



## Parenting and Behavioral Health Books 2021

Please note, many of these books and other resources are available through the ACH Children's Health Resource Centers' eBook library. Anyone can borrow [eBooks](#) from the library free of charge.

For more information check out our website at:

[AdvocateChildrensHospital.com/chrc](https://AdvocateChildrensHospital.com/chrc)

Or contact: [kathryn.smart@aah.org](mailto:kathryn.smart@aah.org)

**Red\*\* means eBook is available**

### Anxiety:

*All Birds Have Anxiety* - Kathy Hoopmann (2017)

*Anxiety Relief for Kids*- Bridget Flynn Walker (2017)

\*\*[Anxiety Workbook for Teens](#) - Lisa Schab (2008)

*CBT Toolbox for Children and Adolescents: Over 200 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders* - Lisa Phifer, Amanda Crowder, Tracy Elsenraat, Robert Hull

\*\*[Freeing Your Child From Anxiety](#) - Tamar Chansky, PhD (2014) and her website worrywisekids.org

\*\*[Growing Up Brave](#) - Donna B. Pincus (2018)

\*\*[Helping Your Anxious Child: A Step by Step Guide for Parents](#) - Ronald Rapee, PhD (2008)

*Helping your child overcome separation anxiety or school refusal* - Andrew Eisen

*Keys to Parenting your Anxious Child* - Katharina Manassis

*SOS Help for Emotions: Managing Anxiety, Anger, and Depression* - Lynn Clark

*The mindfulness and acceptance workbook for Teen Anxiety* - Turrell

*What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* (What-to-Do Guides for Kids) - Dawn Huebner (Author), Bonnie Matthews (Illustrator)

*Worried No More* - Aureen Pinto Wagner





## General Parenting:

- \*\* [1, 2, 3 Magic](#) - Thomas Phelan (2016)
- \*\* [How to Talk So Little Kids Listen](#) - Joanna Faber (2017)
- \*\* [The Kazdin Method for Parenting the Defiant Child](#) - Alan Kazdin (2009)
- The Whole Brain Child* - Daniel Siegel
- \*\* [Boundaries with Teens](#) - Dr. John Townsend (2018)
- Hunt, gather, parent: What ancient cultures can teach us about raising children.* M. Doucleff (2021)
- \*\* [The secrets of happy families](#) – Bruce Feiler (2013)
- The gardener and the carpenter: What the new science of child development tells us about the relationship between parents and children –*  
Gopnik, A. (2016).
- \*\* [Kids are Worth It](#) - Barbara Coloroso
- \*\* [No-Drama Discipline](#) – Daniel Siegel & Tina Payne Bryson (2014)
- \*\* [No More Meltdowns](#) - Jed Baker
- SOS Help for Parents* - Dr. Lynn Clark, PhD (2005)
- The Conscious Parent* - Shefali Tsabury

## Depression:

- \*\* [Beyond the Blues](#) - Lisa Schab (2008)
- \*\* [Freeing your Child From Negative Thinking](#) - Tamar Chansky (2020)
- \*\* [The Optimistic Child](#) - Martin Seligman (2016)

## Resiliency:

- \*\* [Building Resilience in Children and Teens](#) – Kenneth Ginsburg (2014)
- Raising an Emotionally Intelligent Child* - John Gottman
- \*\* [The Optimistic Child](#) - Martin Seligman (2016)





## ADHD:

- \*\* [ADHD: What every parents wants to know](#) – Mark Wolraich & Joseph Hagan (2019)
- \*\* [Answers to distraction](#) - Edward Hallowell & John Ratey (2013).
- \*\* [Mindful parenting for ADHD](#) – Mark Bertin (2015)
- \*\* [Smart but Scattered](#) – Peg Dawson, Richard Guare (2011)
- \*\* [Smart but Scattered Teens](#) - Peg Dawson, Richard Guare (2013)
- \*\* [The Survival Guide for Kids with ADHD](#) - John Taylor
- Learning to Slow Down and Pay Attention* - Ellen Rose
- Their Potential* - Peg Dawson & Richard Guare
- The ADHD Workbook for Kids* - Lawrence Shapiro, PhD
- \*\* [Taking charge of ADHD: The complete, authoritative guide for parents](#) – Russell Barkley (2020)

## ASD:

### Autism Websites:

**Autism Speaks** [www.autismspeaks.org](http://www.autismspeaks.org) - useful information, toolkits, and a resource guide

**Autism Resource Directory** - An online resource guide to help families find service and support referrals in Lake, McHenry, Kane, DuPage, Cook, Kendall, Will, Grundy and Kankakee counties

<https://www.rush.edu/services-treatments/psychiatry/autism-resource>

<https://helpisinyourhands.org/course> - free online video modules on how to help young children with autism make progress with social communication

**Association for Science in Autism Treatment (ASAT)** <http://www.asatonline.org> website that reviews current research on available autism treatments

**Autism Navigator** <https://autismnavigator.com/> For families with young children with ASD





## Autism Books:

**\*\*** [\*An Early Start for Your Child with Autism\*](#) - Sally Rogers, Geraldine Dawson, and Laurie Vismara

*Jumpstarting Communication Skills in Children with Autism: A Parents' Guide to Applied Verbal Behavior* by Mary Jane Weiss, Ph.D., BCBA-D & Valbona Demiri, Ph.D., BCBA-D ([www.woodbinehouse.com](http://www.woodbinehouse.com))

*Teaching Language to Children with Autism or Other Developmental Disabilities* - Sundberg and Partington (see [www.difflern.com](http://www.difflern.com))

**\*\*** [\*Making Sense of Autism Spectrum Disorder\*](#) - James Coplan, MD

**\*\*** [\*The New Social Story Book\*](#) – Carol Gray (2014)

*The autistic brain: Helping different kinds of kinds succeed* – Temple Grandin

**\*\*** [\*The Girl Who Thought in Pictures\*](#) The story of Dr. Temple Grandin– Julia Finley Mosca (2020)

*Autism Revolution: Whole-body strategies for making life all it can be*  
Herbert, M. (2012).

## **College Counseling**

*The K & W guide to colleges for students with learning disabilities or attention deficit hyperactivity disorder. 10<sup>th</sup> Edition* – M.B. Kravets & I. Wax (2010)  
[www.PrincetonReview.com](http://www.PrincetonReview.com)

## **Dyslexia / Reading, News / Podcasts**

*At a loss for words: What's wrong with how schools teach reading.* Hanford, E. (August 29, 2019). American Public Media, Educate Podcast.

*A way with words.* Hanford, E. (August 4, 2020). American Public Media Educate Podcast.

*Hard to read: How American schools fail kids with dyslexia.* Hanford, E. (2018). American Public Media.

*Hard words.* Hanford, E. (2018). American Public Media, Educate Podcast

*How science is rewiring the dyslexic brain.* Eden, G. (November 29, 2016) NPR Morning Edition.







## Dyslexia / Reading Books

*Essentials of Dyslexia Assessment and Intervention* – N. Mather, & B.J. Wending (2012).

*Language at the speed of sight: How we read, why so many can't, and what can be done about it* - Seidenberg, M. (2017).

**\*\*** [\*Overcoming dyslexia: Second Edition\*](#) - S. Shaywitz & J. Shaywitz (2020)

## Gifted

**\*\*** [\*Emotional intensity in gifted students: Helping kids cope with explosive feelings\*](#) – C. Fonseca (2016)

## Illinois State Board of Education

*ISBE Dyslexia Toolkit*, with legislation passed 1-13-16 which requires school districts to evaluate students suspect of having dyslexia

*ISBE Parent Guide 2020: Educational Rights and Responsibilities: Understanding Special Education in Illinois.*

<https://www.isbe.net/Documents/Parent-Guide-Special-Ed-Aug20.pdf>

## Language

*Multisensory teaching of basic language skills. 3<sup>rd</sup> Edition.* J.R. Birsh (2011)

**\*\*** [\*Thirty million words: Building a child's brain\*](#) - D. Suskind (2015)

## Sensory Processing

**\*\*** [\*Building Bridges Through Sensory Integration\*](#) ( Aquilla, Paula ; Yack, Ellen ; Sutton, Shirley ; Kranowitz, Carol (FRW)

**\*\*** [\*The out-of-sync child: Recognizing and coping with sensory integration dysfunction\*](#) - C.A.Kranowitz (2006)

The out-of-sync child has fun: Activities for kids with sensory processing disorder – C.A. Kranowitz (2006)





## Behavior

*Defiant children: A clinician's manual for assessment and parent training* – Russell Barkley (1997)

\*\* [\*Your Defiant Child\*](#) - Russell Barkley (2013)

\*\* [\*Your Defiant Teen\*](#) - Russell Barkley (2013)

*SOS: Help for emotions: Managing anxiety, anger, and depression* – Lynn Clark (1998)

*SOS: Help for Parents, Third Edition: A Practical Guide to Handling Everyday Behavior Problems* – Lynn Clark (2005)

\*\* [\*The explosive child Revised and Updated\*](#). Ross Greene (2014)

*The ZONES of Regulation A curriculum designed to foster self-regulation and emotional control* – L. Kupers (2011)

\*\* [\*1-2-3-Magic: Effective discipline for children 2-12\*](#) - Thomas Phelan (2016)

\*\* [\*No drama-discipline: The whole brain way to calm the chaos and nurture your child's developing mind\*](#) Siegel, D. & Bryson, T. P. ( 2014)

## Adverse Childhood Experiences

Film: *Resilience on ACEs / toxic stress* – J. Redford

*Fostering resilient learners: Strategies for*

*creating a trauma-sensitive classroom* – K. Souers & P. Hall (2016)

\*\* [\*Healing the heart: Helping your child thrive after trauma\*](#) – Christine Consecia (2020)

\*\* [\*The Deepest Well: Healing the long-term effects of childhood adversity\*](#)  
Harris, Nadine Burke (2018)

