

Stratford Central School Council

Parent Resource Library

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have been donated by
Central parents and purchased
with donated funds from
The Stratford Rotary Club.

The Parent Resource Library is
located on a cart in the Central
school library and is accessible
during school hours.

Stratford Central School Council Parent Resource Library

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The Wonder of Boys

Gender Issues: Girls

Girls Gone Mild: Young Women Reclaim Their Self-Respect and Find It's Not So Bad

to be Good

"Mom Sex is No Big Deal!"

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Parenting with Wit and Wisdom

Parental Separation & Divorce

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Girls Gone Mild: Young Women Reclaim Their Self-Respect and Find It's Not So Bad to be Good

"Mom Sex Is No Big Deal!"

The Real Truth about Teens and Sex

Third Base Ain't What It Used to Be

Single Parenting

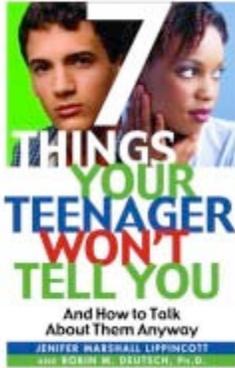
How to Turn Boys into Men without a Man around the House

The Complete Single Mother

Step-parenting/Blended Families

Yours, Mine, and Ours

Updated March 18, 2008



7 Things Your Teenager Won't Tell You: And How to Talk About Them Anyway

By Jennifer Marshall Lippincott

YES, YOU CAN TALK WITH YOUR TEENAGER
Every teenager keeps secrets. If you're like most parents, you worry about what your kids don't tell you. In this guide to keeping pace—and peace—with teens, authors Jenifer Lippincott and Robin Deutsch offer a deceptively simple plan for talking to your kids that's based on a simple set of rules: Teens need to stay safe, show respect, and keep in touch.

"This book provides sound, concrete advice about how to communicate effectively with your teenager. It offers a wealth of examples to help guide parents who struggle to stay connected during this critical time in their children's lives. I highly recommend it."

—ALVIN F. POUSSAINT, M.D., Professor of Psychiatry,
Harvard Medical School and Judge Baker Children's Center

Categories:
**General Parenting
Communication**

Call Number: PRO 649.125 LIP

Barcode:

Published: 2005

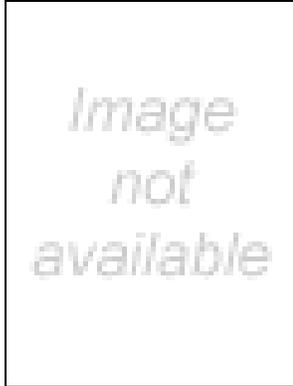
Published By: Ballantine Books

ISBN: 0812969596

Purchased by SCSC with a donation by
The Stratford Rotary Club 2007

Jenifer Lippincott holds a Masters degree in Human Development from Harvard University, and a Bachelor of Arts in English from Tufts University. She is a frequent speaker on adolescent issues and has appeared on NBC's The Today Show. Her quotes can be found in publications such as The New York Times, USA Today, The Boston Globe, The Chicago Tribune, and The Miami Herald.

Number Available: 1



Call Number: PRO 616.8526 BYR

Barcode: 39783000323416

Published: 1987

Published By: Schocken Books

ISBN: 0805240322

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The Stratford Rotary Club 2006/2007

A Parent's Guide to Anorexia and Bulimia: Understanding and Helping Self-Starvers and Binge/Purgers

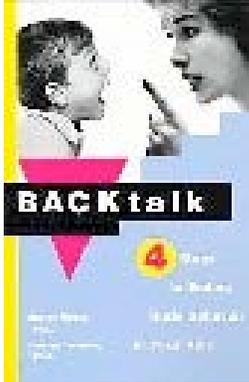
By Katherine Byrne

This book explains the psychological factors behind eating disorders, discusses the importance of therapy, and tells parents how they can help their anorexic child.

This book is based on the author's personal experience of watching her daughter nearly starve to death, and on her years of involvement with a parents' support group. Illustrated with actual case histories, this book offers detailed, practical advice.

Number Available: 1

Categories:
Eating Disorders



Categories:
General Parenting

Call Number: PRO 649.64 RIC

Barcode: 39783000323044

Published: 1998

Published By: Simon & Schuster NY

ISBN: 068484124X

Purchased by SCSC with a donation by
The Stratford Rotary Club 2006/2007

Backtalk: Four Steps to Ending Rude Behavior in Your Kids

**By Audrey Ricker,
Carolyn Crowder**

Ricker, a teacher, and Crowder, a psychologist, present a compact plan for dealing with backtalking kids. The authors define their topic as including such phenomena (common among teenagers, but quite likely to strike much earlier) as sudden rudeness, nasty tone, inflected syllables, hostility and bullying control of the conversation. They make clear that their advice pertains only to mentally healthy children and not to those with serious neurological or psychiatric disabilities. While allowing that respectful disagreement or assertive communication in kids is appropriate, the authors suggest that parents nip backtalk in the bud. Their four deceptively simple steps include recognizing backtalk when it occurs; choosing a logical consequence; enacting the consequence; and disengaging from the struggle. If a child is rude at dinner, for instance, one "logical consequence" is to remove that child's dinner. They claim that if parents refuse to give in to backtalk, their homes will soon be characterized by positive communication rather than by sullen faces, eye rolling and angry sarcasm. Peppered with realistic dialogues and case histories, the book, while hardly eye-opening, will be useful for parents who want to maintain a mutually respectful dialogue with their growing children.

Audrey Ricker, Ph.D., has written four books for major publishers. She received her doctorate in Education from the Univ. of AZ with an emphasis in Media Literacy. She teaches teachers how to understand kids' use of mainstream media, including television, film, music, and video games.

Other books include:

Whining

How Happy Families Happen

The Ultimate Betrayal

Backtalk for Grandparents

Number Available: 1



Categories:
Parental Separation and Divorce

Call Number: PRO 306.89 JOU

Barcode: 39783000323432

Published: 1994

Published By: Health Canada

ISBN: 0662215133

Purchased by SCSC with a donation by
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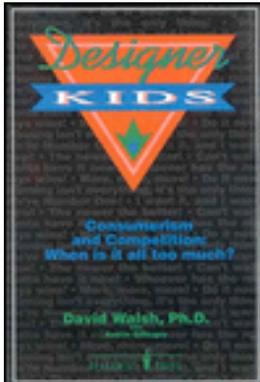
Because Life Goes On: Helping Children and Youth Live With Separation and Divorce a Guide for Parents

By Natacha Joubert

Because Life Goes On... Helping Children and Youth Live with Separation and Divorce" is a Health Canada publication intended to reach out to Canadian families in need of information and resources to help their children to live through the process of separation and divorce. This booklet is also designed to assist professionals in such fields as social services, health, justice and education, in their work with children and their parents. It also includes up-to-date resources and organizations available in your community and across Canada that can provide you with information, support and services. Every family's experience with separation and divorce is different. There is no "typical" divorce and no "magic formula" for helping children deal with the process.

Natacha Joubert is part of Mental Health Promotion Unit, Health Canada

Number Available: 2



Designer Kids : Consumerism and Competition : When Is It All Too Much?

By David Allen Walsh

How children are affected by society's two overwhelming obsessions.

"Designer Kids" examines the trend that the author critically calls the "adultification of youth," discussing three major factors: the targeting of consumer goods and marketing to children, overspecialization at an early age, and pressure to accelerate the learning process.

Categories:

**General Parenting
Consumerism**

Call Number: PRO 305.235 WAL

Barcode: 39783000323523

Published: 1990

Published By: Deaconess Press

ISBN: 0925190123

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David Allen Walsh: Committed to the belief that we must work to maximize the benefits and minimize the harm of media's impact on children, David Walsh, Ph.D., founded the National Institute on Media and the Family in 1996. As President, Dr. Walsh spearheads the Institute's efforts to provide information about media to parents, teachers, and other concerned adults-through education, research, and advocacy.

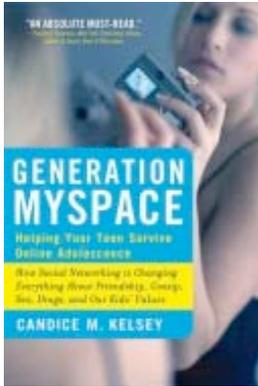
Psychologist, educator, family therapist, author, speaker, husband, and father of three, David Walsh is one of the leading authorities in North America on family life, parenting, and the impact of media on children. He is also a leading voice in addressing the issues of media's impact on brain development in children.

Other books include:

Selling Out America's Children: How America Puts Profits Before Values And What Parents Can Do

Why Do They Act That Way: A Survival Guide to the Adolescent Brain for You and Your Teen

Number Available: 1



Generation MySpace: helping your teen survive online adolescence

By Candice M. Kelsey

Kelsey, a teacher, counselor, and parent, believes that parents must find out how overpowering and influential social sites have become. The message millions of kids receive from today's online culture is scary: that it's important to be successful, a consumer; that glamour is everything and that you must be entertained all the time; relationships are disposable. And, perhaps the most onerous: privacy is not important. Kids can be anybody; they can post any pictures, and they can "friend" anyone or destroy less popular kids with a click. Kelsey shows readers how to create a MySpace account safely and how to interpret what other bloggers are saying. She looks at cyberbullying, porn on a cell phone, "podporn" (pornographic video viewed on iPods), and more. After 300 eyeopening pages, she also helps parents understand how to protect their online teens.

"An alarming but intensely informative and helpful guide to the rapidly escalating hazards of our teens' online world. Read it: It may save not only your parent-child relationship, but also your child!"

—**JANE M. HEALY, PH.D.**, educational psychologist and author of *Failure to Connect: How Computers Affect Our Children's Minds*

Categories:
Internet

Call Number: PRO 305.235 KEL

Barcode:

Published: 2007

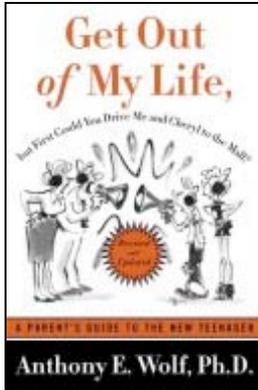
Published By: Marlowe & Company

ISBN: 1600940110

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Candice M. Kelsey is the cofounder of a private high school in Santa Monica, California, where she spends her days mediating online-related dramas among her students. She earned her M.A. from Loyola Marymount University and has more than 200 hours of professional development in education and teen counseling. She is an evaluator for the College Board's Advanced Placement program, the S.A.T., and the U.S. Department of Education. She frequently attends national educational conferences and has researched the influence of the Internet on youth culture for more than eight years.

Number Available: 1



Categories:
General Parenting

Call Number: PRO 306.874 WOL

Barcode: 39783000323374

Published: 2002

Published By: Farrar, Straus and Giroux;
Revised Edition

ISBN: 0374528535

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“Get Out of My Life, but first could you drive me and Cheryl to the mall?”

**By Anthony E. Wolf,
Ph.D.**

When Anthony E. Wolf's witty and compassionate guide to raising adolescents was first published, its amusing title and fresh approach won it widespread admiration. Beleaguered parents breathed sighs of relief and gratitude. Now Dr. Wolf has revised and updated his bestseller to tackle the changes of the past decade. He points out that while the basic issues of adolescence and the relationships between parents and their children remain much the same, today's teenagers navigate a faster, less clearly anchored world. Wolf's revisions include a new chapter on the Internet, a significantly modified section on drugs and drinking, and an added piece on gay teenagers. Although the rocky and ever-changing terrain of contemporary adolescence may bewilder parents, *Get Out of My Life* gives them a great road map.

Get Out of My Life has Spock's common sense, the insight of Freud, and the wit of Bombeck. I welcome this book." --Dorothy Zeiser, Ph.D., Chairman, Department of Child Study
Funny, sound, and compassionate, *Get Out of My Life* will truly help you talk with your kids and not get mad . . ." --Beth Winship, *The Boston Globe*

Anthony E. Wolf, Ph. D. is a practicing psychologist who has been working with children and adolescents for more than thirty years and lectures frequently on parenting topics.

Other books include:

The Secret of Parenting: How To Be in Charge of Today's Kids - From Toddlers to Preteens - Without Threats or Punishment

It's not fair, Jeremy Spencer's parents let him stay up all night!; A guide to the Tougher Parts of Parenting

Why Did You Have To Get a Divorce? And When Can I Get a Hamster?: A Guide to Parenting Through Divorce

Number Available: 1



Girls Gone Mild: Young Women Reclaim Their Self- Respect and Find It's Not Bad to be Good

By Wendy Shalit

In this follow-up to her 1999 *A Return to Modesty*, Shalit takes a second stab at getting the women of the Western world to stand up and take notice of their rampant objectification. Using letters, interviews and various studies, this new book examines current attitudes toward sexuality, "empowerment" and childhood among parents, teachers, kids and the mass media

Categories:

**Gender Issues: Girls
Sex and Sexuality**

Call Number: PRO 305.2352 SHA

Barcode:

Published: 2007

Published By: Random House

ISBN: 1588365859

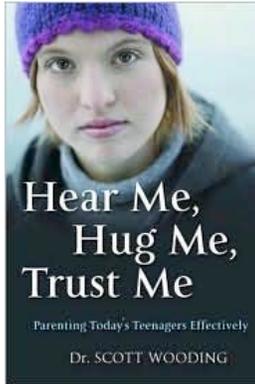
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Wendy Shalit was born in Milwaukee, Wisconsin, and received her Bachelor of Arts in Philosophy from Williams College in 1997. Her first book, *A Return to Modesty: Discovering the Lost Virtue* was published by the Free Press in 1999 and her newest book, *Girls Gone Mild*, was recently published by Random House. She is also the founder of the group blog *ModestlyYours.net*, an online forum for women who don't have a voice in the mainstream media.

Other books include:

Return to Modesty: Discovering the Lost Virtue

Number Available: 1



Categories:
General Parenting

Call Number: PRO 649.125 Woo

Barcode: 39783000323028

Published: 2003

Published By: Fitzhenry & Whiteside Ltd.

ISBN: 1550417711

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Hear Me, Hug Me, Trust Me

By G. Scott Wooding

Do you want to hug your teenager one minute and send him to a desert island the next? Are you tired of the arguments, the messy rooms and the weird music. Does your teenager daughter insist on wearing sloppy clothes and on piercing several parts of her perfectly sound body? *Hear Me, Hug Me, Trust Me* can help.

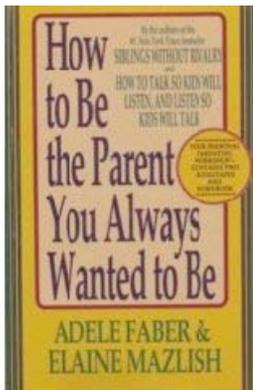
From a teenager's perspective, what are the characteristics of an ideal parent? Dr. Scott Wooding, a practicing psychologist and counselor, asked his junior high school students just this question. *Hear Me, Hug Me, Trust Me* contains lively, informal and frank answers from real teens giving their views on issues of prime importance to them: clothing, homework, music, friends, and curfew, among others. In *Hear Me, Hug Me, Trust Me* teens tell what they like and dislike about how parents treat them and define the twelve characteristics they feel make an ideal parent.

Dr. Wooding was born in Chatham, Ontario and was educated initially in London, where he received his B.A. in Psychology from the University of Western Ontario in 1965. This was immediately followed by an M.A. in Psychology from the University of Waterloo in 1968. After receiving a Diploma in Education from the University of Western Ontario, in 1972, Dr. Wooding's interests in the physiological aspects of Psychology led him to complete a Bachelor of Science degree in Genetics at the University of Guelph in 1973. After several years in the working world, he returned to school, completing a Doctorate in Education in Educational Psychology in 1986 at Brigham Young University in Utah. Since 1984 he has also maintained a private practice in Psychology, specializing in parenting problems and stress management. He is also a frequent public speaker at teachers' conventions and parenting conferences throughout Canada.

Other books include:

The Parenting Crisis
Rage, Rebellion and Rudeness

Number Available: 1



How to Be the Parent You Always Wanted to Be

By Adele Faber, Elaine Mazlish

The authors have written and recorded before about parenting, and it's hard not to respond to their optimism and energy as they talk about how to handle difficult children. The focus is on difficulty, not pathology, so what they talk about are things like excessive arguing, entitlement, maintaining order, and keeping one's own emotional balance when in battle.

Categories:
General Parenting

Call Number: PRO 649.1 FAB

Barcode: 39783000323499

Published: 1992

Published By: Hyperion Books

ISBN: 1562829688

Purchased by SCSC with a donation by
The Stratford Rotary Club 2006/2007

Adele Faber and Elaine Mazlish are internationally acclaimed experts on communication between adults and children, and have won the gratitude of parents and the enthusiastic endorsement of the professional community. Both authors studied with the late child psychologist, Dr. Haim Ginott, and are former members of the faculty of The New School for Social Research in New York City and The Family Life Institute of Long Island University. In addition to their frequent lectures throughout the United States and Canada, they have appeared on every major television show from "Good Morning America" to "The Oprah Winfrey Show." They currently reside in Long Island, New York, and each is the parent of three children.

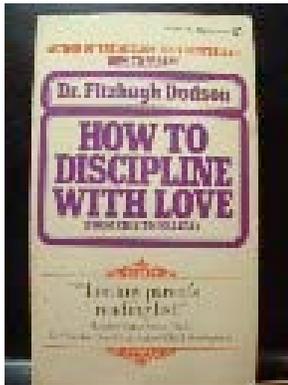
Other books include:

Siblings without Rivalry

How to Talk So Kids Can Learn-At Home and in School

Liberated Parents/Liberated Children

Number Available: 1



Categories:
General Parenting

Call Number: PRO 649.1 DOD

Barcode:

Published: 1978

Published By: New American Library

ISBN: 0892560231

A generous donation 2006/2007

How to Discipline with Love : from Crib to College

By Fitzhugh Dodson

Describes nineteen different strategies of discipline, explains the discipline problems that occur at eight psychological stages of a child's development, and offers suggestions for handling them

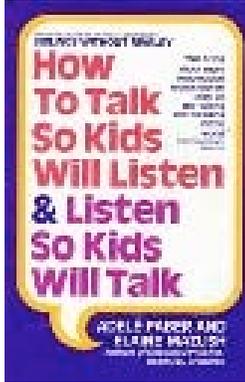
Dr. Fitzhugh Dodson a clinical psychologist , was born in Baltimore and graduated cum laude from Johns Hopkins University and magna cum laude with a Bachelor of Divinity degree from Yale University in 1948. He was ordained a Presbyterian minister the same year. He received his Ph.D. from the University of Southern California in 1957.

Other books include:

How to Father

How to Parent

Number Available: 1



How to Talk So Kids Will Listen and Listen So Kids Will Talk

By Adele Faber, Elaine Mazlish

How to Talk So Kids Will Listen and Listen So Kids Will Talk is an excellent communication tool kit based on a series of workshops developed by Adele Faber and Elaine Mazlish. Faber and Mazlish provide a step-by-step approach to improving relationships in *your* house. The "Reminder" pages, helpful cartoon illustrations, and excellent exercises will improve your ability as a parent to talk and problem-solve with your children. The book can be used alone or in parenting groups, and the solid tools provided are appropriate for kids of all ages.

The book provides all the know-how required for happier, more constructive parent-child relations. Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes interaction with children of all ages less stressful and more rewarding. The Christopher Award-winning authors share their latest insights and suggestions based on feedback they've received over the years. Their real-world methods offer children's negative feelings; express anger without being hurtful; set firm limits and maintain goodwill; use alternatives to punishment; resolve family conflicts peacefully.

Categories:
**General Parenting
Communication**

Call Number: PRO 649.1 FAB

Barcode: 39783000323077

Published: 1982

Published By: Avon Books

ISBN: 0380570009

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The Stratford Rotary Club 2006/2007

Adele Faber and Elaine Mazlish are internationally acclaimed experts on communication between adults and children, and have won the gratitude of parents and the enthusiastic endorsement of the professional community. Both authors studied with the late child psychologist, Dr. Haim Ginott, and are former members of the faculty of The New School for Social Research in New York City and The Family Life Institute of Long Island University. In addition to their frequent lectures throughout the United States and Canada, they have appeared on every major television show from "Good Morning America" to "The Oprah Winfrey Show." They currently reside in Long Island, New York, and each is the parent of three children.

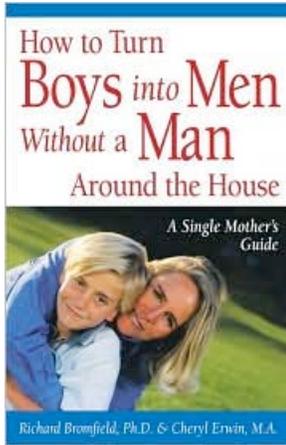
Other books include:

Siblings without Rivalry

How to Talk So Kids Can Learn-At Home and in School

Liberated Parents/Liberated Children

Number Available: 2



Categories:
Gender Issues: Boys
Single Parenting

Call Number: PRO 649.132 BRO

Barcode: 39783000323283

Published: 2001

Published By: Prima Publications

ISBN: 0761536302

Purchased by SCSC with a donation by
The Stratford Rotary Club 2006/2007

How to Turn Boys into Men without a Man around the House

**By Richard Bromfield and
Cheryl Erwin**

How can I be sure that my son grows up secure in his masculine identity? Single mothering asks a lot of a woman, but the end reward is unlike any other; a son who is well-balanced, well-adjusted as a man, and ready for life's challenges. You'll discover age-old wisdom combined with modern-day understanding that will help you deal with the tough issues of raising a son of any age, including attachment and separation, dependency and autonomy, and boundaries and privacy. You'll explore methods to build character, resilience, and identity, as well as find ways to foster healthy attitudes toward women and sex, promote educational and career success, and optimize the influence of your male friends. You'll also uncover ways to take better care of you, perhaps the most neglected aspect of being a single mom. And last, you'll learn how to prepare for the inevitable day you must eventually let your grown son go off to be a man.

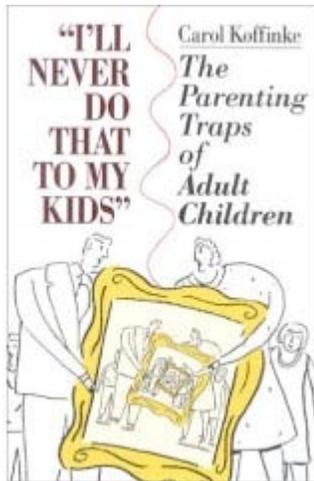
Richard Bromfield, Ph.D., is a psychologist at Harvard Medical School and author of *Handle with Care: Understanding Children and Teachers* and *Playing for Real*. He lives in Brookline with his wife and teenage children.

Other books include:

Handle with Care: Understanding Children and Teachers

Playing for Real

Number Available: 1



Categories:
General Parenting

Call Number: PRO 306.874 KOF

Barcode: 39783000323408

Published: 1991

Published By: Deaconess Press

ISBN: 0925190233

Purchased by the SCSC with a donation by The
Stratford Rotary Club 2006/2007

“I’ll Never Do That To My Kids”: The Parenting Traps of Adult Children

By Carol Koffinke

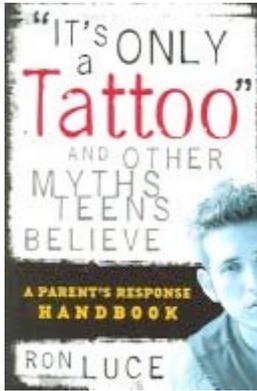
Do your own issues affect your role as a parent? In “I’ll Never Do That To My Kids” Carol Koffinke provides a unique guide for Adult Children and all parent from dysfunctional families. This book examines the problems which typically result from dysfunctional family history, and shows helpful ways to break the destructive patterns and make necessary changes for a sound and healthy family environment.

If you want to become the parent you’ve always wanted to be, this book is for you.

Other Books include:

Mom, You Don’t Understand!

Number Available: 1



“It’s Only a Tattoo” and Other Myths Teens Believe

By Ron Luce

From "What to do if there is a wall between you and your teen" to "What to do if your young person is contemplating suicide"; this book covers the gamut of issues that teens and their parents face and gives practical, Biblical answers to these situations.

Categories:
Christian Parenting

Call Number: PRO 649.125 LUC

Barcode:

Published: 2006

Published By: Life Journey

ISBN: 0781443784

Purchased by SCSC with a donation by
The Stratford Rotary Club 2007

Ron Luce was raised in a broken home and became involved in drug and alcohol abuse while living with his father. At age 16 Luce became a Christian and committed his life to inspiring young people to following Jesus. He received his bachelor's degree in Psychology and Theology from Oral Roberts University and his Masters in Counseling Psychology from the University of Tulsa. In 2002, U.S. President George W. Bush appointed him to the White House Advisory Commission on Drug-Free Communities, on which he served until 2004. Luce joined the board of trustees of Oral Roberts University in January 2008.

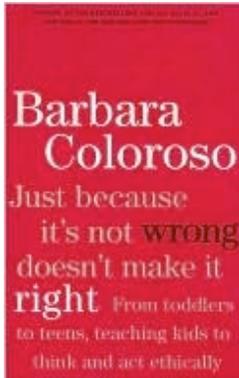
Other books include:

Battle Cry for a Generation: The Fight To Save America's Youth

Battle Cry for My Generation

Move Out: Warriors on a Mission

Number Available: 1



Just Because It's Not Wrong Doesn't Make It Right

By Barbara Coloroso

"If we are to raise kids who can think and act ethically, we don't begin with the thinking or the acting. We begin with *caring*."
—Barbara Coloroso

In her now-classic *kids are worth it!*, Barbara Coloroso offered solid advice and practical parenting techniques that above all preserved the dignity of both parent and child. Coloroso's underlying parenting vision ascribes to parents the responsibility to teach the next generation *how* to think, not just *what* to think, so that they may grow into the best people they can be. Now, in this groundbreaking new book—a natural extension and a profound deepening of her original vision—Coloroso shows parents how to nurture their children's ethical lives, from preschool through adolescence.

We live in a world where children are so often given the message that the ends justify the means; where harmful, even violent behavior—in families, in communities, and around the world—goes unnoticed, unmitigated, and often unrepented; where children's ethical education can come from a T-shirt slogan or bumper sticker, an Internet site, or the evening news; where rigid moral absolutism or moral relativism has replaced true ethical thinking. In a world such as ours, *Just Because It's Not Wrong Doesn't Make It Right* is an essential tool.

Rich in advice and anecdotes, *Just Because It's Not Wrong Doesn't Make It Right* offers no less than an ethical vision, one rooted in deep caring, by which we and succeeding generations may not only live, but thrive.

Categories:
General Parenting

Call Number: PRO 649.7 COL

Barcode:

Published: 2007

Published By: Penguin Canada

ISBN: 0143016091

Purchased by SCSC with a donation by the Stratford Rotary Club 2007

Barbara Coloroso is an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, nonviolent conflict resolution, reconciliatory justice, and grieving. Her uniquely effective parenting strategies were developed over the course of her years of training in sociology, special education, philosophy, and theology, and they have been field-tested through her experience, as a mother of three grown children, classroom teacher, and University instructor. She lives with her husband in Littleton, Colorado.

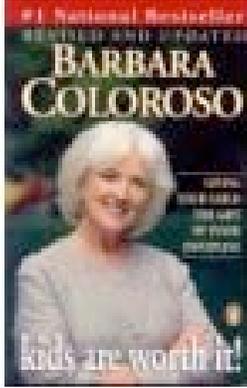
Other books include:

kids are worth it!

Parenting through Crisis

The Bully, the Bullied, and the Bystander

Number Available: 2



Categories:
General Parenting

Call Number: PRO 649.64 COL

Barcode:

Published:2001

Published By: Penguin Canada

ISBN: 014301661X

Purchased by SCSC with a donation by the
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Kids Are Worth It!

By Barbara Coloroso

Chances are that, as a parent, you and Barbara Coloroso already have something in common: you both know that "kids are worth it."

By looking at the difference between encouragement and rewards, discipline and punishment, Coloroso helps parents learn how to empower and influence their children instead of controlling them by teaching them how to think, not what to think.

Revised and updated with new material throughout, including a new chapter on bribes and threats, *kids are worth it!* is an indispensable addition to any family's bookshelf.

Throughout the book, Coloroso examines three approaches to parenting and, through meaningful examples and anecdotes, she demonstrates which approaches work and which don't.

By applying her powerful methods to specific topics such as toilet training, chores and sibling rivalry as well as buffering children from sexual promiscuity, drug abuse and suicide, she feels that teaching kids to take ownership of their feelings and problems can lead to progress toward self-discipline.

Barbara Coloroso is an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, nonviolent conflict resolution, reconciliatory justice, and grieving. Her uniquely effective parenting strategies were developed over the course of her years of training in sociology, special education, philosophy, and theology, and they have been field-tested through her experience, as a mother of three grown children, classroom teacher, and University instructor. She lives with her husband in Littleton, Colorado.

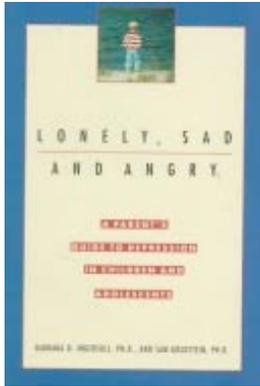
Other books include:

Just Because It's Not Wrong Doesn't Mean It's Right

The Bully, the Bullied and the Bystander

Parenting With Wit and Wisdom in Times of Chaos and Loss

Number Available: 2



Lonely, Sad, and Angry: a Parent's Guide to Depression in Children and Adolescents

By Barbara D. Ingersoll,
Sam Goldstein, PhD

Defining depression in straightforward terms, the authors describe what kinds of behaviors signal depression in children and explain how to tell if a child is depressed. They discuss causes of depression and examine treatment options. Detailed information is provided about what parents and teachers can do to help depressed children in school and at home.

Categories:
Adolescent Depression

Call Number: PRO 616.8527 ING

Barcode:

Published: 1995

Published By: Doubleday NY

ISBN: 0385476426

Purchased by the SCSC with a donation by the Stratford Rotary Club 2006/2007

Barbara D. Ingersoll, PhD, has devoted over 25 years to treating children with psychological problems and counseling their families. She is the clinical director of Montgomery Child and Family Health Services in Maryland. She lives in Bethesda, Maryland.

Sam Goldstein, PhD, is a clinical instructor in the Department of Psychiatry at the University of Utah School of Medicine. He lives in Salt Lake City, Utah.

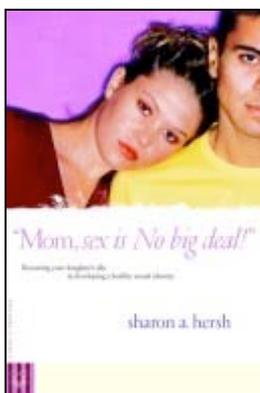
Other books include:

Your Hyperactive Child

Daredevils and Dreamers

Attention Deficit Disorder and Learning Disabilities

Number Available: 1



“Mom Sex is No Big Deal!”

By Sharon Hersh

'But Mom, it's not the same as when you were a teenager....'

Your daughter is right. Never before have teenage girls been so inundated with the idea that sex is a natural part of teenage relationships. The media, the Internet, and your daughter's peers reinforce this myth daily. In fact, the *majority* of teenage girls will experiment with sex. And never before has the price tag of teen sexual behavior been so high- disease, depression, and a distorted view of self.

This is a book of hope and empowerment.

The good news is that you can use the challenges your daughter faces today as catalysts to help her develop a sacred view of sex and of herself. Your daughter *will* make critical decisions during her adolescence and those decisions will have lifelong consequences. But you, as a mother, can have enormous influence over your daughter if you are prepared. *'Mom, Sex Is NO Big Deal!'* will arm you with information and strategies to help your daughter arrive at a place of wholeness as she makes decisions about how she will behave sexually during the most vulnerable period of her life.

Categories:
Gender Issues: Girls
Sex and Sexuality

Call Number: PRO 649.133 HER

Barcode:

Published: 2006

Published By: Shaw Books

ISBN: 0877882029

Purchased by SCSC with a donation by
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Sharon Hersh is a licensed professional counselor and the mother of two teenagers. Author of the acclaimed *Bravehearts* and three previous books in the “Hand-in-Hand” series for mothers of adolescent girls, Sharon is a sought-after speaker for retreats and conferences. She lives with her family in Lone Tree, Colorado.

Other books include:

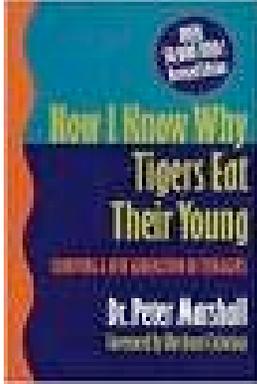
Bravehearts

The Last Addiction

Mom, Everyone Else Does!

Mom, I Feel Fat

Number Available: 1



Now I Know Why Tigers Eat Their Young

By Dr. Peter Marshall

Everyone troubled by teens of their own will find consolation in this book. Dr. Peter Marshall, child psychologist, father of five and former teenager, provides an abundance of practical information, advice and observations on all walks of adolescent and pre-adolescent life. The result is a fun and easy-to-read book for the salvation of beleaguered parents everywhere. Among other things, Dr. Marshall discusses the transition from childhood to adulthood and the drive for independence that can wreak havoc on the whole family. More issues than ever challenge young people today. This book provides thoughtful counsel for dealing with them.

Categories:
General Parenting

Call Number: PRO 649.125 MAR

Barcode: 39783000323259

Published: 1995

Published By: Whitecaps Books

ISBN: 1552858596

Purchased by SCSC with a donation by
The Stratford Rotary Club 2006/2007

Dr. Peter Marshall is a practicing clinician and university professor. He is an international speaker who has written books on stepfamilies and balancing work and home. He lives in Toronto.

Other books include:

Cinderella Revisited: How to Survive Your Stepfamily Without a Fairy Godmother

Sex, Nursery Rhymes and Other Evils: A Look at Bizarre, Amusing, Sometimes Shocking Advice of Victorian Childcare Experts

Number Available: 1



P.E.T. Parent Effectiveness Training

By Thomas Gordon

This book describes a method of training children that is supposed to create a responsible adult. It is a proven method of bringing parents and their children together and to show parents how to help their children become mature, healthy, happy and loving.

Categories:
General Parenting

Call Number: PRO 649.1 GOR

Barcode: 39783000323382

Published: 1974

Published By: Peter H. Wyden N.Y.

ISBN: 0883260395

Purchased by SCSC with a donation by
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Dr. Thomas Gordon a licensed clinical psychologist, received his B.A. from DePauw University, his M.A. from Ohio State University, and his Ph.D. from the University of Chicago, where he served on the faculty for five years. Dr. Gordon was nominated for the Nobel Peace Prize in 1997, 1998 and 1999. He was the recipient of the American Psychological Foundation's 1999 Gold Medal Award for Enduring Contribution to Psychology in the Public Interest. He was also the recipient of the 2000 Lifetime Achievement Award from the California Psychological Association.

Other books include:
Group-Centered Leadership

Parent Effectiveness Training (P.E.T.)

Leader Effectiveness Training (L.E.T.)

Teacher Effectiveness Training (T.E.T.)

Parent Effectiveness Training in Action

Discipline That Works, Sales Effectiveness Training (co-authored with Carl Zaiss)

Making The Patient Your Partner (co-authored with W. Sterling Edwards, M.D.)

Good Relationships; What Makes Them, What Breaks Them (co-authored with Noel Burch).

Number Available: 1

PACKAGING GIRLHOOD
Rescuing Our Daughters from Marketers' Schemes
Sharon Lamb, Ed.D. and Lyn Mikel Brown, Ed.D.



Packaging Girlhood: rescuing our daughters from marketer's schemes

**By Sharon Lamb, Lyn
Mikel Brown**

Argues that the image of girlhood that is being portrayed in American society is stereotypical, demeaning, limiting, and alarming, with images urging girls to put their looks before their studies, sex before sports, and fashion before friendship; and explores how those stereotypes are undermining the independence and success of earlier generations.

Lamb and Brown teach parents how to understand these influences, give them guidance on how to talk to their daughters about these negative images, and provide the tools to help girls make positive choices about the way they are in the world.

Categories:
Consumerism
Gender Issues: Girls

Call Number: PRO 305.2352 LAM

Barcode:

Published: 2007

Published By: St. Martin's Press

ISBN: 0312370059

Purchased by SCSC with a donation by
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Sharon Lamb, Ed.D. is a mom, professor, and clinical psychologist. She is the author of four books which have been reviewed by magazines like "O" and Psychology Today, and newspapers such as The Chicago Tribune, Toronto's National Post, and The San Francisco Chronicle and in parenting magazines such as Parenting, Working Mother, and Better Homes and Gardens, as well as Cosmo, Shape, and Seventeen. Sharon is sought after as an expert commentator on girls and sexuality, girls and aggression, and girls and the media, and she speaks all over the country on these topics.

She is Professor of Psychology at Saint Michael's College in Vermont, where she teaches courses in clinical psychology, child and adolescent development, and gender.

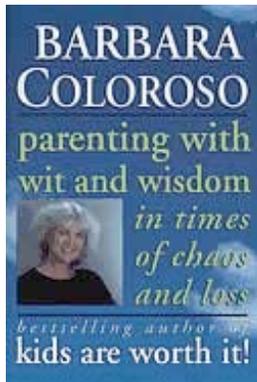
Lyn Mikel Brown, Ed.D. is a mom, professor, and community activist. Her research on girls' social and psychological development has garnered her notice in magazines like People Magazine and Mademoiselle, as well as reviews in newspapers such as The New York Times and Boston Globe. She is the author of four books, including Meeting at the Crossroads: Women's Psychology and Girls' Development (co-authored with Carol Gilligan received her doctorate from Harvard University in Human Development and Psychology. She is Professor of Education and Human Development at Colby College in Waterville, Maine where she teaches courses in adolescent development and girls' development.

Other books include:

The Secret Lives of Girls: What Good Girls Really Do – Sex, Aggression, and their Guilt

Meeting at the Crossroads: Women's Psychology and Girls' Development

Number Available: 1



Parenting With Wit and Wisdom

By Barbara Coloroso

Parenting Wit & Wisdom is a wonderful introduction to the unique philosophy of parenting educator and internationally bestselling author Barbara Coloroso. This companion to her full-length books *kids are worth it!* and *Parenting through Crisis* takes the wit wisdom of each and combines them into a portable treasure of quick tips and solid advice on both the basics of parenting and helping kids in times of loss, grief, and change.

Categories:
General Parenting
Loss and Grief

Call Number: PRO 155.93 COL

Barcode: 39783000323440

Published: 1999

Published By: Viking Penguin

ISBN: 067088622X

Purchased by SCSC with a donation by
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Barbara Coloroso is an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, nonviolent conflict resolution, reconciliatory justice, and grieving. Her uniquely effective parenting strategies were developed over the course of her years of training in sociology, special education, philosophy, and theology, and they have been field-tested through her experience, as a mother of three grown children, classroom teacher, and University instructor. She lives with her husband in Littleton, Colorado.

Other books include:

kids are worth it!

Parenting through Crisis

The Bully, the Bullied, and the Bystander.

Number Available: 1



Categories:
Drug and Alcohol Use

Call Number: PRO 649.48 BEC

Barcode: 39783000323507

Published: 1990

Published By: CompCare Publications

ISBN: 0896382184

Purchased by SCSC with a donation by
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Parents Who Help Their Children Overcome Drugs

**By Barbara Cottman
Becnel**

Developing her approach to substance-abusing children, the author, a specialist in youth affairs for Los Angeles County, asserts that "recovery is the result of gradual but persistent attempts to change." The voices of parents, the troubled child, siblings and therapists are heard in case histories that represent a cross-section of families throughout the United States. More than a professional observer and reporter, Becnel contributes personal insights stemming from her own co-dependency relationships, first with her sister, a former cocaine addict, and then her son. Negatively enabling behavior is examined with compassion, an understanding of human frailty and an emphasis on the strength that parents and families have within themselves. A helpful state-by-state survey of treatment programs and support groups is appended.

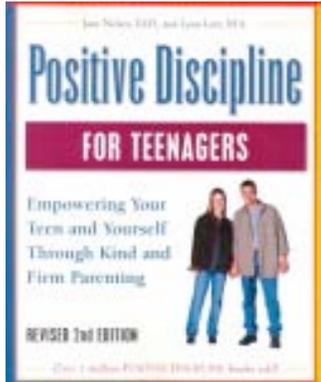
Barbara Cottman Becnel (b. May 30, 1950) is an author, journalist, and film producer. Becnel was a close friend of and advocate for executed Crips co-founder Stanley Williams (a convicted murderer and former gang leader who would later become an anti-gang activist and writer), and editor of Williams's series of children's books, which spoke out against gang violence. She was co-producer of the Golden Globe nominated film *Redemption: The Stan Tookie Williams Story*

Other books include:

The Co-Dependent Parent: Free Yourself by Freeing Your Child"

Gangs and the Abuse of Power

Number Available: 1



Positive Discipline for Teenagers: Empowering Your Teens and Yourself through Kind and Firm Parenting

By Jane Nelson,
Lynn Lott (co-author)

Positive Discipline for Teenagers presents a parenting guide that discusses how to increase communication and understanding with teenagers, including information on winning cooperation without threatening, deciding if a teen's rebellion is normal or excessive, resolving issues from the past, and other related topics.

"I highly recommend this book to parents, teachers, and all others who work with young people. It is one of the best books I have seen on helping adults and adolescents turn their conflict into friendship. Remarkably, it shows how to accomplish this while helping young people develop courage, confidence, responsibility, cooperation, self-respect, and trust. I urge you to read it." —**H. Stephen Glenn, Ph.D., coauthor of *Raising Self-Reliant Children in a Self-Indulgent World.***

Categories:
General Parenting

Call Number: PRO 649.125 NEL

Barcode:

Published: 2000

Published By: Prima Publishing

ISBN: 076152181X

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Jane Nelson, Ed.D., coauthor of the bestselling Positive Discipline series, is a licensed marriage, family, and child therapist. Her books have sold over a million copies. She lives in Salt Lake City.

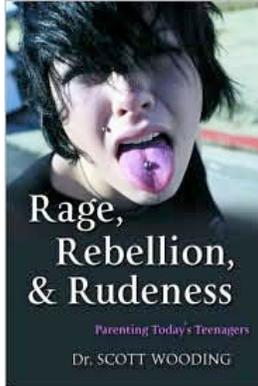
Lynn Lott, M.F.C.C., is the author and co-author of over a dozen books, including Positive Discipline A-Z and Positive Discipline for Teenagers. A popular speaker and therapist in Northern California, she has appeared on the Today show and other national broadcasts. She is the mother of two children and the stepmother of two more.

Other books include:

Positive Discipline in the Classroom, Revised 3rd Edition: Developing Mutual Respect, Cooperation, and Responsibility in Your Classroom

Positive Discipline: The First Three Years: From Infant to Toddler--Laying the Foundation for Raising a Capable, Confident Child

Number Available: 1



Rage, Rebellion, and Rudeness

By G. Scott Wooding

Rage, Rebellion & Rudeness starts by looking at the common personality traits of teenagers irrespective of when their formative years occurred in the 20th century. The book then shifts to an analysis of the most common problems faced by teens today with clear solutions offered. Dr. Wooding's approach is unique in his emphasis on looking at the root causes of teen behaviour. Communication between parent and teen is an absolutely essential aspect of dealing with any problems that arise.

Categories:
**General Parenting
Communication**

Call Number: PRO 649.125 WOO

Barcode: 39783000323085

Published: 2003

Published By: Fitzhenry & Whiteside Ltd.

ISBN: 155041755X

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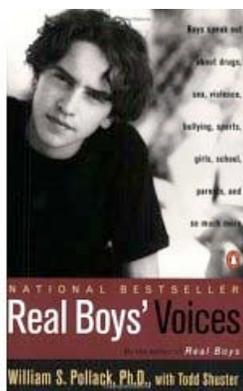
Dr. Wooding was born in Chatham, Ontario and was educated initially in London, where he received his B.A. in Psychology from the University of Western Ontario in 1965. This was immediately followed by an M.A. in Psychology from the University of Waterloo in 1968. After receiving a Diploma in Education from the University of Western Ontario, in 1972, Dr. Wooding's interests in the physiological aspects of Psychology led him to complete a Bachelor of Science degree in Genetics at the University of Guelph in 1973. After several years in the working world, he returned to school, completing a Doctorate in Education in Educational Psychology in 1986 at Brigham Young University in Utah. Since 1984 he has also maintained a private practice in Psychology, specializing in parenting problems and stress management. He is also a frequent public speaker at teachers' conventions and parenting conferences throughout Canada.

Other books include:

Hear Me, Hug Me, Trust Me

The Parenting Crisis

Number Available: 1



Categories:
Gender Issues: Boys

Call Number: PRO 305.23 POL

Barcode: 39783000323010

Published: 2001

Published By: Penguin

ISBN: 0141002948

Purchased by SCSC with a donation by
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Real Boy's Voices: Rescuing Our Sons from the Myths of Boyhood

By William S. Pollack,
Todd Shuster

In his groundbreaking bestseller, *Real Boys: Rescuing Our Sons from the Myths of Boyhood*, Dr. William Pollack delved into the issues that today's boys face, from violence to the limiting notion that boys don't cry. In his follow-up book, *Real Boys' Voices*, Pollack, a clinical psychologist and assistant clinical professor of psychiatry at Harvard Medical School, lets readers get close to his source--the boys themselves, ages 10 to 20, from all around the country. The voices he presents are searingly authentic and eager to be heard. Pollack's basic premise is simple: Despite what society might tell us, boys want to talk. Furthermore, they have a lot to say on a wide variety of topics, including gender issues, friendship, sex, fear of violence, and relationships with their mothers and fathers.

REAL BOYS' VOICES illuminates the secret inner emotional lives of boys today and gets to the heart of what mothers, fathers, teachers and girls want to know, as well as what boys want to know about each other, but are afraid to ask.

"When boys speak about 'being themselves,' many describe a double life in which they are one person in public -- a cool guy who plays fast and lives by the rules of the Boy Code -- and somebody completely different in his private life, often a much more creative, gentle, caring sort of guy." - Dr. William Pollack

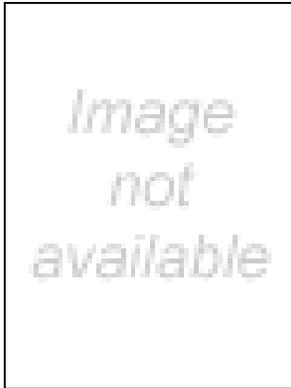
William S. Pollack, Ph.D. is the Director of the Centres for Men and Young Men and the Director of Continuing Education (Psychology) at McLean Hospital and also is Assistant Clinical Professor (Psychology) in the Department of Psychiatry at Harvard Medical School. He is the Past President of the Massachusetts Psychological Association, a member the Boston Psychoanalytic Society, a Diplomate in Clinical Psychology (ABPP, Board Certified), and a Founding Member and Fellow of The Society for the Psychological Study of Men and Masculinity, a division of the American Psychological Association. An internationally recognized authority on boys and men, Dr. Pollack is Founder & Director of the REAL BOYS® Educational Programs.

Other books include:

Real Boys Workbook

Real Boys – Rescuing Our Sons from The Myths Of Boyhood

Number Available: 1



Categories:
Drug and Alcohol Use

Call Number: PRO 649.48 TIT

Barcode: 39783000323531

Published: 1990

Published By: Deacon Press

ISBN: 0925190020

Purchased by SCSC with a donation by
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Relationships at Risk: Assessing Your Kid's Drug Abuse

By Timothy Titus

When an adolescent's relationship to alcohol and drugs becomes primary, everything else becomes secondary, including parents, siblings, teachers and even peers.

Tim Titus, M.P.H., has a Bachelors in Social work and a Masters in Public Health. He has spent the last 30 years working with adolescents and their families, primarily in the area of the prevention of Chemical Dependency problems. For 12 years, Tim taught a class for the University of St. Thomas called, *Moving Kids From Risk to Resiliency*. Tim is currently in the Certification Process to become a Professional and Personal Coach (Life Coach). As a Life Coach Tim helps people find more fulfillment and balance in their life, setting forth to make major life changes. As a coach, Tim brings out the naturally creative and resourceful part of a person to make this life change happen. He is the author of ***Relationships At Risk: Assessing Your Kid's Drug Abuse Potential***, and creator of the ***Titus Risk Chart***.

Tim's life purpose is to "Nurture people toward insight and change." As a Life Coach he is very supportive and eager to celebrate the courage, commitment and success that go into living life to its fullest. Tim and his wife Karen, live in Minneapolis where they have raised their five children.

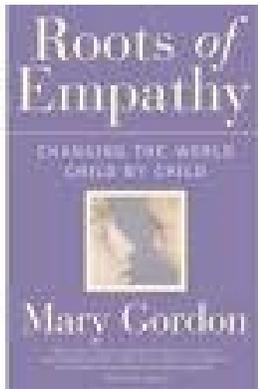
Other books include:

Risk Reduction Group: Parent's Guide

Risk Reduction Group: Teen's Guide

Risk Reduction Group: Facilitator's Guide

Number Available: 1



Roots of Empathy: changing the world, child by child

By Mary Gordon

Mary Gordon, an educator who has worked for more than two decades with children from all kinds of backgrounds, has discovered that the solution to bullying and other anti-social behaviour lies within each child's innate sense of caring and compassion. She believes that infusing children with empathy constitutes nothing less than a paradigm in our approach to child-raising. Even the most troubled children can quell violent and aggressive behaviour if they are loved and nurtured. Through Roots of Empathy, her highly successful organization, Mary Gordon creates a rich, rewarding classroom experience that fosters empathy within children. Bringing babies and children together creates a symbiotic loving environment that reduces aggression in children while increasing tolerance and emotional literacy. An interactive experience for parents, teachers, and children, the Roots of Empathy program aims to solve current and future problems in our society by teaching emotional literacy now.

Categories:
Bullying

Call Number: PRO 372.0114 GOR

Barcode: 39783000294872

Published: 2005

Published By: Thomas Allen

ISBN: 0887621287

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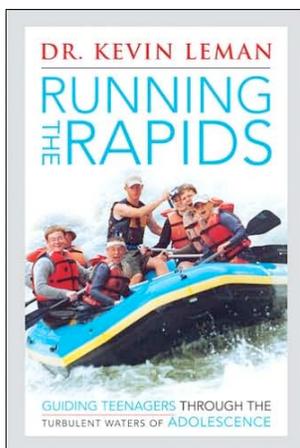
Mary Gordon is the Founder, President, and the inspiration behind Roots of Empathy. In 1996 she founded Roots of Empathy, and in 2005 she founded the Seeds of Empathy program. Mary is a Member of the Order of Canada, author, and social entrepreneur who has created award-winning programs based on the power of relationships as vehicles for learning.

Other books include:

Family Literacy in Canada : Profile of Effective Practices

Vancouver Dialogues

Number Available: 1



Categories:
Christian Parenting

Call Number: PRO 649.125 LEM

Barcode:

Published: 2005

Published By: Tyndale House Publishers Inc.

ISBN: 0842374132

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Running the Rapids

By Dr. Kevin Leman

Ever been white-water rafting? That sudden rush of adrenaline, exhilaration, and white-knuckle terror and that overwhelming sense of foreboding that leaves you gasping for breath and hoping against all hope you'll live to see another day? If so, then you know the thrill, the terror, the risks, and, yes, the rewards of raising adolescents! So strap on your life preserver and join Dr. Kevin Leman as he guides you through the turbulent waters of adolescence. Peer pressure, self-image, dating, sex--Leman covers them all in his trademark "no-holds-barred" style that will bring a smile to the faces and hope to the hearts of even the most beleaguered parents.

Dr. Kevin Leman Internationally known Christian psychologist, is an award winning author, radio and television personality, and speaker. He has taught and entertained audiences worldwide with his wit and common sense psychology. Dr. Leman received his Bachelor's degree in Psychology from the University of Arizona, where he later earned his Master's and Doctorate degrees. Originally from Williamsville, New York, he and his wife, Sande, live in Tucson. They have five children.

Other books include:

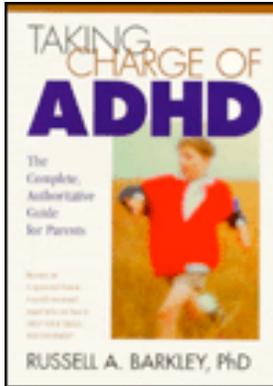
Making Children Mind without Losing Yours

What a Difference a Daddy Makes

My Adopted Child, There's No One Like You

Single Parenting That Works: Six Keys to Raising Happy, Healthy Children in a Single-Parent Home

Number Available: 1



Taking Charge of ADHD: the Complete Authoritative Guide

**By Russell A. Barkley
Ph.D.**

Raising a child with attention-deficit/hyperactivity disorder is not easy. Bombarded with conflicting medical advice and worn down by the daily frustrations of child care, parents are likely to feel exhausted, confused, and helpless. This much-needed, authoritative book empowers parents of children with ADHD with the knowledge and the confidence they need to ensure their child receives the best care possible. Features include step-by-step methods for managing a child with ADHD in a variety of everyday situations; the latest information on available medications; numerous techniques for enhancing a child's school performance; and a special section devoted to the needs of the parents.

Categories:
ADHD

Call Number: PRO 616.8589 BAR

Barcode: 39783000323135

Published: 1995

Published By: Guilford Publishing NY

ISBN: 0898620996

Purchased by SCSC with a donation by
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Russell A. Barkley, PhD, is a professor in the department of psychiatry at the Medical University of South Carolina (MUSC). Barkley is a diplomate in clinical psychology (ABPP), clinical child and adolescent psychology, and clinical neuropsychology (ABCN, ABPP). He has authored or co-edited 15 books and published more than 180 scientific papers and book chapters related to ADHD and its assessment and treatment. His most recent books include edited with Eric Mash, PhD. He has also created five professional videotapes on ADHD, three of which have won national awards.

Other books include:

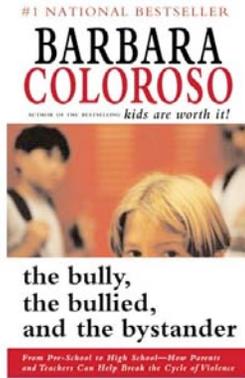
Attention Deficit Hyperactivity Disorder: A Handbook for Diagnosis and Treatment,

Taking Charge of ADHD: The Complete, Authoritative Guide for Parents,

Defiant Children: A Clinician's Manual for Assessment and Parent Training,

Child Psychopathology,

Number Available: 1



The Bully, the Bullied, and the Bystander

By Barbara Coloroso

It's the deadliest combination going: bullies who get what they want from their target, bullied kids who are afraid to tell, bystanders who either watch, participate, or look away, and adults who see the incidents as simply "teasing" and a normal part of childhood.

We have only to look to the headlines to understand that this is a recipe for tragedy. Some bullying victims, their cries unheard, have fought back with violence that has devastated entire communities; others have committed suicide; many more suffer in silence, their lives a constant round of emotional and physical pain. *In The Bully, the Bullied, and the Bystander*, Barbara Coloroso gives parents, caregivers, educators—and most of all, kids—the tools to break the cycle of violence. Drawing on her decades of work with troubled youth, and her wide experience in the areas of conflict resolution and reconciliatory justice, Coloroso offers a compassionate and practical guide that is destined to become a groundbreaking reference on the subject of bullying.

Categories:
Bullying

Call Number: PRO 371.58 COL

Barcode:

Published: 2003

Published By: HarperResource

ISBN: 1853408476

Purchased by the SCSC with a donation by the Stratford Rotary Club 2007

BARBARA COLOROSO is an internationally recognized speaker and author in the areas of parenting, teaching, school discipline, non-violent conflict resolution, reconciliatory justice and grieving. Her uniquely effective parenting strategies were developed over the course of her years of training in sociology, special education, philosophy, and theology, and they have been field-tested through her experience, as a mother of three grown children, classroom teacher, and University instructor. She lives with her husband in Littleton, Colorado.

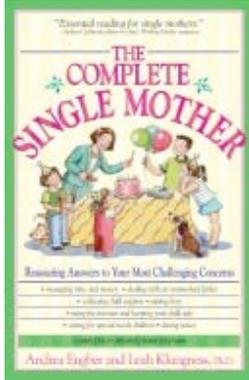
Other books include:

Kids are worth it!

Parenting through Crisis

Just Because It's Not Wrong Doesn't Make It Right.

Number Available: 1



The Complete Single Mother

By Andrea Engber, Leah Klungness

At last, a comprehensive and practical guide for the single parent, filled with expert information and pragmatic advice. Today's world is rapidly changing -- and so is the family. Focusing on how to raise good kids in stressful times, this book offers solutions for tough problems: helping your children through your divorce, building their self-esteem, finding male role models, and responding to questions like, "Where's Daddy?" **The Complete Single Mother** explains what nearly eleven million single mothers need to know to meet the challenges of daily life with dignity, wisdom, courage, and a dash of good humor.

Categories:
Single Parenting

Call Number: PRO 306.87432 ENG

Barcode:

Published: 2006

Published By: Adams Media

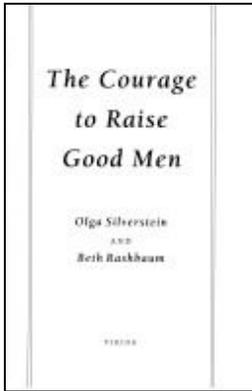
ISBN: 1593374909

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Andrea Engber (Midland, NC) is founder and director of the National Organization of Single Mothers, and editor-in-chief of its publication, *Single Mother*. She won the Outstanding Single Mother Award from National USA Week in 2002, and received a Heart of America Honor for her work on Single Mothers Online in 2003. She raised her son as a single mother.

Leah Klungness, Ph.D. (Locust Valley, NY) is the single mother of two, as well as a psychologist specializing in single parents and their families, especially those facing divorce. She is a regular contributor to *City Parent*, Canada's largest parenting publication, as well as a consultant and frequent contributor to www.singlerose.com.

Number Available: 1



Categories:
Gender Issues: Boys

Call Number: PRO 649.132 SIL

Barcode: 39783000323341

Published: 1994

Published By: Penguin NY

ISBN: 0670848360

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The Courage to Raise Good Men

**By Olga Silverstein and
Beth Rashbaum**

The Courage to Raise Good Men, a revolutionary book that challenges the ancient cultural conventions governing mother-son relationships. It is a radical interpretation that strikes at stereotypical ideas of parenting, childhood development and gender definition. Here are some quotes from a few of the reviews. Gloria Steinem wrote, "*The Courage to Raise Good Men* gives us the faith and know-how to begin a new world in which boys are not betrayed into 'masculinity' by their mothers' retreat, and men and women keep their revolutionary birthright of empathy, love, and connection." Harriet Lerner commented, "A rare and brilliant achievement . . . and an invigorating celebration of human possibility." To Andre Gregory it was, "A stunning work . . . [Silverstein] has woven an exquisite and complex tapestry, blending the personal, the cultural, and the psychological. *The Courage to Raise Good Men* is a unique and totally original book, which I recommend to any man who has ever had a mother, any mother who has ever had a son, and anyone who has ever had a family." The book was widely read around the world and Olga became an international expert on mother-son relationships. (We should all have such a "writing disability." And by the way, to this day she will still insist she has one.)

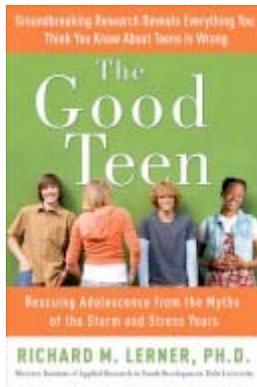
Olga Silverstein is one of the founding members of the family therapy movement here and abroad. A faculty member and therapist at the Ackerman Institute for Family Therapy since 1972, she also has her own private practice and is coauthor of *The Invisible Web: Gender Patterns in Family Relationships*.

Beth Rashbaum has been a freelance book editor and writer since 1983.

Other books include:

The Invisible Web: Gender Patterns in Family Relationships.

Number Available: 1



The Good Teen: rescuing adolescence from the myths of the storm and stress years

**By Richard M. Lerner
Ph.D**

Every teen, whatever their ability or background, has the same potential for healthy and successful development. In *The Good Teen*, Lerner presents the five personality characteristics, called the 5 Cs, that are proven to fuel positive development: Competence, Confidence, Connection, Character, and Caring. When the 5 Cs coalesce, a sixth emerges, Contribution: where young people contribute to their own development in an energetic and optimistic way. He also prescribes specific ways parents can foster the 5 Cs at home and in their communities.

"This outstanding book, written by one of the nation's leading authorities on adolescent development, is a critical read for all interested in youth. It merges scholarship with anecdote to produce a volume that is as informative as it is engaging. For any parent, youth worker, educator or health professional as well, *The Good Teen* provides valuable insights that debunk the myth that this is an age of storm and stress."

--Robert Wm. Blum MD, MPH, PhD, William H. Gates Sr. Professor and Chair Department of Population, Family and Reproductive Health, Johns Hopkins Bloomberg School of Public Health

Categories:
General Parenting
Adolescent Development

Call Number: PRO 155.5 LER

Barcode:

Published: 2007

Published By: Stonesong Press Book/Crown Publishers

ISBN: 0307347575

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RICHARD M. LERNER, Ph.D., is the Bergstrom Chair in Applied Developmental Science and the director of the Institute for Applied Research in Youth Development, Eliot-Pearson Department of Child Development, Tufts University.

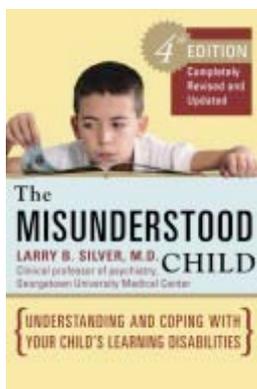
Other books include:

Concepts and Theories of Human Development

Handbook of Child Psychology

Final Solutions: Biology, Prejudice and Genocide

Number Available: 1



Categories:
Learning Disabilities

Call Number: PRO 649.15 SIL

Barcode:

Published: 2006

Published By: Three Rivers Press

ISBN: 03073338630

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The Misunderstood Child: Understanding and Coping with Your Child's Learning Disabilities

By Larry B. Silver

The fully revised and updated must-have resource to help you become a supportive and assertive advocate for your child

In print for more than twenty years, *The Misunderstood Child* has become the go-to reference guide for families of children with learning disorders. This newly revised edition provides the latest research and new and updated content, including:

- How to identify and address specific disabilities, from dyslexia to sensory integration disorder
- New information on the genetics of learning disorders
- Expanded sections on attention-deficit/hyperactivity disorder (ADHD)
- The most recent neurological discoveries about how the brain functions in children with learning disabilities
- Insights about other neurological disorders common among individuals with learning disabilities, such as anxiety disorders, obsessive-compulsive behaviors, anger-control problems, depression, and tic disorders
- Resources, Web sites, and organizations that can aid the treatment process and offer support for both parent and child

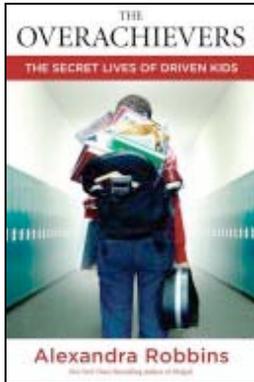
Larry B. Silver, M.D., a child and adolescent psychiatrist, is clinical professor of psychiatry at Georgetown University Medical Center in Washington, D.C. Prior to his current appointment, he was acting director and deputy director of the National Institute of Mental Health.

Other books include:

Attention-Deficit/Hyperactivity Disorder: A Clinical Guide to Diagnosis and Treatment for Health and Mental Professionals

Dr. Larry Silver's Advice to Parents on ADHD

Number Available: 1



The Overachievers: the Secret Lives of Driven Kids

By Alexandra Robbins

In *The Overachievers*, journalist Alexandra Robbins delivers a poignant, funny, riveting narrative that explores how our high-stakes educational culture has spiraled out of control.

With first-hand observations and visits to schools across the country, Robbins tackles hard-hitting issues such as the student and teacher cheating epidemic, overtesting, sports rage, the black market for study drugs, and a college admissions process so cutthroat that some students are driven to depression or suicide because of a B. Even the earliest years of schooling have become insanely competitive, as Robbins learned when she gained unprecedented access into the inner workings of a prestigious Manhattan kindergarten admissions office.

A fascinating page-turner that combines fast-paced storytelling and spectacular investigative journalism, *The Overachievers* aims both to calm the admissions frenzy and to expose its escalating dangers.

Categories:
Adolescent Stress

Call Number: PRO 305.235 ROB

Barcode:

Published: 2006

Published By: Hyperion NY

ISBN: 140130902X

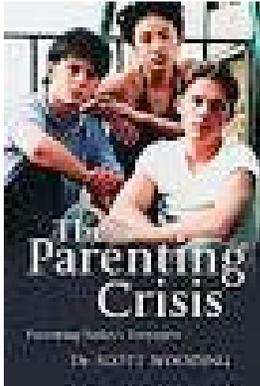
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Alexander Robbins (born in 1976) is an investigative journalist, lecturer, and author. Her books focus on young adults, education, and modern college life and its more secret aspects that are often overlooked or ignored by administrators. At least three of her five books, have been New York Times Best Sellers

Other books include:

Pledged: The Secret Life of Sororities

Number Available: 1



The Parenting Crisis: Parenting Today's Teenagers

By G. Scott Wooding

While most adults have the maturity and experience needed to deal with stress, children do not, writes bestselling author Dr. G. Scott Wooding in *The Parenting Crisis*, and they are showing the effects of stress in both their health and in their everyday behavior. And whether it manifests itself as temper tantrums, bullying, aggression and violence, or emerges in the form of obesity, drug, tobacco and alcohol abuse, recent studies suggest that the stress levels facing young people today are not only greater than at any time in history, but that our failure to recognize and eliminate these stresses has become the number one impediment to healthy parenting. The author of *Rage, Rebellion and Rudeness* and *Hear Me, Hug Me, Trust Me* points out that while adults are well aware that stress can increase the risk of heart attacks and strokes - and can lead to severe depression - few people realize that the high levels of stress facing children today can trigger equally dangerous symptoms. By identifying the causes of this stress, Dr. Wooding offers common sense solutions that will be welcomed by caring parents everywhere.

Categories:

General Parenting
Adolescent Stress

Call Number: PRO 649.125 WOO

Barcode: 39783000323051

Published: 2005

Published By: Fitzhenry & Whiteside Ltd.

ISBN: 1550418432

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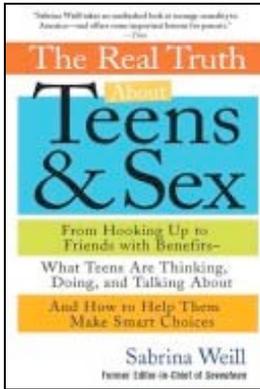
Dr. Wooding was born in Chatham, Ontario and was educated initially in London, where he received his B.A. in Psychology from the University of Western Ontario in 1965. This was immediately followed by an M.A. in Psychology from the University of Waterloo in 1968. After receiving a Diploma in Education from the University of Western Ontario, in 1972, Dr. Wooding's interests in the physiological aspects of Psychology led him to complete a Bachelor of Science degree in Genetics at the University of Guelph in 1973. After several years in the working world, he returned to school, completing a Doctorate in Education in Educational Psychology in 1986 at Brigham Young University in Utah. Since 1984 he has also maintained a private practice in Psychology, specializing in parenting problems and stress management. He is also a frequent public speaker at teachers' conventions and parenting conferences throughout Canada.

Other books include:

Rage, Rebellion and Rudeness

Hear Me, Hug Me, Trust Me

Number Available: 1



Categories:
Sex and Sexuality

Call Number: PRO 649.65 WEI

Barcode:

Published: 2006

Published By: Perigee

ISBN: 0399532803

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The Real Truth About Teens and Sex: From Hooking Up to Friends with Benefits-- What Teens Are Thinking, Talking About, and How to Help Them Make Smart Choices

By Sabrina Solin Weill

A top editor at major teen magazines for more than a decade, Sabrina Weill has earned the trust of teens nationwide. Through thousands of letters, e-mails, and interviews, and now in an exclusive nationwide survey, teens have revealed to her their questions, fears, and concerns about what really goes on at parties, at school, before parents get home from work, online, and elsewhere. Here, Weill reveals what teens have told her-and offers parents and others insights into how to communicate with young people so they'll listen, open up, and think before they act.

Topics include:

- Virginity-keeping it, losing it, and what teens think "the first time" should be like
- The role of peer pressure, the media, and the Internet-and the surprising role parents can play
- Rainbow parties, oral sex, "friends with benefits," and current trends in teen sex lives

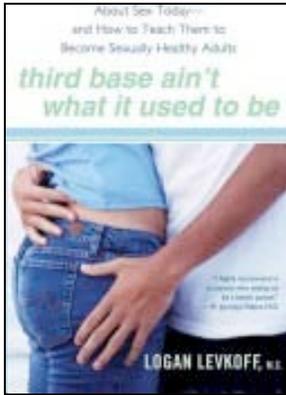
Sabrina Weill has served as editor-in-chief, editor, and Sex and Body editor at *Seventeen*, founding executive editor of *CosmoGIRL*, and editor of Scholastic's teen health magazine *Choices*. She is the author of *The Seventeen Guide to Sex and Your Body* and *We're Not Monsters: Teens Speak Out About Teens in Trouble*. She has a BA in Creative Writing from the University of California at Santa Cruz, and lives in New York City with her husband and two young children. She has appeared on numerous national TV shows including NBC's *The Today Show* and CBS' *The Early Show* and in many local and national papers including *USA Today* and *The Washington Post*. At its first printing, **The Real Truth about Teens and Sex** was excerpted in *Time* magazine.

Other books include:

The Seventeen Guide to Sex and Your Body

We're Not Monsters: Teens Speak Out About Teens in Trouble.

Number Available: 1



Categories:
Sex and Sexuality

Call Number: PRO 649.65 LEV

Barcode:

Published: 2007

Published By: New American Library

ISBN: 0451222490

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The Third Base Ain't What It Used to Be

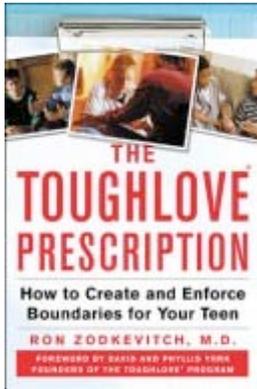
By Logan Levkoff

Cosmopolitan called Logan Levkoff "the Get-it-On Guru [with] smarts and a straight shooter style." Her hip and healthy attitude about sex education has made her one of the country's most popular figures on the lecture circuit. In this groundbreaking book she offers invaluable advice for today's parents who are struggling to answer their kids' questions about sex-or just trying to bring up the topic in the first place. Levkoff offers guidance on discussing everything from gender issues, body image, and sexual orientation, to AIDS and abortion.

When it comes to sex, it's a whole new ballgame-and this book shows every parent how to play it by staying calm, communicating both the facts and their values, and engaging in a healthy conversation about what's really going on between boys and girls.

Logan Levkoff has been a sex educator for over ten years. She lectures across the country and develops and implements sexuality programs for students of all ages. She lives in New York.

Number Available: 1



Categories:
General Parenting

Call Number: PRO 649.125 ZOD

Barcode:

Published: 2006

Published By: McGraw-Hill

ISBN: 007146493X

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The Toughlove Prescription

By Ron Zodkevitch

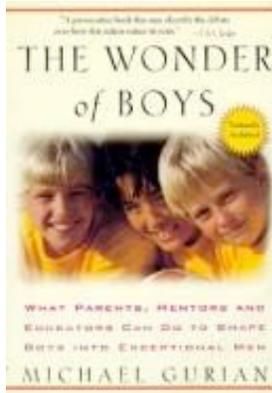
Inspired by the revolutionary bestseller Toughlove®, a guide to help parents discipline their children with love and consistency Toughlove® was an international bestseller and one of the first guidebooks for parents of extremely troubled teens. The Toughlove® Prescription picks up where the million-plus mega-seller left off, helping you discipline your children, who live in a world saturated by cell phones, the Internet, and graphic displays of nudity and violence. Dr. Ron Zodkevitch helps you apply the Toughlove® techniques to more-common problems such as a messy room, smoking, and homework. He also incorporates a new, four-step program for you to reach out to your teens.

You'll learn how to:

- Resolve conflicts and restore balance to your family
- Spot the signs of drug abuse and stop it in its tracks
- Talk to your teen about sex
- Work with teachers to keep your child on track at school
- Deal with the challenges of divorce and blended families
- Recognize the signs of mental illness and manage a mentally ill teen

Ron Zodkevitch, M.D., is the medical director and cofounder of American Family Health Services Group and the chairman of Toughlove® America. He is also an associate clinical professor at UCLA School of Medicine and Drew University School of Medicine.

Number Available: 1



The Wonder of Boys: what parents, mentors, and educators can do to shape boys into exceptional men

By Michael Gurian

In the thoughtful and provocative *The Wonder of Boys: What Parents, Mentors, and Educators Can Do to Shape Boys into Exceptional Men*, therapist and educator Michael Gurian takes a close look at modern boyhood. Gurian asserts that the biological and neurological differences between boys and girls need to be accounted for and nourished in order to raise healthy, happy boys. In discussing boy culture--and the roles of competition, aggression, and physical risk taking--the author concludes, "It's not boy culture that's inherently flawed; it's the way we manage it." If the natural, testosterone-based impulses of boys are squelched or ignored, Gurian posits, such biological truths may find their way to the surface in other, more negative behaviors. He suggests that boys do best when they are part of a "tribe," three families that include: a birth or adoptive family; an extended family of friends, teachers, peers, and mentors; and the "family" of outside culture, media, religious institutions, and community figures. *The Wonder of Boys* offers advice on how to understand and build strong father/son and mother/son relationships, stresses the importance of healthy discipline, and suggests methods of teaching boys about sex, relationships, and spirituality. Parents and teachers of boys will find this book to be an insightful read. --*Ericka Lutz*

Categories:

Gender Issues: Boys

Call Number: PRO 649.132 GUR

Barcode:

Published: 2006

Published By: Tarcher/Penguin

ISBN: 0874778875

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Michael Gurian is a social philosopher, family therapist, corporate consultant, and the New York Times bestselling author of twenty one books published in twenty languages. The **Gurian Institute**, which he co-founded, conducts research internationally, launches pilot programs and trains professionals. Michael has been called "the people's philosopher" for his ability to bring together people's ordinary lives and scientific ideas.

Other books include:

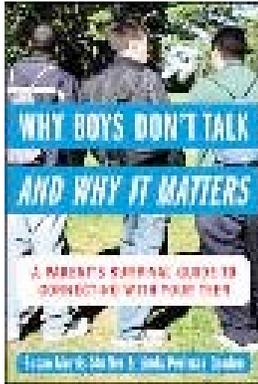
The Minds of Boys – Saving our sons from falling behind in school (co-authored by Kathy Stevens)

Nurture the Nature

What Could He Be Thinking? - How a Man's Mind Really Works

The Wonder of Children

Number Available: 2



Why Boys Don't Talk – and Why It Matters

**By Susan Morris Shaffer,
Linda Perlman Gordon**

Adolescent boys are notoriously uncommunicative. Unfortunately, too many parents equate not talking with not feeling, and, as authors Susan Morris Shaffer and Linda Perlman Gordon explain in this groundbreaking guide, parents who make that assumption end up validating only the most superficial aspects of their sons. Recent bestsellers such as *Real Boys* and *The Wonder of Boys* have done a good job of sensitizing parents to the inner lives of boys and opening their eyes to how society shortchanges boys emotionally.

Now, *Why Boys Don't Talk--and Why It Matters* goes a step further. Coauthored by a nationally acclaimed expert on gender equity and a social worker--both of whom successfully raised teenagers of both sexes--it:

Arms parents with proven techniques for communicating with their adolescent sons and reestablishing strong emotional bonds with them

Draws upon focus groups as well as the authors' considerable experience in gender equity research and counseling, to analyze the subtle ways boys communicate connection

Categories:
Gender Issues: Boys

Call Number: PRO 305.2351 SHA

Barcode:

Published: 2005

Published By: McGraw-Hill

ISBN: 0071417877

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Susan Morris Shaffer is currently the Executive Director of Parents as Essential Partners (PEP), the Parent Information Resource Center for the state of Maryland and the Deputy Director of the Mid-Atlantic Equity Center. Ms. Shaffer is nationally recognized for her work in the development of comprehensive technical assistance and training programs on educational equity and multicultural gender-related issues.

Linda Perlman Gordon, LCSW-C, M.Ed., is a clinical social worker, family therapist, and a trained mediator. She has directed a court-mandated seminar for divorcing parents and, as a member of the Montgomery County Divorce Roundtable, developed the Supervised Visitation Program for Montgomery County, MD. Ms. Gordon has been invited to several Judicial Institutes to speak on issues related to children and divorce. She is a graduate of the Family Therapy Practice Center and has advanced degrees in social work and education.

Other books include:

Why Girls Talk – and What They're Really Saying

Mom, Can I Move Back in with You?

Number Available: 1



Yours, Mine, and Ours

By Anne C. Bernstein

Based on the author's experience as a family therapist and a stepmother and on interviews with over fifty families, this book explores the ramifications for all concerned- remarried parents, his children, her children, and their baby -of having a mutual child. It is essential reading for professionals, for stepfamilies with a mutual child and for anyone thinking of taking that joyful but precarious step towards creating a "yours mine and ours" family.

"Yours, Mine, And Ours" is the first book on stepfamilies to examine each stepfamily role in detail and to map how that role contributes to a family member's particular experience in the stepfamily. – Jamie Kelem Keshet, Ed.D. author of "Love and Power in the Stepfamily"

Categories:

Step-parenting/Blended Families

Call Number: PRO 306.87 BER

Barcode: 39783000323101

Published: July, 1990

Publisher: W. W. Norton & Company

ISBN: 0393306682

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Anne C. Bernstein, PhD is a professor of Psychology at the Wright Institute in Berkley, California.

Other books include:

The Flight of the Stork

Number Available: 1

***Parent Resource Library Booklist
Compiled by Stratford Central School Council***

Last updated: March 18 2008

All information for the book reviews and biographies have been compiled for the Parents Resource Library searching these sites on the internet:

*amazon.com
barnesandnoble.com
books.google.com
chapters.com
google.com
wikipedia.org
abebooks.com*