

CESA 7 Head/Early Head Start Family Library Directory

ADD/ADHD

Adult Books

Maybe You Know My Kid *Parent's guide to identifying, understanding and helping your child with Attention-Deficit Disorder*

Children's Books

Eagle Eyes *The feelings and experiences of an ADD child*

My Brother's A World Class Pain: A Sibling's Guide to ADHD

Booklets

Creative Approaches to ADHD: Myths and Reality

Helping Your Child Manage ADHD

A Parent's Guide: Attention-Deficit Hyperactivity

Disorder in Children

Adult Self-Help

Adult Books

Outgrowing The Pain: A Book For & About Adults Abused as Children

Repeat After Me *Self help book for adults who came from a troubled family*

Booklets

Healing from Childhood Sexual Abuse

Help for Adult Survivors of Childhood Abuse

Alcohol & Drug Abuse Concerns

Adult Books

Co-Dependant No More *How to start caring for yourself*

Getting Them Sober *A guide for those who live with an alcoholic*

Healthy Parenting: An Empowering Guide for Adult Children

How To Talk To Your Kids About Drinking and Driving *(see Teens section)*

How To Talk to Your Kids About Drinking and Driving...A Parent's Guide *(see Teens section)*

Seven Weeks To Sobriety

Children's Books

I Wish Daddy Didn't Drink So Much *Story showing a realistic picture of the alcoholic and sober parent*

Booklets

ALANON: A Message of Hope

Chemical Dependence and Recovery: A Family Affair

A Guide for the Family of the Alcoholic

A Guide for the Family of the Drug Abuser

Is Your Kid Using Drugs? Warning Signs for Parents

A Newcomer to ALANON: A Wife's Perspective

The Plus Side of Stress

Stress and Recovery

What is NA (Narcotics Anonymous)

Autism

Adult Books

Asperger's Syndrome

Autism Now What? *The primer for parents*

Soon Will Come the Light



Child Care/School for the First Time

Children's Books

The Kissing Hand *Shows a child can feel his mother's love even at school*

Will You Come Back for Me? *Story about a child going to a child care center for the first time*

Child Development

Adult Books

Your Four-Year-Old, Wild and Wonderful

Your Three-Year-Old, Friend or Enemy

Children's Activity Cards

Getting Along: Things to Do When I'm

Angry—activity cards set with pictures and

ways for children to handle anger

appropriately

Children & Eating

Adult Books

Eating for A's *Information on healthy foods*

including recipes

Feed Me! I'm Yours *Recipes and kitchen*

crafts for kids

How Should I Feed My Child? From

Pregnancy to Preschool

Meals Without Squeals *Includes recipes*

kids will love

Someone's In the Kitchen with Mommy

Easy recipes and crafts for kids

Children's Books

Cooking with Pooh

Kids Cooking

Oliver's Vegetables

Children & Learning

Adult Books

Early Childhood: Where Learning Begins—

Mathematics

Helping Your Child Get Ready for School

Activities for ages birth to 5

Helping Your Child Learn to Read

How to Help Children Learn Through Play

Let's Read About Finding Books They'll

Love to Read *Advice on reading to your*

child and ideas for books for preschoolers

through age 12

Let's Read (Leamos): 101 Ideas to Help

Your Child

Learn to Read and Write

Slow and Steady Get Me Ready *Activities*

for children birth to 5

Start Smart—Building Brain Power in the

Early Years

What to Teach Your Child—A Handbook

for Parent of 4-6 Year Olds

Vamos Juntos a la Escuela

Your Child at Play 3-5 Years *Conversations,*

creativity and learning letters, words and

numbers

Your Home is a Learning Place *Simple ideas*

of things you can do at home

Children's Books

Winnie the Pooh's A to Zzzzzzz

Children's DVDs

Getting Ready for Kindergarten (ROCK N
LEARN)

123 Count with Me (SESAME STREET)

Guess that Shape and Color

Global Wonders Around the World – A

Wonderful

World of Cultural Discoveries

Learning about Letters

Children's Emotions

Adult Books

No More Monsters in the Closet

20 Teachable Virtues *Practical*

ideas for teaching honesty,

responsibility, courtesy, etc



Children's Books

About Being Selfish

All My Feelings at Preschool

Andrew's Angry Words

Angry Octopus – A Relaxation Story

Anna Marie's Blanket *Anna is growing up*

and doesn't need her blanket so she has it

take care of her stuffed animals

The Berenstain Bears and the Blame Game

The Berenstain Bears and the Bully

The Berenstain Bears and the Gimmies

The Berenstain Bears and the Trouble with Friends

The Berenstain Bears and the Truth

The Berenstain Bears and Too Much Teasing

The Berenstain Bears Get in a Fight

David Decides No More Thumb Sucking

David's story and also information for parents on how to deal with this problem

Don't Rant and Rave on Wednesdays! *Fun story about anger and ways to control it*

Getting to Know Your Feelings *Encourages children to identify their feelings*

Fill a Bucket – A guide to Daily Happiness for Young Children

Hands are not for Hitting

I Am Not a Cry Baby

I Can't Wait *The reader helps Luke solve the problem of taking turns*

I Want It *The reader helps Megan and Amy solve the problem of sharing*

I Want to Play *The reader helps Danny solve the problem of how to join other children in play*

I'm Frustrated *Alex finds ways to deal with his frustrations*

I'm Lost *The reader helps Gabriela solve the problem of being lost*

Kelly Bear Feelings

I Was So Mad

Making Friends

The Meanest Thing to Say *Little Bill learns to cope with a mean child*

Mommy Don't Go *The reader helps Matthew solve the problem of not wanting his mom to leave*

Monster Manners

My Name is Not Dummy *The reader helps Jenny solve the problem of being called names*

Oh, Bother! Someone's Afraid of the Dark

Oh, Bother! Someone's Fighting!

Oh, Bother! Someone's Grumpy!

Oh, Bother! Someone Won't Share!

Relax *About methods to help children relax*

Shipwreck Saturday *Little Bill deals with the boat he worked so hard to build getting broken*

Sometimes I Like to Cry

Sometimes I Like to Fight, But I Don't Do it Much Anymore

Three Questions About Compassion

The Treasure Hunt *Little Bill discovers he has special skills*

The Very Beautiful Dragon *This is a book about facing our fears even when we're children*

When They Fight *Little Badger's feeling when his parents fight*

When Mama Gets Home

When Sophie Gets Angry

Children's Videos & DVD's

Berenstain Bears –Kindness, Caring & Sharing
Sesame Street Learning to Share (VHS and DVD)

Sesame Street You Can Ask *Stories for children on coping with fear, loss, bullying and being different. Includes booklet for parents (Also versions in Spanish & Chinese available)*

Look Mom, I have Good Manners

The Berenstain Bears Mind their Manners

Games

The Great Feelings Chase



Children's CD's

Indigo Dreams – Relax & De-stress 4 children's stories designed to decrease stress and anxiety and increase self-esteem (4-9 year olds)

Indigo Ocean Dreams - Relax & De-stress 4 children's stories designed to decrease stress and anxiety and increase self-esteem (6-12 year olds)

Death and Grief

Adult Books

Just Us *Help for overcoming &*

Understanding homicidal loss & grief

Keys to Helping Children Deal with Loss and Grief

Talking About Death *How to explain the death of a loved one to a child. Includes a*

read-along story

This is Survivable: When Someone You Love Completes Suicide

A Time to Mourn, A Time to Dance *A book for anyone experiencing grief*

Children's Books

I Heard Your Mommy Died

It Must Hurt A Lot *Story of how Joshua learns to deal with the death of his dog*

My Grandfather's Hat *Jason has lots of special memories about his grandfather*

No New Baby *A book to help children deal with miscarriage*

Remember Rafferty *A book about the death of a pet*

Tell Me, Papa *A gentle explanation for children about death and funerals*

Where's Jess? *A book for children who have had a brother or sister die*

Booklets

About Dying

Aborto Espontaneo: Un Libro para Los Padres

Miscarriage: A Book for Parents

Miscarriage: A Man's Book

More than Surviving Caring for yourself while you grieve

Moving Through Grief and Loss

Sibling Grief Ideas on how to help siblings after miscarriage, still birth or infant death

You the Grief Helper Ways to help someone who is grieving

What to Do When I Die How to plan ahead for your funeral

Depression

Adult Books

How You Feel Is Up To You—The Power of Emotional Choice

Videos for Adults

The Five Most Common Questions About Chronic Depression

Divorce/Separation

Adult Books

Protect Your Children From the Pain of Divorce *How to avoid the legal and emotional pitfalls*

The Single Mother's Book *Practical guide to managing your home, children, finances, and everything else*

You're a Step-parent...Now What?

Children's Books

Changes—My Family And Me

Changing Families: A Guide for Kids and Grown-Ups *This workbook explores the emotions and confusion surrounding divorce*

Do I Have a Daddy *Story about a single parent child with a special section for single parents*

My Family's Changing

Mom and Dad Break Up

Mr. Rogers Let's Talk About Divorce

My House and My House

My Daddy is a Stranger *Includes ideas for parents when talking to your child*

Please Come Home *Jenny's teddy bear teaches her to comfort herself and understand it is not her fault her dad left*

Sometimes a Family Has to Split Up

Stepfamilies

Booklets

Parenting Alone *Raising your children after one parent leaves*

Domestic Violence

Adult Books

Breaking Free From Domestic Violence

Ideas and strategies to help you cope and break free

Into The Light—A Guide for Battered Women

Children's Books

When Mommy Got Hurt *A story for young children about domestic violence*

Ethnic Resources: Hmong

Adult Videos

Just minutes of your Time Reading Aloud to your Children (In Hmong)
Out of Silence (In Hmong)

Children's Books

Folk Stories of the Hmong

Nine-In-One Grr! Grr! *Hmong Folk talk*
The Rainbow Fish *In Hmong and English*
Ntsuag Nos—Tug Cinderella Hmoob

The following are written in Hmong and English

A Chair for my Mother
Dej Nyab Ntiag Teb (The Flood)
The Emperor and the Nightingale
The Empty Pot
Heckedy Peg
Liab Thiab Kooj Sib Ntaus (The Monkeys and Grasshoppers)
Liang and the Magic Paint Brush

The following are written in Hmong and English

Ming Lo Moves the Mountain
Nas Tsuag Tus Nkaug Nyab (The Mouse Bride)
Nkavj Ntsuab Thiab Sis Nab (Story of the Plain Jars)
The Paper Crane
Suau Thiab Hluav Taws (Shao and His Fire)
Thaum Ntuj Tsim Teb Raug (The Beginning of the World)
Tus Neeg Txiav Taws, Nws Tus Qaib Thiab Nws Po Niam (The Woodcutter, His Rooster and His Wife)
Hroog Hawaii Chaw Zoo Nkauj (Book with audio cassette)
Hmong Folk Tales (Audio cassette in Hmong)

Children's DVD's

Hmongtopia All About ABC's

Ethnic Resources – African American

Adult Books

Raising Black Children *Advice on child rearing problems in raising black children*
"And Don't Call Me Racist" *A treasury of quotes on the past, present, and future of the color line of America*

Children's Books

Bright Eyes, Brown Skin
At the Crossroads
Jamal's Busy Day
Just the Two of Us
How My Family Lives in America

Booklets

African American Literature for Young Children

Ethnic Resources – Hispanic

Adult Books

Spanish / English Dictionary
Como Estimular El Cerebro Infantil *La crianza practina de los hijos*
Cuando tu hijo tiene dificultades de aprendizaje
Leamos—101 Ideas para ayudar a sus hijos a aprender a leer escribir
Participacion Paterna *Sugerencias para Ayudar a s Nino a Tener Exito en la Escuela y en la Vida*

Booklets

Educano a los ninos para que no fumen

Videos For Adults

1,2,3,4 Padres!
I Am Your Child
Los Primeros Anos Marcan Para Siempre
Puedes Preguntar!
Un Lugar Seguro Para Sus Ninos *About working around pesticides*
Vamos Juntos a la Escuela Consejos Para Ayudar a los Padres a Asegurar el Exito



Academico de Sus hijos

Children's Books

Abuela

Corre, Perro, Corre!

En Aquel Pardo

El Autobus Magico

El Dinosaurio Que Vivía En Mi Patio

El Libro De Las Palomitas De Maiz

El Pez Arcoiris Al Rescate

How My Family Lives in America

La Historia De Una Colcha

Las Huellas De Los Animales

La Calabaza Mas Grande De Mundo

Mi Casa

Let's Sing and Learn in Spanish

No Es Tu Culpa, Ko Ko Oso (It's Not your Fault Ko Ko ear)

Rainbow Fish to the Rescue

Un Dia De Nieve

Children's Video's

Sesame Street Beginnings: Hablar, leer, escribir! *Video in English & Spanish with ideas for parents.*

Elmo book written in English & Spanish

Sesame Street Beginnings: Language to Literacy

Sesame Street Puedes Preguntar *Ayudando a los niños a manejar situaciones estresantes*

Children's Audio Cassette

Comenzando Con Sesame Street

Ethnic Resources – Native American

Children's Books

Legend of the Indian Paintbrush

Foster Care Issues

Adult Books

Boundaries: Maintaining Healthy Relationships In Foster Care *Information on foster children's boundary issues and boundaries between family systems and*

foster care systems

How to Make Adoption An Affordable Option

Homeworks #1 Helping Children and Youths Manage Separation and Loss

Homeworks #2 Helping Children and Youths Develop Positive Attachments

Homeworks #3 Helping Children and Youths Manage the Impact of Placement

Rebuilding Children's Lives *Although written for treatment foster parents this gives ideas for caring for any foster or biological child*

Children's Books

The Kissing Hand *For any child confronted with a difficult situation who needs to hear he is loved*

Little Flower *Story about Little Flower being neglected until she is moved to a new home*

Maybe Days *A first look at family break-up*

Safe Place for Michael and Sara *Story about children being placed in foster care*

Together Again *Story about foster children's feelings when reunited with their parents*

Two Places Called Home

The Visit *Story of the visit with biological parents*

Zachary's New Home *Zachary the kitten goes into foster*

Booklets

Foster Parenting Abused Children

Fun for Children & Families

Adult Books

Children's Games Made Easy

Don't Throw That Away! Pennywise Parent's Guide to Creative Uses for Over 200 Household Items

Family Activity Book

Kitchen Table Play & Learn – Activities & Lessons for Building Your Preschools Vital Development Skills

Let's Make a Memory *Ideas for building family traditions and togetherness*

Learn and Play the Recycle Way

Look What You Can Make With Paper Plates

Look What You Can Make With Tubes

Making Toys for Preschool Children – *using ordinary stuff for extraordinary play*

More Mudpies—101 Alternatives to

Television *Fun projects for kids-indoor, outdoor, holiday, etc. SeeTV section*

100 Things You Can Do To Keep Your Family Together

101 Activities for Kids In Tight Spaces

Activities for the doctor's office, on car trips, home sick in bed, etc.

Slow And Steady Get Me Ready *Activities for children birth to 5*

365 After School Activities

365 Outdoor Activities You Can Do With

Your Child

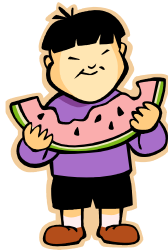
365 TV Free Activities You Can Do with

Your Child

Waiting Games—202 Instant Activities for

Turning

Time to Spare into Time to Share Your Child At Play: 3 to 5 Years



Children's Books

Barney's Favorite Mother Goose Rhymes Best Way to Play

Cooking With Pooh *see Children and Eating section*

Kids Cooking

Children's DVD's & Videos

Adventures of Timmy the Tooth Children learn that reading opens a new world of fun

A Day at Old McDonald's Farm

Corduroy

The Ezra Jack Keats Collection

Elmos: Families, Mail and Bath Time

Elmocize

Goodnight, Gorilla

Harold and the Purple Crayon

Is Your Mama a Llama?

Knuffle Bunny – and more childhood adventure stories

Oliver & Company

Raffi Young Children's Concert Sing-along fun

Sammy Songs from Getting to Know Myself come to life in this movement participation video

There was an old lady who swallowed a fly (sing alongs)

Tickle Time Typhoon Let's Be Friends

Wowser Slap Happy Birthday

Winnie Pooh—Fun and Games

Children's Music CD's

Brain Boogie Busters

Smart Moves 2

Ot Start om the Jart

Games

Ask it-Tell It A game to play with your children encouraging communication

Beginner Dinner Games – Add fun to your next family meal

Dynamic Doer Pair it Game

The Good Behavior Game

The Great Feelings Chase

Happy Highway Game

The Nurturing Game Game for children and adults which encourages self-awareness, communication and praise

Sleeping Grump

Health

Adult Books

Child Safety Made Easy

Children and the AIDS Virus—A Book for

Children, Parents & Teachers

Food and Behavior: A Natural Connection

Barbara Stitt of Natural Ovens shows the affect of diet on behavior

Skim The Fat: A Practical Food Guide

Includes recipes



Children's Books

All About Asthma

The Berenstain Bears Go To The Doctor

The Berenstain Bears Visit The Dentist

Going To The Dentist

Itchy, Itchy Chicken Pox

My Grandma Has AIDS: Annisha's Story

Those Mean Nasty Dirty Downright

Disgusting But...Invisible Germs

What Would You Do? A Kid's Guide To

Tricky & Sticky Situations

Videos for Adults

Kids and Lead Hazards: What Every Family Should Know

Ready to Know *Information for parents on how smoking and second-hand smoke affects children*

Safe From the Start *Information on Potential hazards for children's home environment*

Sound Advice About Your Child's Ear Infection *How to tell if your child has it and methods of treatment.*

When To Call the Doctor If Your Child is Ill



Children's Videos

A Hospital Trip With Dr. Bip

Helps prepare

children for a hospital trip

Sesame Street Lead Away! Lead Poisoning Prevention

The Berenstain Bears Visit the Dentist

Booklets

Anorexia

Before You Quit Smoking: A 2-Week Plan

Bulimia

Facts About Birth Control

Freedom From Smoking

Heart Sense

What You and Your Family Can Do About Asthma

Lead Poisoning Prevention

Home Alone - Head Start does not condone Head Start age children being left home alone.

Children's Books

What Would You Do? A Kid's Guide to Tricky & Sticky Situations

Videos for Adults

Key Matters: Preparing For Children's Time Alone *Video for parents & kids to watch together. Includes a guide for parents & a workbook for kids.*

Booklets

What If I'm Home Alone?

When You Are In Charge *A workbook to help older children become ready to be home alone.*

Household Hints

Adult Books

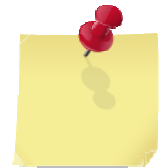
Checklists for Life: 104 Lists To Help You

Get Organized, Save Time & Unclutter Your Life

Keep Kids Safe *Safety ideas for inside and outside the home*

The Single Mother's Book *Practical guide to managing your home, children, finance and everything else*

Survival Tips for Working Moms



Children's Books

Berenstain Bears and The Messy Room
Oh, Brother! Someone's Messy!

Videos for Adults

How To Clean A House *Tips on how to clean everything*

Is There Life After Housework? *Fast and easy tips on getting rid of clutter, cleaning bathrooms, floors, etc*

Booklets

A Working Parent's Guide
Safe and Sound *A common sense approach to protecting yourself and your property against crime*

I Am Moving, I Am Learning

DVD's for Kids

Yoga Kids – Ages 3-6
Silly to Calm for Kids – Ages 3-6
Yoga ABC's for ages 3-6
Moovin and Groovin Barney



Money Concerns

Adult Videos

Affordable Life—A Practical Guide to Managing Your Money *Information on credit, developing a spending plan, investing, etc.*

Money Smart *Includes info. On banking, credit, home ownership. Etc. English, Spanish, Chinese, Russian copes)*

Booklets

A Family's Guide To Financing Higher Education
The First Time Around:
Home Buying
Guide To Smart Money Management
Out of Hock *Helpful ideas about credit and personal debt*
Surviving a Lay-Off
Understanding Compulsive Gambling



Moving

Children's Books

The Berenstain Bears and Moving Day
Alexander, Who's Not (Do You Hear Me? I Mean It!) Going To Move

New Baby in the Family

Adult Books

Welcoming Your Second Baby *Advice to help you prepare your older child for the new baby*

Children's Books

Hugo's Baby Brother
Katie's Premature Brother
Let Me Tell You About My Baby *Story from*



a child's view point about the new baby

Mr. Rogers Neighborhood: The New Baby
No New Baby *Story to help children deal with a miscarriage*

Will There Be a Lap For Me?

Videos/DVDs for Adults

First Years Last Forever, The
Nurturing Touch—Instruction in the Art of Infant & Child Massage

Videos for Children

Hey What About Me?

Parenting

Adult Books

The Answer is NO—Saying It and Sticking To It

Chores Without Wars

The Difficult Child

Fatherhood: An Owner's manual

Getting Along With Others *Book of charts and tips to reward behavior and teach skills*

Growing a Girl—7 Strategies For Raising A Strong, Spirited Daughter

Healthy Parenting *A guide for parents in recovery*

Helping the Child Who Doesn't Fit In

How to Really Love Your Teenager *see Teens section*

I Love You Rituals

Is this a Phase *(see Child Development)*

Kids Can Cooperate *A guide to help children with quarreling and other problems*

Loving Your Child Is Not Enough
Managing the Morning Rush
The Manipulative Child
101 Ways to Be a Special Dad
101 Ways to Make Your Child Feel Special
1-2-3 Magic Effective Discipline for Children 2-12
Preventative Parenting with Love, Encouragement and Limits
The 7 Habits of Highly Effective Families
The Single Mother's Book *A practical guide to managing your children, career, home and everything else*
Surviving Sibling Rivalry
Tantrums—Secrets To Calming the Storm

Adult Books

The Time Out Solution *Step by step guide to using time out to manage behavior*
365 Wacky, Wonderful Ways to Get Your Children to do What You Want To Grandma's House We...Stay *Ideas for grandparents who are raising their grandchildren*
Unplugging Power Struggles
Waiting Games—202 Instant Activities For Turning Time To Spare Into Time to Share
What Do I Do When My Child Won't Do As I Say
What To Do When My Child Loses Control
What Young Children Need To Succeed
When "No" Gets You Nowhere
Win The Whining War and Other Skirmishes
Your Four-Year-Old, Wild and Wonderful
You're A Step-Parent...Now What? *A guide to parenting in families with non-biological children*
Your Home is a Learning Place
Your Three-Year-Old, Friend or Enemy

Video & DVD's for Adults

Good Mornings (First and Foremost Series)
Morning routines to help the day start smoothly for kids
Growing Opportunities—Confidence building *Ideas on giving attention to positive behaviors and encouraging good*

ideas see Self-Esteem section
Growing Opportunities—Limit Setting
Growing Opportunities—Problem Solving
Ideas to give children skills to resolve conflicts and meet new challenges

I Am Your Child Series:

Painless Parenting for the Preschool Years
Mommy & Me – Move, Sing & Play Together
Nurturing Touch *Instruction in the art of infant and child massage see New Baby section*
Painless Parenting for the Preschool Years
1-2-3 Magic *How to get your kids to stop doing what you don't want them to do* (Video and DVD)
More 1-2-3 Magic Encouraging Good Behavior, Independence, and Self Esteem
Parenting Today: The First 12 months
Parenting Today: 12 months to 3 years
Parenting Today: The Preschooler 3 to 5 Years
Parenting Today: 6 Through 10
Parenting Today: 11 Through 15
Parenting Works! *Ideas for bedtime, friends, and food*
Promoting Wholesome Sibling Relationships
Setting Your Child Up For Success:
Anticipating and Preventing Problems
Shaking, Hitting, Spanking—What to do Instead
Single Parenting
Single Parenting-Healthy Parenting
Stop Struggling With Your Child
Ten Things Every Child Needs
The Touch Film *Shows the importance of touch*

Children's Books

Teeth Are Not For Biting

Booklets

Families Celebrate
Proactive Aggression: Teaching Self-Control to Children Who Use Aggression To Get their Needs Met *Includes information on using time out*

Red, White, And Bruises—Spanking In the USA

Cassette Tapes

Loving Your Child Is Not Enough: Positive Discipline That Works

Games

Ask It—Tell It *A game to play with your child encouraging communication*

The Nurturing Game *A game for adults and children to increase self-awareness, communication and praise*

The Good Behavior Game

Reflections Game

Web Sites

<http://www.parentingresources.ncjrs.org>

Information parents need to meet challenges of raising a child. Parenting resource for the 21st Century

Reading to Your Child

Adult Books

Lets Read About Finding books They'll Love to Read *Advice on reading to your child and ideas for books for preschoolers through age 12*

New Read Aloud Handbook *Ideas on reading aloud with descriptions of great books to read for different ages*

Read To Me: Raising Kids Who Love to Read Story Time With Your Children *Simple ideas on reading to children of different*

ages. Includes Ten In The Bed story book to read



Videos for Adults

Read Aloud Now! *Tips on how to read to your child and types of books appropriate for different ages*

Parents, Kids, and Books

Self-Esteem

Adult Books

101 Ways To Tell Your Child "I Love You"

Little Things Remembered—Making Your Child Feel

Special Every Day

Notes From A Friend—Guide To Taking Charge of Your Life

Self-Esteem For Tots to Teens

Self-Esteem Games – 300 Fun Activities That Make Children Feel Good about themselves

Children's Books

Chrysanthemum *Everyone makes fun of her name, but Chrysanthemum ends up feeling good about it*

Don't Feed The Monster On Tuesdays!

Story for children about building their self-esteem

Feeling Good About Yourself: Story About Chip and the Magic Hubcap

Have You filled a Bucket Today? – A guide to Daily Happiness for Kids

How Full is Your Bucket? For Kids

The Kissing Hand *Chester's mother gives him a way to know he's loved.*

I Like Me

Just Because I Am

Lovables in the Kingdom of Self-Esteem,

The Sassafras *A little skunk learns to value his special gift*

Shubert is a STAR

Shubert's Big Voice

Shubert's Helpful Day

Shubert's Choice

Shubert's New Friend

Shubert See's the Best

Shubert Rant's and Raves

SHUBERT PUPPET

Sweet Dreams For Little One *Stories to read to your child making him the main Character*

We're All Special

Videos for Adults

Growing Opportunities—Confidence

Building *Ideas on giving attention to positive behaviors and encouraging good ideas*

Mirror, Mirror (First and Foremost Series)
How to build your child's self-esteem
Self-Esteem Workout

Booklets

Self-Esteem: The Best Gift For Your Children

Games

Ask It—Tell It *Card game where players respond to questions*
The Nurturing Game *Increases self-esteem and communication*

Sleeping

Adult Books

The Sleep Book For Tired Parents
Sweet Dreams For Little Ones *Some ideas to help children relax before bed and stories to read which make the child the central character.*

Videos

Good Night (First and Foremost Series)
Nighttime routines to make bedtime easier

Children's Books

The Berenstain Bears and the Bad Dream

Children's Videos'

It's Sleepy Time *Includes cassette of lullabies. Your child will learn healthy sleep habits from Max and his friends*
Sleepytime Songs & Stories (Sesame Street)

Special Needs (Children with)

Adult Books

After the Tears *Parents talk about raising a child with a disability*

Creative Play
Activities for
Children With



Disabilities

A Difference in the Family: Living with a Disabled Child

If Your Child Stutters

Negotiating the Special Education Maze: A Guide for Parents & Teachers

Stuttering and Your Child: Questions and Answers

Videos for Adults

Sensory Processing for Parents
Steps in the Process to Special Education Services
Stuttering and Your Child *Includes a guidebook for parents*

Booklets

About Speech and Language disorders
A Parents Guide: Language and behavior problems in children

Stranger Danger/Child & Sexual Abuse Prevention

Adult Books

It's OK To Say No! A Parent Child Manual For the Protection of Children
On the Safe Side *How to teach your child to be safe, strong and street smart*

Children's Books

Berenstain Bears Learn About Strangers Do You Have a Secret *Helps children understand the importance of telling a scary secret to a trusted adult*
It's My Body *Teaches young children how to resist uncomfortable touch*
It's Not Your Fault *Story of a sexually abused child who tells and receives help. Questions for parents to use in talking more with a child about this subject*
Nolly & Groogle The Gillows of Crimply Creek *Stories about feeling safe*
Something Happened to Me *Story explaining the feelings of a child victim of sexual abuse*

VIDEOS FOR ADULTS

Playing It Safe

Protective Behaviors for Children *Help for parents to protect children against sexual abuse*

Stranger Danger *Shows how to teach safety rules to kids, how to tell who is a stranger and how to find safety*

What Do I say Now *How to help protect your child from sexual abuse (see Ethnic)*

DVD's for Children

Stranger Safety – *Hot tips to help keep cool kids safer with people they don't know and kinda know Ages 4+*

Booklets

Parent Talk: A Parent's Guide to Sexual Abuse Prevention

Private Zone: A Guide to Prevent Sexual Molestation *Includes a story to read to children*

Strangers: A Guide For Children To Always Be Aware *Includes a story to read to children*

30 Simple Things Parents Can Do To Help Keep Children Safe From Violence

Stress

Adult Books

The Angry Book

Childhood Stress *Techniques for parents to use in helping their children from toddlers to teens*

How You Feel Is Up To You—The Power of Emotional Choice

Letting Go of Anger

Managing Stress

Sixty Ways to Make Stress Work for You

Taking Care of Me

Videos for Adults

The Working Mom's Survival Guide

Stress Proofing *Techniques for dealing with stress*

Booklets

Relaxation For Better Health

Teens

Adult Books

How To Really Love Your Teenager

How To Talk To Your Kids About Drinking

How To Talk To Your Kids About Drinking And Driving

Kids and Gangs

What Kids Need To Succeed

Teen Books

Almost Grown Up *Frank and funny answers to questions kids ask about puberty and growing up*

But Everyone Else Looks So Sure of Themselves *Practical guide addressing the real problems teens face*

Videos for Adults

Now Your Talking *Video to help children 9-11 and parents communicate about alcohol and other drugs*

Teen Videos

Masquerade *Milton Creagh talks to teen about drugs and alcohol*

The Thing About Money *How to make a money plan*

Booklets

Growing Up and Liking It *Greg's Story Information for boys on male and female development*

Teen to Teen *Helps teens explore topics of personal safety and sexual abuse prevention*

What Are Adolescents *Ideas on how to deal with teens*

Toilet Training/Bed Wetting

Adult Books

Dry All Night *Information for parents and story for children of elementary age*

Children's Books

Dry Nights, Wet Nights *A story that reassures that bed wetting is natural and kids grow out of it*

Everyone Poops

I'm A Big Kid Now *Separate stories for boys and girls about toilet training plus information for parents*

Children's Videos

It's Potty Time *Shows children all the steps of using the bathroom in a fun format*
Winston's Potty Chair *Helps children learn about toilet training with a colorful cartoon plus information for parents*

TV

Children's Books

Berenstain Bears and Too Much TV

Video's for Adults

Putting TV In Perspective
Taking Charge of Your TV

Weight Control & Exercise

Adult Books

Healthy Heart Walking Book
The Learn Program For Weight Control



Videos for Adults

Keep It Off Today *Step by step weight loss program*
Mayo Clinic Wellness Solutions for Weight Loss
Richard Simmons Dance Your Pants Off
Richard Simmons Tonin' Downtown
Richard Simmons Tonin' Uptown
Take It Off *Good information on eating and*

exercise to help you lose weight

Ten Minute Solution – Fat Blasting Dance
The Bigges Loser – The Workout
29 Minute Tummy Toner
30 Day Shred w/ Jillian Michaels

Children's Videos

Action Games: Surviving Rainy Days
Elmocize
Fit For Fun *Helps children and adults understand the importance of physical activity*
Let's Eat! Funny Food Songs
Play with me Sesame – Furry Fun & Healthy Too

Booklets

Thinking About Your Fitness?
Thinking About Your Weight?
Weight Change Getting Started
101 Tips to Banish That Potbelly

DVD Series: IN ENGLISH & SPANISH

I Am You Child Video Series (DVD)

Food & Fitness Matter
The First Years Last Forever
Quality Child Care
Discipline: Teaching Limits with Love
Ready to Learn
Safe from the Start
Your Healthy Baby
Preparing for Parenthood
To Be a Father
A Child With Special Needs
Why Early Childhood Matters
Stop Smoking Now For the Child
The Pre-K Promise

