

A BOOK YOU MIGHT ENJOY:

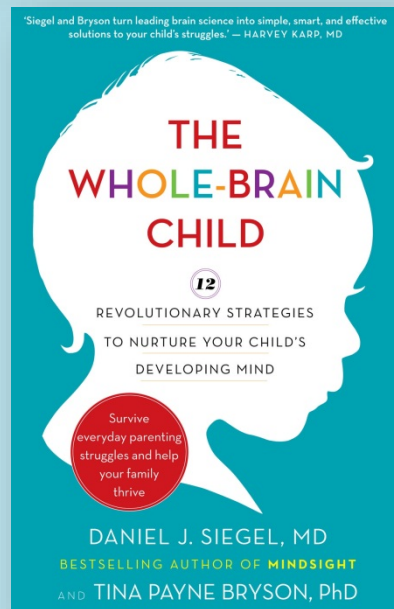
“Your toddler throws a tantrum in the middle of a store. Your preschooler refuses to get dressed. Your fifth-grader sulks on the bench instead of playing on the field. Do children conspire to make their parents’ lives endlessly challenging? No—it’s just their developing brain calling the shots!

Complete with clear explanations, age-appropriate strategies for dealing with day-to-day struggles, and illustrations that will help you explain these concepts to your child, *The Whole-Brain Child* shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.”

THE WHOLE-BRAIN CHILD

12 REVOLUTIONARY STRATEGIES
TO NURTURE YOUR CHILD'S DEVELOPING MIND

DANIEL J. SIEGEL, M.D. AND TINA PAYNE BRYSON, PH.D.



AVAILABLE ON AUDIO!

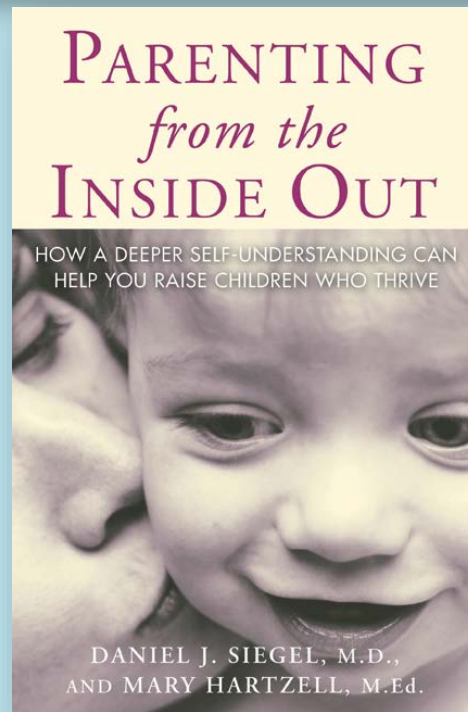
A BOOK YOU MIGHT ENJOY:

“How many parents have found themselves thinking: I can't believe I just said to my child the very thing my parents used to say to me! Am I just destined to repeat the mistakes of my parents? In *Parenting from the Inside Out*, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences actually do shape the way we parent.

Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's thirty years of experience as a child-development specialist and parent educator, *Parenting from the Inside Out* guides parents through creating the necessary foundations for loving and secure relationships with their children.”

PARENTING FROM THE INSIDE OUT *HOW A DEEPER SELF-UNDERSTANDING CAN HELP YOU RAISE CHILDREN WHO THRIVE*

BY DANIEL J. SIEGEL, M.D., AND MARY HARTZELL, M.ED.

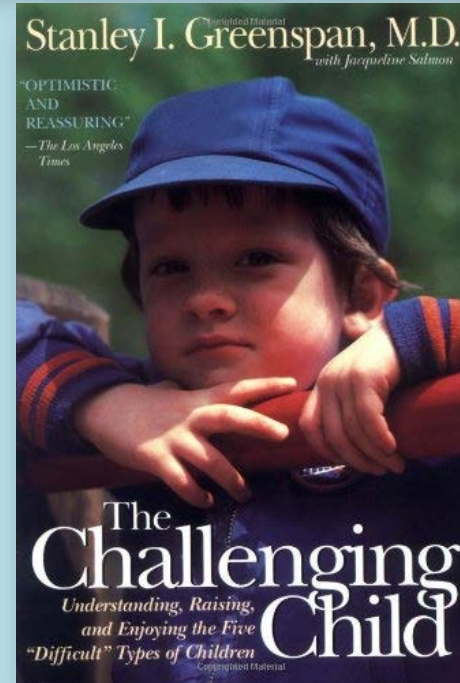


A BOOK YOU MIGHT ENJOY:

“Most children fall into five basic personality types that stem from inborn physical characteristics: the sensitive child, the self-absorbed child, the defiant child, the inattentive child, and the active/aggressive child. Stanley Greenspan, M.D., is the first to show parents how to match their parenting to the challenges of their particular child.

He identifies and vividly describes these five universal temperaments and then, with great empathy, shows parents how each of these children actually experiences the world and how to use daily childrearing to enhance an individual child’s strengths and talents.”

**THE CHALLENGING CHILD:
UNDERSTANDING, RAISING, AND ENJOYING
THE FIVE “DIFFICULT” TYPES OF CHILDREN**
BY STANLEY I. GREENSPAN WITH JACQUELINE SALMON.

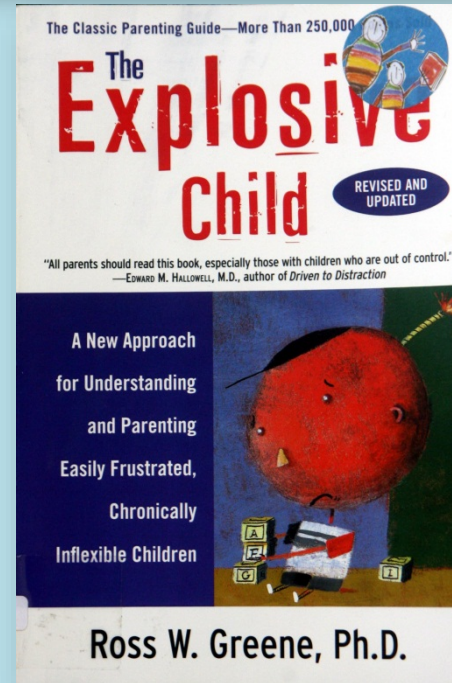


A BOOK YOU MIGHT ENJOY:

“What’s an explosive child? A child who responds to routine problems with extreme frustration—crying, screaming, swearing, kicking, hitting, biting, spitting, destroying property, and worse. A child whose frequent, severe outbursts leave his or her parents feeling frustrated, scared, worried, and desperate for help.

Dr. Ross Greene, a distinguished clinician and pioneer in the treatment of kids with social, emotional, and behavioral challenges, has worked with thousands of explosive children, and he has good news: these kids aren’t attention-seeking, manipulative, or unmotivated, and their parents aren’t passive, permissive pushovers. Rather, explosive kids are lacking some crucial skills in the domains of flexibility/adaptability, frustration tolerance, and problem solving, and they require a different approach to parenting.”

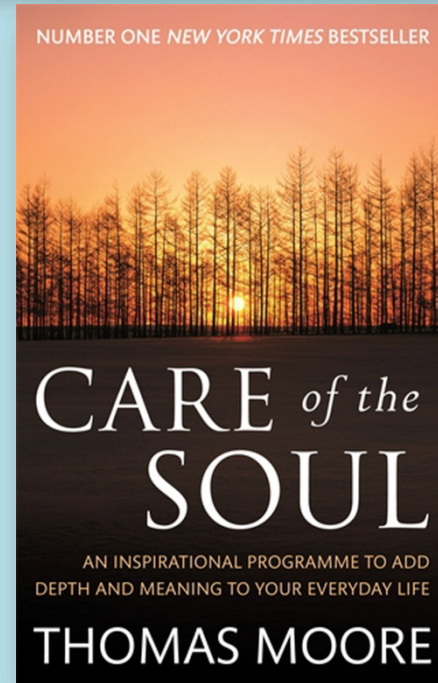
THE EXPLOSIVE CHILD: A NEW APPROACH FOR UNDERSTANDING AND PARENTING EASILY FRUSTRATED, CHRONICALLY INFLEXIBLE CHILDREN BY ROSS W. GREENE, PH.D.



A BOOK YOU MIGHT ENJOY:

“This New York Times bestseller provides a path-breaking lifestyle handbook that shows how to add spirituality, depth, and meaning to modern-day life by nurturing the soul”

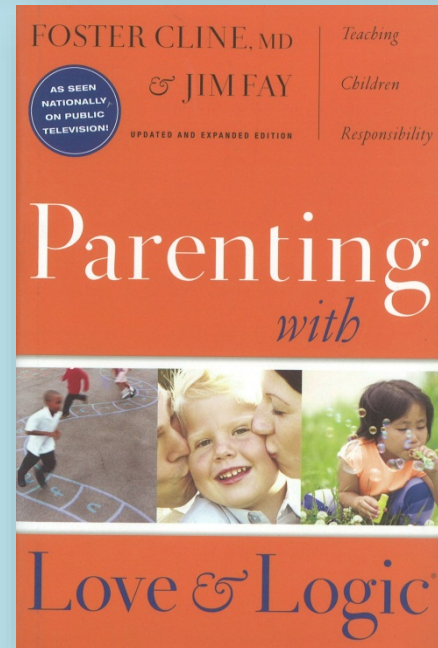
CARE OF THE SOUL:
AN INSPIRATIONAL PROGRAMME TO ADD
DEPTH AND MEANING TO YOUR EVERYDAY LIFE
BY THOMAS MOORE



A BOOK YOU MIGHT ENJOY:

“Raise children who are self-confident, motivated, and ready for the real world with this win-win approach to parenting. Your children will win because they’ll learn to solve their own problems while gaining the confidence they need to meet life’s challenges. And you’ll win because you’ll establish healthy control—without resorting to anger, threats, nagging or exhausting power struggles. Parenting with Love and Logic puts the fun back into parenting!”

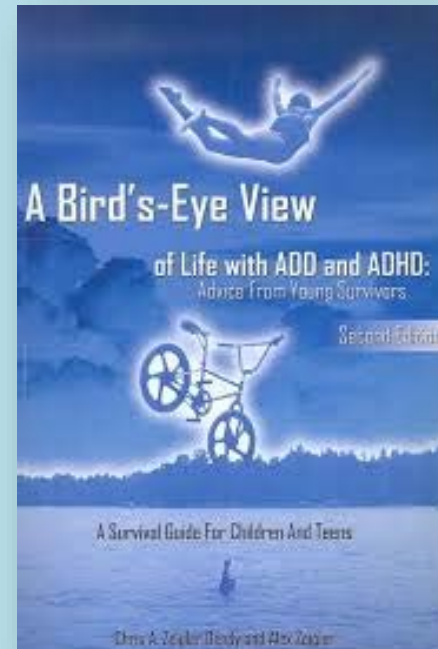
PARENTING WITH LOVE AND LOGIC
SHEKNOWS 2010 PARENTS' CHOICE AWARD WINNER
BY FOSTER W. CLINE, M.D., AND JIM FAY



A BOOK YOU MIGHT ENJOY:

“*A Bird's-Eye View* was written expressly for teenagers, preteens, and young adults *by* teenagers and a young adult who are struggling with ADD or ADHD. This survival guide for teens, preteens, and young adults offers factual information and practical advice in words and examples that young people can easily understand and put into practice. Written with humor and compassion, *A Bird's Eye View* offers down-to-earth tips for coping with a variety of issues: disorganization, forgetfulness, always being late, sleep problems, memorization, procrastination, restlessness, medication, writing essays, and algebra.”

A BIRD'S-EYE VIEW OF LIFE WITH ADD AND ADHD: ADVICE FROM YOUNG SURVIVORS, 2ND ED BY CHRIS A. ZEIGLER DENDY & ALEX ZEIGLER

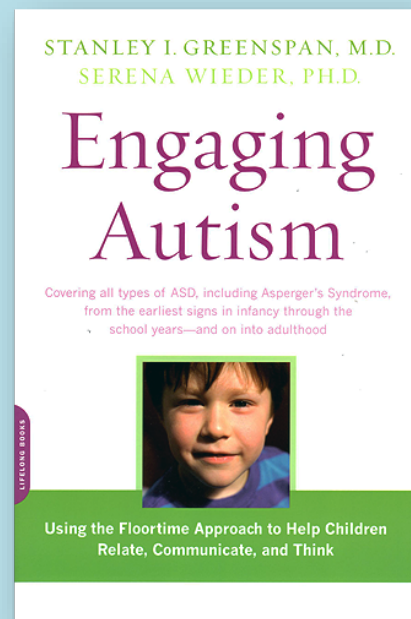


A BOOK YOU MIGHT ENJOY:

ENGAGING AUTISM: USING THE FLOORTIME APPROACH TO HELP CHILDREN RELATE, COMMUNICATE, AND THINK

BY STANLEY GREENSPAN, MD. AND SERENA WIEDER, PHD

“The inspiring success of Dr. Stanley Greenspan’s unique approach to autism and ASD (autistic spectrum disorders) is known to grateful parents and to professionals throughout the world. Now at last his highly effective and influential program is presented in one clear and accessible volume... No one involved in the care of children with autism, parent or professional, can afford to be without this landmark work.”



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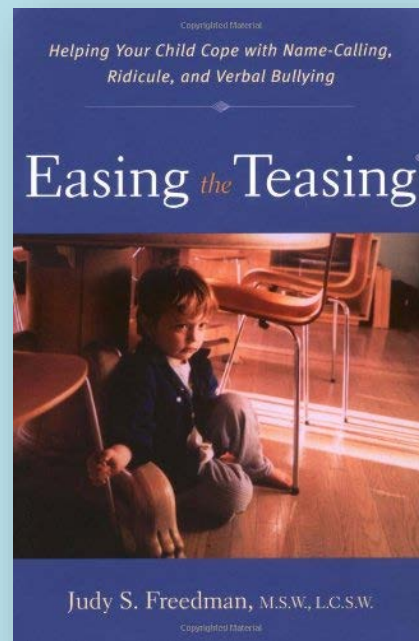
EASING THE TEASING: HELPING YOUR CHILD COPE WITH NAME-CALLING, RIDICULE, AND VERBAL BULLYING

BY JUDY S. FREEMAN, M.S.W., L.C.S.W.

“Finally, the tools you need to help your child learn to cope with painful teasing

Children need concrete ways to cope with teasers and the emotional turmoil teasing can cause. In Easing the Teasing, Judy Freedman draws from seventeen years of experience as a social worker in a suburban Chicago school system. Her groundbreaking program successfully teaches children and parents how to effectively deal with teasing and develop life-long coping skills.

Full of reassuring advice and real-life success stories from children and parents, Easing the Teasing shows parents how to give their children the confidence and self-esteem they need to put an end to teasing.”



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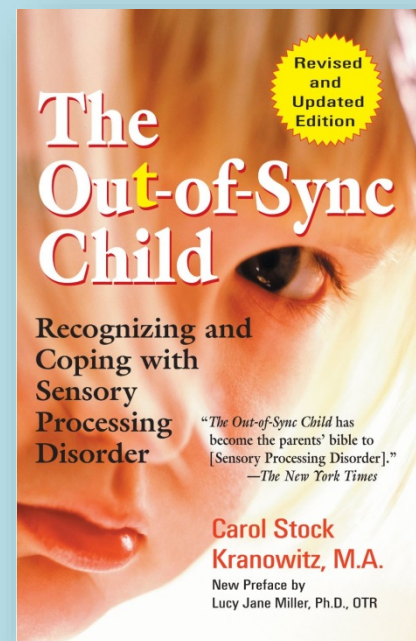
THE OUT-OF-SYNC CHILD: RECOGNIZING AND COPING WITH SENSORY PROCESSING DISORDERS

BY CAROL STOCK KRANOWITZ, M.A.

“Sensory Processing Disorders can cause a bewildering variety of symptoms. When their central nervous systems are ineffective in processing sensory information, children have a hard time functioning in daily life. They may look fine and have superior intelligence, but may be awkward and clumsy, fearful and withdrawn, or hostile and aggressive. SPD can affect not only how they move and learn, but also how they behave, how they play and make friends, and especially how they feel about themselves.”

Many parents, educators, doctors, and mental health professionals have difficulty recognizing SPD. When they don't recognize the problem, they may mistake a child's behavior, low self-esteem, or reluctance to participate in ordinary childhood experiences for hyperactivity, learning disabilities, or emotional problems. Unless they are educated about SPD, few people understand that bewildering behavior may stem from a poorly functioning nervous system..

This book was conceived to explain sensory processing and its counterpart, Sensory Processing Disorder, to parents, teachers, and other non-OTs who are new at this. This 2nd edition, seven years after the first, contains up-to-date information that may also help those who are already experienced in caring for children with other, more observable disabilities, many of which overlap with SPD.”



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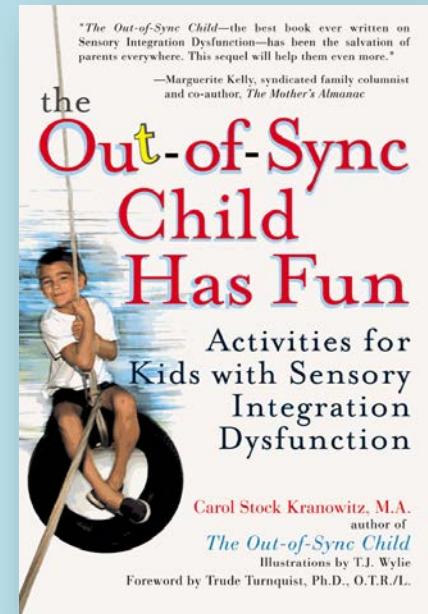
THE OUT-OF-SYNC CHILD HAS FUN: ACTIVITIES FOR KIDS WITH SENSORY DISORDERS

BY CAROL STOCK KRANOWITZ, M.A.

“The first accessible guide to examine Sensory Processing Disorder, The Out-of-Sync Child touched the hearts and lives of thousands of families. Carol Stock Kranowitz continues her significant work with this companion volume, which presents more than one hundred playful activities specially designed for kids with SPD.

Each activity in this inspiring and practical book is SAFE—Sensory-motor, Appropriate, Fun and Easy—to help develop and organize a child’s brain and body. Whether your child faces challenges with touch, balance, movement, body position, vision, hearing, smell, and taste, motor planning, or other sensory problems, this book presents lively and engaging ways to bring fun and play to everyday situations.

This revised edition includes new activities, along with updated information on which activities are most appropriate for children with coexisting conditions including Asperger’s and autism, and more..”



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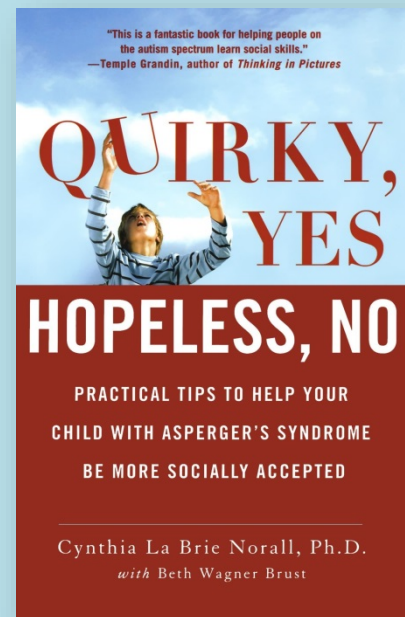
QUIRKY, YES. HOPELESS, NO: PRACTICAL TIPS TO HELP YOUR CHILD WITH ASPERGER'S SYNDROME BE MORE SOCIALLY ACCEPTED

BY CYNTHIA LABRIE NORALL, PH.D.

"In Quirky, Yes—Hopeless, No, Dr. Cynthia LaBrie Norall and Beth Brust present short lessons, structured around specific topics from A-Z that address the social challenges faced by Asperger's children and teens. Since everyday "people skills" do not come naturally to children with Asperger's, they need training in such simple activities as:

- *How to greet others and make eye contact*
- *How to let go and move on to new tasks*
- *How to cooperate and ask for help*
- *How to discern someone's true intentions*
- *How to pay compliments*
- *How not to be rude.*
- *How to handle teasing and bullying*

Based on Dr. Norall's twenty years of experience diagnosing and treating thousands with Asperger's, this book will share her insights gained from helping so many friendless Asperger's children become more approachable, less stuck, and finally able to make, and keep a friend or two.."



A BOOK YOU MIGHT ENJOY:

HOLD ME TIGHT: SEVEN CONVERSATIONS FOR A LIFETIME OF LOVE

BY DR. SUE JOHNSON.

“The message of Hold Me Tight is simple: Forget about learning how to argue better, analyzing your early childhood, or making grand romantic gestures. Instead, get to the emotional underpinnings of your relationship by recognizing that you are emotionally attached to and dependent on your partner in much the same way that a child is on a parent for nurturing, soothing, and protection.

Dr. Sue Johnson teaches that the way to enhance or save a relationship is to be open, attuned, and responsive to each other and to reestablish emotional connection. With this in mind, she focuses on key moments in a relationship—from Recognizing the Demon Dialogues to Forgiving Injuries—and uses them as touch points for seven healing conversations. These conversations give you insight into the defining moments in your relationship and guide you in reshaping these moments to create a secure and lasting bond..”

