The ADD & ADHD Answer Book  
Susan Ashely, PhD

What you can do beyond medication. Know your child's rights at school. Help your child build social skills. What you can do at home to work with your child.

The Big Disconnect  
Catherine Steiner

How iPads replaced conversation at the dinner table, what do infants observe when their parents are on their smartphones, and should you be your child’s Facebook friend. As the focus of family has turned to the glow of the screen children constantly texting their friends, parents working online around the clock everyday life is undergoing a massive transformation.

Bringing Up Bébé, One American Mother Discovers the Wisdom of French Parenting  
Pamela Druckerman

Motherhood itself is a whole different experience in France. There's no role model for the harried new mom with no life of her own. French mother’s assume that even good parents aren't at the constant service of their children, and that there's no need to feel guilty about this. They have an easy calm authority with their kids.

Building Resilience in Children and Teens, Giving Kids Roots and Wings  
Kenneth R. Ginsburg, MD, MS ed. FAAP, Martha M. Jablow

Help Kids Learn to Manage Stress—and Thrive! Today's children face a great deal of stress—academic performance, heavy scheduling, high achievement standards media messages, peer pressure, family tension. Without healthier solutions, they often cope by talking back, giving up, or indulging in unhealthy behaviors. 2nd Edition.

Chicken Soup for the Preteen Soul  
Jack Canfield, et al.

For Kids Ages 9-13. This is real life—in a book. Y 'all know that life may not be perfect right? But no matter how complicated or challenging life might be for you, you are one of the blessed and lucky ones! From this point on, you have a manual for life!

Child Rearing in America  
Neal Halfon, Kathryn Taaffe McLearn, Mark A. Schuster

Leading scholars explore how parents spend their time with their children, the economic and social challenges they face, and supports they receive to improve their children's health and development.

Children and Bullying, How Parents and Educators Can Reduce Bullying at School  
Ken Rigby

Hardly a day goes by without reports of incidents of school bullying or recommendations for quick fixed to the problem. Parents and educators are often left trying to solve a difficult problem without sufficient evidence to support suggested remedies.

The Daily 5 Fostering Literacy Independence in the Elementary Grades  
Gail Boushey, Joan Moser

Based on literacy learning and motivation research, the Daily Five has been practice and refined in their own classrooms for 10 years, and shared with thousands of teachers throughout the United States. The Daily Five is a series of literacy tasks reading to self, reading with someone, writing, word work and listening to reading) which students complete daily while the teacher meets with small groups or confers with individuals.
Parenting Continued

**Discipline Without Distress** Judy Arnall

135 tools for raising caring, responsible children without timeout, spanking, punishment, or bribery. A positive discipline book that is chockfull of practical tips, strategies, skills, and ideas for parents of babies through teenagers.

**How Children Succeed, GRIT, CURIOSITY, and the HIDDEN POWER of CHARACTER** Paul Tough

How Children Succeed introduces us to a generation of researchers and educators who are using the tools of science to peel back the mysteries of character. Through the stories of the children they are trying to help, Tough traces the lines between childhood stress and life success.

**How to Raise Emotionally Healthy Children** Gerald Newmark, PhD

This unique book shows parents how to combine common sense and systematic methods to create a family atmosphere where both children and parents thrive. It provides an action strategy, including simple planning tools, that helps families become engaged, connected and aware of how they are doing.

**Keep Safe! 101 Ways to Enhance Your Safety & Protect Your Family** Donna K. Wells, MED, MPA, Bruce C. Morris, JD

Effective safety practices in an easy-to-use, list-like format. The authors offer proactive, prevention-based guidelines to incorporate into your daily routine, thereby making safety a habit.

**The Mindful Child** Susan Kaiser Greenland

The techniques of mindful awareness have helped millions of adults reduce stress in their lives. Now, children—who are under more pressure than ever before can learn to protect themselves with these well-established methods adapted for their ages. Based on a program affiliated with UCLA, The Mindful Child is a groundbreaking book, the first to show parents how to teach these transformative practices to their children.

**The Monster Health Book, A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids!** Edward Miller

This lively, visually appealing book about a critical but potentially dry subject, belongs in children’s hands.

**No-Diet Obesity Solution for Kids** Miriam B. Vos, MD, MSPH

This book has answers for your questions and success stories to share, plus more that 60 kid-friendly recipes, many contributed by professional chefs concerned about the childhood obesity epidemic.

**P.E.T Parent Effectiveness Training** Dr. Thomas Gordon

How to avoid being a permissive parent. How to listen so kids will talk to you and talk so kids will listen to you. How to teach your children to “own” their problems and to solve them. How to use the “No Lose” method to resolve conflicts.

**The Parent’s Book About Bullying Changing the Course of Your Child’s Life** William Voors

For parents on either side of the bullying fence. Name-calling, exclusion, downright assault—this is the abuse children put up with or perpetrate everyday. Taking aim at the all too frequently tolerated phenomenon of bullying, this timely book offers parents, teachers, and the other caregivers a clear idea of the serious, sometimes explosive impact of such behavior. It not addressed, bullying can ruin childhood for those who bully, their targets, and bystanders, and the psychological scars can last a lifetime. This practical guide provides sound advice to help both the instigators and the targets of bullying.

**The Parent's Guide to Facebook, Tips and Strategies to Protect Your Children on the World's Largest Social Network** Kathryn Rose

Your children are playing in an international playground with more than 500 million strangers. Over 9 million U.S. children between the ages of 13 and 17 are registered Facebook users. Just as you wouldn’t leave them alone on a physical playground, you need to watch and guide them on the virtual one too.

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**EAT HEALTHY BE ACTIVE LIVE WELL**
Scream Free Parenting, The Revolutionary Approach to Raising Your Kids by Keeping Your Cool Hal Edward Funkel, LMFT

If you’re like most parents, what you’re longing for right now is rather simple: a calmer household with more cooperation and respect. And that you want most is for your kids to grow up into caring, responsible, self-directed adults.

Setting Limits With Your Strong-Willed Child Robert J. MacKensie, EdD

Now you can effectively parent your strong-willed child. Does your child constantly misbehave and ignore or refuse your requests? Is your relationship with your child based on conflict instead of mutual respect and cooperation. With the help of this groundbreaking book, you can create a positive, respectful, and rewarding relationship with your child and eliminate conflict by establishing clear, firm and respectful boundaries.

The 7 Habits of Highly Effective Teens Sean Covey

Being a teenager is both wonderful and challenging. The author applies the timeless principles of the 7 Habits to teens and the tough issues and life-changing decisions they face. In an entertaining style, a step-by-step guide to help teen improve self-image.

Staying connected To Your Teenager, How To Keep Them Talking To You & How To Hear What They’re Really Saying Michael Riera, PhD

Although there are many good books on the market about setting limits, there are none about how to maintain the connection with your teenager despite everything else that is going on and that is demanded of you. This book fills the gap. Staying Connected to Your Teenager helps you deepen your relationship with your teenager even as you attend to the more standard parental duties.


Easy-to-use decision charts quickly explain: over 175 health problems. This book offers the most recent information on critical child care issues - from what to do in the event of a minor injury to everyday issues such as common allergies and ailments.

Trim Kids Melinda S. Sothern, PhD, Ed, CEP, Kristian Von Almen, Ph.D., Heridi Schumacher, RD, LDN, CDE

The proven 12-week plan that has helped thousands of children achieve a healthier weight. Scientifically tested, includes shopping lists, meal plans, and kit tested recipes. Strategies that really work to end power struggles over food. Exercise activities designed with kids in mind.

Vaccines: What You Should Know Paul Offit, MD, Louis M. Bell, MD

Get the straight facts about vaccines and make informed choices. This guide tells you what vaccines are made of and clearly explains how they are made, how they work and the risks associated with them.

What to Do When Your Child Gets Sick Gloria Mayer, RN, Ann Kiklierus, RN

There are many things you can do at home for your child. At last, an easy to read, easy to use book written by two nurses who know. This book tells you: what to look for when your child is sick, when to call the doctor, how to care for cuts and scrapes, how to stop the spread of infection and what to do in an emergency.

Why Do I Need to Exercise? Johanna Pomeroy-Crockett

In this book, children learn that exercise keeps us in good shape. Exercise means moving, running, walking and hopping. It makes our bodies strong and makes us feel good.

Your Child’s Weight, Helping Without Harming; Birth Through Adolescence Ellyn Satter, MS, RD, LCSW, BCD

Combining scientific research with inspiring anecdotes from her decades of clinical practice, author challenges the conventional belief that parents must get overweight children to eat less and exercise more. Satter provides compelling evidence that, if parents do their jobs with respect to feeding, children are remarkably capable of knowing how much to eat.

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