Mind Matters Clinic 3-1250 Waverley Street Winnipeg, MB R3T 6C6

Tel.(204) 477-8555 Fax 487-4248

Bibliography - Children

ADHD/Learning Disabilities

- A Bird's-Eye View of Life with ADD and ADHD: Advice from Young Survivors. A Survival Guide for Children and Teens (Second Edition). *By: Zeigler Dendy, C. A. & Zeigler, A. (2003).*
- A Mind at a Time. By: Levine, M. (2002).
- All About Attention Deficit Disorder. Symptoms, Diagnosis and Treatment: Children and Adults. *By: Phelan, T. W. (1993).*
- Are They Thinking? A Thinking Skills Program for the Elementary Grades. *By:* Rasmussen, G & T. (1996).
- Building Thinking Skills. Critical Thinking Skills for Reading-Writing-Math-Science. *By: Parks*, *S. & Black*, *H. (2006)*.
- Childhood Speech, Language & Listening Problems. What Every Parent Should Know. *By: Hamaguchi, P. M. (1995).*
- Complete Learning Disabilities Handbook. Ready-to-Use Techniques for Teaching Learning Handicapped Students. *By: Harwell, J. M. (1989).*
- Distant Drums, Different Drummers. A Guide for Young People with ADHD. *By: Ingersoll, B. D. (1995).*
- Driven to Distraction. Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood. *By: Hamaguchi, P. M. (1995).*
- Empowering Youth with ADHD. Your Gide to Coaching Adolescents and Young Adults for Coaches, Parent, and Professionals. *By: Sleeper-Triplett, J. (2010).*
- Fantastic Antone Succeeds! Experiences in Educating Children with Fetal Alcohol Syndrome. *By: Kleinfeld, J. & Wescott, S. (1993).*

- Give Your ADD Teen a Chance. A Guide for Parents of Teenagers with Attention Deficit Disorder. *By: Weiss, L. (1996).*
- Healing ADD. Simple Exercises That Will Change Your Daily Life. *By: Hartmann, T.* (1998).
- Healing ADD. The Breakthrough Program That Allows You to See and Heal the 6 Types of ADD. *By: Amen, D. G. (2001).*
- Homework Sweet Homework. Tips on Helping Your Child with Homework. *By: Landin, L. & Gardner, M. (1990).*
- How to Talk so Kids Can Learn at Home and in School. *By: Faber, A. & Mazlish, E.* (1995).
- Jumpin' Johnny Get Back To Work! A Child's Guide to ADHD/Hyperactivity. *By: Gordon, M. (1991).*
- Learning to Slow Down and Pay Attention (Third Edition). *By: Nadeau, K. G. & Dixon, E. B. (2005).*
- My Brother's A World Class Pain: A Siblings Guide to ADHD/Hyperactivity. *By: Gordon, M. (1992)*
- Overcoming Dyslexia for Dummies. By: Wood, T. (2006).
- School Strategies for ADD Teens. Guidelines for Schools, Parents & Students Grades 6-12. *By: Nadeau, K. G., Dixon, E. B. & Biggs, S. H. (1993).*
- Shelley the Hyperactive Turtle. *By: Moss, D. (1989)*
- Teenagers with ADD A Parents' Guide. By: Zeigler Dendy, C. A. (1995).
- Teenagers with ADD and ADHD: A Guide for Parents and Professionals. *By: Zeigler Dendy, C.A.* (2006).
- Thank You, Mr. Falker. By: Polacco, P. (1998).
- The ADD Hyperactive Handbook for Schools. Effective Strategies for Identifying and Teaching Students with Attention Deficit Disorders in Elementary and Secondary Schools. *By: Parker, H. C.* (1992).
- The ADHD Book of Lists. A Practical Guide for Helping Children and Teens with Attention Deficit Disorders. *By: Rief, S. F. (2003).*

- The ADHD Parenting Handbook. Practical Advice for Parents from Parents. *By: Alexander-Roberts, C.* (1994).
- The ADHD Workbook for Teens: Activities to Help you Gain Motivation and Confidence. *By: Honos-Webb, L. (2010)*
- The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills & Self Control. *By: Shapiro, L. (2010).*
- The Disorganized Mind. Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents. *By: Ratey, N. A. (2008).*
- The Dyslexia Checklist. A Practical Reference for Parents and Teachers. *By: Rief, S. F. & Stern, J. M. (2010).*
- The Myth of Laziness. By: Levine, M. (2003).
- The "Putting on the Brakes" Activity Book for Young People with ADHD. *By: Quinn, P. O. & Stern, J. M.* (1993).
- The Survival Guide for Kids with LD. By: Fisher, G. & Cummings, R. (2002).
- Your Hyperactive Child. A Parent's Guide to Coping with Attention Deficit Disorder. *By: Ingersoll*, *B.* (1988).

Anger

- Alexander and the Terrible, Horrible, No Good, Very Bad Day. By: Viorst, J. (1987)
- Anger Management Games for Children. By: Plummer, D.M. (2008).
- Don't Pop Your Cork on Mondays! The Children's Anti-Stress Book. *By: Moser. A.* (1988)
- Don't Rant & Rave on Wednesdays! The Children's Anger Control Book. *By: Moser, A.* (1994)
- Healthy Anger. How to Help Children and Teens Manager Their Anger. *By: Golden, B.* (2003).
- Helping Schoolchildren Cope with Anger. A Cognitive-Behavioral Intervention. *By:* Larson, J. & Lochman, J. E. (2002).
- Hot Stuff to Help Kids Chill Out: The Anger Management Workbook. *By: Wilde, J.* (1997)

- I Just Don't Like The Sound of NO! My Story about accepting 'no' for an answer and disagreeing...the right way! By: Cook, J. (2011)
- I'm Not Bad, I'm Just Mad: A Workbook to Help Kids Control Their Anger. *By: Shapiro, L., Pelta-Heller, Z., Greenwald. A.* (2008)
- Mad Me. Anger Control Activity Book (K-2). By: Boulden, J., Boulden, J.
- The ABC's of Anger: Stories and Activities to Help Children Understand Anger. *By: Ali, R. (2006)*
- The Explosive Child. A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children (Revised). *By: Greene, R. W. (2005).*
- Treating Explosive Kids: The Collaborative Problem-Solving Approach. *By: Greene, R., Ablon, S. (2006)*
- What To Do When Your Temper Flares. A kid's Guide to Overcoming Problems with Anger. *By Huebner, D.*

Anxiety

- Beyond Shyness. How to Conquer Social Anxieties. By: Berent, J. (1993).
- Freeing Your Child from Anxiety. Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias. *By: Chansky, T. E. (2004).*
- Freeing Your Child From Obsessive Compulsive Disorder. By: Chansky, T.E. (2000)
- Helping Your Anxious Child. A Step-by-Step Guide for Parents. By: Rapee, R. M., Spence, S. H., Cobham, V., & Wignall, A. (2000).
- Helping Your Child with OCD. A Workbook for Parents of Children with Obsessive-Compulsive Disorder. *By: Fitzgibbons, L, & Pedrick, C. (2003).*
- How to Take the Grrrr Out of Anger. By: Verdick, E. & Lisovskis, M. (2003).
- If Your Adolescent Has an Anxiety Disorder. An Essential Resource for Parents. *By:* Foa, E. B. & Wasmer Andrews, L. (2006).
- Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at home, at school & everywhere else. *By: Willard. C. (2014)*
- Mr. Worry: A Story About OCD. By: Niner, H.L. (2004)

- Take Control of OCD: The Ultimate Guide for Kids with OCD. By: Zucker, B. (2011)
- Talking Back to OCD. The Program that Helps Kids and Teens Say "No Way" and Parents Say "Way to Go." *By: March, J. S. (2007).*
- The Anxiety Workbook for Teens: Activities to Help you deal with Anxiety & Worry. *By: Schab, L. (2008).*
- The Relaxation & Stress Reduction Workbook For Kids: Help for Children to Cope with Stress, Anxiety & Transitions. *By: Shapiro, L., Sprague, R. (2009)*
- The Shyness & Social Anxiety Workbook For Teens: CBT and ACT Skills to help you build your Social Confidence. *By: Shannon, S. (2012).*
- Understanding the Highly Sensitive Child: Seeing an Overwhelming World Through Their Eyes. *By: Williams, J. (2015)*
- What to do When Your Brain Gets Stuck. A Kid's Guide to Overcoming OCD. *By: Huebner, D..*
- What to do When Bad Habits Take Hold. A Kid's Guide to Overcoming Nail Biting and More. *By: Huebner, D.*
- What to do When You Dread Your Bed. A Kid's Guide to Overcoming Problems with Sleep. *By: Huebner, D.*
- What to do When You Grumble Too Much. A Kid's Guide to Overcoming Negativity. *By: Huebner, D.*
- What to do When You Worry Too Much. A Kid's Guide to Overcoming Anxiety. *By: Huebner, D.*
- What To Do When You're Scared & Worried: A Guide for Kids. By: Crist, J.J. (2004)
- When My Worries Get Too Big: A Relaxation Book for Children Who Live with Anxiety. By: Dunn Buron, K. (2006).
- When Panic Attacks. The New, Drug-Free Anxiety Therapy That Can Change Your Life. *By: Bruns, D. D. (2006).*

Asperger's/Social Skills/Autism

A Mind Apart. Understanding Children with Autism and Asperger Syndrome. *By: Szatmari, P. (2004).*

- A Smart Girls' Guide to Sticky Situations. How to Tackle Tricky, Icky Problems and Tough Times. *By: American Girl (2002).*
- Asperger Syndrome and Difficult Moments. Practical Solutions for Tantrums, Rage, and Meltdowns. *By: Myles, B. S. & Southwick, J. (1999).*
- Asperger Syndrome and Sensory Issues. Practical Solutions for Making Sense of the World. *By: Myles, B. S., Cook, K. T., Miller, N. E, Rinner, L, & Robbins, L. A.* (2005).
- Asperger's Huh? A Child's Perspective. By: Schnurr, R. G. (1999).
- Asperger's Syndrome. A Guide for Parents and Professionals. By: Attwood, T. (1998).
- Cool, Calm and Confident: A Workbook to Help Kids Learn Assertiveness Skills. *By: Shab, L. M.* (2009)
- Comic Strip Conversations: Illustrated Interactions that teach conversation skills to students with autism and related disorders. *By: Gray. C. (1994)*
- Developing Talents. Careers for Individuals with Asperger Syndrome and High-Functioning Autism. *By: Grandin, T. & Duffy, K. (2004).*
- Diary of a Social Detective. Real-life tales of mystery, intrigue, and interpersonal adventure. *By Jessum, J.E.* (2011).
- Freaks, Geeks & Asperger Syndrome. A User Guide to Adolescence. *By: Jackson L.* (2002).
- FRIENDS for life: Workbook for youth. By: Barrett, P. (2005)
- Helping a Child with Nonverbal Learning Disorder or Asperger's Syndrome. A Parent's Guide. *By: Stewart, K. (2002).*
- Helping the Child Who Doesn't Fit In. By: Nowicki, S. Jr. & Duke, M. P. (1992).
- How to Make & Keep Friends: Tips for Kids to Overcome 50 Common Social Challenges. *By: Briggs, N. & Shea, D. (2011)*
- How to Lose All Your Friends. By Carlson, N. (1994)
- How Do I Stand In Your Shoes? A Story & Worksheets About Empathy (Grades PK-4). By: DeBell, S. (2011)
- I Can't Believe You Said That! My Story about using my social filter... or not! *By: Cook, J. (2014)*

- Learning to be a Good Friend: A guidebook for Kids. By: Adams, C. (2004)
- Let's Be Friends: A Workbook to Help Kids Learn Social Skills & Make Great Friends. *By: Shapiro, L., Holmes. J. (2008)*
- No B.O.! The Head-to-Toe Book of Hygiene for Preteens. By: Crump, M. (2005).
- Parenting a Child with Sensory Processing Disorder. By: Auer, C. R. & Blumberg, S. L. (2006).
- Personal Hygiene: What's that got to do with me? By: Crissey, P. (2005)
- Practical Solutions to Everyday Challenges for Children with Asperger Syndrome. *By: Myles, H. M. (2002).*
- Preparing for Life. The complete Guide for Transitioning to Adulthood for Those with Autism and Asperger's Syndrome. *By: Baker, J. (2005).*
- Pretending to be Normal. Living with Asperger's Syndrome. By: Willey, L. H. (1999).
- Shyness. What is it What to Do About It. By: Zimbardo, P. G. (1989).
- Social Fortune or Social Fate: A Social Thinking Graphic Novel Map For Social Quest Seekers. *By: Crooke, P. & Garcia Winner, M. (2011)*
- Social Skills Training for Children and Adolescents with Aspergers Syndrome and Social-Communication Problems. *By: Baker, J. (2003).*
- Social Thinking Worksheets for Tweens and Teens: Learning to read in Between the Social Lines. *By: Garcia Winner, M. (2011)*
- Socially Curious and Curiously Social. By: Winner, M.G. & Crooke, P. (2009).
- Speak Up and Get Along! Learn the Mighty Might, Thought Cop, and More Tools to Make Friend, Stop Teasing, and Feel Good About Yourself. *By: Cooper, S. (2005)*
- Sticker Strategies: Practical Strategies to Encourage Social Thinking and Organization. By: Garcia Winner, M. (2010)
- Teaching Your Child the Language of Social Success. *By: Duke, M. P., Nowicki, S., & Martin, E. A.* (1996).
- The Social Skills Picture Book: Teaching Play, Emotion, Communication to Children with Autism. *By: Baker, J. (2001)*
- The New Social Story Book. By: Gray, C. (2010)

- Triumph Over Shyness. Conquering Social Anxiety Disorder. *By Stein, M.B. & Walker, J.R.* (2009).
- The Hidden Curriculum. Practical Solutions for Understanding Unstated Rules in Social Situations. *By: Myles, B. S., Trautman, M. L., & Schelvan, R,I. (2004).*
- The Shyness & Social Anxiety Workbook for Teens: CBT and ACT Skills to help you build your social confidence. *By: Shannon, J.* (2012)
- The Shyness & Social Anxiety Workbook. By: Anthony, M.M., Swinson, R.P.
- The Unwritten Rules of Friendship. Simple Strategies to Help Your Child Make Friends. *By: Madorsky, N. & Kennedy-Moore, E. (2003).*
- Unwritten Rules of Social Relationships. Decoding Social Mysteries Through the Unique Perspectives of Autism. *By: Grandin, T. & Barron, S. (2005).*
- What Did You Say? What Do You Mean? An Illustrated Guide to understanding Metaphors. *By: Welton, J. (2004).*
- You Are A Social Detective: Explaining Social Thinking to Kids. *By: Garcia Winner, M., Cooke, P. (2008*

Bullying

10 Days to a Bully-Proof Child. By: Kraizer, S. (2007).

Bullies are a Pain in the Brain. By: Romain, T. (1997)

Coping With Cliques. A Workbook To Help Girls Deal With Gossip, Put-Downs, Bullying & Other Mean Behavior. *By: Sprague, S. (2008).*

Don't Pick on Me. Help For Kids to Stand Up To & Deal with Bullies. *By: Green, S.E.* (2010)

How to Handle Bullies, Teasers, and Other Meanies: A Book that Takes the Nuisance Out of Name Calling and Other Nonsense. *By: Cohen-Posey, K. (1995)*

Letters to a Bullied Girl. Messages of Healing and Hope. By: Gardner, O. (2008).

Please Stop Laughing at Me. Blanco, J. (2003).

Playground Pusharound: Bully & Victim Activity Book (K-2). *By: Boulden, J. & Boulden J.*

Teasing: Deal With It Before The Joke's On You. By Pitt, S. (2010)

The Bully, the Bullied, and the Bystander. From Pre-School to High School – How Parents and Teachers Can Help Break the Cycle of Violence. *By: Coloroso, B.* (2002).

The Lion Roars. By: Boulden. J & Boulden, J. (1999)

Queen Bees & Wannabees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends & Other Realities of Adolescence. *By: Wiseman, R. (2002)*

Simon's Hook: A Story about Teases and Put-Downs. By: Gedig Burnett, K. (2000).

Divorce

Daddy Doesn't Live Here Anymore: A Book About Divorce. By: Boegehold, B. (1985)

Dinosaurs Divorce: A guide for Changing Families. *By: Krasny Brown, L. & Brown, M.* (1986)

Mama and Daddy Bear's Divorce. By: Maude Spelman, C. (1998)

Was it the Chocolate Pudding: A Story for Little Kids About Divorce. *By: Levins. S.* (2006)

<u>Parenting</u>

Divorce Book for Parents. Helping your Child Cope with Divorce and its Aftermath. *By: Lansky, V. (1989).*

Fit Kids: Raising Physically and Emotionally Strong Kids with Real Food. *By: Behan, E.* (2001).

Freeing Your Child from Negative Thinking. By: Chansky, T. E. (2008).

Helping Your Kids Cope with Divorce the Sandcastles Way. By: Neuman, G. (1998).

Hold on to Your Kids. Why Parents Need to Matter More than Peers. *Neufeld, G. & Mate, G. (2004).*

How to Talk so Kids Will Listen & Listen so Kids Will Talk. *By: Faber, A. & Mazlish, E.* (1980).

I Never Get Anything! How to keep your Kids from Running your Life. *By: Phelan, T.* (2001).

- Just Take a Bite. Easy, Effective Answers to Food Aversions and Eating Challenges! By: Ernsperger, L. & Stegen-Hanson, T. (2004).
- Kids are Worth It! Giving Your Child the Gift of Inner Discipline. By: Coloroso, B. (1995).
- Liberated Parents Liberated Children. Your Guide to a Happier Family. *By: Faber, A. & Mazlish, E. (1974).*
- Living With Children. New Methods for Parents and Teachers (Revised). *By: Patterson, G. R.* (1968).
- Mom, Jason's Breathing on Me! The Solution to Sibling Bickering. *By: Wolf, A. E.* (2003).
- Parenting the Strong-Willed Child. The Clinically Proven Five-Week Program for Parents of Two-to Six-Year-Olds. *By: Forehand, R. & Long, N. (2002).*
- Raising a Sensory Smart Child. The Definitive Handbook for Helping Your Child With Sensory Processing Issues. *By: Biel, L. & Peske, N. (2009).*
- Scream Free Parenting. The Revolutionary Approach to Raising Your Kids by Keeping Your Cool. *By: Runkel, H. E. (2007).*
- Siblings Without Rivalry. How to help Your Children Live Together so You Can Live Too. *By Faber, A. & Mazlish, E. (1987).*
- Solve Your Child's Sleep Problems. By: Ferber, R. (1985).
- Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens. *By: Owens, J.A. & Mindell, J.A. (2005).*
- The Co-Parenting Survival Guide. Letting Go of Conflict After a Difficult Divorce. *By: Thayer, E. S. & Zimmerman, J. (2001).*
- The Difficult Child. A New Step-by-Step Approach by a Noted Child Psychiatrist for Understanding and Managing Hard-to-Raise Children. *By: Turecki, S. & Tonner, L.* (1985).
- The Divorce Workbook. An Interactive Guide for Kids and Families. *By: Ives, S. B., Fassler, D., & Lash, M. (1985).*
- The Highly Sensitive Child. Helping our Children Thrive When the World Overwhelms Them. *By: Aron, E. N. (2002).*
- The Kazdin Method for Parenting the Defiant Child. By: Kazdin, A.E. (2008).

- The Sensory-Sensitive Child. Practical Solutions for Out-of-Bounds Behavior. *By: Smith, K. A. & Gouze, K, R. (1994).*
- Tug of War. A Judge's Verdict on Separation, Custody Battles, and the Bitter Realities of Family Court. *By: Brownstone, J. H. (2009).*
- Whale Done Parenting. How to make Parenting a Positive Experience for You and Your Kids. *By: Blanchard, K, Lacinak, T, Tompkins, C., Ballard, J. (2009).*
- 1-2-3 Magic: Managing Difficult Behavior in Children 2-12. *By: Phelan, T.W. (DVD video).*

Parenting Teenagers

- Get Out of My Life, but First Could You Drive Me and Cheryl to the Mall? A Parent's Guide to the New Teenager. *By: Wolf, A. E. (1991).*
- How to Deal with your Acting-Up Teenager. Practical Self-Help for Desperate Parents. *By: Bayard, R. T. & Bayard, J. (1998).*
- How to Talk so Teens Will Listen & Listen so Teens will Talk. *By: Faber, A. & Mazlish, E. (2005).*
- How to Talk to Teens About Really Important Things. Specific Questions and Answers and Useful Things to Say. *Schaefer, C. E. & DiGeronimo, T. F. (1999).*
- I'm Not Mad, I Just Hate You! A new Understanding of Mother-Daughter Conflict. Surviving and Thriving During Your Daughter's Teenage Years. *By: Cohen-Sandler, R. & Silver, M. (1999).*
- Parenting your Out-Of-Control Teenager. 7 Steps to Reestablish Authority and Reclaim Love. *By: Sells, S.P. (2001)*
- Positive Discipline For Teenagers. Empowering Your Teen And Yourself Through Kind and Firm Parenting. *By: Nelsen, J. & Lott, L. (2000).*
- Stop Negotiating with Your Teen. Strategies for Parenting Your Angry, Manipulative, Moody, or Depressed Adolescent. *By: Edgette, J. S. (2002).*
- Surviving Your Adolescents. How to Manage and Let Go Of Your 13-18 Year Olds. *By: Phelan, T. (2012).*
- Teen-Proofing. Fostering Responsible Decision Making in Your Teenager. *By:* Rosemon, J. (2001).

The 7 Habits of Highly Effective Teens. By: Covey, S. (1998).

Yes, Your Teen Is Crazy. Loving Your Kid Without Losing Your Mind. *By: Bradley, M. J.* (2003).

Yes, Your Parents Are Crazy. A Teen Survival Guide. By: Bradley, M. J. (2004).

You Grow Girl!: A Self-Empowering Workbook for Tweens & Teens. *By: Scarano-Osika, G. & Dever-Johnson, K. (2008).*

Miscellaneous

Beyond the Blues: A Workbook to help Teens Overcome Depression. *By: Schab, L.* (2008)

Cutting: Understanding & Overcoming Self-Mutilation. By: Levenkorn, S. (1998).

Don't Tell A Whopper on Friday: The Children's Truth-Control Book. By: Moser, A.

Everybody Needs A Rock. By: Baylor. B. (1974)

Have you Filled your Bucket today? A guide to Daily Happiness for Kids. *By: McLeod, C. (2016)*

I Don't Have An Uncle Phil Anymore. By: White Pellegrino, M. (1999)

Nobody's Perfect: A Story for Children About Perfectionism. *By: Flanagan Burns, E.* (2009)

Siblings: You're Stuck with Each Other, So Stick Together. By: Crist, J. (2010)

Stopping the Pain: A workbook for Teens who Cut & Self-Injure. By: Shapiro, L. (2008)

The Girl Who Never Made Mistakes. By: Pett, M., Rubinstein, G. (2011)

The Power of Henry's Imagination. By: Byrne, S. (2015)

What on Earth Do You Do When Someone Dies? By: Romain, T. (1999)

When Someone You Love Has Cancer: A Guide to Help Kids Cope. *By: Lewis, A.* (2005).

Potty Training

Sammy the Elephant & Mr. Camel: A Story To Help Children Overcome Bedwetting. *By: Mills, J., Crowley, R. (1988)*

Softy the Poop: Helping Families Talk About Poop. By: Duhamel, T. (2015)

Super Pooper: A Cute Story on How To Bring Fun and Laughter to Potty Training. *By: Sloan, M. (2017)*

Self-Esteem

Be Yourself! By: Swirsky, J. (2015)

Feeling Good! Self Esteem Activity Book. By: Boulden, J. & Boulden. J. (1993)

Happy to Be Me: A Kid's Book About Self-Esteem. By: Adams, C. (2001)

Helping Children to Build Self-Esteem: A Photocopiable Activities Book. *By: Plummer. D.M.* (2007)

The Self-Esteem Workbook for Teens: Activities to Help you Build Confidence and Achieve your Goals. *By; Schab, L. (2013)*

Think Good-Feel Good. A Cognitive Behaviour Therapy for Children and Young People. By: Stallard, P. (2002)

What I like about me! By: Zobel-Nolan, A. (2005)