

# Resource List for Challenging Behavior

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

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St. Louis, MO 63042

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**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.

**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.

**Behavior Mapping: A Visual Strategy for Teaching Appropriate Behavior to Individuals with Autism Spectrum and Related Disorders. Amy Buie. (2013)**

Simple-to-implement strategies are effective for a range of students, regardless of age and ability level.

**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**  
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)

**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 Behavior Contract: A Practical Approach to Dealing with Challenging Student Behaviors. Brett J Novick.**

The goal of this book is to supplement and enrich your existing tools with others you can quickly implement when working with these students during their most challenging states.

**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 can heal all wounds, a scientifically based model based on love.

**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)

**Calming Angry Kids: Help and Hope for Parents in the Whirlwind. Tricia Goyer. (2018)**

Written to help readers understand what's going on in a child's brain, focus on relationship over rules, teach a child how to handle frustrations without outbursts, control how they express their own anger, and establish a standard of respect in the home.

**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.

**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.

**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.

**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.

**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.

**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.

**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)

**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.

**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)

**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.

**The Good Night, Sleep Tight Workbook for Children with Special Needs - Toddlers to Tweens: Gentle Proven Solutions to Help Your Child with Exceptional Needs Sleep Well and Wake Up Happy. Kim West & Katie Holloran**

With its easy-to-use and clear step-by-step format, this book will help tired parents create and follow an effective sleep plan to achieve sleep success for their kids with special needs—toddlers to tweens.

**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)

**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.

**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 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 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!

**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.

**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.

**Me and My PDA: A Guide to Pathological Demand Avoidance for Young People. Gloria Dura-Vila & Tamar Levi.**

This beautifully illustrated guide helps young people with Pathological Demand Avoidance (PDA) to understand their diagnosis, develop self-awareness and implement their own personalised problem-solving strategies.

**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.

**Mindfulness for Kids: A Complete Guide to Helping Children Learn to Listen to Their Bodies, Understand Their Emotions, and Manage Stress. Casey Langford (2018)**

This book will show you how to get your child on the road to a healthier mind and a better life!

**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-concept. (DVD)

**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)

**Navigating Negativity: Practical Parenting Strategies to Reduce Conflict and Create Calm. Susan Van Scoyoc (2018)**

With practical techniques, trusted expert advice and strategies that don't require your kid's cooperation, this confidence-boosting book is your must-have guide to parenting a negative child.

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

Offers parents and teachers strategies for preventing and managing meltdowns.

**1-2-3 Magic for Kids: Helping Your Kids Understand the New Rules. Thomas W Phelan. (2017)**

Through engaging illustrations and a storybook format, 1-2-3 Magic for Kids lays out the program in a way that's relatable for kids of all ages.

**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.

**Oppositional Defiant & Disruptive Children and Adolescents: Non-Medication Approaches for the Most Challenging ODD Behaviors. Scott Walls (2016)**

Guide to recognizing what factors cause defiant episodes in children & adolescents, and tips to help identify when and where these difficult behaviors are likely to occur. Contains tools to increase positive behaviors.

**Outrageous Behavior Modification. Barry T Christian. (2008)**

Handbook of strategic interventions for managing "impossible" students.

**Overcoming Selective Mutism: The Parent's Field Guide. Aimee Kotrba & Shari Saffer (2018)**

Offers a creative and motivating Journey theme to introduce tools that help parents and children plan and conquer some of the most common challenges associated with selective mutism.

**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 Toolbox: 125 Activities Therapists Use to Manage Emotions, Increase Positive Behaviors & Reduce Meltdowns. Dr. Lisa Weed Phifer, Laura Sibbald & Jennifer Hunt Roden. (2018)**

Filled with easy-to-use strategies, backed by science, to overcome challenges and strengthen parent-child interaction - one worksheet, activity and exercise at a time.

**Parenting Traumatized Children with Developmental Differences: Strategies to Help Your Child's Sensory Processing, Language Development, Executive Function and Challenging Behaviours. Dr Sara McLean. (2019)**

Children who have encountered trauma early in life can experience real differences in their social and cognitive development. This comprehensive guide introduces what such developmental difference means, how it affects a child, and offers strategies to help support or alleviate problems that commonly arise.

**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.

**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.

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

Book about positive social interaction behavior.

**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 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 Selective Mutism Resource Manual, 2nd Edition. Maggie Johnson & Alison Wintgens (2017)**

Comprehensive and practical manual that is grounded in behavioural psychology and anxiety management and draws on relevant research findings as well as the authors' extensive clinical experience.

**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.

**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 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

**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.

**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

**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

**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.

**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)

**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.

**Train Your Dragon to Accept NO. Steve Herman. (2018)**

Elementary. Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids how to handle Disagreement, Emotions and Anger Management.

**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).

**Understanding Pathological Demand Avoidance Syndrome in Children: A Guide for Parents, Teachers and Other Professionals. Phil Christie, Margaret Duncan, Ruth Fidler & Zara Healy (2012)**

This straightforward guide is written collaboratively by professionals and parents to give a complete overview of PDA.

**Understanding Selective Mutism: A Beginner's Guide. Lucy Nathanson. (2017)**

Covers an overview of selective mutism: what selective mutism is and is not, the diagnostic criteria, what causes selective mutism, how to interact with a child with selective mutism and an overview of the treatment methods.

**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 children with autism spectrum disorders in school, home or community settings.

**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 Should Danny Do?: 9 Stories in 1. Ganit & Adir Levy. (2017)**

Ages 3 and up. Written in a "Choose Your Own Story" style, the book follows Danny, a Superhero-in-Training, through his day as he encounters choices that kids face on a daily basis.

**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**  
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

**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

**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.

**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.

**Young Adult Road Map: A Step-by-Step Guide to Navigating Wellness, Independent Living, and Transition Services for People in Their Teens and Twenties. Wendy Lowe Besmann & Kimberly Douglass. (2018)**  
Practical, step-by-step guide to navigating the details of everyday life for young adults facing challenges (such as autism spectrum, ADD/ADHD, you behavioral, developmental or special health needs).

**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.