

Norway P.S. Parent Library

This parent library is housed within the Norway P.S. library. It was developed through funding received from an Ontario Ministry of Education Parents Reaching Out Grant.

We want you to know: Kids talk about bullying, Deborah Ellis

This book is for adults who want to get a more personal perspective on the dangers of bullying, and for kids who may need to hear someone else's story so they don't feel so alone.

The whole brain child: 12 revolutionary strategies to nurture your child's developing mind, Daniel Siegel and Tina Payne Bryson

A practical approach to child-rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. They explain the new science of how the brain is wired and how it matures.

Twenty things adopted kids wish their adoptive parents knew, Sherrie Eldridge

The voices of adopted children are poignant, questioning and they tell a familiar story of loss, fear, and hope. This book gives voice to children's unspoken concerns, and shows adoptive parents how to free their kids from feelings of fear, abandonment, and shame with warmth and candor.

Welcoming your second baby, Vicky Dansky

How to set the stage for a smooth transition when welcoming a second baby into your family including: how to prepare your child to be a big brother/sister, helping your child adjust to sharing mom, dealing with jealousy, rivalry, and sagging self-esteem.

Reading Magic: when reading aloud to our children will change their lives forever, Mem Fox

Explains why reading aloud to young children has an incredible impact on their ability to read – and on their entire lives.

Raising your spirited child: A guide for parents whose child is more intense, sensitive, perceptive, persistent, and energetic, Mary Sheedy Kurcinka

The spirited child is often called difficult or strong-willed and possesses traits we value as adults yet find challenging in children. Raising your spirited child will help you: understand your child's own temperamental traits, discover the power of positive labelling, cope with tantrums and power struggles, plan for success, and develop strategies for handling specific situations.

Autism handbook for parents; facts and strategies for parenting success. Janice Janzen

Includes: practical advice on various treatments and services, concise information on educational interventions and procedures, strategies for

preventing problem behaviours and achieving critical goals, and ways to advocate for your child with autism.

Friendly Facts; a fun, interactive resource to help children explore the complexities of friends and friendship. Dr. Margaret-Anne Carter and Josie Santomauro

A fun educational resource that you can just pick up and start using. A must-read for parents and professionals supporting a child on the autism spectrum. Friendship is cleverly demystified into how to identify who your friends are, how to be a good friend, and how to make and keep friendships.

Blowing bubbles. Kathleen Cherry

Josh always has fun with his grandpa George. They go on excursions! They race go-karts, ride roller coasters and zoom across blue waters. But one day everything changes...How one family deals with a serious illness of a close family member.

A tale of two daddies. Vanita Oelschlager

A heartwarming book that provides a platform for discussing a timely topic: the love and support all children want, and need, from their parents and peers.

A tale of two mommies. Vanita Oelschlager

A heartwarming book that provides a platform for discussing a timely topic: the love and support all children want, and need, from their parents and peers.

Get well soon Grandpa! An Swerts and Jenny Bakker

One day Faye's Grandpa Bert has a stroke and has to stay in the hospital for a long time. She visits him every day and determines to do everything she can to be sure her grandpa gets well soon.

The incredible 5-point scale: The significantly improved and expanded second edition. Kari Dunn Buron and Mitzi Curtis

Assisting students in the understanding of social interactions and controlling their emotional responses.

Unplugged: Ella gets her family back. Laura Pedersen

Being tethered to our screens 24/7 is a huge societal concern for children, families, and teachers. It seems unsolvable but it isn't! In an inspired and inspiring example of 'taking on challenges' shows how a child comes up with a solution that gives her family what our studies show they want most – time to be together and have fun.

Raising a child with Autism. A guide to applied behaviour analysis for parents. Shira Richman

Applied behaviour analysis is increasingly recognized as a highly effective way of helping children with autism spectrum disorders. It is based on a variety of

methods and techniques which can be used to promote skills for daily living and change difficult behaviour.

Kids are worth it! Raising resilient, responsible, compassionate kids. Barbara Coloroso

Good parenting begins by treating kids with dignity and respect, giving them a sense of power in their own lives, and offering them opportunities to make decisions, to take responsibility for their actions, and to learn from their own success and mistakes. Rejecting the quick fix solutions of punishment and rewards, Barbara shows how to use the very stuff of family life to help you guide your children to become self-disciplined, responsible, resilient, compassionate human beings.

Nobody likes me, everybody hates me. The top 25 friendship problems and how to solve them. Michele Borba, Ed.D.

How to help your kid survive the social jungle. A hands on guide for parents and teachers of kids from 4 – 14. This is a resource to help solve problems with teasing, bullying and rejection while boosting your child's social competence.

The sensory child gets organized; proven systems for rigid, anxious, or distracted kids. Carolyn Dalglish

Understand what makes your sensory child tick. Create harmonious spaces through sensory organizing. Use structure and routines to connect with your child. Prepare your child for social and school experiences. Make travel a successful and fun-filled journey.

The bully, the bullied, and the bystander. Barbara Coloroso

It is 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 part of normal childhood. All it takes to understand that this is a recipe for tragedy is a glance at the headlines across the country. This book will give you the tools to break the cycle of violence.

The complete guide to asperger's syndrome. Tony Attwood.

A look at the complexity of the mysterious group of clinical pictures known collectively as Asperger's syndrome, part of the wider autism spectrum. The book describes the puzzling and fascinating aspects of these conditions and brings them vividly to life with illustrations of personal histories.

Raising great parents: how to become the parent your child needs you to be. Doone Estey, Beverley Cathcart-Ross and Martin Nash, M.D.

Three wise and innovative authors build on years of researching, experiencing, and celebrating parents' abilities to reflect, collaborate, and be creative on the journey of parenthood.

Self-esteem games. Barbara Sher

300 fun activities that make children feel good about themselves.

Nurturing resilience in our children. Answers to the most important parenting questions. Robert Brooks, PhD and Sam Goldstein, PhD.

You will learn how to help your children acquire the building blocks of resilience and reinforce those lessons on a day-to-day basis. When you instill resilience in your children, you give them emotional tools they need to resolve problems and make sensible, reasoned decisions throughout their lives.

Intentional Grandparenting. Peggy Edwards and Mary Jaye Sterne.

Most grandboomers (grandparents born between 1946 and 1964) are young, active, and eager to be involved in the lives of their grandchildren.

Grandparenting in the 21st century is often complicated by long distances, new child-rearing practices, family breakups, and remarriage. This book contains 10 child centred principles at that heart of which is 'intentional grandparenting.'

Raising Resilient Children with Autism Spectrum disorders. Robert Brooks, PhD and Sam Goldstein, PhD.

Strategies for helping children maximize their strengths, cope with adversity, and develop a social mindset.

Positive Discipline for single parents. Jane Nelsen, Cheryl Erwin, and Carol Delzer.

Nurturing cooperation, respect, and joy in your single-parent family. Identify potential problems and develop skills to prevent them; budget time each week for family activities; create a respectful co-parenting relationship with your former spouse; use non-punitive methods to help your children make wise decisions about their behaviour.

Positive Discipline A-Z. 1001 solutions to everyday parenting problems. Jane Nelsen, Lynn Lott, and Stephen Glenn.

In this edition you will learn how to use kind and firm methods to raise a child who is responsible, respectful, and resourceful. You'll find practical solutions to parenting challenges such as; sibling rivalry, bedtime hassles, school problems, getting chores done, ADHD, eating problems, procrastination, whining, tattling and lying, homework battles and much more.

Overcoming Dyslexia. A new and complete science based program for reading problems at any level. Sally Shaywitz, M.D.

Provides a definition of what dyslexia is and why some intelligent, gifted people read slowly and painfully. Includes: how to identify dyslexia in preschoolers, schoolchildren, young adults and adults; how to find the best school and how to work productively with your child's teacher; exercises to help children use parts

of the brain that control reading; a 20 minute nightly home program to enhance reading; the 150 most common problem words-a list can give your child a head start; ways to raise and preserve a child's self-esteem and reveal his strengths; stories of successful men and women who are dyslexic.

The complete lesbian & gay parenting guide. Arlene IStar Lev.

A guide for single parents, same-sex couples, bi-sexual and transgendered families. Includes information on: medical procedures; the adoption option; and legal, emotional and practical issues.

Step Parenting and the Blended Family. Recognizing the problems and overcoming the obstacles. Dr. Scott Wooding

Resolve breakup baggage of a previous marriage that can doom new relationships. Bond with a stepchild when there is no biological connection. Work with a new partner's parenting style. Establish parental authority and encourage stepchildren to accept discipline.

Social Rules for Kids. The top 100 social rules kids need to succeed. Susan Diamond.

A detailed, yet easy to read map to help navigate the social world. The book breaks down key social skills into friendly, bite-sized chunks that kids can refer to quickly and apply immediately.

Smart kids with learning difficulties. Overcoming obstacles and realizing potential. Rich Weinfeld, Linda Barnes-Robinson, Sue Jeweler, and Betty Roffman Shevitz.

Includes: identifying and recognizing gifted/learning disabled students, what the law says about this population, planning and developing accommodations that empower these students, what works and what doesn't in the classroom, tools and checklists to build supportive learning environments, and the roles and responsibilities of parents, students and school personnel.

The optimistic child. A proven program to safeguard children against depression and build life long resilience. Martin E.P. Seligman, PhD.

Offers parents, teachers, and coaches a well-validated program to prevent depression in children. In a thirty-year study, Seligman and his colleagues discovered the link between pessimism – dwelling on the most catastrophic cause of any setback – and depression. Seligman shows adults how to teach children the skills of optimism that can help combat depression, achieve more on the playing field and at school, and improve their physical health.

Parenting from inside out. How a deeper self-understanding can help you raise children who thrive. Daniel J. Siegel and Mary Hartzell

This book will help you be a better parent at any point in your life. It demystifies what is happening for you the parent when you and your child find yourselves embroiled in a power struggle that seems disproportionate to the events at

hand. It explains what is going on for you and what is likely happening for your child.

The Explosive Child. A New approach for understanding and parenting easily frustrated chronically inflexible children. Ross W. Greene, PhD

What is an explosive child? A child who responds to routine problems with extreme frustration – crying, screaming, swearing, kicking, hitting, biting, destroying property, and worse. A child whose frequent severe outbursts leave his or her parents feeling frustrated, scared, worried, and desperate for help. This book understands why many strategies used with other children don't work on the explosive child and offers an alternative way to handle situations before, during and after they arise.

The guide for separated parents. Putting your children first. Karen & Nick Woodall.

Children living in separated family situations fare best when their relationship with each of their parents continues to be close. Putting children first helps mothers and fathers unlock and resolve the conflict around contact with children that can arise during and after separation. Using strategies such as parenting plans, scripted phone calls and parenting meetings, the book will enable parents to communicate effectively on all the most important things in their children's lives – and make relaxed arrangements for the continued involvement of both parents with their children.

The autism checklist. A practical reference for parents and teachers. Paula Kluth, PhD.

A practical resource filled with information, tips, and checklists for helping kids with autism. This useful, accessible guide offers teachers and parents a better understanding of children in the autism spectrum and provides them with the kinds of support and intervention need. The book covers 5 major areas: basic information on autism, checklists for parents, checklists for teachers, effective support strategies, and helpful resources.

Equally shared parenting. Rewriting the rules for a new generation of parents. Marc and Amy Vachon

This book shows you how to create a balanced life that is rarely experienced by today's parents. It's not just about who vacuums and who does the dishes, or who brings in the paycheck and who tends to the kids. You'll learn to look at every aspect of parenthood, money, careers, and your individual needs, so you can build a life that works for you both.

How to help children through a parent's serious illness. Supportive and practical advice from a leading child life specialist. Kathleen McCue

A standard resource for over 15 years providing supportive, practical advice, based on a lifetime of experience and clinical practice of one of America's leading child life practitioners. This book explores new material including the

dangers and opportunities of the internet, a deeper understanding of how hereditary diseases affect children, the impact of the explosive growth of single parent families, and new insights into how family trauma and a parent's mental illness may affect children.

Siblings without rivalry. How to help your children live together so you can live too. Adele Faber and Elaine Mazlish

The authors were determined to figure out how to help their children get along. The result was this wise, ground breaking book which gives parents the practical tools they need to help children to experience the joys of their special relationship. The authors explain how and when to intervene in fights, provide suggestions on how to help children channel their hostility into creative outlets, and demonstrate how to treat children unequally and still be fair.

No more meltdowns. Positive Strategies for managing and preventing out-of-control behaviour. Jed Baker, PhD

It could happen anywhere. At home. At school. At the grocery store. Meltdowns are stressful for both child and adult. Dr. Jed Baker offers parents and teachers strategies for preventing and managing meltdowns. His 20+ years of experience working with children with autism, combined with his own experience raising his own children, have yielded time-tested strategies, and results. A 4 step model that will improve your everyday relationships with the children in your life: 1) managing your own emotions by adjusting your expectations, 2) learning strategies to calm a meltdown in the moment, 3) understanding why a meltdown occurs, and 4) creating plans to prevent future meltdowns.

No mind left behind. Understanding and fostering executive control – the eight essential brain skills every child needs to thrive. Adam J. Cox

From the cutting edge of science, eight crucial skills for children. This is a program to help children master 8 essential cognitive skills that are critical for success in life and work:

1. Taking initiative
2. Screening out distractions
3. Organizing
4. Thinking flexibly
5. Planning
6. Regulating emotions
7. Self-monitoring
8. Using memory effectively

Building emotional intelligence. Linda Lantieri

Techniques to cultivate inner strength in children.

Getting to CALM Cool-headed strategies for parenting tweens and teens. Laura S. Kastner and Jenifer Wyatt

Parenting a teenager is tougher than ever, but new brain research offers new insight into the best way to connect with teens. With humour, wisdom and deep understanding of the teenaged brain, noted teen expert Dr. Laura Kastner shows parents how to stay calm and cool-headed while dealing with hot-button issues everything from rude attitude and lying to sex and substance abuse. With clear, easy to follow suggestions for setting limits while maintaining a close and loving relationship.

The read-aloud handbook. Includes a giant treasury of great read-aloud books. Jim Trelease

A three decade classic that helps countless children become avid readers through awakening their imaginations and improving their language skills. This book discusses the benefits, rewards, and the importance of reading aloud to children of a new generation.

The incredible years. A trouble shooting guide for parents aged 3-8 years. Carolyn Webster-Stratton

This book is straightforward and full of knowledge that has been tested through much research. This book is highly recommended for children with behaviour challenges. It provides advice that works.

Speaking of Sex. What your children need to know and when they need to know it. Meg Hickling

Addressing all the stages of child development and what kids need to know as preschoolers, elementary kids, junior high and senior high. Helps to ease a parent into talking about sex with your kids. Helpful explanations for why it is important to start the conversation at a young age.

How to talk so kids will listen & listen so kids will talk. Adele Faber and Elaine Mazlish

Includes fresh insights and suggestions as well as the author's time-tested methods to solve common problems and build foundations for lasting relationships, including innovative ways to:

1. Cope with your child's negative feelings without being hurtful
2. Engage your child's willing cooperation
3. Set firm limits and maintain goodwill
4. Use alternatives to punishment that promote self-discipline
5. Understand the difference between helpful and unhelpful praise
6. Resolve family conflicts peacefully

Growing up inside and out. Kira Vermond

Puberty is something humans have gone through, quite literally, forever. But that doesn't mean the experience has stayed the same or that there's nothing new to say about the topic. Statistically, kids are hitting puberty earlier than ever. Current attitudes toward sexual behaviour or orientation, body image,

bullying, mental health, and a host of other related subjects are linked to the changes going on in kids' heads, hearts, and bodies.

No more misbehavin'. 38 difficult behaviours and how to stop them. Michele Borba

Parenting expert Michele Borba tackles the most common bad behaviours that kids aged 3 to 12 repeat over and over. Behaviours that drive parents crazy. In this enormously useful, simple to use book she shows how to change these behaviours for good. Using a series of key tips and guidelines she outlines a step by step plan for a customized makeover that really works. Using the steps here will give you the tools to raise kids with strong values and good character.

Organizing the disorganized child. Simple strategies to succeed in school. Martin L. Kuyscher and Marcella Moran

This book answers parents' question, "How can I help my child get organized without waging a battle?" This book provides a step-by-step plan for an organizational system including:

1. Refining morning and nighttime routines
2. Getting the correct work home
3. Planning the work, and getting it back to where it belongs
4. Tips for reading and note taking
5. Study and test taking skills
6. Learning how to ask the right questions

How to hug a porcupine. Negotiating the prickly points of the tween years. Julie A. Ross

Yesterday, your child was a sweet, well-adjusted eight-year-old. Today, a moody, disrespectful twelve-year-old. What happened? And more important, how do you handle it? How you respond these whirlwind changes will not only affect your child's behaviour now but will determine how he or she turns out later. Julie Ross shows you exactly what's going on with your child and provides all the tools you need to correctly handle even the prickliest tween porcupine.

Raising adopted children. Lois Ruskai Melina

Drawing on the latest research in psychology, sociology, and medicine to guide parents through all stages of their child's development. Addressing issues such as: open adoption, international adoption, and transracial adoption and answers parents questions such as: How will my child bond? When and how should I tell my child he/she was adopted? What schools should be told about my child? An excellent professional resource for social workers, physicians, teachers, therapists, and others working with adopted children and their parents.

Raising a gifted child. Carol Fertig

Providing a large menu of strategies, resources, organizations, tips and suggestions for parents to find optimal learning opportunities for their kids,

covering the gamut of talent areas, including academics, the arts, technology, creativity, music and thinking skills.

Raising a sensory smart child. Lindsey Biel and Nancy Peske

For children with sensory difficulties – those who struggle to process everyday sensations and exhibit unusual behaviours such as avoiding or seeking out touch, movement, sounds, and sights – this ground-breaking book is an invaluable resource. Sensory integration dysfunction, also known as sensory processing disorder, affects all kinds of children—from those with developmental delays, attention problems, or autism spectrum disorders, to those without any other issues.

When dinosaurs die. A guide to understanding death. Laurie Krasny and Marc Brown

The author explains in simple language the feelings people may have regarding the death of a loved one and the ways to honour the memory of someone who has died.

What makes a baby? Cory Silverberg

The playful illustrations and simple but intelligent text illuminate the basic biology of reproduction while honouring today's diversity of families, of gender identities, and of how kids can come into a family.

Henry and Harriet. A hopeful story that validates the feelings of children when someone dies.
H.C. MacArthur

Badger's parting gifts. Susan Varley

Badger's friends are sad when he dies but treasure the memories he left them. The gentle message holds particular validity for children and is conveyed in a tender hearted manner.

Is a worry worrying you? Ferida Wolff and Harriet May Savitz

Adults think of childhood as a carefree time, but the truth is that children worry, and worry a lot, especially in our highly pressurized era. This book addresses children's worries with humour and imagination, as hilarious scenarios teach kids the use of perspective and the art of creative problem-solving.

Keys to parenting your anxious child. Katharina Manassis, M.D.

How can parents recognize anxieties that affect their child's happiness and well-being, and how can they help their child overcome them? An experienced child psychiatrist answers this important two-part question by describing various anxieties caused behaviour patterns and advising parents on ways to help their child within the context of both family and school environments.

Smart but Scattered: The revolutionary "executive skills" approach to helping kids reach their potential. Peg Dawson, Richard Guare.

There's nothing more frustrating than watching your child struggle with tasks like finishing homework, putting away toys, or following instructions at school. Your "smart but scattered" 4- to 13-year-old might also have trouble coping with disappointment or managing anger. The latest research in child development shows that many kids lag behind in crucial "executive skills" – the fundamental habits of mind required for getting organized, staying focused, and controlling impulses and emotions. Easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines.

Ahead of the Game: The Parents Guide to Youth Sports Concussion. Rosemarie Scholaro Moser

Ain't Misbehavin'. Alyson Schafer

Wishes and Worries: Coping with a parent who drinks too much alcohol. Presented by Centre for Addiction and Mental Health