



FAMILY AND CHILD RESOURCE GUIDE

Below you will find a list of resources to help you support children and families. This is simply a compilation and is in no way an endorsement for any one resource.

B O O K S

TITLE	AUTHOR/ORGANIZATION	AGES
ADD/ADHD		
ADD and The College Student: A Guide For High School and College Students with ADD	Patricia O. Quinn, MD	Young Adult
Help Is On The Way: A Child's Book About ADD	Marc A. Nemiroff, PhD, Jane Annunziata, PsyD	4-8
Putting on The Brakes: Young People's Guide to Understanding ADHD	Patricia O. Quinn, MD	9-12
Sparky's Excellent Misadventures: My ADD Journal, By Me (Sparky)	Phyllis Carpenter, Marti Ford	4-8
The Best Of "Brakes": An Activity Book for Kids With ADD	Patricia O. Quinn, MD, Judith M. Stern, MA	9-12
ANGER/BEHAVIOR		
Alexander and the Terrible, Horrible, No Good, Very Bad Day	Judith Viorst	4-8
Angry Arthur	Hiawyn Oram	8-14
Danny, The Angry Lion	Dorothea Lachner	2-7
How to Take the Grrr Out of Anger	Elizabeth Verdick, Marjorie Lisovskis	4-8
Mean Soup	Betsy Everill	4-8
The Very Lonely Bathtub	Ann Rasmussen PsyD, Marc Nemiroff, PhD	5-9
When I Feel Angry	Cornella Maude Speiman	5-9
When Sophie Gets Angry - Really Really Angry...	Molly Bang	4-7
BULLIES		
And Words Can Hurt Forever: How to Protect Adolescents from Bullying, Harassment, and Emotional Violence	James Garbarino, Ph.D. & Ellen Delara, Ph.D.	Adult
Anti-Bullying Handbook	Keith Sullivan	Adult
Bullies and Victims: Helping Your Child Through the School-yard Battlefield	Sue Ellen Fried, Paula Fried	Adult
Bullies are a Pain in the Brain	Trevor Roman	9-12
Bullies: From the Playground to the Boardroom	Jane Middleton Mose	Adult
Bullies, Targets & Witnesses: Helping Children Break the Pain Chain	SuEllen Fried, ADTR and Paula Fried, Ph.D	Adult
Bully Free Classroom	Allan Beane, Ph.D.	Adult
Bullying at School	Dan Olweus	Adult
Cliques, Phonies & Other Baloney	Trevor Romain	9-12
How to Talk So Kids Will Listen and Listen So Kids Will Talk	Adele Faber & Elaine Mazlish	Adult
Help I'm Being Teased	Dr. Emily Lovegrove	All Ages



TITLE	AUTHOR/ORGANIZATION	AGES
Keys to Dealing With Bullies	Barry E. McNamara	Adult
My Secret Bully	Trudy Ludwig, Abigail Marbel, Susan Wellman	9–12
Nobody Knew What to Do: A Story About Bullying	Becky Ray McCain	5–9
Odd Girl Out: The Hidden Culture of Aggression in Girls	Rachel Simmons	Adult
Please Stop Laughing at Me	Jodee Blanco	Adult
Queen Bees and Wannabees; Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World	Rosalind Wiseman	Adult
Secret of the Peaceful Warrior	Dan Millman	All Ages
Stop Picking On Me; A First Look at Bullying	Pat Thomas	8–12
Stick Up For Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem	Gershen Kaufman & Lev Raphael	All Ages
The Berenstain Bears & The Bully	Stan & Jan Berenstain	4–8
The Bully, the Bullied, and the Bystander: From Preschool to High School—How Parents and Teachers Can Help Break the Cycle of Violence	Barbara Coloroso	Adult
The Bullying Prevention Handbook	John Hoover & Ronald Oliver	Adult
The Meanest Thing To Say: A Little Bill Book for Beginning Readers	Bill Cosby	4–8
Why is Everyone Always Picking on Me? A Guide to Handling Bullies	Terrence Webster-Doyle	6–12
Your Child Bullying Practical and Easy to Follow Advice	Jenny Alexander	Adult
DIFFERENCES		
Children with Limb Differences A Handbook for Families Elmer	Center for Limb Differences at Mary Free Bed Rehabilitation Hospital	0–5, 6–12
I'm Like You, You're Like Me: A Child's Book About Understanding and Celebrating Each Other	David McKee	4–8
Zink the Zebra a Special Tale	Cindy Gainer	4–8
FEELINGS		
How to talk so kids will listen and how to listen so kids will talk.	Faber, A. & Mazlish, E.	Adult
Jessica and the Wolf: A Story for Children Who Have Bad Dreams	Ted Lobby, MSW	4–8
Mood Swings Flip Chart	Free Spirit	All Ages
The Struggle To Be Strong: True Stories by Teens About Overcoming Tough Times	Al DeSerta, MA, Sybil Wolin, Ph.D.	Young Adult 4–8
The Way I Feel	Janan Cain	Young Adult
Through My Eyes: A Journal for Teens	Linda Kranz	4–8
Today I Feel Silly and Other Moods That Make My Day	Jamie Lee Curtis	4–8
GRIEF		
Gentle Willow: A Story for Children About Dying Healing Your Grieving Heart for Teens, 100 Practical Ideas	Joyce C. Mills, PhD Alan D., Ph.D. Wolfelt	4–8 Teen/Young Adult
My Grieving Journey Book	Donna Shavatt and Eve Shavatt	9–12
The Next Place	Warren Hansen	9–12
Why Do People Die?: Helping Your Child Understand With Love and Illustrations	Cynthia MacGregor	
Tear Soup A Recipe For Healing After Loss	Pat Scwiebert and Chuck DeKlyen	All Ages

HEALTH/MEDICAL

TITLE	AUTHOR/ORGANIZATION	AGES
A.D.A.M. Anatomy and Physiology: 4 DVD's, teen and adult anatomy tutorial	Ventura Educational Systems	13–adult
Brecker Bunny Learns to be Careful	Hilary Bilbrey	Ages 4–6
Homemade Books to Help Kids Cope: An Easy Technique for Parents and Professionals	Robert G. Ziegler, MD	Adult
How to Help Children Through a Parent's Serious Illness	Kathleen McCue, MA, CCLS	Adult
Imagine	Norman Messenger	4–8
Little Tree: A Story For Children With Serious Medical Problems	Joyce C. Mills, PhD	4–8
Me and My Amazing Body	Joan Sweeney & Annette Cable	4–8
My Amazing Human Body; A CD Rom anatomy game	Dorling Kindersley	6-10
The Best Part of Me: Children talk about their bodies in pictures and words	Wendy Ewald	Young Adult
Tibby Tried It	Sharon and Ernie Useman	4–8
When Someone has a Very Serious Illness	M. Heegard/Woodland Press	Adult

SELF-ESTEEM/SELF IMAGE

ABC I Like Me!	Nancy Carlson	4–6
I Like Me	Nancy L. Carlson	4–8
I Want Your Moo: A Story for Children About Self-Esteem	Marcella Bakur Weiner, EdD, Jill Neimark	4–8
I'm Gonna Like Me; Letting off a Little Self Esteem	Jamie Lee Curtis	4–8
Incredible Me	Kathi Appelt	4–8
Just Because I Am	Lauren M. Payne	3–8
Making Every Day Count: Daily Reading for Young People on Solving Problems, Setting Goals, & Feeling Good About Yourself	Pamela Espeland, Elizabeth Verdick	11 and up
Making the Most of Today Daily Readings for Young People on Self-Awareness, Creativity, and Self Esteem	Pamela Espeland, Rosemary Wallner	11 and up
More Than a Label: Why What Your Wear and Who You're with Doesn't Define Who You Are	Aisha Muharrer	13 and up
Stick Up For Yourself! Every Kid's Guide to Personal Power and Positive Self-Esteem	Gersten Kaufman, Ph.D., Lev Raphael, Ph.D., Pamela Espeland	9–12, Adult
What is Beautiful?	Etan Boritzer, Nancy Forrest	4–8
You Are Special	Max Lucado	4–8

SIBLINGS

I Know I Made It Happen: A Gentle Book About Feeling Guilty	L.B. Blackburn/Centering Corp.	
Living with a Brother or Sister with Special Needs: A Book for Sibs	Donald Meyer, Patricia F. Vadasy	4–8
Loving Each One Best: A Caring and Practical Approach to Raising Siblings	Nancy Samalin, Catherine Whitney	Adult
My Brother Matthew	M. Thompson/Woodbine House	4–8
Siblings without rivalry: How to help your children live together so you can live too	Adele Faber & Elaine Mazlish	Adult
Sibshops: Workshops for Sibling of Children with Special Needs	Donald Meyer, Patricia F. Vadasy, Cary Pillo	Adult

TITLE	AUTHOR/ORGANIZATION	AGES
The Normal One: Life with a Difficult or Damaged Sibling	Jeanne Safer	Adult
Views From Our Shoes: Growing Up with a Brother or Sister with Special Needs	Donald J. Meyer	9-12
What About Me? When Brothers and Sisters Get Sick	Allan Peterkin, MD	4-8
When Molly Was in the Hospital: A Book for Brothers and Sisters of Hospitalized Children	Debbie Duncan, Nina Ollikainen	4-8

TEASING

Marvin and the Mean Words	Suzy Kline & Blanche Sims	6-10
Help I'm Being Teased	Dr. Emily Lovegrove	All Ages
How to Handle Bullies, Teasers, and Other Meanies: A Book That Takes the Nuisance Out of Name Calling and Other Nonsense	Kate Cohen-Posey	6-Adult
Simon's Hook; A Story About Teases and Put-Downs	Karen Gedig Burnett	4-8
Sticks and Stones: 7 Ways Your Child Can Deal with Teasing, Conflict and Other Hard Times	Scott Cooper	Parent
Words Will Never Hurt Me; Helping Kids Handle Teasing, Bullying and Putdowns	Sally Northway Ogden	9-12

TRAUMA

A Terrible Thing Happened-A Story for Children Who Have Witnessed Violence or Trauma	Margaret M. Holmes	4-8
Brave Bart	Caroline Sheppard	
Children and trauma: A parent's guide to helping children heal.	Monahan, C.	Adult
Waking the Tiger - Healing Trauma The Innate Capacity to Transform Overwhelming Experiences	Peter Levine	Young Adult Adult

WE B S I T E S

TITLE	ORGANIZATION	AGES
www.phoenix-society.org	The Phoenix Society for Burn Survivors	Adult/Young Adult
www.ed.gov/parents/needs/spced/iepguide/index.html	U.S. Department of Education; A Guide to the Individualized Education Program	Adult
www.compassionbooks.com	Compassion Books	Parents, Professionals
www.dontlaugh.org	Operation Respect: Don't Laugh at Me	Professionals
www.enablemart.com	EnableMart Technology for Everyone	Adult
www.faceit.org	Let's Face It	Parents, Professionals, kids
www.freespirit.com	FreeSpirit Publishing	Parents, professional, kids
www.locksoflove.com	Locks of Love provides hairpieces to disadvantaged children	Parents, Professionals
www.misterrogers.org	Mister Roger's Neighborhood	Parents, professionals, kids
www.nichcy.org	NICHCY National Dissemination Center for Children with Disabilities.	Adult
www.pbskids.org/itsmylife/index.html	PBS Kids Its My Life	Ages preteen and teen

TITLE	ORGANIZATION	AGES
www.pyramidproducts.com	Picture Exchange Communication Systems	Parents, Professionals
www.selfesteemshop.com	The Self Esteem Shop	Parents, Professionals
www.starlight.org	Starlight Starbright Children's Foundation	Parents, Professionals

GRIEF/LOSS/TRAUMA

www.centering.org	Centering Corporation	Professionals, Parents
www.grievingchild.org	The Dougy Center	Adults, kids, Professionals
www.hopingskillscompany.com	Special Keepsakes that Comfort Friends and Loved Ones with Serious Illness	Parents, Professionals
www.kidsaid.com	KIDSAID	Kids and Teens
www.tlcinst.org	The National Institute for Trauma and Loss in Children	Professional/Parent

HEALTH RESOURCES

www.aap.org	The American Academy of Pediatrics	Parents, Professionals
www.aboutourkids.org	About Our Kids	Parents, Professionals
www.ameriburn.org	American Burn Association	Professionals
www.amputee-coalition.org	To reach out to people with limb loss and to empower them through education, support and advocacy.	Adult
www.childdevelopmentinfo.com	Child Development Institute	Parents
www.childtrauma.org	The Child Trauma Academy	Parent, Professionals
www.cpsc.gov	Consumer Product Safety Commission	Parents, Professionals
www.innercoaching.com	Providing products and programs to help children deal with and conquer stress in their lives	Parents, Professionals
www.journeytowardhealing.com	One Step at a Time; A Guide For Parents Navigating The Hospital Experience With Their Child.	Parents, Professionals
www.kidshealth.org	The Nemours Foundation	Parents, kids, teens
www.medlineplus.gov	MEDLINE Plus	Professionals, Parents
www.maryfreebed.com	Center for Limb Differences at Mary Free Bed Rehabilitation Hospital	Parents, Professionals
www.nctsnet.org	The National Child Traumatic Stress Network	Parents, Professionals
www.Patchworx.org	Patchworx, Where kids with Illness or Disabilities Discover a Circle of Support	Kids and teens
www.shrinershq.org	Shriners of North America, Shriners Hospitals for Children	Parents, Professionals
www.tlcontact.com	CarePages. Share your Story Build your Support Circle	Family

PREVENTION

www.cooltheburn.com	Regions Hospital Burn Center	Parents, Professionals, Kids
www.fema.gov	Federal Emergency Management Agency	Parents, Professionals, Kids
www.inspiredbyfamily.com	Brecker Bunny Learns to be Careful	Parents, Professionals,
www.nfpa.org	National Fire Protection Agency	Professionals
www.homesafetycouncil.org	Home Safety Council	Parents, Professionals

PREVENTION cont.

www.safekids.org

Safe Kids Coalition

Parents, Professionals

www.sosfires.com

SOS Fires: Youth Intervention Programs

Parents, Professionals

www.theideabank.com

The Idea Bank

Professionals

SPANISH

www.bravekids.org

Help for Children With Chronic

All ages

Life Threatening Illnesses and Disabilities
