The Struggles and Rewards of Raising a Child with a Disability. Robert A Naseef, PhD. (2001)**

Provides a unique and touching look at parenting and disability from the perspective of a father of a child with autism.

**Special Ed Mom: How to Preval in the Special Education Process and Discover Life-Long Strategies for You and Your Child. Bonnie Landau. (2017)**

From learning how to manage the emotional overwhelm of parenting a special needs child, to figuring out how to get the school to say yes to special education services, the author presents a roadmap so you can find your way through all the confusion.

**A Special Education: One Family’s Journey Through the Maze of Learning Disabilities. Dana Buchman (2006)**

Personal memoir reveals the long and arduous process of fashion designer Dana Buchman's self-discovery, her daughter Charlotte's development as a child with serious learning differences, and the effect it has on her marriage.

**Special Kids Need Special Parents: A Resource for Parents of Children with Special Needs. Judith Loseff Lavin**

Parents of children with special needs face unique emotional and practical challenges that are seldom addressed by the medical community. Draws on interviews with health care professionals, nationally recognized authorities, and other parents to give readers the answers, advice, and comfort they crave.

**The Special Needs Child and Divorce: A Practical Guide to Evaluating and Handling Cases. Margaret "Pegi" S. Price. (2009)**

Filled with practice tips, the book includes forms modified to address issues raised by a special needs child. Includes sample forms and documents, checklists, resource materials, and contact information for organizations and state agencies. Includes forms CD-ROM

**The Special Needs Planning Guide: How to Prepare For Every Stage of Your Child's Life. John W. Nadworny et al**  
Book for parents and other caregivers as they plan for the lasting financial security of their families.

**Special Parent, Special Child: Parents of Children with Disabilities Share Their Trials, Triumphs and Hard-Won Wisdom. Tom Sullivan (1995)**

Takes us inside the lives of parents who struggle daily to make a difference in the lives of their children with disabilities.

**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.

**Straight Talk About Reading: How Parents Can Make a Difference During the Early Years. Susan Hall, et al (1999)**

This book will alleviate many of the struggles parents and children face. With practical guidance and advice, fun games and activities and useful resource lists, parents will find an active way to help their child at home.

**Survival Strategies for Parenting Children with Bipolar Disorder: Innovative Parenting and Counseling Techniques for Helping Children. George Lynn (2000)**

Advice on recognizing the symptoms, understanding medication and accessing the necessary support at school as well as the managing the day-to-day challenges of parenting a child with Bipolar Disorder.

**Surviving The Breakup. Judith S. Wallerstein (1996)**

Based on their study of families from the time of separation through five years after the break-up, two clinicians identify and discuss the factors involved in a child's adjustment to divorce.

**Talking with Your Child About Their Autism Diagnosis: A Guide for Parents. Raelene Dundon. (2017)**

Sets out case studies, examples and resources that will equip you to make your own informed choices and help your whole family to live well with autism.

**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.

**Teenagers with ADD, ADHD & Executive Function Deficits: A Guide for Parents and Professionals. Third Edition. Chris Zeigler Dendy. (2017)**

Looks at key areas (academics, dating, driving, socializing, and greater independence) that make adolescence potentially more difficult for kids with ADD, ADHD, or executive function deficits.

**Teenagers with ADD and ADHD: A Guide for Parents and Professionals. Chris A. Ziegler Dendy (2006)**

Revised edition of the 1996 Teenagers with ADD: A Parent's Guide.

**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.

**TIPS - Teaching Important Parenting Strategies: Raising a Child with Limited Verbal Skills. Megan Ahlers & Colleen Hannigan Zillich. (2014)**

Practical, user-friendly solutions to common universal challenges encountered by parents and caregivers, including communication, behavior, technology, community outings, and sensory needs.

**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).

**24: A Day in the Life of Bipolar Children and Their Families. (DVD) (2007) (100 minutes)**

Paints a revealing picture of a day in the life of the children with bipolar disorder and those who love them.

**Uncommon Fathers: Reflections on Raising a Child with a Disability. Don Meyer (1995)**

Nineteen fathers talk about the life-altering experience of having a child with special needs and offer a welcome, seldom-heard perspective on raising kids with disabilities, including autism, cerebral palsy, and Down syndrome.

**Understanding Learning Disabilities: A Parent Guide and Workbook (1991) and revised edition (2001)**

Provides ready-to-use forms that parents can use to prepare for school staff meetings and to become a active participant in IEP planning or other program planning.

**Understanding Your Special Needs Grandchild. Clare B. Jones, PhD (2001)**

Resource offers grandparents the information they need to realize the valuable role they play in the lives of their grandchild.

**The Ups and Downs of Raising a Bipolar Child: A Survival Guide for Parents. Judith Lederman & Candida Fink**

Gives parents the sound advice and expert information they need to cope with this challenging diagnosis, and shows how to provide essential care and support for a bipolar child as well as for the rest of the family.

**We Said, They Said: 50 Things Parents and Teachers of Students with Autism Want Each Other to Know. Cassie Zupke (2013)**

Voices what parents and educators want to say to each other, but don't. It explains why they do what they do. It helps fill the chasms of misunderstanding that breed assumptions like "They don't care about my child," and "They're just in denial." It gives educators and parents the necessary tools to build the relationships they need to help their children.

**What I Wish I'd Known About Raising a Child with Autism: A Mom and a Psychologist Offer Heartfelt Guidance for the First Five Years. Bobbi Sheahan & Kathy DeOrnellas (2011)**

Offers valuable information to share—from the moment you realize your kid is different ("My, what a quiet baby I have!"), to the self-righteous moms on the playground, to holding your marriage together in the realm of routines.

**What to Do When Kids Are Mean to Your Child. Elin McCoy (1997)**

Answers all the basic questions parents have about the painful topics of teasing, bullying, and rejection and offers age-based, what-to-do tactics for teaching kids to counter such behaviors.

**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 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.

**When You Worry About the Child You Love: Emotional and Learning Problems in Children. Edward Hallowell**

Using authoritative information based on the latest research, author explains effective medical treatment that most parents are not aware of for many common childhood problems that have a biological origin.

**With Open Arms: Embracing a Bright Financial Future for You and Your Child with Disabilities and Other Special Needs. National Endowment for Financial Education (2002)**

Provides insight into personal financial issues for children with special needs.

**Working Together. Pacer Center. (2006)**

Offers parents of children with disabilities a variety of practical ideas to improve effective interaction between parents and school staff.

**You Will Dream New Dreams: Inspiring Personal Stories by Parents of Children with Disabilities. Stanley D. Klein & Kim Schive (2001)**

Offers emotional support to families of children with disabilities and should help educators and health-care professionals better understand these parents' perspectives.

**You, Your Child, and "Special" Education: A Guide to Dealing with the System. Barbara Coyne Cutler. (2010)**

Packed with sample letters and dialogues, realistic vignettes, and solutions to large and small problems, this practical survival guide will help parents become strong, independent, and effective advocates - so that their children will get the education they need to reach their full potential.

**Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children. John Dacey & Lisa Fiore (2000)**

Empowers you to teach your child essential coping skills for dealing with anxiety in engaging, creative ways. Through dozens of activities you can start using right now, your child will learn how to alleviate stress, build courage and trust, and become an innovative problem solver.

**Your Child's Strengths: Discover Them, Develop Them, Use Them. Jennifer Fox (2008)**

Guide for identifying and utilizing children's cognitive and emotional strengths.

**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.