

**WILLIAM G. VINAL SCHOOL
PARENT RESOURCE CENTER**

SUBJECT – ADOPTION

Melina, Lois Ruskai. Making Sense of Adoption – A Parent’s Guide

Helps parents respond to concerns in a way that builds self-esteem –when to tell, what to tell, how to tell... sample conversations and age-specific activities.

Melina, Lois Ruskai. Raising Adopted Children – A Manual for Adoptive Parents

Author draws on most recent research in child development, psychology, sociology, and medicine, and the experiences of adoptive families to provide practical advice and support for adoptive parents.

SUBJECT – ADD AND ADHD

Adult Books

Armstrong, Thomas, PhD, The Myth of the ADD Child

Author challenges the misdiagnosing of millions of children with ADD and questions the use of psychoactive drugs. Author believes that many behaviors labeled as ADD are a child’s responses to complex social, emotional, and educational influences.

Barkley, Russell, PhD. Taking Charge of ADHD, The Complete, Authoritative Guide for Parents

Revised and updated by renowned expert includes step-by-step plan for behavior management, current data, new strategies, advances in research, practical advice, other resources.

Coleman, Wendy, MD. Attention Deficit Disorders, Hyperactivity, and Associated Disorders - A Handbook for Parents

Concise, informative, a good reference for parents.

Hallowell, Edward, M.D. and Ratey, John. Driven to Distraction

Through stories of the experiences of their patients (both adults and children), the authors show the varied forms ADD takes – and the impact of precise diagnosis and treatment.

Hallowell, Edward, M.D. and Ratey, John. Answers to Distraction

Authors respond to the most frequently asked questions about ADD.

Ingersoll, Barbara, PhD. Your Hyperactive Child

Description of symptoms and causes, how it’s likely to affect your child, a look at the range of treatments available, and practical steps to help your child.

Parker, Harvey, PhD. Problem Solver Guide for Students with ADHD

Includes strategies, classroom accommodations, and suggestions for accommodation plans and IEPs.

Reif, Sandra. How to Reach and Teach ADD and ADHD Children

Resource packed with classroom-tested techniques and practical know-how for helping children with attention deficit disorders.

Stein, David, PhD. Ritalin Is Not the Answer

The author describes a drug-free practical program for children diagnosed with ADD and ADHD.

Ullman, Judyth and Robert. Ritalin Free Kids

Safe and effective homeopathic medicine for ADD and other behavioral and learning problems.

Children's Books

Quinn, Patricia, MD and Stern, Judith, MA. Putting on the Brakes

Young people's guide to understanding ADHD – what it is and what to do about it.

Moss, Deborah. Shelley the Hyperactive Turtle

Geared to preschool or primary grade child – to help explain ADHD.

Nadeau, Kathleen, PhD and Dixon, Ellen, PhD. Learning to Slow Down and Pay Attention

For younger children—illustrated with cartoons and activity pages- helps the child to identify problems and explains how his parents, doctor, and teacher can help him.

SUBJECT – ASPERGER SYNDROME

Cumine, Val, Leach, Julia, and Stevenson, Gill. Asperger Syndrome - A Practical Guide for Teachers

Clear and concise guide to effective classroom practice in mainstream classrooms.

SUBJECT – AUTISM

Powers, Michael, editor, Children with Autism- A Parents' Guide

Recommended as the first book on autism that parents and family should read – includes areas of special concern to parents.

SUBJECT – BULLYING

Webster-Doyle, Terrence. Why is Everybody Always Picking on Me?

Creative stories and activities on how to resolve conflicts without harm.

SUBJECT – DEATH

Kroen, William, PhD. Helping Child Cope with the Loss of a Loved One

Sound advice to adults who are helping a child cope with the loss of a loved one. Offers suggestions on how to respond to children at different ages and stages along with specific strategies to guide them through the grieving process.

Seibert, Dinah, MS, Drolet, Judy, PhD, and Fetro, Joyce, PhD. Are you Sad Too? Helping Children Deal with Loss and Death

Provides concrete suggestions to provide emotional support and helping adults and children improve their communication and coping skills at these times.

SUBJECT-DEPRESSION

Cobain, Bev. When Nothing Matters Anymore - A Survival Guide for Depressed Teens

Describes causes and types of depression and discusses different kinds of professional treatment.

Fassler, David, MD and Dumas, Lynne. Help Me, I'm Sad

Explains with wisdom and empathy how parents can play a vital role in helping a child overcome, and even prevent, depression.

Greist, John MD and Jefferson, James, MD. Depression and its Treatment

A layman's guide to help understand and cope with depression- offers step-by-step explanations on causes, effects, and proven treatments.

SUBJECT – DOWN SYNDROME

Kumin, Libby, PhD. Communication Skills in Children with Down Syndrome

Provides parents with information about speech and language development – what to expect and what can be done to help maximize potential in this area.

SUBJECT – THE DEFIANT CHILD

Video and Booklet Barkley, Russell. Understanding the Defiant Child

Describes what we know about ODD, presents real-life scenes of family interactions and commentary from parents.

SUBJECT – EATING DISORDERS

Bruck, Hilde, MD. Golden Cage- The Enigma of Anorexia Nervosa

The author is one of the most successful practitioners treating this condition. She presents 70 case histories which explain the causes, effects, and methods of treatment.

Buckroyd, Julia. Anorexia and Bulimia

This guide explains the physical and psychological symptoms and effects and how these conditions can be helped.

Claude-Pierre, Peggy. The Secret Language of Eating Disorders

Written by the founder of the Montreux Clinic and the mother of two affected daughters, this book provides a map to guiding professionals, families, and victims through the maze of eating disorders.

Jablow, Martha. A Parent's Guide to Eating Disorders and Obesity

Called an essential guide to the diagnosis and treatment of eating disorders and obesity from professionals at the renowned Philadelphia Children's Hospital.

SUBJECT - EXECUTIVE FUNCTIONING SKILLS

Dawson, Peg, PhD and Guare, Richard, PhD. Executive Skills in Children and Adolescents; Assessments and Interventions

Excellent resource from workshop...overview of executive skills and sequences of development plus ways to assess and intervene.

SUBJECT – HOMEWORK

Canter, Lee. Homework Without Tears

A program that provides parents with a systematic approach to ending the nightly battles over homework and ways to motivate their children to succeed academically.

U.S. Department of Education. Helping Your Child with Homework

This booklet talks about many aspects of this topic including the why and hows of helping your child be successful with homework.

SUBJECT - LEARNING DISABILITIES

Children's Books

Cummings, Rhoda, EdD and Fisher, Gary, PhD. The School Survival Guide for Kids With LD

Sections on how to get organized, be a better learner, handle testing, get help from adults, ways to keep school cool, and how to stick up for yourself.

Levine, Mel, Dr. Keeping A Head in School

The purpose of this book is to prevent harmful misunderstandings about learning disorders and to help children get insight into their learning strengths and weaknesses.

Video Brooks, Robert, Dr. Look What You've Done

Discusses the need for finding each child's "islands of competence" and building on those strengths. Offers practical strategies for helping children develop the confidence and resilience they'll need to succeed.

SUBJECT – NONVERBAL LEARNING DISORDERS

Thompson, Sue. The Source for Nonverbal Learning Disorders

Excellent reference book on this topic.

SUBJECT – OBSESSIVE COMPULSIVE DISORDER

Hesser, Terry Spencer. Kissing Door Knobs

A funny, compelling and sensitive story about a teenage girl affected by obsessive-compulsive disorder and the way it affects her relationships with friends and family.

Children's Book

Foster, Constance. Kids Like Me

With a forward by television host, Marc Summers, this book contains the stories of several children with this condition.

SUBJECT – PARENTING

Bettelheim, Bruno. A Good Enough Parent

A book on child-rearing.

Biddulph, Steve. Raising Boys

Looks at important issues in a boy's development and discusses the parenting and guidance that boys need.

Coles, Robert. The Moral Intelligence of Children

Thoughts on how character develops in children, how their moral imagination grows at different moments, and how we might shape a child's moral intelligence.

Early Childhood-Head Start Task Force. Teaching Our Youngest – A Preschool Guide

This booklet draws from the research and describes what adults can do to help young children develop learning and language skills.

Elkind, David,. The Hurried Child

Best seller that describes the ways we are hurrying our children into “forced blooming”—providing them with experiences too soon and too quickly.

Fenwick, Elizabeth and Smith Tony. Adolescence – The Survival Guide for Parents and Teenagers

A book to help both parents and teenagers covers every aspect of adolescence.

Garbarino, James, PhD. Lost Boys – Why Our Sons Turn Violent and How We Can Save Them

A book to help parents understand youth violence - how to identify children who are at risk and proven methods to prevent aggressive behavior.

Klimek, David and Anderson Mary. Inner World, Outer World. Understanding the Struggles of Adolescence

Goal is to enhance understanding of teenagers so as to work with them more effectively.

Kurcinka, Mary Sheedy. Raising Your Spirited Child- A guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, Energetic

Spirited children are often called “difficult” or ”strong-willed” and can easily overwhelm parents – this book offers positive approaches to parenting spirited children.

Lansky, Vicki. 101 Ways to Make Your Child Feel Special

The title says it all.

Lansky, Vicki. Trouble Free Travel with Children

Parent tested ideas and practical advice on this subject.

LeShan, Eda. The Conspiracy Against Childhood

Are we pushing our kids too hard? Cramming facts into their head, pushing too hard, abdicating adult responsibilities... Makes one think.

Mackoff, Barbara, Growing a Girl

Offers specific suggestions and tools for fostering a daughter's independence and individuality.

Marsh, Jayne. From the Heart. On being a Parent of a Child with Special Needs

Narratives of nine mothers share the intense, sometimes painful, sometimes emotional terrain of raising a child with special needs.

Nowicki, Stephen, PhD and Duke, Marshall, PhD. Helping the Child Who Doesn't Fit In

A guide to the puzzle of social rejection and its relationship to nonverbal language.

Pipher, Mary, PhD. Reviving Ophelia – Saving the Selves of Adolescent Girls

A look at the everyday dangers of being young and female and how adults can help.

Video Robin, Arthur, PhD and Weiss, Sharon. Managing Oppositional Youth

Helps parents and teachers understand the causes of oppositional behavior and shows effective strategies to manage children at home and at school.

Turkington, Carol. Reflections for Working Parents

Wisdom, inspiration, and real-life answers to the challenges of balancing family, job, and home.

U.S. Department of Education. Helping Your Preschool Child.

Covers many topics including background information on getting ready to learn, activities, television, kindergarten, child care.

Williamson, Peter, PhD. Good Kids, Bad Behavior- Helping Children Learn Self-Discipline

Misbehavior has a natural place in a child's life—It's the way he learns about his world. Through misbehavior, children discover how people will respond to their actions, and they learn to regulate their behavior accordingly...Will help parents approach discipline as a teaching process.

Video – When the Chips Are Down – Learning Disabilities and Discipline

Video – Developing Learning Skills

This video explores developmentally appropriate practices in early childhood education. In an interesting and humorous way, it discusses environments that facilitate learning and development. It shows how to look at children as individuals and encourage them as they grow and change.

SUBJECT – PREJUDICE

Stern-Larosa, Carol and Bettman, Ellen. Hate Hurts-How Children Learn and Unlearn Prejudice

Handbook for adults and children on confronting and conquering bias and encourage appreciation for our differences.

SUBJECT – READING

Cullinan, Bernice. Read to Me: Raising Kids who Love to Read

A guidebook to reading aloud to children-when to start, how to use television wisely, how to make a reader and writer out of your child.

Hurford, Daphne. To Read or Not to Read

An easy-to-read and scientifically based book on dyslexia which includes a comprehensive guide for its evaluation and treatment.

Odean, Kathleen. Great Books for Boys

An annotated collection of more than six hundred books that will fascinate and educate boys from 2 to 14.

Odean, Kathleen. Great Books for Girls

More than 600 books to inspire today's girls and tomorrow's women.

Trelease, Jim. The Read-Aloud Handbook

A guide to help you see the value of reading aloud and a listing of over 1,200 children's books that are great for reading aloud. Fourth edition

U.S. Department of Education. Helping Your Child Become a Reader.

This book provides background information and activities to help your child develop essential prereading language and skills.

SUBJECT – RESOURCES

Chase, Bob. The New Public School Parent

The author, a two-term president of the National Education Association provides valuable information for parents to learn about the many issues in education today and ways that can help ensure their children get the best education possible.

Burns, Rebecca. Parents and Schools: From Visitors to Partners

Lessons shared with hundreds of practitioners and parents who have formed partnerships that work.

Harrington, Diane and Young, Laurette. School Savvy-Everything You Need to Know to Guide Your Child Through Today's Schools

In depth look at how schools work and provides ways that parents can be involved at many levels.

Ireland, Natalie, Freeman, Tanya, and Shore, Hennie. The Directory of Critical Information for Helping Children

Section that highlights general information and advocacy groups, clearing houses, and model treatment programs. Synopses of federal laws pertaining to the rights of special needs children. Product sources also listed.

U.S. Department of Education. What to Know and Where to Go – Parents' Guide to No Child Left Behind

Gives information on rationale, accountability, testing, reading, safety;, school choice, and key implementation dates.

SUBJECT-SAFETY

Chaiet, Donna and Russell, Francine. The Safe Zone - A Kid's Guide to Personal Safety

Written for children to deal with protecting themselves by being aware of their surroundings – strangers to school yard bullies...provides nonviolent solutions.

National Center for Missing and Exploited Children. Personal Safety for Children – A Guide for Parents

A pamphlet designed to help parents talk to children about how to protect themselves against abduction and exploitation.

SUBJECT – SCIENCE

MacMillan/McGraw Hill. Helping Your Child at Home with Science, Grade 1

Many different activities on this topic.

SUBJECT – SENSORY INTEGRATION

Video – Henry OT – Tool Chest Activities for Home and School

Audio Cassette and Companion Booklet – Making Sense of Sensory Integration

Video- Sensory Processing for Parents – From Roots to Wings

SUBJECT – SIBLING RELATIONSHIPS

Twerski, Abraham, MD. I Didn't Ask To Be in This Family-Sibling Relationships and How They Shape Adult Behavior and Dependencies

SUBJECT-TOURETTE SYNDROME

Haerle, Tracy. Children with Tourette Syndrome – A Parents' Guide

Handbook for parents offers up-to-date, concrete information and compassionate advice on medical, educational, legal, family life, daily care, and emotional issues.

Shimberg, Elaine. Living with Tourette Syndrome

Information on coping with all aspects of the disease from diagnosis to treatment and includes practical information on dealing with issues that can arise at school and work. The author's personal story and her search for diagnosis and treatment of her own children.

MASSACHUSETTS CURRICULUM FRAMEWORKS

**English Language Arts
Arts**

**Health
Foreign Language**

NORWELL PUBLIC SCHOOLS CURRICULUM GUIDES

“Norwellized” curricula based on the Massachusetts Curriculum Frameworks

English Language Arts

Word Study/Spelling

Science