1-2-3 Magic: Effective Discipline For Children 2-12 by Thomas Phelan

This revised edition of the award-winning 1-2-3 Magic program addresses the difficult task of child discipline with humor, keen insight, and proven experience. The technique offers a foolproof method of disciplining children ages two through 12 without arguing, yelling, or spanking. By means of three easy-to-follow steps, parents learn to manage troublesome behavior, encourage good behavior, and strengthening the parent-child relationship—avoiding the "Talk-Persuade-Argue-Yell-Hit" syndrome which frustrates so many parents. Ten strategies for building a child's self-esteem and the six types of testing and manipulation a parent can expect from the child are discussed, as well as tips on how to prevent homework arguments, make mealtimes more enjoyable, conduct effective family meetings, and encourage children to start doing their household chores. New advice about kids and technology and new illustrations bring this essential parenting companion completely up-to-date.

151 Ways to Help Your Child Have a Great Day at School by Robin McClure

For every parent who’s struggled to get off to school with a smile and ready for a fun, productive day, 151 Ways to Help Your Child Have a Great Day at School is a life-saver. Filled with 151 easy-to-do strategies and activities, Robin McClure gives the best tips for helping children get excited and make the most of their school day, every day.

The 7 Habits of Highly Effective Families by Stephen R. Covey

In his first major work since The 7 Habits of Highly Effective People, Steven R. Covey presents a practical and philosophical guide to solving the problems—large and small, mundane and extraordinary—that confront all families and strong communities. By offering revealing anecdotes about ordinary people as well as helpful suggestions about changing everyday behavior, The 7 Habits of Highly Effective Families shows how and why to have family meetings, the importance of keeping promises, how to balance individual and family needs, and how to move from dependence to interdependence. The 7 Habits of Highly Effective Families is an invaluable guidebook to the welfare of families everywhere.

Ain't Misbehavin': Tactics for Tantrums, Meltdowns, Bedtime Blues and Other Perfectly Normal Kid Behaviors by Alyson Schafer

Bestselling author, psychotherapist, and leading parenting expert on tackling any child's worst behavior. Following her phenomenally successful, Honey, I Wrecked the Kids, parenting guru Alyson Schaefef addresses every parent's secret fear: their child is the one no parenting book can possibly help. In her newest book, she conquers, one by one, all those behavioral bugaboos that can make a child seem, at times, impossible-and a parent's life hell. With explicit, life-saving tips on the perfect thing to say or do when things get out of control, Ain't Misbehavin' offers parents a sensible, democratic solution to meeting even the toughest discipline challenges. Includes first-person accounts of literally hundreds of parenting conundrums-with practical insights on what exactly to do. Full of detailed "how to do it" advice for a multitude of situations parents inevitably face. While acknowledging the daily reality that parents face, Schaefef's humor and experience make this book a must for parents who want to preserve the peace and also the joy of raising a child.

Am I a Normal Parent? Expert Advice, Parenting Tips, and the Reassurance You've Been Looking For by Sara Dimerman

Your guide to the stresses, fears, and anxieties NORMAL to parenting. Am I a Normal Parent? features a powerful self-assessment quiz that will quickly help you understand what is wrong (and right) in your parenting style. Just by answering 50 easy-to-complete, highly revealing questions, you will know if you are thinking, doing, and feeling as a parent is normal...or not. And what can be done about it. Children, while often angelic and sweet, can be challenging as well. You can feel overwhelmed by your children's behavior, and ask yourself:

Are my responses and actions correct?
Do other parents feel unsure of how to handle certain situations with their children as well?
Is it normal to be so uncertain that what I am doing is correct?
This book addresses your needs and concerns as a parent. Created by parenting expert Sara Dimerman, Am I A Normal Parent? reveals the behaviors, questions, and problems that you face on a daily basis and addresses the insecurities and fears common to parents world-wide. Every parent faces questions and uncertainties when it comes to raising children. There are no absolutes, and in the face of the profound responsibility of being a parent in this day and age, it can be very stressful to have self-doubt.

Rest assured: you are not alone. All parents question their actions and often feel insecure about their choices. In addition, there are numerous questions that parents are often afraid to ask:

"Is it okay to get angry when my toddler doesn't listen?"
"Is it okay to get jealous when my child monopolizes my spouse's time?"
"Is it normal to wonder if I am being judged by my peers?"
"Who defines normal, anyway?"

Am I A Normal Parent? tackles such questions head on. By addressing common concerns, Sara Dimerman encourages you to rethink interpretations of societal norms in a positive and constructive way.

Am I A Normal Parent? encourages you in a warm and friendly manner to work harder to define yourself, and lead by example so that parenting, while still a challenge, is reflective of your own values.

**Boys and Girls Learn Differently: A Guide for Teachers and Parents**
by Michael Gurian

At last, we have the scientific evidence that documents the many biological gender differences that influence learning. For instance, girls talk sooner, develop better vocabularies, read better, and have better fine motor skills. Boys, on the other hand, have better auditory memory, are better at three-dimensional reasoning, are more prone to explore, and achieve greater abstract design ability after puberty. In this profoundly significant book, author Michael Gurian synthesizes the current knowledge and clearly demonstrates how this distinction in hard-wiring and socialized gender differences affects how boys and girls learn. Gurian presents a new way to educate our children based on brain science, neurological development, and chemical and hormonal disparities. The innovations presented in this book were applied in the classroom and proven successful, with dramatic improvements in test scores, during a two-year study that Gurian and his colleagues conducted in six Missouri school districts.

**The Bully, the Bullied, and the Bystander: from Pre-school to High School –
How Parents Can Help Break the Cycle of Violence**
by Barbara Coloroso

It's the deadliest combination going: Bullies who get what want from their target, bullied kids who are afraid to tell, bystanders who either watch, participate, or look away, and adults who see the incidents as simply "teasing" and a normal part of childhood. We have only to look to the headlines to understand that this is a recipe for tragedy. Some bullying victims, their cries unheard, have fought back with violence that has devastated entire communities; others have committed suicide; many more suffer in silence, their lives a constant round of emotional and physical pain. In The Bully, the Bullied, and the Bystander, Barbara Coloroso gives parents, caregivers, educators, and most of all, kids the tools to break the cycle of violence. Drawing on her decades of work with troubled youth, and her wide experience in the areas of conflict resolution and reconciliatory justice, Coloroso offers a compassionate and practical guide that is destined to become a groundbreaking reference on the subject of bullying.

**Cyber-Bullying: Issues and Solutions for the School, the Classroom and the Home**
by Shaheen Shariff

This book looks in depth at the emerging issue of cyber-bullying. Written by one of the few experts on the topic, "Cyber-Bullying" develops guidelines for teachers, head teachers and administrators regarding the extent of their obligations to prevent and reduce cyber-bullying. The book also highlights ways in which schools can network with parents, police, technology providers and community organizations to provide support systems for victims (and perpetrators) of cyber-bullying.

**CyberSafe: Protecting and Empowering Kids in the Digital World of Texting, Gaming, and Social Media**
by Gwen Schurgin O'Keefe

From helping children deal with cyberbullying to identifying control systems for monitoring their online activities, this guide steers parents through the often intimidating digital landscape where young children can be plugged in 24/7. In addition to informing about the latest trends in technology—social-networking sites such as Facebook and MySpace, gaming systems, mp3 players, and cell phones—this handbook empowers parents to embrace the new innovations and help children get the most out of technology in a safe, well-informed manner. Suggestions for setting boundaries by age group, a cyber dictionary, sample family internet-safety pledges, and listings of additional resources are also included.
**Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food**
by Jessica Seinfeld

Between busy work schedules and the inconvenient truth that kids simply refuse to eat vegetables and other healthy foods, how can average parents ensure their kids are getting the proper nutrition and avoiding bad eating habits? As a mother of three, Jessica Seinfeld can speak for all parents who struggle to feed their kids right and deal nightly with dinnertime fiascos. She offers appetizing alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them. Her book is filled with traditional recipes that kids love, except they’re stealthily packed with veggies hidden in them so kids don’t even know! With the help of a nutritionist and a professional chef, Seinfeld has developed a month’s worth of meals for kids of all ages that includes, for example, pureed cauliflower in mac and cheese, and kale in spaghetti and meatballs. But this book also contains much more than recipes and tips. By solving problems on a practical level for parents, Seinfeld addresses the big picture issues that surround childhood obesity and its long-term effects on the body. With the help of a prominent nutritionist, her book provides parents with an arsenal of information related to kids’ nutrition so parents understand why it’s important to throw in a little avocado puree into their quesadillas. She discusses the critical importance of portion size, and the specific elements kids simply must have in order to flourish now and in the future: protein, calcium, vitamins, and Omega 3 and 6 fats. Jessica Seinfeld’s book is practical, easy-to-read, and a godsend for any parent that wants their kids to be healthy for a long time to come.

**Don’t Give Me That Attitude - 24 Rude, Selfish, Insensitive Things Kids Do and How to Stop Them**
by Michele Borba

Does your kid never take no for an answer and demand things go his way? Do her theatrics leave you drained at the end of the day? Are you resorting to bribes and threats to get your kid to do chores? Does he cheat, complain, or blame others for his problems? Do you feel you’re running a hotel instead of a home? Are you starting to feel like your child’s personal ATM machine?

What happened? You thought you were doing the best for your child and didn’t set out to raise a selfish, insensitive, spoiled kid. In her newest book, Don't Give Me That Attitude! parenting expert Michele Borba offers you an effective, practical, and hands-on approach to help you work with your child to fix that very annoying but widespread youthful characteristic, attitude. If you have a child who is arrogant, bad-mannered, bad-tempered, a cheat, cruel, demanding, domineering, fresh, greedy, impatient, insensitive, irresponsible, jealous, judgmental, lazy, manipulative, narrow-minded, noncompliant, pessimistic, a poor loser, selfish, uncooperative, ungrateful, or unhelpful, this is the book for you!

**Driven to Distraction – Recognizing and Coping with Attention Deficit Disorder from Childhood Through Adulthood**
by Edward M. Hallowell, M.D. and John J. Ratey M.D.

Through vivid stories of the experiences of their patients (both adults and children), Drs. Hallowell and 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.

**The Everything Parent’s Guide to Dealing with Bullies**
by Deborah Carpenter

Mocking. Namecalling. Physical aggression. These experiences are all forms of bullying that can wreak havoc on a child’s self-esteem, safety, and general happiness. Both parents of bullied children and parents of bullies and are in a difficult situation: They want to protect their children and control their behavior without making the problem worse. Parents need a comprehensive, up-to-date guide to ensure that their children’s education and quality of life are not compromised. This book helps parents learn to:

- Recognize the signs of bullying
- Find out where bullying is taking place; at school, at a friend’s house, or on the Internet
- Understand the differences between bullying among boys and girls
- Teach social skills and assertiveness techniques
- Communicate with the parents of bullies
- Get support from teachers, counselors, and other school administrators
- Handle bullying situations involving children with special needs

Written by Deborah Carpenter, a social worker and assistant principal, this guide gives parents all the tools they need to recognize the problem, treat it properly, and prevent it from happening again.
The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross W Greene

What’s an explosive child? A child who responds to routine problems with extreme frustration-crying, screaming, swearing, kicking, hitting, biting, spitting, destroying property, and worse. A child whose frequent, severe outbursts leave his or her parents feeling frustrated, scared, worried, and desperate for help. Most of these parents have tried everything—reasoning, explaining, punishing, sticker charts, therapy, medication - but to no avail. They can’t figure out why their child acts the way he or she does; they wonder why the strategies that work for other kids don’t work for theirs; and they don’t know what to do instead.

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

Throughout this compassionate, insightful, and practical book, Dr. Greene provides a new conceptual framework for understanding their difficulties, based on research in the neurosciences. He explains why traditional parenting and treatment often don’t work with these children, and he describes what to do instead. Instead of relying on rewarding and punishing, Dr. Greene’s Collaborative Problem Solving model promotes working with explosive children to solve the problems that precipitate explosive episodes, and teaching these kids the skills they lack.

Hold on to Your Kids: Why Parents Need to Matter More than Peers by Gordon Neufeld and Gabor Mate

A psychologist with a reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children.

Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until Hold on to Your Kids. Once understood, it becomes self-evident -- as do the solutions.

Hold on to Your Kids will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in Hold on to Your Kids will empower parents to satisfy their children’s inborn need to find direction by turning towards a source of authority, contact and warmth.

How to Talk So Kids Can Learn by Adele Faber, Elaine Mazlish

The leading experts on parent-child communication show parents and teachers how to motivate kids to learn and succeed in school.

Using the unique communication strategies, down-to-earth dialogues, and delightful cartoons that are the hallmark of their multimillion-copy bestseller How to Talk So Kids Will Listen & Listen So Kids Will Talk, Adele Faber and Elaine Mazlish show parents and teachers how to help children handle the everyday problems that interfere with learning.

This breakthrough book demonstrates how parents and teachers can join forces to inspire kids to be self-directed, self-disciplined, and responsive to the wonders of learning.
How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber, Elaine Mazlish

Internationally acclaimed experts on communication between parents and children, Adele Faber and Elaine Mazlish “are doing for parenting today what Dr. Spock did for our generation” (Parent Magazine). Now, this bestselling classic includes fresh insights and suggestions as well as the author’s time-tested methods to solve common problems and build foundations for lasting relationships, including innovative ways to:

- Cope with your child's negative feelings, such as frustration, anger, and disappointment
- Express your strong feelings without being hurtful
- Engage your child's willing cooperation
- Set firm limits and maintain goodwill
- Use alternatives to punishment that promote self-discipline
- Understand the difference between helpful and unhelpful praise
- Resolve family conflicts peacefully

Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes relationships with children of all ages less stressful and more rewarding.

I’ll Be the Parent, You Be the Kid: The Hot Button Topics in Parenting by Paul Kropp

With the many parenting books available today, it's not surprising many parents are confused by the wide range of methods, styles and quick-fix solutions being suggested. In I’ll Be the Parent, You Be the Kid Paul Kropp considers the most difficult issues in parenting using real-life scenarios and offers firm opinions based on the latest research. Drawing on his own experience as an educator and parent, his talks with hundreds of Canadian families and 40 years of reliable parenting research, Paul Kropp tackles such tough topics as:

- discipline and spanking
- sibling rivalry -- what's "normal"?
- how much daycare is good daycare?
- the impact of television on kids and families
- the myth of quality time.

Kids Are Worth It! : Raising Resilient, Responsible, Compassionate Kids by Barbara Coloroso

Featuring a new Introduction by bestselling author Barbara Coloroso, this parenting classic is set to teach a new generation of parents the importance of treating kids with dignity and respect. Rejecting the “quick fix” solutions of punishment and reward, Barbara uses everyday family situations—from sibling rivalry to teenage rebellion—to demonstrate sound strategies for giving children the inner discipline and self-confidence that will help them become responsible, resourceful, resilient, and compassionate adults.

Last Child in the Woods - Saving Our Children from Nature-Deficit Disorder by Richard Louv

In this influential work about the staggering divide between children and the outdoors, child advocacy expert Richard Louv directly links the lack of nature in the lives of today’s wired generation he calls it nature-deficit to some of the most disturbing childhood trends, such as the rises in obesity, attention disorders, and depression. Last Child in the Woods is the first book to bring together a new and growing body of research indicating that direct exposure to nature is essential for healthy childhood development and for the physical and emotional health of children and adults. More than just raising an alarm, Louv offers practical solutions and simple ways to heal the broken bond and they are right in our own backyard.
The world has entered an era of the most profound and challenging change in human history. Most of our children are not prepared, and we know it. Parents around the world see the change and know that the traditional three R's -- reading, writing, and arithmetic -- are necessary, but not enough. Their children need to become far more responsible, creative, and tolerant of differences. They need to increase their ability to think for themselves, take initiative, get along with others, and solve problems.

Business leaders are not finding people whose skills and character match the demands of today's global economy, including strong communication, teamwork, analytical, technology, and organizational skills. They need young people who are self-motivated, creative, and have a strong work ethic.

How will we bridge this ever-widening gap? The Leader in Me is the story of the extraordinary schools, parents, and business leaders around the world who are preparing the next generation to meet the great challenges and opportunities of the twenty-first century.

In 1999, the A.B. Combs Elementary School in North Carolina was on the verge of being cut as a magnet school and needed to find new ways to educate its students. Teachers and administrators began teaching practical, principle-based leadership skills - with remarkable results. In a short time, the number of students passing end-of-grade tests vaulted from 84 to 97 percent. Simultaneously, the school began reporting significant increases in students' self-confidence, dramatic drops in discipline problems, and striking increases in teacher and administrator job satisfaction. Parents, meanwhile, reported equivalent improvements in their children's attitudes and behavior at home. As news of the school's success spread, schools around the world began adopting the mantra to "develop leaders, one child at a time." Business and civic leaders started partnering with schools in their communities to sponsor teacher training and student resources. Each school and family approached the principles differently, but the results were the same -- attentive, energized young people engaging in the world around them.

The best way to prepare the next generation for the future is to emphasize the value of communication, cooperation, initiative, and unique, individual talent -- for nothing undermines confidence more than comparison. Whether in the classroom or at home, it is never too early to start applying leadership skills to everyday life. Drawing on the many techniques and examples that have already seen incredible success around the world, The Leader in Me shows how easy it is to incorporate these skills into daily life. It is a timely answer to many of the challenges facing today's young people, businesses, parents, and educators -- one that is perfectly matched to the global demands of the twenty-first century.

Lost at School: Why Our Kids with Behavioral Challenges are Falling Through the Cracks and How We Can Help Them by Ross W Greene

From a distinguished clinician, pioneer in working with behaviorally challenging kids, and author of the acclaimed The Explosive Child comes a groundbreaking approach for understanding and helping these kids and transforming school discipline.

Frequent visits to the principal's office. Detentions. Suspensions. Expulsions. These are the established tools of school discipline for kids who don't abide by school rules, have a hard time getting along with other kids, don't seem to respect authority, don't seem interested in learning, and are disrupting the learning of their classmates. But there's a big problem with these strategies: They are ineffective for most of the students to whom they are applied. It's time for a change in course.

Here, Dr. Ross W. Greene presents an enlightened, clear-cut, and practical alternative. Relying on research from the neurosciences, Dr. Greene offers a new conceptual framework for understanding the difficulties of kids with behavioral challenges and explains why traditional discipline isn't effective at addressing these difficulties. Emphasizing the revolutionarily simple and positive notion that kids do well if they can, he persuasively argues that kids with behavioral challenges are not attention-seeking, manipulative, limit-testing, coercive, or unmotivated, but that they lack the skills to behave adaptively. And when adults recognize the true factors underlying difficult behavior and teach kids the skills in increments they can handle, the results are astounding: The kids overcome their obstacles; the frustration of teachers, parents, and classmates diminishes; and the well-being and learning of all students are enhanced.

In Lost at School, Dr. Greene describes how his road-tested, evidence-based approach -- called Collaborative Problem Solving -- can help challenging kids at school.

His lively, compelling narrative includes:
- tools to identify the triggers and lagging skills underlying challenging behavior.
- explicit guidance on how to radically improve interactions with challenging kids -- along with many examples showing how it's done.
• dialogues, Q & A’s, and the story, which runs through the book, of one child and his teachers, parents, and school.
• practical guidance for successful planning and collaboration among teachers, parents, administrations, and kids.

Backed by years of experience and research, and written with a powerful sense of hope and achievable change, Lost at School gives teachers and parents the realistic strategies and information to impact the classroom experience of every challenging kid.

**Meet the Teacher – How to Help Your Child Navigate Elementary School**
by Betty Borowski and Laura Mayne

Two veteran teachers guide parents through the challenging waters of a child's elementary school years. Parents want their child to succeed in school. This book helps them promote smooth sailing for their child through all those important early school years, encouraging them to communicate with teachers early and regularly. The authors, two teachers who are also mothers, share ways to establish positive parent-teacher relationships and provide an insider’s understanding of how schools actually work. Here is outstanding practical advice that parents need to help their child thrive in school.

Tips for parents cover a variety of topics, including:
- Establishing a positive relationship with teachers and the school
- Managing homework
- Interpreting report cards
- Suggestions for successful parent-teacher interviews
- Addressing conflict
- How to prepare young children to enter school
- Early reading and writing development
- Effective home-school communication
- Improving their child's study skills
- Tips for parents who need to help their child deal with peer pressure and bullying

Special chapters include information on the different ways children learn, legal and medical matters and special education concerns. There are also fun and educational activity pages for family-oriented activities that support school curriculum topics.

Borowski and Mayne have extensive experience sitting on both sides of the parent-teacher conference table, and they offer valuable insights from both perspectives.

**The Minds of Boys: Saving Our Sons From Falling Behind in School and Life**
by Michael Gurian

Michael Gurian has written this revolutionary new book which confronts what he and a lot of other parents and teachers in this country truly believe to be a “boy’s crisis”.

Here are the facts:
- Boys today are simply not learning as well as girls
- Boys cause 90% of classroom discipline problems
- Millions of American boys are on Ritalin and other mind-bending control drugs
- Only 40% of college students are boys
- Boys receive 70% of the Ds and Fs given all students
- 80% of all high school dropouts are boys
- And three out of four learning disabled students are boys

So what can we do?

Gurian has the answer in this enormously fascinating and practical book which shows parents and teachers how to help boys overcome their current classroom obstacles by helping to create the proper learning environment, understand how to help boys work with their unique natural gifts, nurture and expand every bit of their potential, and enabling them to succeed in life the way they ought to.

Gurian presents a whole new way of solving the problem based on the success of his program in schools across the country, the latest research and application of neuro-biological research on how boys" brains actually work and how they can learn very well if they're properly taught.

**Mom’s House, Dad’s House: A Complete Guide for Parents Who Are Separated, Divorced, or Remarried**
by Isolina Ricci

This unique groundbreaking classic, which has become the standard for two generations of parents, is again breaking new ground - revised, updated, and expanded - with examples, self-tests, checklists, and guidelines. This comprehensive guide looks anew at the needs of all concerned with even more creative options and commonsense advice in the legal, emotional, and practical realities of creating two happy and stable homes for your children. Features: The map to a “decent divorce” and two happy homes; healing yourself and your children; the New Family Bill of Rights after separation. Helping your children with age-
specific advice; explaining change, giving them continuity and security; restabilizing their sense of home and family; danger signals; five ways to evaluate your children's time. Negotiating Parenting Agreements; legal do's and don'ts; time arrangements, custody types; attorneys; how to get ready for negotiations; when to use mediation; using "HIRT" test when an agreement is broken. Breaking away from "negative intimacy" with a difficult ex; how to talk to your former mate; steps to building a "businesslike" relationship as parents; how to avoid becoming the neighborhood "soap opera." Sidestepping destructive myths; making the emotions, "flashbacks, " and heartbreak of separation or divorce work for you and your child. Handling long-distance parenting; managing the return of an absent parent, holidays, remarriage, life without another parent.

The Mother of All Parenting Books: An All-Canadian Guide to Raising a Happy, Healthy Child from Preschool through the Preteens by Ann Douglas

Parenting is the toughest job on the planet. Fortunately, Canadian parents have Ann Douglas to turn to as their guide. Using her trademark non-bossy approach to all of the perennial parenting hot topics, Douglas has pulled together the latest research on everything from teaching kids self-discipline to preventing power struggles within the family to encouraging kids to feel great about themselves. The result is an all-Canadian guide to raising healthy, happy kids — a book no Canadian parent should be without.

THE MOTHER OF ALL PARENTING BOOKS DELIVERS:
• the facts on discipline-what works, what doesn't, and how your discipline methods need to evolve as your child grows older
• practical tips on teaching kids morals and values
• strategies for promoting healthy child-parent communication
• advice on avoiding parent burnout
• the lowdown on what it takes to keep kids safe today without smothering them
• the facts on fitness, nutrition, and body image and the important role that parents have to play in modeling healthy living for their kids
• research updates on bullying, eating disorders, childhood depression, and other important health and safety issues tips for riding out the sometimes rocky preteen years
• a listing of Canadian resources, including an Internet directory

The New Speaking of Sex: What Your Children Need to Know and When They Need to Know It by Meg Hickling

This updated and expanded version of the bestselling More Speaking of Sex continues to deliver no-nonsense facts in a humorous yet "scientific" manner. With new chapters related to the Internet and to multi-faiths, parents will find the latest and greatest information about sexual health. Hickling gently dispels misconceptions and unhealthy beliefs about sex by telling humorous stories from over 25 years of her experience working with children, families, teachers, and other professionals, and provides helpful information, guidelines, and examples.

No More Misbehavin’ – 38 Difficult Behaviors and How to Stop Them by Michele Borba

Anger, Anxiety, Biting, Bossy, Bullied, Bullying, Chore Wars, Cynical, Defiant, Doesn't Listen, Fighting, Gives Up Easily, Hitting, Homework Battles, Hooked on Rewards, Impulsivity, Intolerant, Lying and Cheating, Materialistic, Mean, Negative Peer Pressure, No Friends, Over-Perfectionism, Poor Sportsmanship, Put-Downs, Rude, Selfish, Sibling Battles, Short Attention Span, Shy, Stealing, Swearing, Talking Back, Tattling, Teased, Temper Tantrums, Whining, Yelling.

Parenting expert Dr. Michele Borba tackles the most common bad behaviors that kids ages 3 to 12 repeat over and over behaviors that drive parents crazy. In this enormously useful, simple-to-use book she shows how to change these behaviors for good. For each negative behavior Dr. Borba offers a series of key tips and guidelines and outlines a step-by-step plan for a customized makeover that really works! Using the steps outlined in No More Misbehavin' will give you the help you need to raise kids with strong values and good character.
Nurture the Nature: Understanding and Supporting Your Child’s Unique Core Personality by Michael Gurian

From Michael Gurian, the best-selling author of The Minds of Boys and The Wonder of Girls, comes the next-step book that shows how any parent can tune into a child’s unique core personality, hard wiring, temperament, and genetic predisposition in order to help that child flourish and thrive.

Based on the most recent brain research, Nurture the Nature features the Ten Tips for Nurturing the Nature of Your Baby, self-tests, checklists, and many other tools for you to help your kids get exactly the kind of support they need, from infants to adolescents.

While offering positive ideas for nurturing your child, Gurian also shows how to avoid the stress, pressures, and excessive competition of what he identifies as social trends parenting. Most parents know instinctively that their child is unique and has special potential, weaknesses, and strengths. No child is a blank slate. Gurian calls on parents to turn away from one-size-fits-all approaches and instead support the individual core nature of a child with effective and customized loving care.

Organizing the Disorganized Child by Martin L Kutscher

Organizing The Disorganized Child finally answers the parents’ question, “How can I help my child get organized without waging a battle?” This essential toolkit for parents and educators factors organizational styles into the equation, and offers effective strategies that deliver amazing long-term results.

Renowned ADHD expert Dr. Martin Kutscher and coach Marcella Moran explain the roots of our children’s organizational problems, and the parents’ role in fixing them. They outline different organizational styles used by different students. (Not all kids organize the same way!) Kutscher and Moran outline exactly what school materials to buy, and how to set up the study area. They provide a step-by-step plan for an organizational system.

Overcoming Dyslexia – A New and Complete Science-based Program for Reading Problems at any Level by Sally Shaywitz, M.D.

FOR EVERYONE WHO STRUGGLES TO READ!
Clear, practical, science-based information and advice for successful results

One in five American children has trouble reading. But they are not stupid or lazy. In Overcoming Dyslexia, Dr. Sally Shaywitz, codirector of the Yale Center for the Study of Learning and Attention and a leader in the new research into how the brain works, offers the latest information about reading problems and proven, practical techniques that, along with hard work and the right help, can enable anyone to overcome them. Here are the tools that parents and teachers need to help the dyslexic child, age by age, grade by grade, step by step.

– What dyslexia is and why some intelligent, gifted people read slowly and painfully
– How to identify dyslexia in preschoolers, schoolchildren, young adults, and adults
– How to find the best school and how to work productively with your child’s teacher
– Exercises to help children use the parts of the brain that control reading
– A 20-minute nightly home program to enhance reading
– The 150 most common problem words—a list that can give your child a head start
– Ways to raise and preserve a child’s self-esteem and reveal his strengths
– Stories of successful men and women who are dyslexic

Parenting Through Crisis: Helping Kids In Times Of Loss, Grief, And Change by Barbara Coloroso

Sooner or later, all families are faced with an emergency or two; some families, in fact, are created through crisis. Death, illness, divorce, adoption: these are biggies, and Barbara Coloroso’s (Kids Are Worth It!) book Parenting Through Crisis manages to turn these mountains into smaller slopes, if not the proverbial molehills we hope for. The chapters of this book are arranged by type of crisis. You’ll find specific stages that children of different ages may go through in processing their difficulties, along with helpful parenting techniques, ways of creating a positive dialogue with all family members, and the occasional suggestion for particular legal issues.
Parents Do Make a Difference: How to Raise Kids with Solid Character, Strong Minds, and Caring Hearts by Michele Borba

Finally, a book that shows you how to teach kids the eight indispensable skills—self-confidence, self-awareness, communication, problem solving, getting along, goal setting, perseverance, and empathy—they'll need for living confident, happy, and productive lives. Filled with step-by-step advice, practical ideas, and real-life examples, Parents Do Make a Difference puts field-tested tools into the hands of every parent and teacher who wants their children to succeed.

Play Works – Helping Children Learn Through Play by Susanne T. Eden

To play is to learn. No other activity contributes as much to the growth and development of children in the early years. Parents, teachers of young children and caregivers will find this book a valuable resource for understanding children's play and what children learn through play. It describes how play effects the development of the body, the mind, literacy, socialization and artistic expression. It provides a wide range of practical ideas for supporting play without interfering. This book explores the relationship between play and the development of skills for a changing marketplace. It critically examines current practices that undermine the effect of play and limit learning in the early years to what can be measured on a standardized test.

Raising a Gifted Child: A Parenting Success Handbook by Carol Fertig

From the author of one of the most popular blogs on parenting gifted children comes the definitive how-to handbook for parents. This book offers a large menu of strategies, resources, organizations, tips and suggestions for parents to find optimal learning opportunities for their kids, covering the gamut of talent areas, including academics, the arts, technology, creativity, music and thinking skills.

The focus of this definitive resource is on giving parents the tools needed to ensure that their gifted kids are happy and successful both in and out of school. Additional topics covered include information on volunteering at your child's school, different school options and specialty programs for gifted kids, tips for handling special circumstances and strategies for finding the best resources for parents on the Web. This easy-to-read book is sure to be a favorite of parents of gifted kids for years to come.

Raising Boys in a New Kind of World by Michael Reist

From video games to the Internet, technology and popular culture are having a profound effect on today's boys. Boys need guidance more than ever. But how can we help them do better in school? How can we keep the lines of communication open?

Raising Boys in a New Kind of World is a passionate call for greater empathy. The more we know about boys, the more realistic our expectations of them will be. We need to stop seeing normal boy behaviour as a problem and learn to understand a boy's need for movement, his unique learning styles, and his personal methods of communicating.

Michael Reist writes from the front lines. As a classroom teacher for more than 30 years and the father of three boys, he has seen first-hand the effects that changes in modern culture are having on boys. Raising Boys in a New Kind of World is an inspiring and entertaining collection of positive, practical advice on many topics, including discipline, homework, video games, and bullying, and provides numerous tips on how to communicate with boys.

Raising Confident Readers: How to Teach Your Child to Read and Write--from Baby to Age 7 by J. Richard Gentry

How do kids really learn to read? And how can you encourage interest in reading and writing from the start? In Raising Confident Readers, based on the five phases of literacy development, Dr. J. Richard Gentry provides fun and easy ways to teach your child to read and write successfully.

When it comes to language, the most critical brain growth happens in early childhood. Raising Confident Readers shows you how to activate and accelerate this capacity for learning: The key is to introduce the right activities at the right time. Whether your child is a baby or toddler, in preschool or kindergarten, or first or second grade, Dr. Gentry helps you identify your child's literacy phase and take the next steps to build writing, reading, and spelling skills. You'll discover:
- How your child's brain learns to read-and why encouraging drawing and scribbling is as essential as reading aloud
- The best at-home activities to develop literacy early, naturally, and joyfully
- Recommended children's books for each phase
- Strategies for overcoming dyslexia, delayed reading, and other challenges
- Checklists and a milestones diary to celebrate your child's progress

As your child moves through the five phases, they'll soon be sounding out and spelling words correctly, reading chapter books independently, and writing creative stories on their own. Complete with samples of children's writing throughout, Raising Confident Readers is an essential resource to foster your child's lifelong love of reading.

**Raising Your Spirited Child** by Mary Kurcinka

The spirited child often called "difficult" or "strong-willed" possesses traits we value in adults yet find challenging in children. Research shows that spirited kids are wired to be "more" by temperament, they are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. In this revised edition of the award-winning classic, voted one of the top twenty books for parents, Kurcinka provides vivid examples and a refreshingly positive viewpoint. Raising Your Spirited Child will help you:

- understand your child's and your own temperamental traits
- discover the power of positive rather than negative labels
- cope with the tantrums and power struggles when they do occur
- plan for success with a simple four-step program
- develop strategies for handling mealtimes, sibling rivalry, bedtimes, holidays, and school, among other situations.

**Secrets of Discipline: 12 Keys for Raising Responsible Children** by Ronald Moorish

Millions of parents and teachers are wondering what has happened to discipline in today's world. How did children end up with all the choices and all the power? Now, here is a brand new resource that helps parents and teachers get back on track.

Secrets of Discipline presents the basics of discipline in a clear, easy-to-understand style. Only when children are well-trained and well-taught do they handle their choices with respect for the rights and needs of others.

**Siblings Without Rivalry – How to Help Your Children Live Together So You Can Live Too** by Adele Faber & Elaine Mazlish

With a title like this, it's no surprise that authors Adele Faber and Elaine Mazlish had a monster bestseller on their hands when the book first appeared in 1988. From the subsequent deluge of readers' stories, questions, and issues, they have created nearly 50 pages of new material for this, the 10th anniversary edition. The central message remains the same, and sounds almost too simple: avoid comparisons. But parents know that's easier said than done. The value of Faber and Mazlish's discussions is precisely that they talk you through umpteen different situations and outcomes to help you teach your brawling offspring a new set of responses. The highly informative text is punctuated with helpful summary/reminder boxes and cartoons illustrating key points. It's a must-read for parents with (or planning on) multiple children. But parents of young children who get along fine (so far) should read it too--as the authors make very clear, rivalry is inevitable. The only question is how to manage the rivalry with intelligence and compassion, and on that subject they offer a wealth of good advice.

**Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason** by Alfie Kohn

Most parenting guides begin with the question "How can we get kids to do what they're told?" and then proceed to offer various techniques for controlling them. In this truly groundbreaking book, nationally respected educator Alfie Kohn begins instead by asking, "What do kids need -- and how can we meet those needs?" What follows from that question are ideas for working with children rather than doing things to them. One basic need all children have, Kohn argues, is to be loved unconditionally, to know that they will be accepted even if they screw up or fall short. Yet conventional approaches to parenting such as punishments (including "time-outs"), rewards (including positive reinforcement), and other forms of control teach children that they are loved only when they please us or impress us. Kohn cites a body of powerful research detailing the damage caused by leading children to believe they must earn our approval. That's precisely the message children derive from common discipline techniques, even though it's not the message most parents intend to send.
More than just another book about discipline, though, Unconditional Parenting addresses the ways parents think about, feel about, and act with their children. It invites them to question their most basic assumptions about raising kids while offering a wealth of practical strategies for shifting from "doing to" to "working with" parenting -- including how to replace praise with the unconditional support that children need to grow into healthy, caring, responsible people. This is an eye-opening, paradigm-shattering book that will reconnect readers to their own best instincts and inspire them to become better parents.

**We Generation - Raising Socially Responsible Kids** by Michael Ungar

Engaging and timely, this book is an invaluable resource for parents who want their children to become socially responsible and globally aware adults. As youth culture seems to grow more self-centred and obsessed with "Me," Michael Ungar shows us that, in fact, children today are as willing as ever to think "We." Given the right signals, and some important changes to the homes we live in, our schools and communities, kids will seek out close connections with the adults in their lives. Like generations before them, they want to be noticed for the contributions they can make. What they need, though, is compassion and encouragement from parents, and some careful attention to their most important connections, those made at home. Combing inspiring stories taken from his clinical work with families and children with expert research gathered from around the world, Ungar reveals how the close connections kids crave, and the support adults provide, can help kids realize their full potential - and how it can also protect them from the dangers of delinquency, whether it be drug abuse, violence, or early sexual activity.

At a time when global issues and activism have come to the forefront, We Generation offers a fresh, optimistic way of thinking about our children's true nature and potential.

**Who's in Charge Anyway?: How Parents Can Teach Children to Do the Right Thing** by Kathy Lynn

What do you do when your toddler has a tantrum every time you go to the grocery store? How do you handle a teenager who wants to stay out all night? And how do you teach kids to be polite? Experienced parent and workshop leader Kathy Lynn has written a reassuring and helpful book for every parent. Her underlying message is that parents play a key role in raising children with high self-esteem, solid character, and independence but parents could use a little guidance. Covering topics as diverse as manners, privacy, and allowances, she offers case examples, analysis, and question-and-answer sections for each topic. Since 1978 KATHY LYNN has been helping families through parenting education seminars. She has worked in television, radio, newspapers, and magazines to help parents rededicate themselves to raising their children. A regular contributor to Today's Parent magazine, and host of Parenting Today, she has become a leading advocate for children, parents, and families.

**The Wonder of Girls: Understanding the Hidden Nature of Our Daughters** by Michael Gurian

In The Wonder of Girls, as in its predecessor, The Wonder of Boys, Michael Gurian presents radical and enlightening views of parenting. Using as his springboard up-to-date scientific research on female biology, hormones, and brain development and how they shape girls’ interests, behavior, and relationships, Gurian offers crucial information for fully understanding girls’ basic nature. As such The Wonder of Girls is essential -- and riveting -- reading for anyone involved in raising daughters.

In a culture caught between traditionalism and feminism, Gurian, himself the father of two girls, debunks long-standing myths about girls and presents a new vision that provides for the equal status of girls and women, yet acknowledges their nature as complex and distinct from men. He explains what is “normal” for girls each year from birth to age twenty; what developmental needs they face in each stage; and how to cope with developmental crises such as early sexuality, eating disorders, parental divorce, and more.

With his scientifically based developmental map of girlhood, Gurian helps parents to get to know their daughters from the inside out. Challenging our culture to embrace this crucial piece of the puzzle, The Wonder of Girls elevates the dialogue on parenthood.
The World Needs Your Kid: How to Raise Children Who Care and Contribute by Craig K Kielburger, Marc Kielburger, Shelley Page

Everything you need to know about raising kids, lending a hand, and changing the world. This unique guide to parenting is centred on a simple but profound philosophy that will encourage children to become global citizens. One of the greatest legacies parents can leave is a generation of conscientious and thoughtful children. This updated and revised edition from international child rights activists Craig and Marc Kielburger includes a new foreword from His Holiness the Dalai Lama along with new celebrity contributors, Nobel Laureates Elie Wiesel and Betty Williams, Jason Mraz, and Robert Kennedy Jr. Drawing on life lessons from remarkable individuals and success stories from unconventional childhoods, Marc and Craig Kielburger demonstrate how small actions can make a huge difference in the life of a child and ultimately change the world. With a new clean and interactive layout and design, the second edition offers updated stories, new sections, and photography alongside additional tips for parents to take action. The updated book highlights the latest thinking from experts and leading research, but it is not academic. It is brimming with hands-on suggestions, plus first-person contributions from many leaders and celebrities, including Archbishop Desmond Tutu, Steve Nash, Dr. Jane Goodall, Jane Fonda, Mia Farrow, Sol Guy, Jeff Skoll, and Ethan Zohn. The World Needs Your Kid provides everything you need to know to raise kids, lend a hand, and change the world-all at the same time.

DVDs

DVD - Bullies Are a Pain in the Brain by Trevor Romain
At some point or another, most kids have to deal with bullies, whether it's on sports teams, at school, or even at summer camp. Combining animation and live action, BULLIES ARE A PAIN IN THE BRAIN addresses this topic in a fun, humorous manner. Award-winning children's book author and illustrator Trevor Romain helps Jack and Sky deal with even the most overpowering personalities, while giving them useful tips on how to avoid being bullied, and dispelling common myths about what makes a bully tick.

DVD – For Our Kids – A video for newcomers about parent involvement in education
Provided by Settlement.Org
This video features 9 newcomer parents talking about how they helped their children be successful in school and the importance of parent involvement in the Ontario education system. The parents describe the many ways they are involved in their child's school. They also talk about some of the barriers to their involvement and how they overcame them. The more parents are involved, the better students do. As one parent says, "that's why we came to Canada, for our kids."
This 15 minute DVD contains the following language versions: English, French, Arabic, Bengali, Dari, Farsi, Filipino, Gujarati, Hindi, Korean, Low German, Mandarin, Punjabi, Russian, Spanish, Tamil, Urdu.

This video can also be viewed on the web in any of the above languages at: http://www.settlement.org/sys/library_detail.asp?doc_id=1004934
Facebook 101 – The Definitive Guide to Maximizing your Security & Privacy on Facebook  by Chris Vollum

Chris Vollum is an Oakville-based resident and recognized authority on Facebook & Twitter.
In 2007, Chris’ grade eight daughter wanted to join Facebook because “everyone else was on it.” As Chris researched Facebook’s philosophy toward both user privacy and the handling of user-posted content, he was shocked at the level of wide-open default security and privacy settings that the social networking site exhibited.

Armed with a deep understanding of Facebook’s most current policies and settings, Chris established Facebook 101 with the sole purpose of educating parents, teachers, administrators and students on how to effectively apply their Facebook profile settings to minimize privacy breaches and proactively defend against cyber-bullying.

Chris’ workshop delivers a balanced and detailed look into the world’s largest social networking site and its vast potential, with an emphasis on safety, security and privacy.

Audio Books

Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents by Christine Carter Ph.D.

Audio Book (MP3 CD)  This audiobook is encoded in MP3 format and is iPod Ready; it will work with all MP3 players. This MP3-CD will play only on CD and DVD players or computers that have the ability to play MP3-formatted discs.

What do we wish most for our children? Next to being healthy, we want them to be happy, of course! Fortunately, a wide array of scientific studies show that happiness is a learned behavior, a muscle we can help our children build and maintain. Drawing on what psychology, sociology, and neuroscience have proven about confidence, gratefulness, and optimism, and using her own chaotic and often hilarious real-world adventures as a mom to demonstrate dos and don’ts in action, Christine Carter, Ph.D., executive director of UC Berkeley’s Greater Good Science Center, boils the process down to 10 simple happiness-inducing steps. With great wit, wisdom, and compassion, Carter covers the day-to-day pressure points of parenting-how best to discipline, get kids to school and activities on time, and get dinner on the table-as well as the more elusive issues of helping children build healthy friendships and develop emotional intelligence. In these 10 key steps, she helps you interact confidently and consistently with your kids to foster the skills, habits, and mindsets that will set the stage for positive emotions now and into their adolescence and beyond. You will discover the best way avoid raising a brat-changing bad habits into good ones; tips on how to change your kids’ attitude into gratitude; the trap of trying to be perfect-and how to stay clear of its pitfalls; the right way to praise kids-and why too much of the wrong kind can be just as bad as not enough; the spirit of kindness-how to raise kind, compassionate, and loving children; strategies for inspiring kids to do boring (but necessary) tasks-and become more self-motivated in the process. Complete with a series of “try this” tips, secrets, and strategies, Raising Happiness is a one-of-a-kind resource that will help you instill joy in your kids-and, in the process, become more joyful yourself.