



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

Or contact: 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 - 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)

Teaching Language to Children with Autism or Other Developmental Disabilities - Sundberg and Partington (see 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. 10th Edition – M.B. Kravets & I. Wax (2010)
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. 3rd 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)

