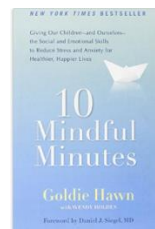


## **St. Josephine Bakhita Parent Lending Library Book List**



### **10 Mindful Minutes – Goldie Hawn**

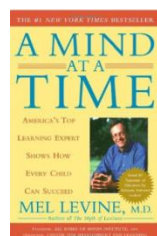
Hawn presents simple and practical ways to develop mindfulness in children and parents alike, and shares her own heartfelt experiences with the challenges and joys of parenting



### **8 Strategies for Successful Step-Parenting – N. Baksh, L. Murphy**

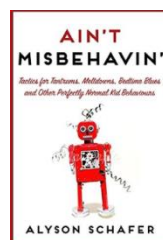
No matter who you are, and how much experience you've had with kids, becoming a step-parent, or "blending" families is difficult work. The book presents 8 Strategies, in the form of action steps, to maximize anyone's chances of success.

Written in a non apologetic voice, the authors present strong and specific direction for handling common problems. Vignettes of 30 real-life family situations support the strategies suggested. Issues and examples are applicable cross-culturally, and address needs of both men and women.



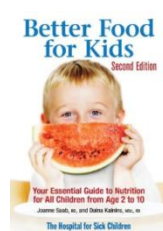
### **A Mind at a Time – Dr. Mel Levine**

Dr. Levine shows parents and those who care for children how to identify individual learning patterns, explaining how they can strengthen a child's abilities and either bypass or help overcome the child's weaknesses, producing positive results instead of repeated frustration and failure.



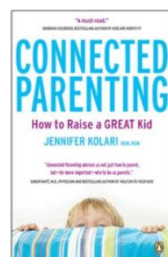
### **Ain't Misbehavin' – Alyson Schafer**

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. While acknowledging the daily reality that parents face, Schafer's humour and experience make this book a must for parents who want to preserve the peace and also the joy of raising a child.



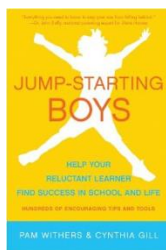
### **Better Food for Kids – J. Saab, D. Kalnins**

Most parents understand the importance of providing their children with nutritious, well-balanced meals, yet they sometimes need help and guidance in order to prepare healthy dishes when their children are between the critical ages of two and ten years old. In these early years children can develop the positive attitudes toward good nutrition that will allow them to lead to a healthy lifestyle as adults.



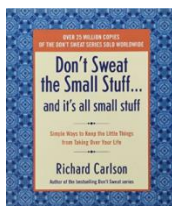
### **Connected Parenting – J. Kolari**

When a child is acting out, parents often respond with anger. But there is a better way. Drawing on twenty years of experience as a child therapist, Jennifer Kolari explains that children act up when they feel an adult does not understand their concerns. The answer is parenting with empathy, which Kolari helps parents implement via her proven CALM technique. With this simple strategy, parents can connect with their child in any situation to reduce anxiety, de-escalate tantrums instantly and increase self-esteem.



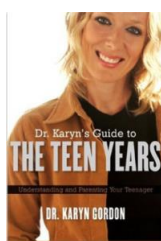
### **Jump-Starting Boys – P. Withers, C. Gill**

Jump-Starting Boys is a great resource for parents and teachers of reluctant learners - especially boys. It contains a wealth of advice that can be instrumental in helping that learner find success in school -- and in life!



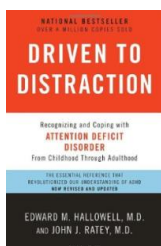
### **Don't Sweat the Small Stuff – Richard Carlson**

In thoughtful and insightful language, author Richard Carlson reveals ways to calm down in the midst of your incredibly hurried, stress-filled life.



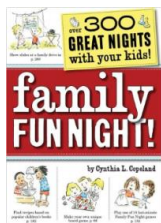
### **Dr. Karyn's Guide to The Teen Years – Dr. Karyn Gordon**

Teenagers are unique beings, requiring a whole new parenting approach. Dr. Karyn Gordon knows that approach and has been coaching adolescents and parents for over a decade. Using her dynamic, pragmatic advice and experience, Dr. Karyn cracks the mysterious code that defines teen behaviour.



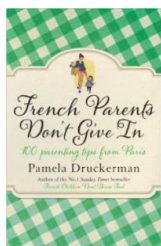
### **Driven to Distraction: Recognizing and Coping with ADD – E. Hallowell, J. Ratey**

Through vivid stories and case histories of patients—both adults and children—Hallowell and Ratey explore the varied forms ADHD takes, from hyperactivity to daydreaming. They dispel common myths, offer helpful coping tools, and give a thorough accounting of all treatment options as well as tips for dealing with a diagnosed child, partner, or family member. But most importantly, they focus on the positives that can come with this “disorder”—including high energy, intuitiveness, creativity, and enthusiasm.



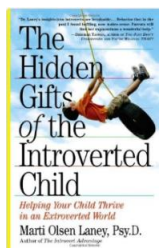
### **Family Fun Night – Cynthia Copeland**

More than ever before, family time faces stiff competition from other activities that appeal to kids: video games, text messaging, and checking in on friends through mySpace or Facebook. Family Fun Night offers the antidote: Tips and advice for establishing a weekly family time, as well as dozens of specific ideas for spending quality time together.



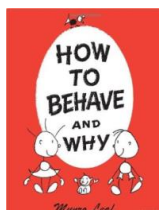
### **French Parents Don't Give In: 100 Parenting Tips from Paris – P. Druckerman**

In response to the enthusiastic reception of her bestselling parenting memoir *French Children Don't Throw Food*, Pamela Druckerman now offers a practical handbook that distils her findings into one hundred short and straightforward tips to bring up your child a la francaise. Includes advice about pregnancy, feeding, sleeping, manners, and more.



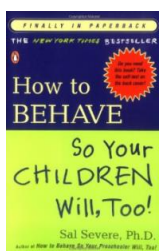
### **The Hidden Gifts of the Introverted Child – M. Laney**

*The Hidden Gifts of the Introverted Child* fully explains introversion as a hardwired temperament, not a disability, and tells just what parents need to do to help their child become the person he or she is meant to be—and succeed in an extroverted world.



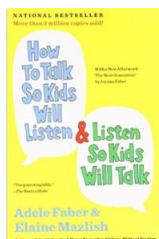
### **How to Behave and Why – M. Leaf**

In a time when all the rules for raising children have been redefined dozens of times, here is a book for bewildered parents from a simpler time when we all agreed on what was right and what was wrong. First published in 1946, Munro Leaf's *How To Behave And Why* gives touchingly sincere yet gently funny lessons in Honesty, Fairness, Strength, and Wisdom.



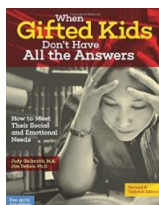
### **How to Behave So Your Children Will, Too! – Dr. S. Severe**

Packed with concrete strategies for dealing with homework hassles, ending tantrums, and other common problems, Dr. Severe's empathetic, common-sense book will be welcome everywhere.



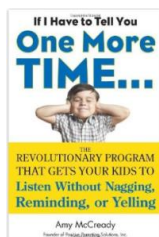
### **How to Talk So Kids Will Listen & Listen So Kids Will Talk – A. Faber, E. Mazlish**

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.



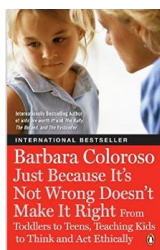
### **When Gifted Kids Don't Have All the Answers – J. Galbraith, J. Delisle**

This book offers practical suggestions for addressing the social and emotional needs of gifted students. The authors present ways to advocate for gifted education; help gifted underachievers, perfectionists, and twice-exceptional students; and provide all gifted kids with a safe, supportive learning environment.



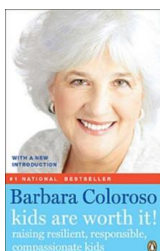
### **If I Have to Tell You One More Time... - Amy McCready**

Why does it feel sometimes as if our children have special powers that enable them to tune us out completely? You ask your child to do her homework, get ready for school or bedtime. You think she heard you but . . . no response. You've tried everything—time-outs, nagging, counting to three—and nothing seems to work. In this invaluable book, Amy McCready presents a nag-and-scream-free program for compassionately yet effectively, correcting your children's bad behavior



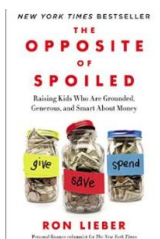
### **Just Because It's Not Wrong Doesn't Make It Right – Barbara Coloroso**

Bestselling author Barbara Coloroso shows parents how to nurture and guide children's ethical lives from toddlerhood through the teen years using everyday situations at home, at school, in social settings, and in the world at large. Rich in advice and anecdotes, *Just Because It's Not Wrong Doesn't Make It Right* is an essential, practical, and powerful parenting tool.



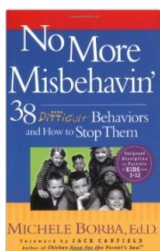
### **Kids Are Worth It! Raising Resilient, Responsible, Compassionate Kids – Barbara Coloroso**

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.



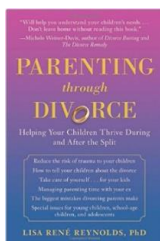
### **The Opposite of Spoiled – Ron Lieber**

The foundation of the book is a detailed blueprint for the best ways to handle the basics: the tooth fairy, allowance, chores, charity, saving, birthdays, holidays, cell phones, checking accounts, clothing, cars, part-time jobs, and college tuition. It identifies a set of traits and virtues that embody the opposite of spoiled, and shares how to embrace the topic of money to help parents raise kids who are more generous and less materialistic.



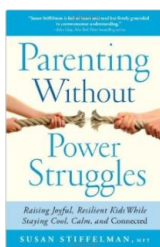
### **No More Misbehavin' – Michele Borba**

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.



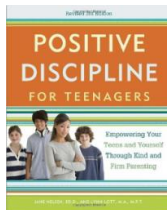
### **Parenting through Divorce – Lisa Rene Reynolds**

This book concisely lays out the specific emotions and reactions parents need to anticipate from their children while going through separation, divorce, and its after-math. Covering the most common mistakes divorcing parents tend to make, as well as addressing special issues that come up for kids of different age groups, this book helps you retain a strong, healthy, and loving environment for your child, even in the midst of change.



### **Parenting Without Power Struggles – Susan Stiffelman**

*Parenting Without Power Struggles* does something innovative, showing you how to come alongside your children to awaken their natural instincts to cooperate, rather than at them with threats or bribes, which inevitably fuels their resistance. By staying calm and being the confident “Captain of the ship” your child needs, you will learn how to parent from a place of strong, durable connection, and you’ll be better able to help your kids navigate the challenging moments of growing up.



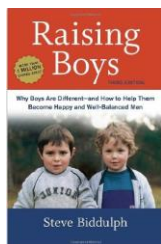
### **Positive Discipline for Teenagers – Jane Nelsen, Lynn Lott**

Shows parents how to build stronger bridges of communication with their children, break the destructive cycles of guilt and blame that occur in parent-teen power struggles, and work toward greater mutual respect with their adolescents.



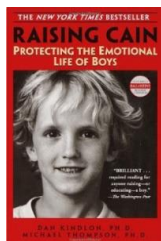
### **Quiet Kids: Help Your Introverted Child Succeed in an Extroverted World - Christine Fonseca**

The book uses real-world examples and stories from introverts and parents to show parents and educators how to help children develop resiliency and enhance the positive qualities of being an introvert.



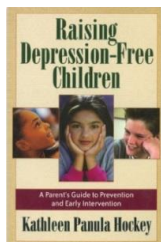
### **Raising Boys – Steve Biddulph**

Steve Biddulph looks at the most important issues in a boy's development from birth to manhood. With gentle humor and proven wisdom backed by decades as a family psychologist and father, he shows parents how to provide the firm, loving guidance that boys need.



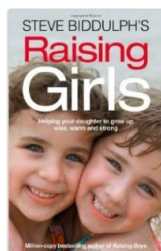
### **Raising Cain: Protecting the Emotional Life of Boys – D. Kindlon, M. Thompson**

A compelling case that emotional literacy is the most valuable gift we can offer our sons, urging parents to recognize the price boys pay when we hold them to an impossible standard of manhood. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy--giving them the vital connections and support they need to navigate the social pressures of youth.



### **Raising Depression-Free Children – Kathleen Panula Hockey**

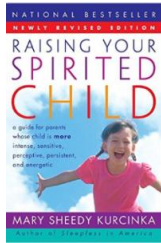
Researchers are discovering that some depressions may be preventable. And new studies are showing that children can be taught, from a very young age, to live optimistically. Parents will find the latest information about childhood depression in this much-needed guide, as well as practical, everyday strategies to reduce your child's risk of developing the life-threatening disease.



### **Raising Girls – Steve Biddulph**

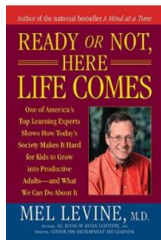
The five key stages of girlhood are laid out so that you know exactly what matters at which age, and how to build strength and connectedness into your daughter from infancy onwards.





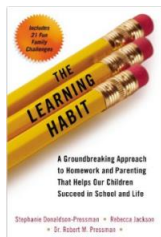
### **Raising Your Spirited Child – Mary Sheedy Kurcinka**

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. Learn to 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.



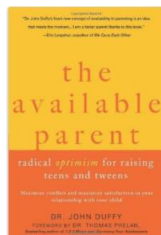
### **Ready or Not, Here Life Comes – Mel Levine**

Young adults are struggling with career and life decisions that can sometimes seem overwhelming. Some return home to live with their parents, or find themselves in unsatisfying jobs, or lack a sense of direction in their lives. Dr. Levine examines why many young people seem to stall before beginning their adult lives and shows how they can get back on track.



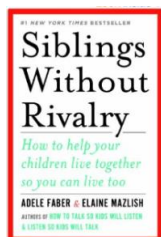
### **The Learning Habit – Donaldson-Pressman, Jackson, Pressman**

Offers a blueprint for navigating the maze of homework, media use, and the everyday stress that families with school-age children face; turning those “stress times” into opportunities to develop the eight critical skills kids will need to succeed in college and in the highly competitive job market of tomorrow



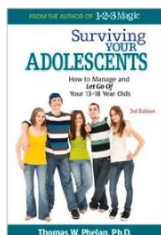
### **The Available Parent – Dr. John Duffy**

Teenagers are left feeling unheard and misunderstood, and parents are left feeling bewildered by the changes in their child at adolescence and their sudden lack of effectiveness as parents. The parent has become unavailable, the teen responds in kind, and a negative, often destructive cycle of communication begins.



### **Siblings Without Rivalry – A. Faber, E. Mazlish**

Practical tools to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship. How and when to intervene in fights, suggestions on how to help children channel their hostility into creative outlets, and how to treat children unequally and still be fair.



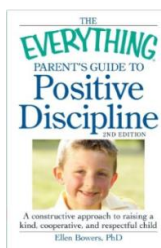
### **Surviving Your Adolescents – Thomas Phelan**

A step-by-step approach to handling teenagers, this guide helps parents end hassles and improve their relationship with their adolescent. Parents learn how to communicate with teenagers, how to manage teenage risk-taking, how to let go in certain situations, and when to seek professional attention.



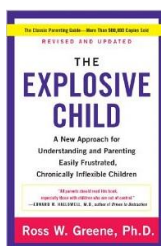
### **Teenagers 101 – Rebecca Deurlein**

Day in and day out, teachers watch kids interact with peers, make decisions, deal with difficulty, accept or deflect responsibility...Teachers are our eyes and ears - and there's a lot they wish we knew.



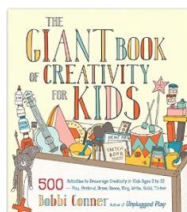
### **The Everything Parent's Guide to Positive Discipline – Ellen Bowers**

When misbehaviours begin, they can quickly escalate into an uphill battle of yelling, tears, and resistance--on both sides. This guide is a reassuring and realistic resource for parents struggling to find a positive balance with their kids, featuring guidance on how to set priorities for children of any age, open the lines of communication both ways, enforce punishments that teach rather than torture, work successfully with your partner, cultivate an environment of mutual respect.



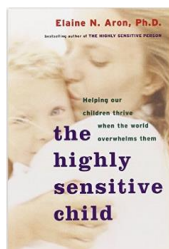
### **The Explosive Child – Ross Greene**

Screaming, swearing, crying, hitting, kicking, spitting, biting...these are some of the challenging behaviors we see in kids who are having difficulty meeting our expectations. These behaviors often leave parents feeling frustrated, angry, overwhelmed, and desperate for answers. Dr. Ross Greene helps you understand why and when your child does these things and how to respond in ways that are nonpunitive, nonadversarial, humane, and effective.



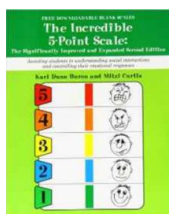
### **The Giant Book of Creativity for Kids – Bobbi Conner**

Creativity is an essential ingredient for a happy childhood, and this is the ultimate collection of ideas for arts and crafts, building and tinkering, writing and rhyming, singing and dancing, and more! With 500 unplugged, hands-on activities for children ages two to twelve, this book goes beyond the simple arts and crafts found in most kids' creativity books and offers fun ideas for a generous range of imaginative and creative play—all in one giant book.



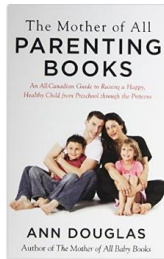
### **The Highly Sensitive Child – Elaine Aron**

Shows how HSCs are born deeply reflective, sensitive to the subtle, and easily overwhelmed. These qualities can make for smart, conscientious, creative children, but with the wrong parenting or schooling, they can become unusually shy or timid, or begin acting out. How to soothe highly sensitive infants and help sensitive children survive in a not-so-sensitive world.



### **The Incredible 5 Point Scale: Assisting Students in Understanding Social Interactions – Kari Dunn Buron**

If you want to teach a child social and interpersonal abilities and emotional self-control, this book will become your primary resource in the classroom and at home. The strategies are simple, clear, flexible and fun, and are based on the authors' increasing practical experience.



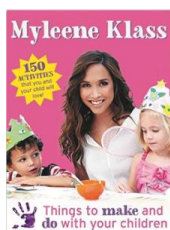
### **The Mother of All Parenting Books – Ann Douglas**

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.



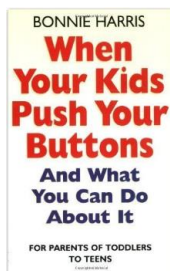
### **The World Needs Your Kid – Craig Kielburger**

This unique guide to parenting is centred on a simple but profound philosophy that will encourage children to become global citizens.



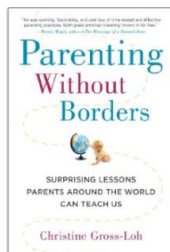
### **Things to Make and Do With Your Children – Myleene Klass**

This book gives you lots of new ideas for activities, both indoors and out, and often on the spur of the moment. None of them are expensive or complicated and most don't need a truck-load of ingredients or special equipment.



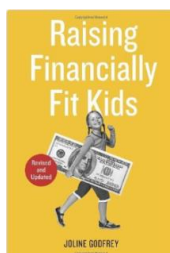
### **When Your Kids Push Your Buttons and What You Can Do About It – Bonnie Harris**

Your kid pushes your buttons-and you react in a way that you will later regret. In this beautiful, wise, and deeply insightful book, family counselor Bonnie Harris shows you how to defuse parenting "road rage"-and end the action-and-reaction cycle between you and your child once and for all.



### **Parenting Without Borders: Surprising Lessons Parents Around the World Can Teach Us – Christine Gross-Loh**

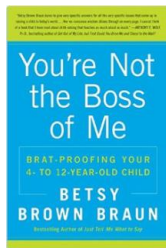
This book takes us across the globe and examines how parents successfully foster resilience, creativity, independence, and academic excellence in their children illuminating the surprising ways in which culture shapes our parenting practices.



### **Raising Financially Fit Kids – Joline Godfrey**

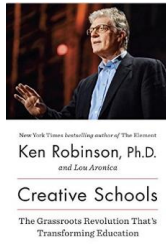
This combination parenting and personal finance book helps parents teach their children key money skills--such as saving, spending, budgeting, investing, building credit, and donating--that they'll need to become financially secure adults.





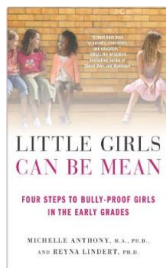
### **You're Not the Boss of Me – Betsy Braun**

It's the ultimate hands-on guide to cultivating character traits that are tried-and-true "bratbusters." *You're Not the Boss of Me* offers just the help you need to deal with many of the more challenging behaviors typical of four- to twelve-year-olds.



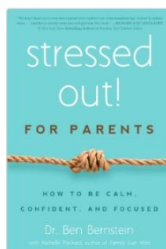
### **Creative Schools – Ken Robinson**

He argues for an end to our outmoded industrial educational system and proposes a highly personalized, organic approach that draws on today's unprecedented technological and professional resources to engage all students, develop their love of learning, and enable them to face the real challenges of the twenty-first century.



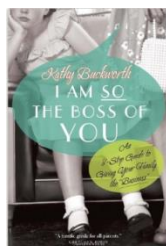
### **Little Girls Can Be Mean – Michelle Anthony, Reyna Lindert**

The first book to tackle the unique social struggles of elementary-aged girls, giving you the tools you need to help your daughter become stronger, happier, and better able to enjoy her friendships at school and beyond.



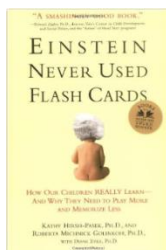
### **Stressed Out! For Parents – Ben Bernstein**

Parenting is one of the most stressful fulltime jobs around. School, lessons, sports, homework, hormones, dinner, dishes. . . . Parents want to know how to be calm and enjoy these wonder years. Dr. B. teaches parents in clear, entertaining, and thoughtful writing how to be calm, confident, and focused in all that they do.



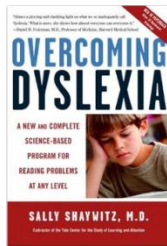
### **I Am SO the Boss of You – Kathy Buckworth**

In *I Am So the Boss of You*, Buckworth imagines a world where corporate policies and practices rule on the home front, and Mom is most definitely in charge!



### **Einstein Never Used Flash Cards – Kathy Hirsh-Pasek**

Highly credentialed child psychologists offer a compelling indictment of the growing trend toward accelerated learning. It's a message that stressed-out parents are craving to hear: Letting tots learn through play is not only okay - it's better than drilling academics!



### **Overcoming Dyslexia – Sally Shaywitz**

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.



### **The Best Homemade Kids' Lunches on the Planet – Laura Fuentes**

Laura is a speaker, recipe developer, and lover of all things mom. She partners with major real food brands to promote healthy school lunches, reduce childhood obesity, and teach healthy family eating.