

BOOKS FOR PARENTS

Anxiety and Stress

The relaxation and stress workbook for kids

Shapiro, L. E., & Sprague, R. K. (2010). Oakland, CA: New Harbinger Publications.

Parenting your anxious child with mindfulness and acceptance

McCurry, C. (2010). Oakland, CA: New Harbinger Publications.

Up and down the worry hill: A children's book about Obsessive-Compulsive Disorder and its treatment

Wagner, A. P. (2000). Rochester, NY: Lighthouse Press.

Helping your anxious child: A step-by-step guide for parents

Rapee, R. M., Spence, S. H., Cobham, V., & Wignall A. (2000). Oakland, CA: New Harbinger Publications.

Helping your child with OCD

Pedrick, C., & Fitzgibbons, L. (2003). Oakland, CA: New Harbinger Publications.

Helping your child overcome separation anxiety or school refusal

Eisen, A. R., Engler, L. B., & Sparrow, J. D. (2006). Oakland, CA: New Harbinger Publications.

Helping your socially vulnerable child

Eisen, A. R., & Engler, L. B. (2007). Oakland, CA: New Harbinger Publications.

Parenting your stressed child

Bailey, M. L. (2011). Oakland, CA: New Harbinger Publications.

Freeing your child from obsessive-compulsive disorder

Chansky, T. E. (2000). New York: Three Rivers Press.

Freeing your child from anxiety

Chansky, T. E. (2004). New York: Three Rivers Press.

Depression, Sadness, and Moodiness

What to do when you grumble too much: A kid's guide to overcoming negativity

Heubner, D. (2006). Washington, DC: Magination Press.

Helping your depressed child: A step-by-step guide for parents

Barnard, M. U. (2003). Oakland, CA: New Harbinger Publications.

Optimistic child: A proven program to safeguard children against depression and build lifelong resilience

Seligman, M. E. P., Reivich, K., Jaycox, L., & Gillham, J. (1995). Boston, MA: Houghton Mifflin.

Parenting a bipolar child

Faedda, G. L., & Austin, N. B. (2006). Oakland, CA: New Harbinger Publications.

Anger and Intense Emotions

Parenting a child who has intense emotions

Harvey, P., & Penzo, J. A. (2009). Oakland, CA: New Harbinger Publications.

1-2-3 magic: Effective discipline for children 2-12

Phelan, T. W. (1995). Glen Ellyn, IL: Child Management

Parenting the strong-willed child: The clinically proven five-week program for parents of two- to six-year olds

Forehand, R., & Long, N. (1996). Chicago, IL: Contemporary Books.

The explosive child: A new approach for understanding and parenting easily frustrated, chronically inflexible children

Greene, R. W. (2001). New York: HarperCollins Publishers.

The power of positive parenting

Latham, G. I. (1990). North Logan, UT: PandT Ink

Your defiant child: Eight steps to better behavior

Barkley, R. A., & Benton, C. M. (1998). New York: Guilford Press.

Autism, Asperger's and Autism Spectrum

Helping a child with nonverbal learning disorder or Asperger's syndrome: A parent's guide
Stewart, K. (2002). Oakland, CA: New Harbinger Publications.

Helping your child with autism spectrum disorder: A step-by-step workbook for families
Lockshin, S. B., Gillis, J. M., & Romanczyk, R. (2005). Oakland, CA: New Harbinger Publications.

Rewards for Kids! Ready-to-use charts and activities for positive parenting
Shiller, V. M., & Schneider, M. F. (2003). Washington, DC: Magination Press.

How to find mental health care for your child
Braaten, E. B. (2010). Washington, DC: Magination Press.

Attention-Deficit Hyperactivity Disorder

Taking charge of ADHD: The complete authoritative guide for parents
Barkley, R. A. (2000). New York: Guilford Press.

Parenting children with ADHD: 10 lessons that medicine cannot teach
Monastra, V. J. (2005). Washington, DC: American Psychological Association

Chronic Hair pulling (Trichotillomania), Nail Biting, and Skin Picking

Help for hairpullers
Keuthen, N. (2001). Oakland, CA: New Harbinger Publications.

Tics and Tourette's

Natural Treatments for Tics & Tourette's: A patient and family guide
Rogers, S.J. (2008). New York: North Atlantic Books.

Tics and Tourette's syndrome: A handbook for parents and professionals
Chowdhury, U., & Heyman, I. (2004). New York: Jessica Kingsley Publications.

Selective Mutism

Helping your child with selective mutism

McHolm, A. E., Cunningham, C. E., Vanier, M. K., & Rapee, R. M. (2005). Oakland, CA: New Harbinger Publications.

BOOKS FOR CHILDREN AND ADOLESCENTS

Cat's got your tongue? A story for children afraid to speak

Schaefer, C. E. (1992). Washington, DC: Magination Press.

Night light: A story for children afraid of the dark

Dutro, J. (1991). Washington, DC: Magination Press.

Scary night visitors: A story for children with bedtime fears

Wineman, M. I., & Marcus, P. (1990). Washington, DC: Magination Press.

My anxious mind: A teen's guide to managing anxiety and panic

Tompkins, M. A., & Martinez, K. (2010). Washington, DC: Magination Press.

Into the great forest: A story for children away from parents for the first time

Wineman, M. I., & Marcus, P. (1992). Washington, DC: Magination Press.

Jessica and the wolf: A story for children who have bad dreams

Lobby, T. (1990). Washington, DC: Magination Press.

What to do when you worry too much: A kids guide to overcoming anxiety

Huebner, D. (2006). Washington, DC: Magination Press.

What to do when your brain gets stuck: A kids guide to overcoming OCD

Huebner, D. (2007). Washington, DC: Magination Press.

Free from OCD: A workbook for teens with obsessive-compulsive disorder

Sisemore, T. A. (2010). Oakland, CA: New Harbinger Publications.

What to do when your temper flares: A kid's guide to overcoming problems with anger
Huebner, D. (2007). Washington, DC: Magination Press.

What to do when you dread your bed: A kid's guide to overcoming problems with sleep
Huebner, D. (2008). Washington, DC: Magination Press.

What to do when your bad habits take hold: A kid's guide to overcoming nail biting and more
Huebner, D. (2008). Washington, DC: Magination Press.

It hurts when I poop! A story for children who are scared to use the potty
Bennett, H. J. (2007). Washington, DC: Magination Press.

On your own: A college readiness guide for teens with ADHD/LD
Quinn, P. O., & Maitland, T. E. L. (2011). Washington, DC: Magination Press.

Why are you so scared? A child's book about parents with PTSD
Andrews, B. (2011). Washington, DC: Magination Press.

Chillax! How Ernie learns to chill out, relax, and take charge of his anger
Craver, M. M. (2011). Washington, DC: Magination Press.

Russell's world: A story for kids about autism
Amenta, C. A. (2011). Washington, DC: Magination Press.

Max Archer, kid detective: The case of the wet bed
Bennett, H. J. (2011). Washington, DC: Magination Press.

Nobody's perfect: A story for children about perfectionism
Flanagan Burns, E. (2008). Washington, DC: Magination Press.

The grouchies
Wagenbach, D. (2009). Washington, DC: Magination Press.

Depression is the pits, but I'm getting better: A guide for adolescents

Garland, E. J. (1997). Washington, DC: Magination Press.

ADD and the college student: A guide for high school and college students with attention deficit disorder

Quinn, P. O. (2001). Washington, DC: Magination Press.

Putting on the brakes: Understanding and taking control of your ADD or ADHD

Quinn, P. O. & Stern, J. M. (2009). Washington, DC: Magination Press.

Attention, Girls! A guide to learn all about your AD/HD

Quinn, P. O. (2009). Washington, DC: Magination Press.

Otto learns about his medicine: A story about medication for children with ADHD

Galvin, M. (2001). Washington, DC: Magination Press.

Lion's aren't scared of shots: A story for children visiting the doctor

Bennett, H. J. (2007). Washington, DC: Magination Press.