Child Treatment Resources for Clinicians and Clients

BY

CARLEEN KNAUF, M.A.

Contents

General Manuals and Resources for Clinicians Working with Children
Theoretical Orientation Specific Manuals for Clinicians Working with Children
Therapeutic Art and Activity Books for Clinicians Working with Children
Resources for Clinicians Based on Client Presenting Concern(s)
  Abuse/Trauma
  Adoption
  Anxiety
    Obsessive-Compulsive Disorder (OCD)
  Attention Deficit Hyperactivity Disorder (ADHD)
  Autism/Asperger’s Syndrome
  Behaviors/Behavioral Issues
  Bullying/Friendships
  Depression
  Disabilities
    Cerebral Palsy
    Down syndrome
    Hearing Loss
    Vision Loss
  Diversity/Multiculturalism/Inclusivity
  Divorce/Separation
  Emotions/Managing Emotions
    Time Outs
  Grief/Death
    Grief/Death of a Pet
  Incarceration
  Military/Caregiver Deployment
  Picky Eaters
  Risk for Suicide
  Separation Anxiety
  Sex/Body/Consent/Gender/Identity
  Sickness/Illness
  Sleep
  Systems/Family
    LGBTQ+ Families
  Technology/Social Media
Termination…………………………………………………………………………
Therapy (Going to)……………………………………………………………………
Yoga/Mindfulness…………………………………………………………………
References………………………………………………………………………………

General Manuals and Resources for Clinicians Working with Children

In this section, general manuals for clinicians working with children are listed. Resources are organized by the central audience, resources for clinicians, resources for caregivers, or resources for clients (children). Resources labeled for client use are inherently resources that clinicians and/or caregivers would use with or read to clients. If a resource pertains to more than one audience, it will be labeled under the central audience and noted within the reference if additional audiences may benefit from said resource.

Resources for Clinicians


The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals, and policymakers to support children when and where they need it most. (About, para. 1)


This book on child development provides an essential foundation for all practitioners who work with children. Douglas Davies has the unique ability to present complicated theoretical content about child development in a very comprehensible manner, with numerous in-depth illustrations of how these theories come alive in the developmental trajectory of growing children. Not only is the book a treasure trove of information, it is also a pleasure to read. (vii)


The purpose of this book is to assist students to deal with the practical issues of child psychotherapy. The questions addressed here are those students frequently ask when they start seeing children in mental health settings. The questions and discussions are most applicable to therapy methods calling for a one-to-one relationship between a psychotherapist and a child, rather than to methods such as family and group therapy. (Abstract, para. 1)


Pressure from third-party payors, accrediting agencies, and other outside parties has increased the need for clinicians to quickly produce effective, high-quality treatment plans. Treatment Planners provide all the elements necessary to quickly
and easily develop formal treatment plans that satisfy the needs of most third-party payers and state and federal review agencies. (1)


The purpose of this book is to equip readers with the knowledge and skills they need to provide effective psychotherapy to children and adolescents. I aim to provide an understanding of the major theoretical approaches, knowledge about the findings of outcome research, training in a variety of therapeutic techniques, and lots of good words to say to young people and their parents. (xi)


This practical guide provides a robust positive-parenting framework for professionals coaching parents of infants, toddlers, and primary school children. The first half of the book explains behaviorist and attachment theories of parenting, comparing, contrasting, and synthesizing them into an effective, research-informed approach to practice. The second half shows these guidelines in action, using play therapy as a means to improve disruptive child behaviors, correct harsh parenting practices, and address root causes of adversarial parent-child relationships. Throughout these chapters, vivid composite cases demonstrate not only common parent-child impasses but also therapist empathy, flexibility, and self-awareness.


The majority of integrative efforts thus far have been directed toward work with adults. It is my hope in this book to make a contribution to the application of integrative thinking toward work with younger children and their families. The particular form of integration I am describing is intended primarily for work with families where the child manifesting difficulties is a preadolescent or younger. (xi)

**Resources for Caregivers**


The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain and empower parents, professionals, and policymakers to support children when and where they need it most. (About Us, para. 1)


If you are the parent of a behaviorally challenging child, this book should help you feel more optimistic about and confident in handling your child’s difficulties and restore some sanity to your family. If you are the child’s grandparent, teacher,
neighbor, coach, or therapist, this book should, at the least, help you understand. There is no panacea. But there is certainly cause for hope. (xiv)

Theoretical Orientation Specific Manuals for Clinicians Working with Children

In this section, theoretical orientation-specific manuals for clinicians working with children are listed. Resources are organized by specific theoretical orientations. As mentioned in the Introduction, the authors’ brief descriptions of each resource have been provided.

**Cognitive Behavioral Therapy (CBT)**

This book addresses a wide range of anxiety symptoms: generalized anxiety, panic, specific phobias, and even some obsessive thoughts. It will teach your child the skills they need to stop avoiding things that make them anxious and live happier, healthier lives. (vi)


*CBT Toolbox for Children and Adolescents* was designed with therapists in mind to provide a brief, targeted solutions to a myriad of mental health issues that are frequently present in children. The activities in this workbook enhance traditional CBT by promoting the development of a child’s executive functioning, developing social skills, and prompting the whole-brain approach. (xi)

**Dialectical Behavioral Therapy (DBT)**

In this book we discuss the “why”, the “how”, and the “what” of DBT for multiproblem suicidal adolescents, and we offer clinical guidance from our experiences in implementing DBT for this population…We also discuss BPD (a diagnostic risk factor in and of itself), particularly the validity, reliability, and stability of this diagnosis among adolescents. (3)


The current volume presents their latest contribution to adolescent DBT, and is certain to be as influential as their 2007 book. It is written for clinicians in various settings to use with adolescents coping with a broad array of emotional and behavioral difficulties. (viii)

**Integrative**
The majority of integrative efforts thus far have been directed toward work with adults. It is my hope in this book to make a contribution to the application of integrative thinking toward work with younger children and their families. The particular form of integration I am describing is intended primarily for work with families where the child manifesting difficulties is a preadolescent or younger.

Mindfulness-Based Cognitive Therapy (MBCT)


We wrote this book to share with you a psychotherapy that may help children with anxiety experience less suffering. Mindfulness-based cognitive therapy for children (MBCT-C) is a twelve-session therapy developed for children between the ages of nine and twelve. (1)

Therapeutic Art and Activity Books for Clinicians Working with Children

In this section, therapeutic art and activity books for clinicians working with children are listed. Resources are organized by the central audience, resources for clinicians, resources for caregivers, or resources for clients (children). As mentioned in the Introduction, the resources labeled for client use are inherently resources that clinicians and/or caregivers would use with or read to clients. If a resource pertains to more than one audience, it will be labeled under the central audience and I have noted within the reference if additional audiences may benefit from said resource. In addition to the reference for these materials, the authors’ brief descriptions of each resource have been provided.

Resources for Clinicians

Davidson, H. (2019). *Cbt workbook for kids: 40 fun exercises and activities to help children overcome anxiety and face their fears at home, at school, and out in the world*. Emeryville, CA: Althea Press. This resource may also pertain to caregivers and clients. This book addresses a wide range of anxiety symptoms: generalized anxiety, panic, specific phobias, and even some obsessive thoughts. It will teach your child the skills they need to stop avoiding things that make them anxious and live happier, healthier lives. (vi)

Joiner, L. (2016). *The big book of even more therapeutic activity ideas for children and teens: inspiring arts-based activities and character education curricula*. Philadelphia, PA: Jessica Kingsley Publishers. Many of the activities in this book can be used with individuals or adapted for application with a group. While some of the activities require more time than others, most can be completed within 30 minutes. Some of the activities work well with young children and other activities are more appropriate for preteens and teens, but many can be adapted for either population.

The interventions have been divided into three sections. The book begins with engagement and assessment activities providing clinicians with interventions to engage with and evaluate clients. The second section presents treatment techniques to facilitate the working through of therapeutic issues. The last section outlines interventions that can be incorporated as part of the client’s termination process. (ii)

**Resources for Caregivers**

Davidson, H. (2019). *Cbt workbook for kids: 40 fun exercises and activities to help children overcome anxiety and face their fears at home, at school, and out in the world*. Emeryville, CA: Althea Press. This resource may also pertain to clinicians and clients. This book addresses a wide range of anxiety symptoms: generalized anxiety, panic, specific phobias, and even some obsessive thoughts. It will teach your child the skills they need to stop avoiding things that make them anxious and live happier, healthier lives. (vi)

**Resources for Clients**

Davidson, H. (2019). *Cbt workbook for kids: 40 fun exercises and activities to help children overcome anxiety and face their fears at home, at school, and out in the world*. Emeryville, CA: Althea Press. This resource may also pertain to clinicians and caregivers. This book addresses a wide range of anxiety symptoms: generalized anxiety, panic, specific phobias, and even some obsessive thoughts. It will teach your child the skills they need to stop avoiding things that make them anxious and live happier, healthier lives. (vi)
Resources for Clinicians Based on Client Presenting Concern(s)

In this section, resources on client presenting concerns are listed. Resources are organized by concerns and central audience, resources for clinicians, resources for caregivers, or resources for clients (children). As mentioned in the Introduction, the resources labeled for client use are inherently resources that clinicians and/or caregivers would use with or read to clients. If a resource pertains to more than one audience, it will be labeled under the central audience and I have noted within the reference if additional audiences may benefit from said resource. In addition to the reference for these materials I have provided a brief description of each resource.
Abuse/Trauma

Resources for Clinicians


Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. (About, para. 1)


I have no preferred treatment modality, as no single approach fits everybody, but I practice all the forms of treatment that I discuss in this book. Each one of them can produce profound changes, depending on the nature of the particular problem and the makeup of the individual person. I wrote this book to serve as both a guide and an invitation – an invitation to dedicate ourselves to facing the reality of trauma, to explore how best to treat it, and to commit ourselves, as a society, to using every means we have to prevent it. (4)


This bestseller has been updated and revised to address the behavioral and mental health problems of young children whose most intimate relationships are disrupted by the experience of violence. Practitioners from a variety of disciplines will gain an understanding of the impact of violence and will discover concrete
intervention strategies to address the consequences of this experience for young children.


loveisrespect’s purpose is to engage, educate and empower young people to prevent and end abusive relationships. Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365. (About, para. 1)


In the last ten years, there have been advances in research, practice, program development, and policy related to trauma in childhood. This updated version will 1) correct and clarify content in the original book; 2) expand, elaborate, and update key concepts and principles described in the original and 3) present new and promising directions in these fields. (Preface)


*CBT Toolbox for Children and Adolescents* was designed with therapists in mind to provide a brief, targeted solutions to a myriad of mental health issues that are frequently present in children. The activities in this workbook enhance traditional CBT by promoting the development of a child’s executive functioning, developing social skills, and prompting the whole-brain approach. (xi)

**Resources for Caregivers**


Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. (About, para. 1)

Loveisrespect. (2017). Retrieved from https://www.loveisrespect.org/. This resource may also pertain to clinicians and clients.

loveisrespect’s purpose is to engage, educate and empower young people to prevent and end abusive relationships. Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365. (About, para. 1)
Resources for Clients


How trauma affects our thoughts, feelings and behavior are discussed to help children recognize and express how they might have, or might be, affected by stressful events in their lives. Ways of coping with trauma are suggested as well as the message that kids are survivors and can overcome things that might have been traumatic in their lives.


This book was designed to use the art process to teach children who have witnessed or experienced a traumatic event some basic concepts about trauma and provided an opportunity to learn about and express related feelings. Misconceptions may be revealed, conflicts resolved and self-esteem increased while coping skills are developed.


This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers extensive suggestions for helping traumatized children, including a list of other sources that focus on specific events.


Summary: “Once I was Very Very Scared”, declares squirrel. The other animals chime in to share that they were also once scared. Through the story we learn what scared the little animals, ways they each responded when scared, and things that help them feel safe and calm. This book was designed to help young children who have experienced stressful or traumatic events.


Little Rabbit and Big Rabbit are together after a difficult separation, but even though they missed each other, Little Rabbit is not ready to cuddle up and receive Big Rabbit’s love. Little Rabbit needs Big Rabbit to understand what it felt like when they were apart... Big Rabbit listens carefully and helps Little Rabbit to feel understood and loved. This story was designed to help parents and children talk about difficult separations to help them reconnect and find their way back to each other.


loveisrespect’s purpose is to engage, educate and empower young people to prevent and end abusive relationships. Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members
of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365. (About, para. 1)

*The Day My Daddy Lost His Temper* is a story about Laura, a little girl who witnesses domestic violence. The book is aimed at mirroring the reader’s experiences and provoking increased acceptance and verbalization of their own feelings and experiences.

This book helps kids distinguish between good and bad secrets. Even very young children have concerns and anxieties, and *Let's Talk About It!* books are written and illustrated especially for them. Parents are advised to read these books aloud while their preschooler listens and looks at illustrations of the boys and girls in each story. Many children in early grades will be able to read the stories for themselves. *Let's Talk About It!* books encourage children to explore their feelings, and then to speak openly about things that trouble them.

*Healing Days* is a book designed to be used in therapy for young children and functions as an excellent resource for those who have experienced physical or sexual abuse, or other trauma. Readers will follow four children as they learn ways to cope with their trauma. Sensitive, empowering, and beautifully illustrated, the book models therapeutic coping responses and provides children with tools they may use to deal with their trauma.
Adoption

Resources for Clinicians

Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. (About, para. 1)

Resources for Caregivers

Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. (About, para. 1)


*In on It* is the book for the grandparents and best friends, colleagues and neighbors, aunts and uncles, teachers and caregivers of contemporary adoptive families. It offers advice, information, and insights into contemporary adoption -- especially for readers who are not themselves adoptive parents.

Written by two research psychologists specializing in adoption and attachment, *The Connected Child* will help you build bonds of affection and trust with your adopted child, effectively deal with any learning or behavioral disorders, and discipline your child with love without making him or her feel threatened.

**Resources for Clients**

Some families look alike, some don't. Some families are formed through birth, and some families are formed by adoption. But as the little girl in this heartwarming book makes clear, being a family isn't about who you look like or where you were born—it's about the love that binds you together.

Fraser, T. A., & Fraser, E. E. W. (2020). *We're all not the same, but we're still family: an adoption and birth family story*. Ann Arbor, MI: Loving Healing Press.  
This story was written for adoptive families to explore the benefits of adoption openness. The main character, Deshaun, loves his family but always wondered about his biological family. Does he look like them? Did they love him? With the support of his adoptive parents, Deshaun gets to meet his biological family. They develop an ongoing relationship, so Deshaun feels more stable in his adoptive family, but also develops a comfortable relationship with his birth family. Deshaun and his family are reminded (as we all are) that family can include biological, adopted, foster, and kin members.

This art therapy book helps children cope with the emotional impact of adoption. Children can use this book's interactive exercises to realize that their birth parents were good people who loved them but were unable to give them a good home; understand that they were placed, rather than abandoned; and develop a strong sense of personal identity. The interactive drawing exercises help children explain in pictures what they are unable to say in words.

An affirming story about international adoption, based on the author's own experience with her daughter. A magical, reassuring story of one adoptive family’s beginnings told in words and pictures that are just right for the youngest child.

Explore the colors of love and the beauty of family diversity with Coco & Olive, a doggie mother and daughter pair who come together through adoption. Filled with imaginative characters and stunning illustrations, this is a story about finding a home, not in a building, but within each other’s hearts.

Some mamas didn't hold you in their belly, but they will forever hold you in their hearts. Mamas come in all different shapes, colors, and ages, but they all have one thing in common. They love you! Enjoy the multiple characters in this children’s story which explores the loving tasks of what makes a mama.

For the child who already understands the concept of adoption, this work provides a deeper understanding of how the adoption process works and the feelings that many children have about being adopted. Topics include why children are given up for adoption and why adoptive parents want to adopt.

Zinniger, S., & Cunliffe, T. (2014). *Yes, I'm adopted!* Scotts Valley, CA: CreateSpace. Yes, adoption makes me special, it means that I am loved…This brightly colored children's book illustrates how adoption is brought about by love. Written from a child's point of view, the rhyming verse takes you through an adoption journey from start to finish. It is perfect for anyone, young or old, whose life has been blessed by adoption.

**Anxiety**

**Resources for Clinicians**


What exactly is a Coping Skills Toolbox? It is a collection of your various favorite and healthy items that you can use when you are feeling anxious, panicky, or distressed. It has sometimes been recommended that students create a coping skills toolbox for those times when they need something to help them get through an anxiety attack, panic attack, or any kind of distressed situation. Because there are nearly an infinite number of ways to cope, it is not necessarily important whether you cope like everyone else. All that matters is that you find effective coping methods that will help you to build resilience and to thrive. (1)

Davidson, H. (2019). *Cbt workbook for kids: 40 fun exercises and activities to help children overcome anxiety and face their fears at home, at school, and out in the world.* Emeryville, CA: Althea Press. This resource may also pertain to caregivers and clients. This book addresses a wide range of anxiety symptoms: generalized anxiety, panic, specific phobias, and even some obsessive thoughts. It will teach your child the skills they need to stop avoiding things that make them anxious and live happier, healthier lives. (vi)

Halloran, J. (2018). *Coping skills for kids workbook: over 75 coping strategies to help kids deal with stress, anxiety and anger.* Eau Claire, WI: PESI Publishing & Media. This book is designed to be a support to help your child figure out different ways to learn to cope with stress, anxiety and anger. You can work through this book with your child, or your child can read it on his or her own. (Note, para. 1)

This therapist manual provides an overview of the general strategies used in the treatment of anxiety in children. The treatment manual is coordinated with the revised *Coping Cat Workbook* by the same authors; There is a chapter devoted to each of the sixteen therapy sessions that appear in the *Coping Cat Workbook*, with explanations of and a rationale for the activities.


*CBT Toolbox for Children and Adolescents* was designed with therapists in mind to provide a brief, targeted solutions to a myriad of mental health issues that are frequently present in children. The activities in this workbook enhance traditional CBT by promoting the development of a child’s executive functioning, developing social skills, and prompting the whole-brain approach. (xi)


In this comprehensive toolbox, Dr. David Pratt shares essentials cognitive and behavioral skill-building activities created and honed over his 40-year career. Each worksheet and handout are accompanied by straight-forward explanations, highlighted as 'Therapist Tips' to guide the clinician in presenting the material to children and adolescents in an empathic and effective style. (Para. 1)


*A Still Quiet Place* presents an eight-week mindfulness-based stress reduction (MBSR) program that therapists, teachers, and other professionals can use to help children and adolescents manage stress and anxiety in their lives, and develop their natural capacities for emotional fluency, respectful communication, and compassionate action.


We wrote this book to share with you a psychotherapy that may help children with anxiety experience less suffering. Mindfulness-based cognitive therapy for children (MBCT-C) is a twelve-session therapy developed for children between the ages of nine and twelve. (1)

**Resources for Caregivers**

Davidson, H. (2019). *Cbt workbook for kids: 40 fun exercises and activities to help children overcome anxiety and face their fears at home, at school, and out in the world*. Emeryville, CA: Althea Press. This resource may also pertain to clinicians and clients. This book addresses a wide range of anxiety symptoms: generalized anxiety, panic, specific phobias, and even some obsessive thoughts. It will teach your child the skills they need to stop avoiding things that make them anxious and live happier, healthier lives. (vi)

Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to include the latest research and techniques for managing child anxiety. You'll learn how to help your child overcome intense fears and worries and find out how to relieve anxious feelings while parenting with compassion.

**Resources for Clients**


This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyone's control (i.e. the weather) a worry hat is introduced. A fun read for Wilmas of all ages! (Para. 2)

Davidson, H. (2019). *CbT workbook for kids: 40 fun exercises and activities to help children overcome anxiety and face their fears at home, at school, and out in the world.* Emeryville, CA: Althea Press. This resource may also pertain to clinicians and caregivers.

This book addresses a wide range of anxiety symptoms: generalized anxiety, panic, specific phobias, and even some obsessive thoughts. It will teach your child the skills they need to stop avoiding things that make them anxious and live happier, healthier lives. (vi)


What if your dragon is always asking about “What If”? What should you do? You teach him how to deal with his anxiety! How? Get this book and learn how! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids the proper way to think, and deal with worry and anxiety!


Change happens, and life keeps changing. Instead of avoiding change, he needs to learn to adapt, anticipate, and enjoy the new experience when the change comes his way! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids the proper way to think, and deal with changes and transitions in life!


*What to Do When You Worry Too Much* guides children and parents through the cognitive-behavioral techniques most often used in the treatment of anxiety. Lively metaphors and humorous illustrations make the concepts and strategies easy to understand, while clear how-to steps and prompts to draw and write help children to master new skills related to reducing anxiety.

The Feelings Book will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver's seat of your own emotions!


Laura Ann Elpers Pierce’s story Little Worm: A Story about Worry models how to handle worry and anxiety when things don’t turn out the way we expect. Join Little Worm as he learns how to readjust his plans and work through his anxiety.

**Obsessive-Compulsive Disorder (OCD)**

**Resources for Clinicians**


From foremost experts, this authoritative work offers a framework for helping children overcome obsessive–compulsive disorder (OCD) using the proven techniques of cognitive-behavioral therapy (CBT). Therapists gain knowledge and tools to engage 6- to 18-year-olds and their parents and implement individualized CBT interventions, with a focus on exposure and response prevention.

March, J. S., & Benton, C. M. (2007). Talking back to ocd: the program that helps kids and teens to say, "no way"-- and parents say, "way to go". New York, NY: Guilford Press. This resource may also pertain to caregivers.

No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do. This uniquely designed volume is two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions.


OCD: A Workbook for Clinicians, Children & Teens is a user-friendly, creative, and interactive book to help children and teens take control of OCD. Specific chapters for each type of OCD, children, and teens will learn cognitive behavioral strategies to overcome their obsessions and compulsions.

**Resources for Caregivers**


In her landmark book, Freeing Your Child from Obsessive-Compulsive Disorder, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming
OCD based on her successful practice treating hundreds of children and teenagers with this disorder.

March, J. S., & Benton, C. M. (2007). Talking back to ocd: the program that helps kids and teens to say, "no way"-- and parents say, "way to go". New York, NY: Guilford Press. This resource may also pertain to clinicians.

No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots-- they do. This uniquely designed volume is two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions.

Resources for Clients (Children)


What to Do When Your Brain Gets Stuck guides children and their parents through the cognitive-behavioral techniques used to treat obsessive compulsive disorder. This interactive self-help book turns kids into super-sleuths who can recognize and more appropriately respond to OCD's tricks.
Attention Deficit Hyperactivity Disorder (ADHD)

Resources for Clinicians

In this fourth edition of the book you’ll find a wealth of new scientific data – on the causes of ADHD, effective treatments, the health risks, and what you can do to protect your child (in the all- new Chapter 15), as well as updated information on the older medications and new information on the latest ones. (Preface, xii)


In this book, Debbie teaches us how to train our minds to focus more naturally, evenly, effortlessly, happily, and joyfully. She teaches us how to have fun learning instead of having to struggle…Once she explains what mindfulness is – it’s paying attention without distraction, if you can believe that – she then teaches you how to do it, if you can believe that. (Forward)

Daniels, N. (2019). Social skills activities for kids: 50 fun activities for making friends, talking and listening, and understanding social rules. Emeryville, CA: Rockridge Press. Social Skills Activities for Kids gives children the confidence to successfully navigate social situations at home, school, and the world in between. From keeping the conversation ball moving to learn to compromise to practicing good table manners, these engaging activities help kids develop and use their social skills superpowers.

Through vivid stories of the experiences of their patients -- both adults and children -- Dr. Edward R. Hallowell and Dr. John J. Ratey show the varied forms ADD takes -- from the hyperactive search for high stimulation to the floating inattention of daydreaming -- and the transforming impact of precise diagnosis and treatment.


CBT Toolbox for Children and Adolescents was designed with therapists in mind to provide a brief, targeted solutions to a myriad of mental health issues that are frequently present in children. The activities in this workbook enhance traditional CBT by promoting the development of a child’s executive functioning, developing social skills, and prompting the whole-brain approach. (xi)

Resources for Caregivers


In this fourth edition of the book you’ll find a wealth of new scientific data – on the causes of ADHD, effective treatments, the health risks, and what you can do to protect your child (in the all- new Chapter 15), as well as updated information on the older medications and new information on the latest ones. (Preface, xii)


Integrated throughout this book are mindfulness tools for cultivating focus, resilience, and well-being – both yours and your child’s. They take advantage of the brain’s innate capacity to rewrite itself, an ability we all maintain at any age. In ways that support the rest of ADHD care, you’ll build skills such as these for yourself and for your children: attention and awareness (vs. distractibility and operating on autopilot, responsiveness (vs. reactivity), and intentional, creative problem solving (vs. reliance on entrenched habits). (2)


In this book, Debbie teaches us how to train our minds to focus more naturally, evenly, effortlessly, happily, and joyfully. She teaches us how to have fun learning instead of having to struggle…Once she explains what mindfulness is – it’s paying attention without distraction, if you can believe that – she then teaches you how to do it, if you can believe that. (Forward)


Through vivid stories of the experiences of their patients -- both adults and children -- Dr. Edward R. Hallowell and Dr. John J. Ratey show the varied forms ADD takes -- from the hyperactive search for high stimulation to the floating
inattention of daydreaming -- and the transforming impact of precise diagnosis and treatment.

**Resources for Clients**


For millions of kids who live with ADHD, feelings of loneliness, frustration, and helplessness are all too common. *Thriving with ADHD* is a workbook specially designed to help kids with ADHD develop essential skills for managing their ADHD symptoms, while also providing a powerful message of hope and encouragement for their future.


This workbook includes more than forty activities for kids developed by child psychologist Lawrence Shapiro that can help your child with ADHD handle everyday tasks, make friends, and build self-esteem while he or she learns to overcome the most challenging aspects of the disorder. Alone or with your help, your child can complete one ten-minute activity each day to learn how to make good decisions and discover easy techniques for staying focused when it's time to pay attention.
Autism/Asperger’s Syndrome

Resources for Clinicians

Autism Speaks. Retrieved from https://www.autismspeaks.org/. This resource may also pertain to caregivers.

Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. We do this through advocacy and support; increasing understanding and acceptance of people with autism; and advancing research into causes and better interventions for autism spectrum disorder and related conditions. (About, para. 1)

Daniels, N. (2019). Social skills activities for kids: 50 fun activities for making friends, talking and listening, and understanding social rules. Emeryville, CA: Rockridge Press. Social Skills Activities for Kids gives children the confidence to successfully navigate social situations at home, school, and the world in between. From keeping the conversation ball moving to learn to compromise to practicing good table manners, these engaging activities help kids develop and use their social skills superpowers.


Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and "fitting in".

This resource is intended specifically to assist clinicians and teachers in treating individuals with Asperger’s Syndrome (AS) in a group setting. It has evolved over the past several years and stems from the social skills groups that many graduate students led at Colorado State University (CSU).


*CBT Toolbox for Children and Adolescents* was designed with therapists in mind to provide a brief, targeted solutions to a myriad of mental health issues that are frequently present in children. The activities in this workbook enhance traditional CBT by promoting the development of a child’s executive functioning, developing social skills, and prompting the whole-brain approach. (xi)


Anxiety is one of the biggest challenges faced by children with high-functioning autism spectrum disorders and Asperger syndrome. Help them conquer their fears and participate more fully in home, school, and community life - with this innovative group therapy program for children 8-14 years old and their parents. *Facing Your Fears* includes everything professionals need to run a successful program.


Comprehensive and authoritative, *Autism Spectrum Disorders* explains all aspects of the condition, and is written for parents, educators, caregivers, and others looking for accurate information and expert insight. Newly updated to reflect the latest research, treatment methods, and DSM-V criteria, this invaluable book covers: the causes of autism spectrum disorders, getting an accurate diagnosis, treatments based on behavioral, psychological, and biomedical interventions, coping strategies for families and education needs and programs, living and working conditions for adults with ASD, and community interaction and teaching strategies and resources for educators and other professionals.


Puberty can be especially tough when young people have autism or other special needs. Through simple stories similar to Carol Gray's *Social Stories*, author Mary Wrobel teaches caregivers exactly what to say (and not say) and shows how you can create helpful stories of your own. Mary addresses hygiene, modesty, body growth and development, menstruation, touching, personal safety, and more.

**Resources for Caregivers**

Autism Speaks. Retrieved from [https://www.autismspeaks.org/](https://www.autismspeaks.org/). This resource may also pertain to clinicians.
Autism Speaks is dedicated to promoting solutions, across the spectrum and throughout the life span, for the needs of individuals with autism and their families. We do this through advocacy and support; increasing understanding and acceptance of people with autism; and advancing research into causes and better interventions for autism spectrum disorder and related conditions. (About, para. 1)


*What Every Autistic Girl Wishes Her Parents Knew* is the book that many of us wish our parents would have had access to when we were growing up. In this first book release from the Autism Women’s Network, the autistic contributors write with honesty and generosity about the emotional needs, sensitivity, and vibrancy of autistic girls.


Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and "fitting in".


Leading experts show how you can work with your child's unique impairments— and harness his or her capabilities. Vivid stories and real-world examples illustrate ways to help kids with ASD relate more comfortably to peers, learn the rules of appropriate behavior, and succeed in school. You'll learn how ASD is diagnosed and what treatments and educational supports work.


This book is a celebration of all the wonderful and unexpected gifts that having daughters on the autism spectrum can bring to your life. Each chapter explores a topic of concern, offering encouragement and guidance on common issues such as school, friendships, meltdowns, special gifts, family relationships, therapies, and interventions.


This accessible and authoritative guide helps parents understand how autism spectrum disorder is defined and diagnosed and offers an overview of the most current behavioral and developmental therapies for children with ASD. Topics include symptoms, accessing care, services in the community, and the role of complementary and alternative medicine. Parents will also find inspirational and relatable stories from other caretakers, helping them feel less alone.

From the award-winning author of Autism Spectrum Disorders, comes Adolescents on the Autism Spectrum, a complete guide to the cognitive, emotional, social, and physical needs of preteens and teenagers with autistic disorders, ranging from the relatively mild Asperger's Syndrome to more severe ability impairment.


Comprehensive and authoritative, Autism Spectrum Disorders explains all aspects of the condition, and is written for parents, educators, caregivers, and others looking for accurate information and expert insight. Newly updated to reflect the latest research, treatment methods, and DSM-V criteria, this invaluable book covers: the causes of autism spectrum disorders, getting an accurate diagnosis, treatments based on behavioral, psychological, and biomedical interventions, coping strategies for families and education needs and programs, living and working conditions for adults with ASD, and community interaction and teaching strategies and resources for educators and other professionals.


Puberty can be especially tough when young people have autism or other special needs. Through simple stories similar to Carol Gray's Social Stories, author Mary Wrobel teaches caregivers exactly what to say (and not say) and shows how you can create helpful stories of your own. Mary addresses hygiene, modesty, body growth and development, menstruation, touching, personal safety, and more.

**Resources for Clients**


Having a sibling on the spectrum brings great joy. It also brings a flurry of emotions, challenges, and questions. Written by a seven-year-old boy, "What About Me?" works through the day-to-day struggles and joys of being an autism sibling.


Change happens, and life keeps changing. Instead of avoiding change, he needs to learn to adapt, anticipate, and enjoy the new experience when the change comes his way! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids the proper way to think, and deal with changes and transitions in life!

Nichols, S., Moravcik, G. M., & Tetenbaum, S. P. (2009). Girls growing up on the autism spectrum: what parents and professionals should know about the pre-teen and teenage...
years. Philadelphia, PA: Jessica Kingsley Publishers. This resource may also pertain to clinicians and caregivers.

Growing up isn't easy, and the trials and tribulations of being a teenager can be particularly confusing for girls with Autism Spectrum Disorders (ASDs). This book covers all the concerns commonly faced by girls with ASDs and their parents, from periods and puberty to worries over friendships and "fitting in".


This is the story of Zane, a zebra with autism, who worries that his differences make him stand out from his peers. With careful guidance from his mother, Zane learns that autism is only one of many qualities that make him special.


This story, as seen through the eyes of a sibling, expresses the confusion and pain a family feels when a diagnosis of autism is made. The story also highlights the beauty of accepting someone, even though they may be different, and realizing that, sometimes, a dream doesn’t end, it just needs to be adjusted.


This book will help children understand what autism is and how it affects someone who has it. A wonderful catalyst for discussion that will help children to better understand and support autistic classmates or siblings.


The superhero of this book, Nathan, explains his Autism Spectrum superpowers, how they affect him, and ways his friends can help out when his superpowers spiral out of control. This book is a tool written by a mom/pediatric physical therapist to help kids, family, friends, and caregivers understand Autism Spectrum and some of the struggles and superpowers associated with it.
Behaviors/Behavioral Issues

Resources for Clinicians


This book is designed to be a support to help your child figure out different ways to learn to cope with stress, anxiety and anger. You can work through this book with your child, or your child can read it on his or her own. (Note, para. 1)

Integration of Working Models of Attachment into Parent-Child Interaction Therapy (IoWA-PCIT). (n.d.) Retrieved from https://pcit.lab.uiowa.edu/

Parent-child interaction therapy (PCIT) is an evidence-based intervention designed to reduce disruptive behavior in children. The training and research program for PCIT at the University of Iowa strives to improve access to effective parent-child therapy. Parent-child interaction therapy (PCIT) works with parents and children together to promote positive parent-child relationships while decreasing the child’s behavior problems. (Para, 2)


Contains 20 different moods. Kids will enjoy flipping to the character that expresses their mood. Adults will appreciate that there are images of positive actions that can be taken for each mood. The flipbook can be displayed on a counter, desk, or bedroom dresser… Recommended for children ages 3 and up. This is a helpful visual aid for any child, including those with Autism, ADHD, Asperger's, or special needs. (Flipbooks, 1)

*CBT Toolbox for Children and Adolescents* was designed with therapists in mind to provide a brief, targeted solutions to a myriad of mental health issues that are frequently present in children. The activities in this workbook enhance traditional CBT by promoting the development of a child’s executive functioning, developing social skills, and prompting the whole-brain approach. (xi)


The current volume presents their latest contribution to adolescent DBT, and is certain to be as influential as their 2007 book. It is written for clinicians in various settings to use with adolescents coping with a broad array of emotional and behavioral difficulties. (viii)


In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children.


*I'm Not Bad, I'm Just Mad* contains forty activities for issues such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. The workbook explores common lifestyle issues such as lack of sleep that can make anger problems worse. These fun activities will help kids talk about their feelings and learn to control them.


The *Anger Management Workbook for Kids* offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers.


The 1-2-3 Magic Program continues to offer parents, pediatricians, mental health professionals, grandparents, teachers and even babysitters a simple and gentle-but-firm approach to managing the behavior of 2 to 12-year-olds, whether they are average kids or special-needs children. (About, para. 1)


This practical guide provides a robust positive-parenting framework for professionals coaching parents of infants, toddlers, and primary school children.
The first half of the book explains behaviorist and attachment theories of parenting, comparing, contrasting, and synthesizing them into an effective, research-informed approach to practice. The second half shows these guidelines in action, using play therapy as a means to improve disruptive child behaviors, correct harsh parenting practices, and address root causes of adversarial parent-child relationships. Throughout these chapters, vivid composite cases demonstrate not only common parent-child impasses but also therapist empathy, flexibility, and self-awareness.

Resources for Caregivers


If you are the parent of a behaviorally challenging child, this book should help you feel more optimistic about and confident in handling your child’s difficulties and restore some sanity to your family. If you are the child’s grandparent, teacher, neighbor, coach, or therapist, this book should, at the least, help you understand. There is no panacea. But there is certainly cause for hope. (xiv)

My Moods, My Choices. (2020). Retrieved from https://mymoodsmychoices.com/. This resource may also pertain to clinicians.

Contains 20 different moods. Kids will enjoy flipping to the character that expresses their mood. Adults will appreciate that there are images of positive actions that can be taken for each mood. The flipbook can be displayed on a counter, desk, or bedroom dresser… Recommended for children ages 3 and up. This is a helpful visual aid for any child, including those with Autism, ADHD, Asperger’s, or special needs. (Flipbooks, 1)


In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children.

Snowden, S., Hill, A., Rebar, S. (2018). *Anger management workbook for kids: 50 fun activities to help children stay calm and make better choices when they feel mad*. Emeryville, CA: Althea Press. This resource may also pertain to clinicians.

The *Anger Management Workbook for Kids* offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers.


We are pleased you have chosen this workbook and hope these activities can help you and your child manage your child’s out-of-control feelings. The activities in
this book are a compilation of original ideas based on over twelve years of experience working with young children, adolescents, and adults, using cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and play therapy techniques. (vii)


The 1-2-3 Magic Program continues to offer parents, pediatricians, mental health professionals, grandparents, teachers and even babysitters a simple and gentle-but-firm approach to managing the behavior of 2 to 12-year-olds, whether they are average kids or special-needs children. (About, para. 1)


This easy-to-use guide helps parents increase cooperation and reduce conflict in households with children ages two through 12. Parents learn how to eliminate the tantrums, teasing, dawdling, interrupting, and complaining that drive them crazy.

**Resources for Clients**


52 exercises and practices to help kids calm their mind and body, pay attention, become more self-aware, feel happier and confident, connect with others, and have fun. Deck can also be used as card games (based on popular children's games) that encourage kids to practice mindfulness skills each time they win a hand. Great for therapists, teachers, and parents. Perfect for ages 4 and up.


When you're mad or worried or can't wake up in the morning, what can you do? Use the amazing superpower that you already have—breathing. Our newest offering from the bestselling creators of *Good Night Yoga* teaches kids fun and easy breathing practices based on the proven methods of yoga and mindfulness meditation.


Having a pet dragon is very fun!...But what if your dragon does not care about other people’s feelings? What if he does and says things to others that he will regret? What should you do? You teach him empathy! You show him how to be considerate, to understand how others feel, to put himself in others' shoes, and to get along! How do you do that? Get this book and learn how! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids empathy, compassion, and kindness.


You can teach your dragon to sit, stand, roll over, and you can even potty train him... But what if your dragon is constantly doing bad things, and he argues that “it’s so small,” “just a little thing,” “nobody will know,” etc? What do you do? You teach him about consequences. You teach him that everything we do, no
matter small or big, will come back in return, and so he should consider to do good things instead.


Having a pet dragon is very fun. But what do you do if he gets angry or upset? What do you do when your dragon lost his cool and wants to burn everything to the ground? Get this book and learn how to train your angry dragon! A must have book for children and parents to teach kids about emotions and anger management.


Having a pet dragon is very fun. You can teach your dragon to sit, stand, roll over, and you can even potty train him...But what if your dragon feels lonely because he doesn’t have many friends. What if he’s sad because nobody wants to play with him? What do you do? You teach him how to make friends! Fun, cute, and entertaining with beautiful illustrations, this playful dragon book is a must-read to help kids understand the art of making friends.


*What to Do When Your Temper Flares* guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.


This fast-paced therapeutic card game helps children ages 6-12: Control their anger in the moment; Practice 12 effective anger management techniques; Understand what anger feels and looks like; Avoid anger-provoking situations; Express and understand their feelings; Identify anger cues; Learn that they have choices about how to express anger.


Spats are normal among younger kids, and often lead to screaming, hitting, and other expressions of anger. This book helps kids understand that it's often all right to be angry, but that it's always best to resolve conflicts peaceably.


ADHD/Autism tool - helps parents better understand their children's feelings. Great educational STEM toy and game - This is a helpful learning tool for any child, particularly those in preschool, kindergarten, and elementary schools.
Bullying/Friendships

Resources for Clinicians

Daniels, N. (2019). *Social skills activities for kids: 50 fun activities for making friends, talking and listening, and understanding social rules*. Emeryville, CA: Rockridge Press. *Social Skills Activities for Kids* gives children the confidence to successfully navigate social situations at home, school, and the world in between. From keeping the conversation ball moving to learn to compromise to practicing good table manners, these engaging activities help kids develop and use their social skills superpowers.

Sanders, J., & Jennings, S. (2018). *Let’s talk about body boundaries, consent & respect: a book to teach children about body ownership, respectful relationships, feelings and emotions, choices, and recognizing bullying behaviors*. Victoria, Australia: UpLoad Publishing. This resource may also pertain to caregivers. A child growing up knowing they have a right to their personal space gives that child ownership and choices as to what happens to them and their body. It is equally important a child understands, from a very young age, they need to respect another person’s body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily understood manner, providing familiar scenarios for children to engage with and discuss.

Shapiro, L. E., Pelta-Heller, Z., & Greenwald, A. F. (2008). *I'm not bad, I'm just mad: a workbook to help kids control their anger*. Oakland, CA: New Harbinger Publications. *I’m Not Bad, I’m Just Mad* contains forty activities for issues such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. The workbook explores common lifestyle
issues such as lack of sleep that can make anger problems worse. These fun activities will help kids talk about their feelings and learn to control them.

Stop Bullying. (n.d.). Retrieved from https://www.stopbullying.gov/. This resource may also pertain to caregivers and clients.

StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying. Content for this website is provided by the partners on the StopBullying.gov Editorial Board. (About, papa, 1)

Resources for Caregivers

Sanders, J., & Jennings, S. (2018). Let’s talk about body boundaries, consent & respect: a book to teach children about body ownership, respectful relationships, feelings and emotions, choices, and recognizing bullying behaviors. Victoria, Australia: UpLoad Publishing. This resource may also pertain to clinicians.

A child growing up knowing they have a right to their personal space gives that child ownership and choices as to what happens to them and their body. It is equally important a child understands, from a very young age, they need to respect another person’s body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily understood manner, providing familiar scenarios for children to engage with and discuss.


We are pleased you have chosen this workbook and hope these activities can help you and your child manage your child’s out-of-control feelings. The activities in this book are a compilation of original ideas based on over twelve years of experience working with young children, adolescents, and adults, using cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and play therapy techniques. (vii)

Stop Bullying. (n.d.). Retrieved from https://www.stopbullying.gov/. This resource may also pertain to clinicians and clients.

Resources for Clients


A timeless message to a new generation just learning how to navigate the fast-changing digital age. Written for children ages 6-11, this storybook uses rhymes and colorful illustrations to grab their attention. There are also tips for parents and teachers who want to reinforce kindness and respect in a high-tech world and teach children, pre-teens, and tweens about cyberbullying.

Lucy is teased by a boy at school because she is different. She has the courage to be true to herself and to make the right choice when that same boy needs her help.


Help your child tap into their inner strength and find the encouragement they need to navigate their daily environments. Mindful affirmations can help your child tune out the streams of messages they get about how they should be in the world.


Feeling can be complicated and learning to express them is a skill that must be developed. *My Mixed Emotions* is here to coach children through a variety of emotions and situations including dealing with bullying, understanding grief, and coping with large family changes, such as divorce.


Having a pet dragon is very fun. But when your dragon burns stuff, it’s not very cool. So you need to enroll your dragon in school. But in school, there is a big dinosaur and he is a bully. The dinosaur bullies your dragon, and your dragon is sad. What do you do? You teach your dragon how to deal with the bully…A must-have book for children and parents to teach kids about dealing with Bullying in Schools.


Having a pet dragon is very fun!…But what if your dragon does not care about other people’s feelings? What if he does and says things to others that he will regret? What should you do? You teach him empathy! You show him how to be considerate, to understand how others feel, to put himself in others' shoes, and to get along! How do you do that? Get this book and learn how! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids empathy, compassion, and kindness.


Having a pet dragon is very fun. You can teach your dragon to sit, stand, roll over, and you can even potty train him…But what if your dragon feels lonely because he doesn’t have many friends. What if he’s sad because nobody wants to play with him? What do you do? You teach him how to make friends! Fun, cute, and entertaining with beautiful illustrations, this playful dragon book is a must-read to help kids understand the art of making friends.


Having a pet dragon is very fun. You can teach your dragon to sit, stand, roll over, and you can even potty train him…But what if your dragon doesn’t like sharing? What if he doesn't want to share his toys? What if he doesn't want to share his work with friends? And he doesn't know anything about Sharing and Teamwork? What do you do? You teach him how to share!...Fun, cute, and entertaining with beautiful illustrations, this playful dragon book is a must-read to help kids understand the art of sharing!
You can teach your dragon to sit, stand, roll over, and you can even potty train him... But what if your dragon is constantly doing bad things, and he argues that “it’s so small,” “just a little thing,” “nobody will know,” etc? What do you do? You teach him about consequences. You teach him that everything we do, no matter small or big, will come back in return, and so he should consider to do good things instead.

Having a pet dragon is very fun. But what do you do if he gets angry or upset? What do you do when your dragon lost his cool and wants to burn everything to the ground? Get this book and learn how to train your angry dragon! A must have book for children and parents to teach kids about emotions and anger management.

This book helps kids distinguish between good and bad secrets. Even very young children have concerns and anxieties, and *Let's Talk About It!* books are written and illustrated especially for them. Parents are advised to read these books aloud while their preschooler listens and looks at illustrations of the boys and girls in each story. Many children in early grades will be able to read the stories for themselves. *Let's Talk About It!* books encourage children to explore their feelings, and then to speak openly about things that trouble them.

Teach children ages 5 to 7 about empathy and putting themselves in someone else’s shoes. In this entry into bullying books for kids, they’ll read about how best friends Ava and Sofia handle a problem with bullying. The story is told twice—first from Sofia’s point of view, and then from Ava’s, so kids can experience how their feelings change when they see things from a different perspective.

From the creator of the *New York Times* bestseller *The Word Collector* comes an empowering story about finding your voice, and using it to make the world a better place.

Have you ever seen a bully in action and done nothing about it? The kids at Pete's new school get involved, instead of being bystanders. When Pete begins to behave badly, his classmates teach him about "The Promise". Will Pete decide to shed his bullying habits and make "The Promise"?

Stop Bullying. (n.d.). Retrieved from https://www.stopbullying.gov/. This resource may also pertain to clinicians and caregivers.
StopBullying.gov provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you
can prevent and respond to bullying. Content for this website is provided by the partners on the StopBullying.gov Editorial Board. (About, papa, 1)


Children learn that having respect means treating everyone fairly. But there are some types of respect that each person must earn for themselves—by keeping promises, by being honest in what they say and do, and being polite and respectful to others. Most important of all, boys and girls learn that people who are different deserve just as much respect as close friends.


Spats are normal among younger kids, and often lead to screaming, hitting, and other expressions of anger. This book helps kids understand that it's often all right to be angry, but that it's always best to resolve conflicts peaceably.


This approachable picture book explores the difficult issue of bullying among children. It helps kids accept the normal fears and worries that accompany bullying, and suggests ways to resolve this upsetting experience.

**Depression**

**Resources for Clinicians**


The forty-two simple activities in this workbook help kids explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Based on cognitive behavioral therapy, play therapy, and art therapy, this series of activities is designed to help children cope with painful feelings and feel happy again.


In this book we discuss the “why”, the “how”, and the “what” of DBT for multiproblem suicidal adolescents, and we offer clinical guidance from our experiences in implementing DBT for this population…We also discuss BPD (a diagnostic risk factor in and of itself), particularly the validity, reliability, and stability of this diagnosis among adolescents. (3)


*CBT Toolbox for Children and Adolescents* was designed with therapists in mind to provide a brief, targeted solutions to a myriad of mental health issues that are frequently present in children. The activities in this workbook enhance traditional CBT by promoting the development of a child’s executive functioning, developing social skills, and prompting the whole-brain approach. (xi)

In this comprehensive toolbox, Dr. David Pratt shares essentials cognitive and behavioral skill-building activities created and honed over his 40-year career. Each worksheet and handout are accompanied by straight-forward explanations, highlighted as 'Therapist Tips' to guide the clinician in presenting the material to children and adolescents in an empathic and effective style. (Para. 1)


The current volume presents their latest contribution to adolescent DBT, and is certain to be as influential as their 2007 book. It is written for clinicians in various settings to use with adolescents coping with a broad array of emotional and behavioral difficulties. (viii)

**Resources for Caregivers**


The forty-two simple activities in this workbook help kids explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Based on cognitive behavioral therapy, play therapy, and art therapy, this series of activities is designed to help children cope with painful feelings and feel happy again.

**Resources for Clients**


*What to Do When You Grumble Too Much* guides children and their parents through the cognitive-behavioral techniques used to treat negative thinking. Lively metaphors and illustrations help kids see life's hurdles in a new way, while drawing and writing activities help them master skills to get over those hurdles.
Disabilities

Resources for Clinicians

Informed by the principles and practices of dialectical behavior therapy (DBT), this book presents skills training guidelines specifically designed for adults with cognitive challenges. Clinicians learn how to teach core emotion regulation and adaptive coping skills in a framework that promotes motivation and mastery for all learners, and that helps clients apply what they have learned in daily life.


*The Psychology of Disability* is intended to serve as a textbook or collateral reading source for students engaged in the study of the psychological aspects of disability, as well as a general resource for rehabilitation professionals in the full spectrum of allied health and vocational service disciplines. (xii)

Resources for Clients

In *Just Ask*, United States Supreme Court Justice Sonia Sotomayor celebrates the different abilities kids (and people of all ages) have. Using her own experience as a child who was diagnosed with diabetes, Justice Sotomayor writes about children with all sorts of challenges--and looks at the special powers those kids have as well.

This delightful picture book explores questions and concerns about physical disabilities in a simple and reassuring way. Younger children can find out about individual disabilities, special equipment that is available to help the disabled, and how people of all ages can deal with disabilities and live happy and full lives.


Children learn that having respect means treating everyone fairly. But there are some types of respect that each person must earn for themselves--by keeping promises, by being honest in what they say and do, and being polite and respectful to others. Most important of all, boys and girls learn that people who are different deserve just as much respect as close friends.

**Cerebral Palsy**

**Resources for Clients**


Award-winning author and designer Shaila Abdullah teams up with her 10-year-old daughter Aanyah to bring you this heartwarming tale of a little girl who forms a close bond with a child with cerebral palsy. The girl finds that through her art, she can reach her special friend Suhana.


Even though Chad has cerebral palsy, he can still attend school and do many of the same things as his classmates. Written from Chad's perspective, this book answers many of the questions his classmates have but maybe too scared or uncomfortable to ask. Children, teachers, school nurses, parents, and caregivers will learn about what cerebral palsy is, the different kinds of cerebral palsy, and special equipment that is available to help kids with cerebral palsy.

**Down Syndrome**

**Resources for Clients**


In this touching story, Emma helps her father as much as he helps her to realize that Isaac is the baby they dreamed of. The book concludes with a set of commonly asked questions about Down syndrome with answers for children and how it might affect their sibling and family.


In a simple language and illustrated with photographs three sisters describe the ways in which little brother Jai, a Down's Syndrome child, is different from other children, and what the family does to help him get along.

An invaluable tool for parents looking to talk about Down syndrome with their children. The book describes, in easy-to-understand language and with sensitivity, some of the challenges baby Tessa's special "code" might bring - while never losing focus on the message that a family's love is the same for everyone.


In a simple, welcoming way, *This is Ella* teaches children about Down syndrome, inclusion, and friendship. The story is followed by information about Down syndrome, including helpful facts and explanations. This is Ella offers a perfect starting point for a conversation with children about differences in general, Down syndrome in particular, and the concepts of inclusion and friendship.

**Hearing Loss**

**Resources for Clients**


A 2015 Newbery Honor Book. Going to school and making new friends can be tough. But going to school and making new friends while wearing a bulky hearing aid strapped to your chest? That requires superpowers! In this funny, poignant graphic novel memoir, author/illustrator Cece Bell chronicles her hearing loss at a young age and her subsequent experiences with the Phonic Ear, a very powerful—and very awkward—hearing aid.


Based on a true story. Told in rhyme, this uplifting story with gentle illustrations is based on a real little girl who doesn't realize her ears aren't working like most do. When her family searches for answers, she discovers the wonder of hearing aids and the sounds of the world. Gracie's Ears introduces what hearing aids are too young children needing help to hear and to their friends who wonder - what are those things in their friend's ears and what do they do?


This book describes challenges that hearing-impaired children face, and how one child overcomes them to live a normal, happy life. This attractively illustrated picture storybook series encourages kids to understand themselves and overcome problems that have troubled them.

**Vision Loss**

**Resources for Clients**


Some people are blind. What does that mean? Using simple, engaging text and full-color photos, readers learn what blindness is, how it can be caused, and what daily life is like for someone who can't see.
Diversity/Multiculturalism/Inclusivity

Resources for Clients


In the Land of This and That, there are only two kinds: blue bunnies and yellow birds. But one day a funny green egg hatches, and a little creature that's not quite a bird and not quite a bunny pops out. It's neither!...This colorful, simple, and touching story promotes diversity and offers a valuable lesson to the youngest of audiences: it is our differences that unite us.


A New York Times bestseller and Goodreads Choice Awards picture book winner! This gorgeous, lyrical ode to loving who you are, respecting others, and being kind to one another comes from Empire actor and activist Grace Byers and talented newcomer artist Keturah A. Bobo.


Instagram superstar Eva Chen, author of *Juno Valentine and the Magical Shoes*, is back with an alphabet board book depicting feminist icons in *A Is for Awesome: 23 Iconic Women Who Changed the World*, featuring spirited illustrations by Derek Desierto.


Poor Duncan just wants to color. But when he opens his box of crayons, he finds only letters, all saying the same thing: His crayons have had enough! They quit! Beige Crayon is tired of playing second fiddle to Brown Crayon. Black wants to be used for more than just outlining. Blue needs a break from coloring all
those bodies of water. And Orange and Yellow are no longer speaking—each believes he is the true color of the sun.


Race Cars is a children's book about white privilege. It was created to serve as a springboard for parents and educators to facilitate tough conversations with their kids about race, privilege and oppression. Race Cars tells the story of 2 best friends, a white car and a black car, that have different experiences and face different rules while entering the same race.

Ewing, C., Morgan, P. (2019). *An abc of equality*. Minneapolis, MN: The Quarto Group. A is for Ability, B is for Belief, C is for Class. All people have the right to be treated fairly, no matter who they are, what they look like, or where they come from. An ABC of Equality introduces complicated concepts surrounding social justice to the youngest of children.

Fox, M., & Staub, L. (2017). *Whoever you are*. Boston, MA: Houghton Mifflin Harcourt. Everyday all over the world, children are laughing and crying, playing and learning, eating, and sleeping. They may not look the same. They may not speak the same language. Their lives may be quite different. But inside, they are all alike...At a time when, unfortunately, the lessons of tolerance still need to be learned, *Whoever You Are* urges us to accept our differences, to recognize our similarities, and most importantly—to rejoice in both.

Hallinan, P. K. (2018). *A rainbow of friends*. Nashville, TN: Worthy Publishing Group. This book is for ages 3-5. Friends come in all colors and sizes; they can be funny or serious, musical or athletic, outgoing or quiet. This book reminds children to celebrate their differences because that is what makes each of us so special.


Featuring the true stories of 35 women creators, ranging from writers to inventors, artists to scientists, *Little Dreamers: Visionary Women Around the World* inspires as it educates. Readers will meet trailblazing women like Mary Blair, an American modernist painter who had a major influence on how color was used in early animated films, actor/inventor Hedy Lamarr, environmental activist Wangari Maathai, architect Zaha Hadid, filmmaker Maya Deren, and physicist Chien-Shiung Wu. Some names are known, some are not, but all of the women had a lasting effect on the fields they worked in.

Harrison, V. (2019). *Little leaders: Bold women in black history*. UK: Puffin. An important book for all ages, *Little Leaders* educates and inspires as it relates true stories of forty trailblazing black women in American history. Illuminating text paired with irresistible illustrations bring to life both iconic and lesser-known female figures of Black history such as abolitionist Sojourner Truth, pilot Bessie Coleman, chemist Alice Ball, politician Shirley Chisholm, mathematician Katherine Johnson, poet Maya Angelou, and filmmaker Julie Dash.


An important book for readers of all ages, this beautifully illustrated and engagingly written volume brings to life true stories of black men in history.
Among these biographies, readers will find aviators and artists, politicians and pop stars, athletes and activists. The exceptional men featured include writer James Baldwin, artist Aaron Douglas, filmmaker Oscar Devereaux Micheaux, lawman Bass Reeves, civil rights leader John Lewis, dancer Alvin Ailey, and musician Prince.


Having a pet dragon is very fun. He can sit, rollover, and play… But what if your dragon is sad because he is different than his friends? What if he feels bad that his skin is red, and is not like any of his friends? What if he’s worried that none of his friends have wings, tails, and scales like him? What if he’s so nervous because he’s different? What should you do? You teach him about diversity! You teach him that we’re individuals and should celebrate our differences…”


Who better than *Sesame Street* to teach us that we may all look different on the outside—but it's important to remember that deep down, we are all very much alike. We all have the same needs, desires, and feelings. Elmo and his *Sesame Street* friends help teach toddlers and the adults in their lives that everyone is the same on the inside, and it's our differences that make this wonderful world, which is home to us all, an interesting—and special—place.


A positive and affirming look at skin color, from an artist's perspective. Seven-year-old Lena is going to paint a picture of herself. She wants to use brown paint for her skin. But when she and her mother take a walk through the neighborhood, Lena learns that brown comes in many different shades. Through the eyes of a little girl who begins to see her familiar world in a new way, this book celebrates the differences and similarities that connect all people.


In an exuberant picture book, a glimpse of costumed mermaids leaves one boy flooded with wonder and ready to dazzle the world… Mesmerizing and full of heart, Jessica Love’s author-illustrator debut is a jubilant picture of self-love and a radiant celebration of individuality.


Adapted from one of Bob Marley’s most beloved songs, *One Love* brings the joyful spirit and unforgettable lyrics to life for a new generation. Readers will delight in dancing to the beat and feeling the positive groove of change when one girl enlists her community to help transform her neighborhood for the better.


Throughout history, black women have blazed trails across the fields of science, technology, engineering, and mathematics. *Black Women in Science* brings something special to black history books for kids, celebrating incredible black women in STEM who have used their brains, bravery, and ambition to beat the odds.

Follow a group of children through a day in their school, where everyone is welcomed with open arms. A school where kids in patkas, hijabs, and yarmulkes play side-by-side with friends in baseball caps. A school where students grow and learn from each other's traditions and the whole community gathers to celebrate the Lunar New Year. *All Are Welcome* lets young children know that no matter what, they have a place, they have a space, they are welcome in their school.

Discover a joyful reminder of the ways that every child is unique and special, from the beloved creator of *The Dot*, *Happy Dreamer*, and *New York Times* bestseller, *The Word Collector*. Here, Reynolds reminds readers to "be your own work of art." To be patient, persistent, and true. Because there is one, and only one, YOU.

From the creator of the *New York Times* bestseller *The Word Collector* comes an empowering story about finding your voice, and using it to make the world a better place.

Children learn that having respect means treating everyone fairly. But there are some types of respect that each person must earn for themselves--by keeping promises, by being honest in what they say and do, and being polite and respectful to others. Most important of all, boys and girls learn that people who are different deserve just as much respect as close friends.

With the ease and simplicity of a nursery rhyme, this lively story delivers an important message of social acceptance to young readers. Themes associated with child development and social harmony, such as friendship, acceptance, self-esteem, and diversity are promoted in simple and straightforward prose.
Divorce/Separation

Resources for Caregivers
Based on two decades of groundbreaking research, The Good Divorce presents the surprising finding that in more than fifty percent of divorces couples end their marriages yet preserve their families. Dr. Ahrons shows couples how they can move beyond the confusing, even terrifying early stages of breakup and learn to deal with the transition from a nuclear to a "binuclear" family--one that spans two households and continues to meet the needs of children.

Resources for Clients
Dinosaurs Divorce will help you understand divorce words and what they mean, why parents’ divorce, living with one parent, visiting your parent, having two homes, celebrating holidays and special occasions, telling your friends, meeting parents' new friends, living with stepparents, and having stepsisters and stepbrothers.
Feeling can be complicated and learning to express them is a skill that must be developed. *My Mixed Emotions* is here to coach children through a variety of emotions and situations including dealing with bullying, understanding grief, and coping with large family changes, such as divorce.
“Discusses basic concepts of marriage and divorce. It offers children a creative way to sort out the stressful feelings of grief caused by change.”


Change happens, and life keeps changing. Instead of avoiding change, he needs to learn to adapt, anticipate, and enjoy the new experience when the change comes his way! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids the proper way to think, and deal with changes and transitions in life!


Little Rabbit and Big Rabbit are together after a difficult separation, but even though they missed each other, Little Rabbit is not ready to cuddle up and receive Big Rabbit’s love. Little Rabbit needs Big Rabbit to understand what it felt like when they were apart...Big Rabbit listens carefully and helps Little Rabbit to feel understood and loved. This story was designed to help parents and children talk about difficult separations to help them reconnect and find their way back to each other.


Parents, educators, therapists, and social workers alike have declared The Invisible String the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they’re all connected by an invisible string.


The gently reassuring text focuses on what is gained rather than what is lost when parents’ divorce, while the sensitive illustrations, depicting two unique homes in all their small details, firmly establish Alex’s place in both of them. Two Homes will help children — and parents — embrace even the most difficult of changes with an open and optimistic heart.


This unusual picture book for younger children explores the issue of divorce. The author of this book is a psychotherapist and counselor and helps children to face their fears, worries, and questions when their family is going through a break-up.
Resources for Clinicians


This book is designed to be a support to help your child figure out different ways to learn to cope with stress, anxiety and anger. You can work through this book with your child, or your child can read it on his or her own. (Note, para. 1)


The forty-two simple activities in this workbook help kids explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Based on cognitive behavioral therapy, play therapy, and art therapy, this series of activities is designed to help children cope with painful feelings and feel happy again.


Contains 20 different moods. Kids will enjoy flipping to the character that expresses their mood. Adults will appreciate that there are images of positive actions that can be taken for each mood. The flipbook can be displayed on a counter, desk, or bedroom dresser… Recommended for children ages 3 and up. This is a helpful visual aid for any child, including those with Autism, ADHD, Asperger's, or special needs. (Flipbooks, 1)

A Still Quiet Place presents an eight-week mindfulness-based stress reduction (MBSR) program that therapists, teachers, and other professionals can use to help children and adolescents manage stress and anxiety in their lives, and develop their natural capacities for emotional fluency, respectful communication, and compassionate action.


A child growing up knowing they have a right to their personal space gives that child ownership and choices as to what happens to them and their body. It is equally important a child understands, from a very young age, they need to respect another person’s body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily understood manner, providing familiar scenarios for children to engage with and discuss.


*I’m Not Bad, I’m Just Mad* contains forty activities for issues such as recognizing anger triggers, better problem solving, and communication tips for defusing conflict before it gets out of hand. The workbook explores common lifestyle issues such as lack of sleep that can make anger problems worse. These fun activities will help kids talk about their feelings and learn to control them.


The *Anger Management Workbook for Kids* offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers.


One of the most popular tools used in child psychotherapy. The questions and directions in each set of cards include items that are not anxiety provoking to items that are moderately anxiety-provoking. The information gained while playing provides diagnostically meaningful insights into the child’s psychodynamics. Suitable for ages 4 and Up.

**Resources for Caregivers**


If you are the parent of a behaviorally challenging child, this book should help you feel more optimistic about and confident in handling your child’s difficulties and restore some sanity to your family. If you are the child’s grandparent, teacher,
neighbor, coach, or therapist, this book should, at the least, help you understand. There is no panacea. But there is certainly cause for hope. (xiv)

Hamil, S. W. (2008). *My feeling better workbook: help for kids who are sad and depressed.* Oakland, CA: New Harbinger Publications. This resource may also pertain to clinicians.

The forty-two simple activities in this workbook help kids explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Based on cognitive behavioral therapy, play therapy, and art therapy, this series of activities is designed to help children cope with painful feelings and feel happy again.


*Parenting a Child Who Has Intense Emotions* is an effective guide to de-escalating your child's emotions and helping your child express feelings in productive ways. You'll learn strategies drawn from dialectical behavior therapy (DBT), including mindfulness and validation skills, and practice them when your child's emotions spin out of control.

My Moods, My Choices. (2020). Retrieved from https://mymoodsmychoices.com/. This resource may also pertain to clinicians.

Contains 20 different moods. Kids will enjoy flipping to the character that expresses their mood. Adults will appreciate that there are images of positive actions that can be taken for each mood. The flipbook can be displayed on a counter, desk, or bedroom dresser… Recommended for children ages 3 and up. This is a helpful visual aid for any child, including those with Autism, ADHD, Asperger's, or special needs. (Flipbooks, 1)

Sanders, J., & Jennings, S. (2018). *Let’s talk about body boundaries, consent & respect: a book to teach children about body ownership, respectful relationships, feelings and emotions, choices, and recognizing bullying behaviors.* Victoria, Australia: UpLoad Publishing. This resource may also pertain to clinicians.

A child growing up knowing they have a right to their personal space gives that child ownership and choices as to what happens to them and their body. It is equally important a child understands, from a very young age, they need to respect another person’s body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily understood manner, providing familiar scenarios for children to engage with and discuss.


Highlighting the fascinating link between a child’s neurological development and the way a parent reacts to misbehavior, *No-Drama Discipline* provides an effective, compassionate road map for dealing with tantrums, tensions, and tears—without causing a scene.

In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children.

Snowden, S., Hill, A., Rebar, S. (2018). *Anger management workbook for kids: 50 fun activities to help children stay calm and make better choices when they feel mad*. Emeryville, CA: Althea Press. This resource may also pertain to clinicians.

The *Anger Management Workbook for Kids* offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers.


We are pleased you have chosen this workbook and hope these activities can help you and your child manage your child’s out-of-control feelings. The activities in this book are a compilation of original ideas based on over twelve years of experience working with young children, adolescents, and adults, using cognitive behavioral therapy (CBT), dialectical behavioral therapy (DBT), and play therapy techniques. (vii)

**Resources for Clients**


52 exercises and practices to help kids calm their mind and body, pay attention, become more self-aware, feel happier and confident, connect with others, and have fun. Deck can also be used as card games (based on popular children’s games) that encourage kids to practice mindfulness skills each time they win a hand. Great for therapists, teachers, and parents. Perfect for ages 4 and up.


When you're mad or worried or can't wake up in the morning, what can you do? Use the amazing superpower that you already have—breathing. Our newest offering from the bestselling creators of *Good Night Yoga* teaches kids fun and easy breathing practices based on the proven methods of yoga and mindfulness meditation.


Feeling can be complicated and learning to express them is a skill that must be developed. *My Mixed Emotions* is here to coach children through a variety of emotions and situations including dealing with bullying, understanding grief, and coping with large family changes, such as divorce.

Having a pet dragon is very fun!...But what if your dragon does not care about other people’s feelings? What if he does and says things to others that he will regret? What should you do? You teach him empathy! You show him how to be considerate, to understand how others feel, to put himself in others' shoes, and to get along! How do you do that? Get this book and learn how! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids empathy, compassion, and kindness.


You can teach your dragon to sit, stand, roll over, and you can even potty train him... But what if your dragon is constantly doing bad things, and he argues that “it’s so small,” “just a little thing,” “nobody will know,” etc? What do you do? You teach him about consequences. You teach him that everything we do, no matter small or big, will come back in return, and so he should consider to do good things instead.


Having a pet dragon is very fun. But what do you do if he gets angry or upset? What do you do when your dragon lost his cool and wants to burn everything to the ground? Get this book and learn how to train your angry dragon! A must have book for children and parents to teach kids about emotions and anger management.


This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers extensive suggestions for helping traumatized children, including a list of other sources that focus on specific events.


*What to Do When You Grumble Too Much* guides children and their parents through the cognitive-behavioral techniques used to treat negative thinking. Lively metaphors and illustrations help kids see life's hurdles in a new way, while drawing and writing activities help them master skills to get over those hurdles.


*What to Do When Your Temper Flares* guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.

Summary: “Once I was Very Very Scared”, declares squirrel. The other animals chime in to share that they were also once scared. Through the story we learn what scared the little animals, ways they each responded when scared, and things that help them feel safe and calm. This book was designed to help young children who have experienced stressful or traumatic events.

Kimochis. (n.d.) Kimochis mixed feelings boxed set. Game. The Mixed Feelings boxed set contains feelings to add to your emotional vocabulary Kimochis helps kids understand and manage their emotions through puppetry and play.


Therapy Game HQ. (n.d.) Retrieved from http://www.therapygamehq.com/ This fast-paced therapeutic card game helps children ages 6-12: Control their anger in the moment; Practice 12 effective anger management techniques; Understand what anger feels and looks like; Avoid anger-provoking situations; Express and understand their feelings; Identify anger cues; Learn that they have choices about how to express anger.

Thomas, P., & Harker, L. (2003). Is it right to fight?: a first look at anger. Hauppauge, NY: B.E.S. Publishing. Spats are normal among younger kids, and often lead to screaming, hitting, and other expressions of anger. This book helps kids understand that it's often all right to be angry, but that it's always best to resolve conflicts peacefully.

Thought-Spot. (n.d.). I know what to do cards for taking control of your feelings/emotions. Retrieved from https://thought-spot.com/products/ ADHD/Autism tool - helps parents better understand their children's feelings. Great educational STEM toy and game - This is a helpful learning tool for any child, particularly those in preschool, kindergarten, and elementary schools.

Time Outs

Resources for Clinicians

Integration of Working Models of Attachment into Parent-Child Interaction Therapy (IoWA-PCIT). (n.d.) Retrieved from https://pcit.lab.uiowa.edu/ Parent-child interaction therapy (PCIT) is an evidence-based intervention designed to reduce disruptive behavior in children. The training and research program for PCIT at the University of Iowa strives to improve access to effective parent-child therapy. Parent-child interaction therapy (PCIT) works with parents and children together to promote positive parent-child relationships while decreasing the child’s behavior problems. (Para, 2)

The 1-2-3 Magic Program continues to offer parents, pediatricians, mental health professionals, grandparents, teachers and even babysitters a simple and gentle-but-firm approach to managing the behavior of 2 to 12-year-olds, whether they are average kids or special-needs children. (About, para. 1)

Resources for Caregivers

Grief/Death

Resources for Caregivers

Grief is complex; it encompasses a wide range of emotions that can come and go in waves. Use these tips, videos, children's story, and guide to help your family communicate with one another, express emotions, and begin the process of moving forward. You are not alone. And with time, you and your family will experience new happy moments together. (Para, 1)

Resources for Clients

Straightforward and compassionate, When Dinosaurs Die explains death, dying, and coping with grief and loss in simple and accessible language for young kids and families.


Feeling can be complicated and learning to express them is a skill that must be developed. My Mixed Emotions is here to coach children through a variety of emotions and situations including dealing with bullying, understanding grief, and coping with large family changes, such as divorce.

Grief is complex; it encompasses a wide range of emotions that can come and go in waves. Use these tips, videos, children's story, and guide to help your family communicate with one another, express emotions, and begin the process of moving forward. You are not alone. And with time, you and your family will experience new happy moments together. (Para, 1)


This book was designed to teach basic concepts of death and help children understand and express the many feelings they have when someone special dies. Communication is increased and coping skills are developed as they illustrate their books with their personal story.


Change happens, and life keeps changing. Instead of avoiding change, he needs to learn to adapt, anticipate, and enjoy the new experience when the change comes his way! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids the proper way to think, and deal with changes and transitions in life!


Having a pet dragon is very fun! He can sit, rollover, and play… But sometimes, not every story is a happy one… What if your dragon is suffering from a loss of a loved one? What if he’s sad, angry, and heartbroken because his loved one passed away, and he cries and cries and cries? What should you do? You teach him about Grief and Loss. You explain death to him and help him get through this difficult time!


Parents, educators, therapists, and social workers alike have declared The Invisible String the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string.


The Feelings Book will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver's seat of your own emotions!


From the perspective of a young child, Joanna Rowland artfully describes what it is like to remember and grieve a loved one who has died. The child in the story creates a memory box to keep mementos and written memories of the loved one,
to help in the grieving process. Heartfelt and comforting, *The Memory Box* will help children and adults talk about this very difficult topic together.


When a close friend or family member dies, it can be difficult for children to express their feelings. This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death.


Dr. Wolfelt’s coloring book for kids ages 3-8 explores many of the feelings grieving children often experience. The expressive, easy-to-color drawings clearly depict disbelief, fear, anger, loneliness, happiness, sadness, and other normal grief feelings.

**Grief/Death of a Pet**

**Resources for Clients**


Adrian Raeside has created a magical tale of adventure for pet lovers of all ages in *The Rainbow Bridge*. Using his gift for creating spunky characters, Raeside has created a valuable fable for anyone who cherishes the companionship of a family pet.


In *I Miss My Pet*, younger children who lose a beloved puppy, kitten, or other pet are introduced to the idea of death. They are encouraged to understand that sadness is a first important step in the process of emotional healing, after the death of a loved one.
Incarceration

Resources for Clients


In this important book, young readers will learn that even when it feels like nothing can get better again, there are ways they can improve their circumstances. Sending letters, talking to a trusted grown-up about their feelings, and even visiting a parent in jail or prison can help keep a parent close in their hearts. Use this title as a helpful tool to start a conversation with any child in this situation and to remind them they are not alone.


There are nearly three million adults in the U.S. alone that are in prison or jail. Many of these being parents that leave behind unanswered questions with their children: What is jail? Why did this happen? Is it my fault? Is my daddy (or mommy) bad? Do they love me? *My Daddy’s in Jail* is a story of two bears who have a father in prison.


Change happens, and life keeps changing. Instead of avoiding change, he needs to learn to adapt, anticipate, and enjoy the new experience when the change comes his way! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids the proper way to think, and deal with changes and transitions in life!
Hi


When someone you love goes to jail, you might feel lost, scared, and even mad. This colorfully illustrated book lets children know that they are not alone in this situation. It offers age-appropriate explanations to help with difficult conversations. Told from the experience of a rabbit, this picture book is intended to make a parent's incarceration a little less frightening.

Military/Caregiver Deployment

**Resources for Clients**


Change happens, and life keeps changing. Instead of avoiding change, he needs to learn to adapt, anticipate, and enjoy the new experience when the change comes his way! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids the proper way to think, and deal with changes and transitions in life!


With relatable, heartwarming, and reassuring stories, this book is a must for parents, teachers, therapists, and other educators to help kids overcome different kinds of separation anxiety, loneliness, and loss.


“Nothing is the same when a parent has to leave home for a while. See how things are different for these military kids when their dad goes on deployment.”


A Parent in the Armed Forces speaks to kids about times when a parent in the military is called to active duty to a faraway place. Children are assured that it's normal for them to feel distress and anxiety because of separation from a parent. This title helps children understand that separation is only temporary, and that
their Dad or Mom is being called to perform an important service for which the child should be especially proud.

Picky Eaters

Resources for Clinicians
Developed by a team of internationally known medical experts, Food Chaining helps you identify the reasons behind your child's picky eating habits -- be it medical, sensory, or because of allergies. Then, with a simple, 6-step method centered around taste, temperature, and texture, target foods are selected that are similar to the ones your child likes, gradually expanding to all food groups.

Resource for Caregivers
Fraker, C., Fishbein, M., Cox, S., Walbert, L. (2007). *Food chaining: the proven 6-step plan to stop picky eating, solve feeding problems, and expand your child's diet.* Cambridge, MA: Da Capo Press. This resource may also pertain to clinicians.
Developed by a team of internationally known medical experts, Food Chaining helps you identify the reasons behind your child's picky eating habits -- be it medical, sensory, or because of allergies. Then, with a simple, 6-step method centered around taste, temperature, and texture, target foods are selected that are similar to the ones your child likes, gradually expanding to all food groups.
Risk for Suicide

Resources for Clinicians

In this book we discuss the “why”, the “how”, and the “what” of DBT for multiproblem suicidal adolescents, and we offer clinical guidance from our experiences in implementing DBT for this population…We also discuss BPD (a diagnostic risk factor in and of itself), particularly the validity, reliability, and stability of this diagnosis among adolescents. (3)

National Suicide Prevention Lifeline. (n.d.). Retrieved from https://suicidepreventionlifeline.org/. This resource may also pertain to caregivers and clients.

   The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 150 local crisis centers, combining custom local care and resources with national standards and best practices. (About, para. 1)

Resources for Caregivers
National Suicide Prevention Lifeline. (n.d.). Retrieved from https://suicidepreventionlifeline.org/. This resource may also pertain to clinicians and clients.
The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 150 local crisis centers, combining custom local care and resources with national standards and best practices. (About, para. 1)

**Resources for Clients**

National Suicide Prevention Lifeline. (n.d.). Retrieved from https://suicidepreventionlifeline.org/. This resource may also pertain to clinicians and caregivers.

The National Suicide Prevention Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. The Lifeline is comprised of a national network of over 150 local crisis centers, combining custom local care and resources with national standards and best practices. (About, para. 1)

---

**Separation Anxiety (also see Anxiety)**

**Resources for Clinicians**


The purpose of this book is to assist students to deal with the practical issues of child psychotherapy. The questions addressed here are those students frequently ask when they start seeing children in mental health settings. The questions and discussions are most applicable to therapy methods calling for a one-to-one relationship between a psychotherapist and a child, rather than to methods such as family and group therapy. (Abstract, para. 1)

**Resources for Clients**


Change happens, and life keeps changing. Instead of avoiding change, he needs to learn to adapt, anticipate, and enjoy the new experience when the change comes his way! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids the proper way to think, and deal with changes and transitions in life!

With relatable, heartwarming, and reassuring stories, this book is a must for parents, teachers, therapists, and other educators to help kids overcome different kinds of separation anxiety, loneliness, and loss.


Parents, educators, therapists, and social workers alike have declared *The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string.

**Sex/Body/Consent/Gender/Identity**

**Resources for Clinicians**


Educate and Empower Kids (EEK) provides resources to parents and educators as they guide their children in the digital age. We believe this must be intentionally done by teaching about digital citizenship, media literacy, and healthy sexuality—including education about the dangers of online pornography.


Human trafficking may seem like an unusual topic to bring up with a child. The subject matter can be frightening, particularly for younger children, and educators and parents may be uncomfortable starting the conversation. But recent data from the National Human Trafficking Hotline, a phone number that victims can call for help, suggests that human trafficking is a relevant topic especially for children. (Para, 1)


loveisrespect’s purpose is to engage, educate and empower young people to prevent and end abusive relationships. Highly-trained advocates offer support,
information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365. (About, para. 1)

**Resources for Caregivers**


We have provided critical information and great discussion questions that will foster productive and meaningful conversations between you and your kids. Look at these discussions as an opportunity to connect. As you become more comfortable and gain confidence in discussing these tough topics, your kids will be able to ask you deeper questions and share more personal thoughts and experiences with you. You will find that if you can discuss the dangers of online pornography and the related topics in this book, you can talk with your kids about anything!

Educate Empower Kids. (2019). Retrieved from https://educateempowerkids.org/. This resource may also pertain to clinicians.

Educate and Empower Kids (EEK) provides resources to parents and educators as they guide their children in the digital age. We believe this must be intentionally done by teaching about digital citizenship, media literacy, and healthy sexuality—including education about the dangers of online pornography.

How to Talk About Human Trafficking with Children and Adolescents. (2019). Retrieved from https://onlinegrad.baylor.edu/resources/conversations-human-trafficking-children-teens/. This resource may also pertain to clinicians.

Human trafficking may seem like an unusual topic to bring up with a child. The subject matter can be frightening, particularly for younger children, and educators and parents may be uncomfortable starting the conversation. But recent data from the National Human Trafficking Hotline, a phone number that victims can call for help, suggests that human trafficking is a relevant topic especially for children. (Para, 1)

Loveisrespect. (2017). Retrieved from https://www.loveisrespect.org/. This resource may also pertain to clinicians and clients.

loveisrespect’s purpose is to engage, educate and empower young people to prevent and end abusive relationships. Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365. (About, para. 1)


We’ve made it easy to engage your child in conversations about relationships, affection, anatomy, boundaries, predators, online dangers, and many other vital topics. Using the numerous questions and conversation starters we have provided,
you can launch these essential talks with your child and interject your thoughts, feelings, and cultural beliefs. Written by parents and reviewed by professionals, the 30 Days of Sex Talks program makes it simple for you and your child to talk about sex in the context in which it belongs; as part of a healthy relationship that also includes joy, laughter and the full range of emotion that defines human intimacy.


Written by parents and reviewed by professionals, the 30 Days of Sex Talks program makes it simple for you to discuss love, sex, changing bodies, as well as address dangerous messages from the media and various online sources. This book contains 30 topics for discussion including puberty, curiosity, self-worth, and intimate relationships. These topics can be used to start an important dialogue with your child while allowing you to interject your feelings, thoughts, and cultural beliefs. You and your child can talk about sex in the context in which it belongs; as part of a healthy relationship that also includes joy, laughter, and the full range of emotion that defines human intimacy.


Written by parents and reviewed by professionals, 30 Days of Sex Talks makes it simple for you to discuss sex in the context in which it belongs; as part of a healthy relationship that also includes joy, laughter, and the full range of emotion that defines human intimacy. This book includes topics like creating healthy relationships, consent, social media, pornography exposure, and emotional intimacy. Each topic has bullet points and numerous questions to act as conversation starters. These will facilitate vital talks while allowing you to express your thoughts, feelings, and cultural beliefs.


A child growing up knowing they have a right to their personal space gives that child ownership and choices as to what happens to them and their body. It is equally important a child understands, from a very young age, they need to respect another person’s body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily understood manner, providing familiar scenarios for children to engage with and discuss.

**Resources for Clients**


We live in a great big world where we receive and send messages every day. Some of these messages are about our bodies and can alter the way we see ourselves. Join Sydney on her journey as she navigates through these messages
with her friends and family. Learn how you can change the way you see these messages and your body and how you can help others.


We live in a great big world where we receive and send messages every day. Some of these messages are about our bodies and can alter the way we see ourselves. Join Wade on his journey as he navigates through these messages with his friends and family. Learn how you can change the way you see these messages and your body and how you can help others.


“Simple, straightforward, and age-appropriate answers to kids' most common questions about sex, the human body, reproduction, and development.”


Written in consultation with preteen girls, this guide offers a supportive, practical approach, providing clear and sensitive answers to common questions on periods, as well as advice dealing with pimples and mood swings. This revised edition features new sections on getting braces, bra sizing, shaving, relatable anecdotes from real girls, changing friendships, romantic feelings, dealing with sexual harassment both on social media and in real life.


In this modern fairy tale, a noble prince and a brave knight come together to defeat a terrible monster and in the process find true love in a most unexpected place. Together they fought the dragon and discovered that special something the prince was looking for all along. This book is published in partnership with GLAAD to accelerate LGBTQ inclusivity and acceptance.


*It's Not the Stork!* helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Through lively, comfortable language and sensitive, engaging artwork, Robie H. Harris and Michael Emberley address readers in a reassuring way, mindful of a child's healthy desire for straightforward information.


When young people have questions about sex, real answers can be hard to find. Providing accurate, unbiased answers to nearly every imaginable question, from
conception and puberty to birth control and AIDS, *It's Perfectly Normal* offers young people the information they need — now more than ever — to make responsible decisions and to stay healthy.


“The story of a transgender child based on the real-life experience of Jazz Jennings, who has become a spokesperson for trans kids everywhere.”


This helpful resource book is filled with over 100 letters from real girls like you with questions about their changing bodies and expert answers to each one. Plus, the back of the book features tips on how to talk to your parents about puberty and other touchy topics.


Helping kids set healthy boundaries for their private parts can be a daunting and awkward task for parents, counselors, and educators. Written from a kid’s point of view, I Said No! makes this task a lot easier.


loveisrespect’s purpose is to engage, educate and empower young people to prevent and end abusive relationships. Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365. (About, para. 1)


In an exuberant picture book, a glimpse of costumed mermaids leaves one boy flooded with wonder and ready to dazzle the world….Mesmerizing and full of heart, Jessica Love’s author-illustrator debut is a jubilant picture of self-love and a radiant celebration of individuality.


From the author of the bestselling *Care & Keeping of You* series! This book will provide you with the answers that will help you take care of yourself better, from hair care to healthy eating, bad breath to shaving, acne to voice changes, and everything in between. With tips, how-tos, and facts from a real pediatrician, it's the perfect book to help you learn about your body's changes.

When Jessie comes home from a party with glittery nails, Casey wants glittery nails too…Then, when older boys at the library tease Casey for wearing "girl" things, Jessie realizes that Casey has the right to be himself and wear whatever he wants. Why can't both she and Casey love all things shimmery, glittery, and sparkly? Here is a sweet, heartwarming story about acceptance, respect, and the freedom to be yourself in a world where any gender expression should be celebrated. Sparkly things are for everyone to enjoy!


This timely and beautiful picture book rethinks and reframes the stereotypical blue/pink gender binary and empowers kids-and their grown-ups-to express themselves in every color of the rainbow. Featuring a diverse group of relatable characters, *Pink Is for Boys* invites and encourages girls and boys to enjoy what they love to do, whether it's racing cars and playing baseball, or loving unicorns and dressing up.


"The honest yet humorous guide to puberty that generations of parents and kids have enjoyed."


Written with warmth and honesty, *Amazing You!* presents clear and age-appropriate information about reproduction, birth, and the difference between girls’ and boys’ bodies. Lynne Cravath's lighthearted illustrations enliven the text, making this a book that parents will gladly share with their young ones.


A child growing up knowing they have a right to their personal space gives that child ownership and choices as to what happens to them and their body. It is equally important a child understands, from a very young age, they need to respect another person’s body boundary and ask for their consent when entering their personal space. This book explores these concepts with children in a child-friendly and easily understood manner, providing familiar scenarios for children to engage with and discuss.


Puberty can be a difficult time for a young girl—and it’s natural not to know who (or what) to ask. *Celebrate Your Body* encourages girls to face this whole puberty thing with excitement and empowerment. From period care to mysterious hair in new places, this standout among puberty books for girls has the answers you’re looking for—in a way you can relate to.

A picture book that introduces the concept of gender identity to the youngest reader from writer Theresa Thorn and illustrator Noah Grigni. Some people are boys. Some people are girls. Some people are both, neither, or somewhere in between. This sweet, straightforward exploration of gender identity will give children a fuller understanding of themselves and others. With child-friendly language and vibrant art, It Feels Good to Be Yourself provides young readers and parents alike with the vocabulary to discuss this important topic with sensitivity.


Full of humor and warmth, Ruth’s lessons about body image, confidence, and standing up for yourself shine through in this relatable, age-appropriate tale. Fun activities are included after each story and will delight young readers as they stretch, draw, and dance their way through these important ideas. They’ll feel empowered to connect to their strengths, too.

### Sickness/Illness

**Resources for Clients**


In this Franklin Classic Storybook, our hero goes to the hospital for an operation to repair his broken shell, and everyone thinks he's being very brave. But Franklin is only pretending to be fearless. He's worried that his X-rays will show just how frightened he is inside. With the help of Dr. Bear, Franklin learns that even though he's feeling scared, he can still be brave.


Daniel is feeling a little nervous before his check-up with Dr. Anna. But with a little reassurance from Mom, Daniel learns that talking about what will happen at the doctor’s office helps to make the trip a lot less scary.


A workbook to help children deal with feelings about serious illness. An excellent resource for helping children learn the basic concepts of illness and various age-appropriate ways of coping with someone else's illness.


This book was designed to use the art process to teach children who have witnessed or experienced a traumatic event some basic concepts about trauma and
provided an opportunity to learn about and express related feelings. Misconceptions may be revealed, conflicts resolved and self-esteem increased while coping skills are developed.


Change happens, and life keeps changing. Instead of avoiding change, he needs to learn to adapt, anticipate, and enjoy the new experience when the change comes his way! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids the proper way to think, and deal with changes and transitions in life!


This reassuring book helps kids understand that sometimes when they are sick, it is best that they go to a hospital. They can make new friends, have visitors, get special care from doctors and nurses--and best of all, get well again.

### Sleep

**Resources for Caregivers**


Incorporating new research, Dr. Ferber provides important basic information that all parents should know regarding the nature of sleep and the development of normal sleep and body rhythms throughout childhood. He discusses the causes of most sleep problems from birth to adolescence and recommends an array of proven solutions for each so that parents can choose the strategy that works best for them.

**Resources for Clients**


Children will love reading along with this delightful story about a little boy named Jake who can't sleep - and parents will identify with Jake's frustrated mom and dad! Little readers will love the imaginative story and bright pictures, and this tale is perfect to help children get ready for their bedtime. Ideal for children just learning to read.


This "wake up" story is so much more than a story. It’s a practice for kids and parents to greet the morning with joy and embark on their daily adventures with intention and confidence. Turn the page and reach up to the sky, press your feet into the earth, and get ready for a great day!

Kids love yoga—and it’s great for them, so much so that the President’s Council has added the practice to the fitness activities in the annual President’s Challenge. For parents and caregivers looking for a fun and effective new routine for bedtime, innovative educator Mariam Gates presents *Good Night Yoga*, a playful yet wholly practical book for preparing for sleep.


*What to Do When You Dread Your Bed* guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights.

**Resources for Clinicians**

Loveisrespect. (2017). Retrieved from https://www.loveisrespect.org/. This resource may also pertain to caregivers and clients. loveisrespect’s purpose is to engage, educate and empower young people to prevent and end abusive relationships. Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365. (About, para. 1)

**Resources for Caregivers**

Loveisrespect. (2017). Retrieved from https://www.loveisrespect.org/. This resource may also pertain to clinicians and clients. loveisrespect’s purpose is to engage, educate and empower young people to prevent and end abusive relationships. Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365. (About, para. 1)
Resources for Clients


*It's Not the Stork!* helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Through lively, comfortable language and sensitive, engaging artwork, Robie H. Harris and Michael Emberley address readers in a reassuring way, mindful of a child's healthy desire for straightforward information.


*It’s So Amazing!* provides the answers—with fun, accurate, comic-book-style artwork and a clear, lively text that reflects the interests of children age seven and up in how things work, while giving them a healthy understanding of their bodies. Created by the author and illustrator of *It’s Perfectly Normal*, this forthright and funny book has been newly updated for its fifteenth anniversary.


*Loveisrespect’s* purpose is to engage, educate and empower young people to prevent and end abusive relationships. Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships. We also provide information and support to concerned friends and family members, teachers, counselors, service providers and members of law enforcement. Free and confidential phone, live chat and texting services are available 24/7/365. (About, para. 1)

LGBTQ+ Families

Resources for Clinicians

GLAAD. (n.d.). Retrieved from https://www.glaad.org/. This resource may also pertain to caregivers and clients.

GLAAD rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change. GLAAD protects all that has been accomplished and creates a world where everyone can live the life they love. (About, para. 1)

GLSEN. (2019). Retrieved from https://www.glsen.org/. This resource may also pertain to caregivers and clients.

GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. Together we can transform our nation's schools into the safe and affirming environment all youth deserve. (About, para. 1)

The Trevor Project. (2020). Retrieved from https://www.thetrevorproject.org/. This resource may also pertain to caregivers and clients.

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. (About, para. 1)
Resources for Caregivers

GLAAD. (n.d.). Retrieved from https://www.glaad.org/. This resource may also pertain to clinicians and clients.

GLAAD rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change. GLAAD protects all that has been accomplished and creates a world where everyone can live the life they love. (About, para. 1)

GLSEN. (2019). Retrieved from https://www.glsen.org/. This resource may also pertain to clinicians and clients.

GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. Together we can transform our nation's schools into the safe and affirming environment all youth deserve. (About, para. 1)

PFLAG. (2020). Retrieved from https://pflag.org/. Note this resource may also pertain to clients.

Founded in 1973 after the simple act of a mother publicly supporting her gay son, PFLAG is the nation's largest family and ally organization. PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies.

The Trevor Project. (2020). Retrieved from https://www.thetrevorproject.org/. This resource may also pertain to clinicians and clients.

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. (About, para. 1)

Resources for Clients


Love is baking a special cake. Love is lending a helping hand. Love is reading one more book. In this exuberant board book, many different families are shown in happy activity, from an early-morning wake-up to a kiss before bed. Whether a child has two moms, two dads, one parent, or one of each, this simple preschool read-aloud demonstrates that what's most important in each family's life is the love the family members share.

GLAAD. (n.d.). Retrieved from https://www.glaad.org/. This resource may also pertain to clinicians and caregivers.

GLAAD rewrites the script for LGBTQ acceptance. As a dynamic media force, GLAAD tackles tough issues to shape the narrative and provoke dialogue that leads to cultural change. GLAAD protects all that has been accomplished and creates a world where everyone can live the life they love. (About, para. 1)

GLSEN. (2019). Retrieved from https://www.glsen.org/. This resource may also pertain to clinicians and caregivers.

GLSEN works to ensure that LGBTQ students are able to learn and grow in a school environment free from bullying and harassment. Together we can
transform our nation's schools into the safe and affirming environment all youth
deserve. (About, para. 1)

In this modern fairy tale, a noble prince and a brave knight come together to
defeat a terrible monster and in the process find true love in a most unexpected
place. Together they fought the dragon and discovered that special something the
prince was looking for all along. This book is published in partnership with
GLAAD to accelerate LGBTQ inclusivity and acceptance.

Harris, R. H., & Emberley, M. (2008). *It's not the stork!: a book about girls, boys,
babies, bodies, families, and friends*. Cambridge, MA: Candlewick Press.
*It's Not the Stork!* helps answer these endless and perfectly normal questions that
preschool, kindergarten, and early elementary school children ask about how they
began. Through lively, comfortable language and sensitive, engaging artwork,
Robie H. Harris and Michael Emberley address readers in a reassuring way,
mindful of a child's healthy desire for straightforward information.

Harris, R. H., & Emberley, M. (2014). *It's so amazing!: a book about eggs, sperm, birth,
*It's So Amazing!* provides the answers—with fun, accurate, comic-book-style
artwork and a clear, lively text that reflects the interests of children age seven and
up in how things work, while giving them a healthy understanding of their bodies.
Created by the author and illustrator of *It’s Perfectly Normal*, this forthright and
funny book has been newly updated for its fifteenth anniversary.

The It Gets Better Project is a nonprofit organization with a mission to uplift,
empower, and connect lesbian, gay, bisexual, transgender, and queer youth
around the globe. Growing up isn’t easy, especially when you are trying to affirm
and assert your sexual orientation and/or gender identity. It can be a challenging
and isolating process—but, the good news is, no one has to do it alone. (About,
para. 1)

Candlewick Press.
Heather’s favorite number is two. She has two arms, two legs, two pets—and two
mommies. When Heather goes to school for the first time, someone asks her
about her daddy, but Heather doesn’t have a daddy. Then something interesting
happens. When Heather and her classmates all draw pictures of their families, not
one drawing is the same.

PFLAG. (2020). Retrieved from https://pflag.org/. Note this resource may also pertain to
caregivers.
Founded in 1973 after the simple act of a mother publicly supporting her gay son, PFLAG is the nation's largest family and ally organization. PFLAG is the first and largest organization for lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people, their parents and families, and allies.


In this deeply moving and empowering true story, young readers will trace the life of the Gay Pride Flag, from its beginnings in 1978 with social activist Harvey Milk and designer Gilbert Baker to its spanning of the globe and its role in today's world. Award-winning author Rob Sanders's stirring text, and acclaimed illustrator Steven Salerno's evocative images, combine to tell this remarkable - and under-told story. A story of love, hope, equality, and pride.


From Rob Sanders, author of the acclaimed *Pride: The Story of Harvey Milk and the Rainbow Flag*, comes this powerful and timeless true story that will allow young readers to discover the rich and dynamic history of the Stonewall Inn and its role in the LGBTQ+ civil rights movement--a movement that continues to this very day.

The Trevor Project. (2020). Retrieved from https://www.thetrevorproject.org/. This resource may also pertain to clinicians and caregivers.

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. (About, para. 1)
Technology/Social Media

Resources for Clinicians

*Social Skills Activities for Kids* gives children the confidence to successfully navigate social situations at home, school, and the world in between. From keeping the conversation ball moving to learn to compromise to practicing good table manners, these engaging activities help kids develop and use their social skills superpowers. Real Scenarios—Includes up-to-date topics like bullying and using social media.


Educate and Empower Kids (EEK) provides resources to parents and educators as they guide their children in the digital age. We believe this must be intentionally done by teaching about digital citizenship, media literacy, and healthy sexuality—including education about the dangers of online pornography.

Resources for Caregivers
Educate Empower Kids. (2019). Retrieved from https://educateempowerkids.org/. This resource may also pertain to clinicians.

Educate and Empower Kids (EEK) provides resources to parents and educators as they guide their children in the digital age. We believe this must be intentionally
done by teaching about digital citizenship, media literacy, and healthy sexuality—including education about the dangers of online pornography.

**Resources for Clients**


Noah has just received a smartphone for his birthday. Follow him as he discovers how it feels to be on the giving and receiving end of some not-so-friendly behavior online. See what choices he makes when he learns about the awesome power he holds in his hands. And learn about the ripples of change you can make with technology in your home, your school, your community, and the whole world.


Join Petra and her dad as they venture into the city to learn about the media messages all around us. We are surrounded by messages (media) our entire lives—most of the are beautiful! Some inspire us to learn and grow, but some messages are empty and unhealthy. Petra and her dad come face to face with clear and hidden messages in different media such as advertising, social media, movies, and fake news.


Once upon a time, a laptop arrived in Fairy-tale land... A happily ever after is only a click away! Find out what happens when our favorite fairy-tale characters receive a laptop and learn a lesson in online safety.


A timeless message to a new generation just learning how to navigate the fast-changing digital age. Written for children ages 6-11, this storybook uses rhymes and colorful illustrations to grab their attention. There are also tips for parents and teachers who want to reinforce kindness and respect in a high-tech world and teach children, pre-teens, and tweens about cyberbullying.


Do you want to raise a confident child who can manage screen time successfully? Screens are everywhere but they don't have to control your kids. Empower them to use their screens wisely and create good electronic habits! This book series reaches kids at their level with a fun, engaging, and educational story about balancing screen time with outside play.


From the *New York Times*, bestselling author of *Goodnight iPad* comes a delightful new commentary on the perils of our tech-obsessed lives and a fully charged romp for readers of all ages.
Termination

Resources for Clinicians


The purpose of this book is to assist students to deal with the practical issues of child psychotherapy. The questions addressed here are those students frequently ask when they start seeing children in mental health settings. The questions and discussions are most applicable to therapy methods calling for a one-to-one relationship between a psychotherapist and a child, rather than to methods such as family and group therapy. (Abstract, para. 1)


The interventions have been divided into three sections. The book begins with engagement and assessment activities providing clinicians with interventions to engage with and evaluate clients. The second section presents treatment techniques to facilitate the working through of therapeutic issues. The last section outlines interventions that can be incorporated as part of the client’s termination process. (ii)

In this book we discuss the “why”, the “how”, and the “what” of DBT for multiproblem suicidal adolescents, and we offer clinical guidance from our experiences in implementing DBT for this population...We also discuss BPD (a diagnostic risk factor in and of itself), particularly the validity, reliability, and stability of this diagnosis among adolescents. (3)

Resources for Clients

Change happens, and life keeps changing. Instead of avoiding change, he needs to learn to adapt, anticipate, and enjoy the new experience when the change comes his way! Fun, cute, and entertaining with beautiful illustrations, this is a must-have book for children, parents, and teachers to teach kids the proper way to think, and deal with changes and transitions in life!


Parents, educators, therapists, and social workers alike have declared *The Invisible String* the perfect tool for coping with all kinds of separation anxiety, loss, and grief. In this relatable and reassuring contemporary classic, a mother tells her two children that they're all connected by an invisible string.

Therapy (Going to)

Resources for Clients

This gently told and tenderly illustrated story is for children who have witnessed any kind of violent or traumatic episode, including physical abuse, school or gang violence, accidents, homicide, suicide, and natural disasters such as floods or fire. An afterword by Sasha J. Mudlaff written for parents and other caregivers offers extensive suggestions for helping traumatized children, including a list of other sources that focus on specific events.


This book offers information about psychological therapy told through the journal of a twelve-year-old patient, presenting the most common questions and feelings of a child entering therapy and describing what a session is like.


Whether you are considering or have already decided to bring your child to a therapist, *Some Bunny To Talk To* presents therapy in a way that is simple, direct, and easy for young children to understand. This colorful, humorous book is
designed to help answer children’s questions and allay fears about the process of therapy.

Yoga/Mindfulness

Resources for Clinicians

*A Still Quiet* Place presents an eight-week mindfulness-based stress reduction (MBSR) program that therapists, teachers, and other professionals can use to help children and adolescents manage stress and anxiety in their lives, and develop their natural capacities for emotional fluency, respectful communication, and compassionate action.

Resources for Clients

52 exercises and practices to help kids calm their mind and body, pay attention, become more self-aware, feel happier and confident, connect with others, and have fun. Deck can also be used as card games (based on popular children's games) that encourage kids to practice mindfulness skills each time they win a hand. Great for therapists, teachers, and parents. Perfect for ages 4 and up.
When you're mad or worried or can't wake up in the morning, what can you do? Use the amazing superpower that you already have—breathing. Our newest offering from the bestselling creators of *Good Night Yoga* teaches kids fun and easy breathing practices based on the proven methods of yoga and mindfulness meditation.

This "wake up" story is so much more than a story. It’s a practice for kids and parents to greet the morning with joy and embark on their daily adventures with intention and confidence. Turn the page and reach up to the sky, press your feet into the earth, and get ready for a great day!

Kids love yoga—and it’s great for them, so much so that the President’s Council has added the practice to the fitness activities in the annual President’s Challenge. For parents and caregivers looking for a fun and effective new routine for bedtime, innovative educator Mariam Gates presents *Good Night Yoga*, a playful yet wholly practical book for preparing for sleep.

Practice bending, twisting, breathing, relaxing and more with Yoga Pretzels, a vibrant and colorful set of illustrated cards that provide a healthy dose of fun and education while teaching all the basics of yoga to help your head and heart.

This little book is a very appealing introduction to mindfulness meditation for children and their parents. In a simple and accessible way, it describes what mindfulness is and how mindfulness-based practices can help children calm down, become more focused, fall asleep more easily, alleviate worry, manage anger, and generally become more patient and aware.
References


Fraser, T. A., & Fraser, E. E. W. (2020). *We’re all not the same, but we’re still family: an adoption and birth family story*. Ann Arbor, MI: Loving Healing Press.


Integration of Working Models of Attachment into Parent-Child Interaction Therapy (IoWA-PCIT). (n.d.) Retrieved from https://pcit.lab.uiowa.edu/


