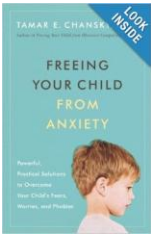


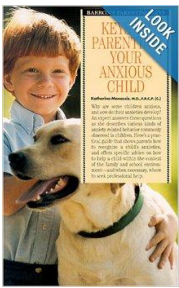
## Northwood Public School – Parent Library

**The books and sign out sheet are located in the SWISS room. Please feel free to sign out the book and return it within one month. Thank you for your support.**

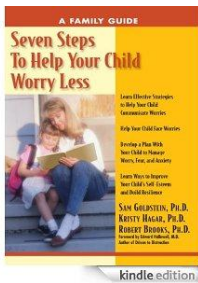
### Anxiety



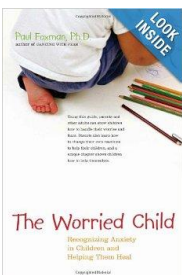
In *Freeing Your Child From Anxiety*, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety.



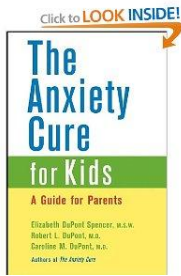
Why are some children anxious, and how do their anxieties develop? An expert answers these questions as she describes various kinds of anxiety-related behavior commonly observed in children.



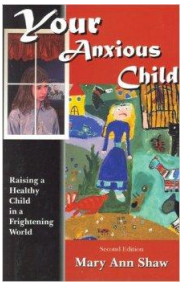
This guide for parents offers practical strategies to help teach children relaxation techniques, correct ways of thinking to combat worry and anxiety, and empowering behavioral interventions.



The *Worried Child* shows that anxiety is preventable – or can at least be minimized – by raising children's self-confidence, increasing social and self-control skills, and teaching them how to play, relax, and communicate their feelings and needs. Advice for educators, health care professionals, childcare workers and psychotherapists is included along with a chapter and tutorial written specifically for children.

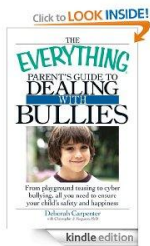


The lessons in *The Anxiety Cure for Kids* have helped many children break free from anxiety. By making changes little by little, any child with anxiety can get well and stay well.

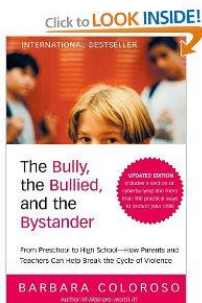


Dr. Shaw explains and responds to a wide variety of anxiety related disorders in all ages of children in a way that's easy to read, understand and implement. This up-to-date guide helps readers recognize and respond to common anxieties in normal children as well as more profound anxieties in children with a wide range of psychological and developmental problems.

## **Bullying**

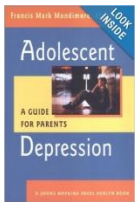


Written by Deborah Carpenter, a social worker and assistant principal, this guide gives parents all the tools they need to recognize the problem, treat it properly, and prevent it from happening again.

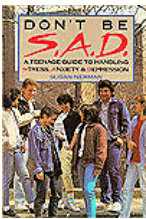


In this updated edition of *The Bully, the Bullied, and the Bystander*, which includes a new section on cyberbullying, one of the world's most trusted parenting educators gives parents, caregivers, educators—and most of all, kids—the tools to break the cycle of violence.

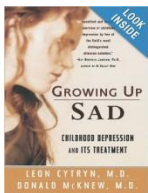
## Depression



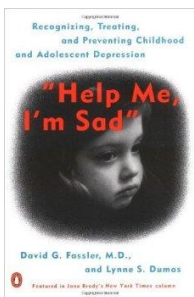
This comprehensive and compassionate guide detailing the symptoms, treatments, complications, and causes of adolescent depression provides parents with the information they need to ensure that their children receive the best possible treatment and become happy and healthy adults.



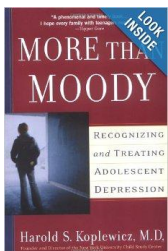
Don't Be S.A.D. will help you avoid clinical anxiety and depression, build your self-esteem, and make better choices in your life.



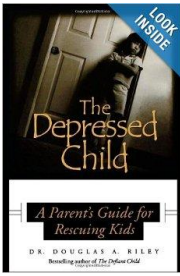
An excellent and compelling overview of childhood depression by two of the field's most distinguished clinician-scholars. While giving specific advice on recognizing and handling the depressed or suicidal child, the authors show how mood disorders reduce the quality of life at any age and how to relieve the hardships felt by these children and their families.



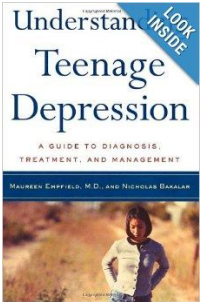
"Help Me, I'm Sad" discusses how to tell if your child is at risk; how to spot symptoms; link with other problems and its impact on the family; teen suicide; finding the right diagnosis, therapist, and treatment; and what you can do to help.



One of the nation's most distinguished child and adolescent psychiatrists shows parents the warning signs, risk factors, and key symptoms that offer important clues about depression. He also illustrates a broad range of treatment options.

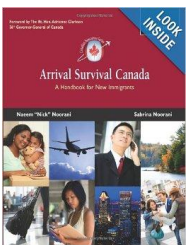


By emphasizing how parents can talk to their children about thoughts and feelings, exploring how children develop negative beliefs about themselves, and teaching parents how to help their children change those hopeless self-perceptions, Dr. Douglas A. Riley outlines practical methods that parents and children together can use to find solutions to the dark thoughts that plague so many young people today.

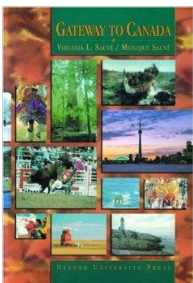


Understanding Teenage Depression provides the latest scientific findings on this serious condition, and the most up to date information on its treatment. The book includes numerous vignettes drawn from Dr. Empfield's clinical practice as well as first person accounts from teenagers who have themselves suffered from depression.

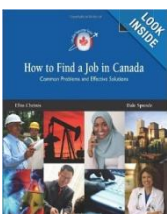
### **New to Canada**



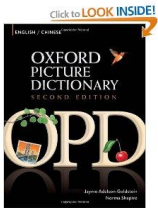
Arrival Survival Canada: A Handbook for New Immigrants is an immigrant's guide to the first year of life in Canada and covers a wide array of subjects, such as packing before emigrating, opening bank accounts, creating a credit history, and understanding Canadian school systems. The book guides readers through Canadian culture and outlines solutions to the issues that newcomers typically encounter.



A fascinating insight into Canada's history, life and culture.



This second book in the Canadian Newcomer Series deals with all aspects of the Canadian job hunt as it relates to newcomers, by providing them with access to How to Find a Job in Canada before arriving and upon arrival in Canada, they are able to learn and understand Canadian job market facts and intricacies.



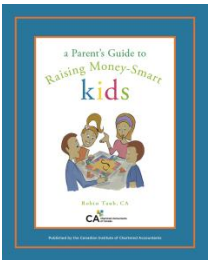
**3 COPIES ARE AVAILABLE**

Content is organized within 12 thematic units, including Everyday Language, People, Housing, Food and Recreation.

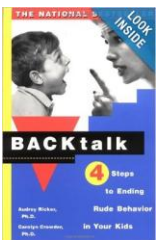
### **Parenting**



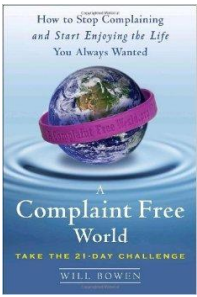
For every parent who's struggled to get off to school with a smile and ready for a fun, productive day. Filled with 151 easy-to-do strategies and activities, Robin McClure gives the best tips for helping children get excited and make the most of their school day, every day.



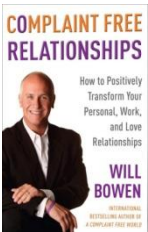
This book gives parents the information and skills they need to communicate effectively with their children about important money matters. It will also make parents more aware of their own behavior around money and the type of financial role model they are to their kids currently – and the type of role model they can become.



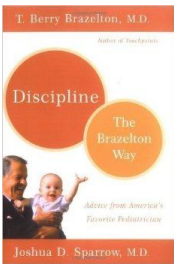
Two experts in the field share their simple and specific four-step program for ending backtalk and restoring balance in relationships between parents and children, from preschoolers to teens. You'll learn how to recognize backtalk, how to choose and enact a response that will make sense to you and the backtalker, and when to disengage from the struggle and move forward.



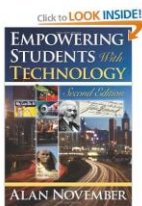
Full of practical ideas and inspiring stories from people who have already transformed their lives, *A Complaint Free World* will teach you how to not only stop complaining but to also become more positive and have the life you've always dreamed of having.



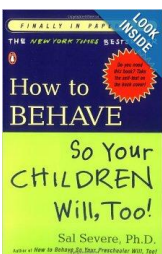
A revolutionary approach to improving every relationship in your life, *Complaint Free Relationships* picks up where the internationally successful *A Complaint Free World* left off, with all-new methods to help you overcome toxic habits and build strong, successful connections with others.



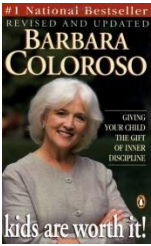
For each problem--defiance, lying, stealing, fighting, biting, and foul language--the doctors offer both understanding and practical solutions.



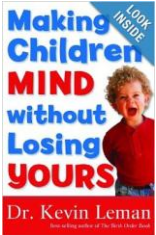
Fifty Web sites, lesson ideas, new resources, and real-life examples help educators use technology to expand classroom experiences and strengthen students' critical thinking, research, and problem-solving skills.



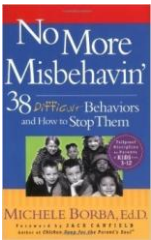
In this eye-opening resource, Dr. Sal Severe taps his twenty-five years of experience as a school psychologist and parenting workshop leader to show that a child's behavior is often a reflection of the parent's behavior, and by making changes themselves, parents can achieve dramatic results in their children.



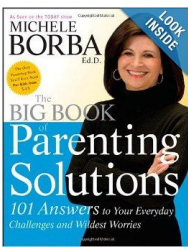
This bestselling guide rejects "quick-fix" solutions and focuses on helping kids develop their own self-discipline by owning up to their mistakes, thinking through solutions, and correcting their misdeeds while leaving their dignity intact.



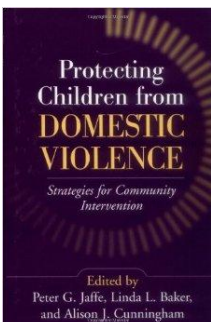
The author, and father of five shows parents how to understand why children misbehave and what to do about it - foil finicky eaters, turn off temper tantrums, and minimize sibling rivalries - set suitable allowances, curfews, and privileges - and much more Real-life examples.



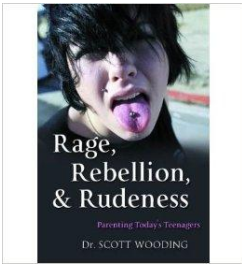
Parenting expert Dr. Michele Borba tackles the most common bad behaviors that kids ages 3 to 12 repeat over and over behaviors that drive parents crazy. In this enormously useful, simple-to-use book she shows how to change these behaviors for good.



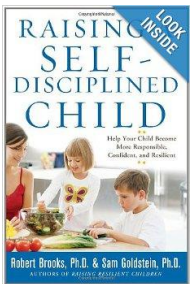
In this down-to-earth guide, parenting expert Michele Borba offers advice for dealing with children's difficult behavior and hot button issues including biting, temper tantrums, cheating, bad friends, inappropriate clothing, sex, drugs, peer pressure, and much more.



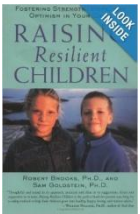
This forward-thinking volume brings together leading mental health, legal, educational, and social services professionals from the U.S. and Canada to demonstrate how the problem of violence in the home can best be mitigated through community collaboration.



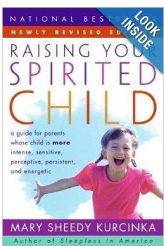
For caring and concerned parents everywhere, Dr. G. Scott Wooding examines teenager behavior, explains the reasons why teenagers act the way they do, and provides clear and practical solutions for dealing with teenage sons and daughters in today's complex world.



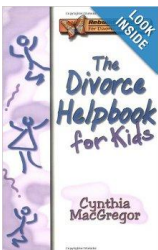
Filled with realistic, practical strategies and sample scenarios, this book shows you ways to teach children of any age, from preschool to adolescence, the value of self-control, self-reliance, and self-assurance—the all-important skills that will last a lifetime.



Raising Resilient Children is the perfect book for parents searching for a caring method to help their children grow into healthy, happy, loving, and mature adults

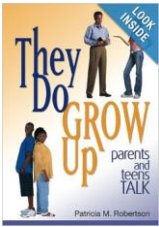


The spirited child—often called "difficult" or "strong-willed"—possesses traits we value in adults yet find challenging in children. Research shows that spirited kids are more intense, sensitive, perceptive, persistent, and uncomfortable with change than the average child. This revised edition provides vivid examples and a refreshingly positive viewpoint.

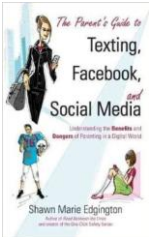


Included in this book are discussions about many topics troubling kids when their parents divorce: reasons parents get divorced; ways the divorce will change kids' lives; kids' feelings about divorce; things kids can do to help them feel better; who to talk to; what's likely to happen next.

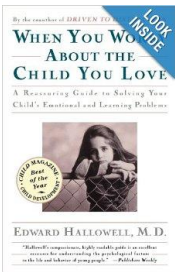




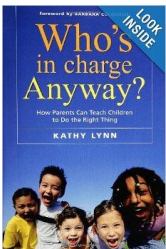
Boundaries between parents and their teenaged children can often be well defined and difficult to cross. *They Do Grow Up* helps bridge those boundaries through two-way communication. The book is a collection of meditations on common areas of concern for parents and teens.



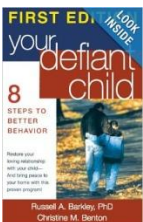
Offers advice for tackling problems that occur from text messaging and social networking sites such as textual harassment, text addiction, and cyberbullying and provides information to help protect and guide children while on the Internet.



A practical, accessible guide to coping with a wide range of behavioral problems in children from birth to age eighteen.

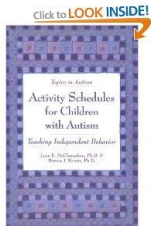


This book provides a clear road map for parents who want to focus on the tough but rewarding job of raising children to be responsible, self-disciplined adults. Through real questions, the author teaches practical parenting skills that can begin paying off immediately.

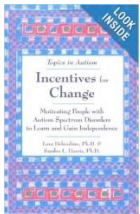


Drawing on Dr. Russell A. Barkley's many years of work with parents and children, the book clearly explains what causes defiance, when it becomes a problem, and how it can be resolved. The book's comprehensive eight-step program stresses consistency and cooperation, promoting changes through a system of praise, rewards, and mild punishment.

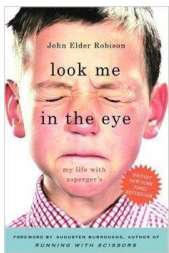
## Special Education



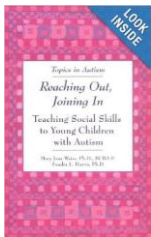
Activity schedules -- simple, yet revolutionary teaching tools -- enable children with autism to accomplish activities with greatly reduced adult supervision.



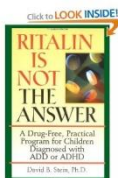
Written by two autism specialists with nearly 50 years combined experience, 'Incentives for Change' explores systems for determining what incentives children and adults with ASD will find rewarding, and ways to use motivation as a tool to affect their learning and behavior.



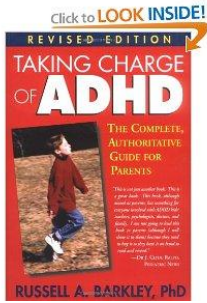
Ever since he was young, John Robison longed to connect with other people, but by the time he was a teenager, his odd habits had earned him the label "social deviant." It was not until he was forty that he was diagnosed with a form of autism called Asperger's syndrome. Robison has written a moving, darkly funny memoir about a life that has taken him from developing exploding guitars for KISS to building a family of his own.



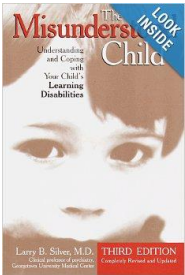
This book introduces social skills programs to parents of preschool- and kindergarten-aged children diagnosed with one of the Pervasive Developmental Disorders (PDD), including Autistic Disorder, Asperger's Disorder, and PDD: Not Otherwise Specified.



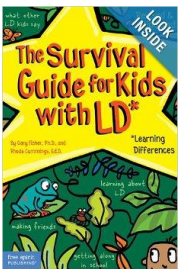
Ritalin Is Not the Answer confronts and challenges what has become common practice and teaches parents and educators a healthy, comprehensive behavioral program that really works as an alternative to the epidemic use of medication-without teaching children to use drugs in order to handle their behavioral and emotional problems.



Taking Charge of ADHD provides authoritative information on ADHD and its treatment. From internationally renowned ADHD expert Russell A. Barkley, the book empowers parents by arming them with the knowledge, expert guidance, and confidence they need.



Completely revised, this edition of the bestselling guide for parents of children with learning disabilities gives parents a full understanding of positive, effective treatment strategies to use at home and at school.



This revised and updated edition gives you affirmation, and solid information kids need to know they're smart and can learn, they just learn differently. It answers the many questions they have, defines different kinds of LD; describes what happens in LD programs; helps kids deal with sad, hurt, and angry feelings; suggests ways to get along better in school and at home; and inspires young people to set goals and plan for the future.