

# **INTERNET RESOURCES AND BOOKS FOR PARENTS, CHILDREN AND TEENS**

## **BI-PED PROJECT (BRIEF INTERVENTIONS: PEDIATRICS)**

**Emotional Health Committee Maryland Chapter American  
Academy of Pediatrics**

### **INTERNET RESOURCES**

#### **General Information on Parenting and Mental Health Topics:**

**Center for effective parenting: <http://parenting-ed.org/parenting-information-handouts/>**

**English and Spanish versions of handouts on children's development, general parenting guidelines, and specific behavior problems divided into 3 sections: Early Childhood, School-aged Children, and parental involvement in education. Examples of topics covered include:**

**KidsHealth: [kidshealth.org](http://kidshealth.org)**

**General health and development information for parents, kids and teens with sections on emotions, behavior, feelings, growth and development, school and family life**

**American Academy of Pediatrics Healthy Children:**

**[healthychildren.org](http://healthychildren.org)**

**Information for parents on a variety of topics: ages and stages, healthy living, safety and prevention, family life, health issues and tips&topics**

**American Academy of Child and Adolescent Psychiatry:**

**[http://www.aacap.org/cs/root/facts\\_for\\_families/facts\\_for\\_families](http://www.aacap.org/cs/root/facts_for_families/facts_for_families)**

**Handouts for parents on various mental health disorders**

**Center for Disease Control (CDC):**  
**<http://www.cdc.gov/ncbddd/adhd/materials.html>**  
**Information on ADHD and general mental health**

**National Alliance on Mental Illness (NAMI): <http://www.nami.org/>**  
**The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need. Information for families on adult and pediatric mental health issues**

**National Institute of Mental Health (NIMH):**  
**<http://www.nimh.nih.gov/index.shtml>**  
**Fact sheets for families on adult and pediatric mental health issues, research updates, and educational resources**

**About Kids Health:**  
**<http://www.aboutkidshealth.ca/En/Pages/default.aspx>**  
**From Canada's The Hospital for Sick Children, information and resources for many chronic illnesses, ages and stages, nutrition, education, "how the body works" and "just for kids" site**

**Anxiety and Depression:**  
**Anxiety and Depression Association of America (ADAA):**  
**<http://www.adaa.org/>**  
**Education, training, and research for anxiety, depression, and stress-related disorders**

## **ADHD:**

**Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD): [chadd.org](http://chadd.org)**

**Handouts on ADHD, parenting in ADHD, psychosocial treatment of ADHD, and medication for ADHD as well as complementary and alternative treatment, ADHD in adults, and co-existing conditions seen with ADHD. Links to support groups and local resources**

## **Development:**

**Talaris Institute:**

**<http://www.parentingcounts.org/information/timeline/>**

**Birth- 5 years old developmental timeline**

**PPOD: Parents and Pediatricians Optimizing Development**

**PPOD is an app designed to help parents track their child's development (ages newborn to 3 years) and provides guidance to facilitate upcoming milestones. The PPOD was designed so that the developmental information can be shared at pediatric well child visits. PPOD was created by Brenda Hussey-Gardner, Ph.D., Associate Professor of Pediatrics at the University of Maryland Children's Hospital. This parenting tool is available on the iPhone, iPad and online browsers.**

**[www.myppod.com](http://www.myppod.com)**

## **Autism Spectrum Disorders:**

**Autism Speaks: <http://www.autismspeaks.org/>**

**Autism facts, resource guides, tool kits, support groups, and research updates**

**Asperger Syndrome: <http://www.aspergersyndrome.org/>**

**Asperger syndrome facts, articles, support groups, and research updates**

### **Special Needs and Disabilities:**

**Special needs resource directory at Cincinnati Children's Hospital:**

**<http://www.cincinnatichildrens.org/patients/child/special-needs/directory/default/>**

**Information on: education, early intervention, special education, IEP and 504 plans, assistive technology and adaptive products, residential options, developmental disabilities, support groups, and transition planning**

**National Dissemination Center for children with disabilities:**

**<http://nichcy.org/>**

**A central source of information on disabilities in infants, toddlers, children, and youth**

### **Learning Disabilities:**

**National Center for Learning Disabilities: <http://www.nclld.org/>**

**Handouts for parents on all types of learning disabilities, school interventions and accommodations, and resources such as checklists and worksheets**

**“A Comprehensive Resource Guide about Learning Disabilities for the Pediatric Professional Community and Parents” by the National Center for Learning Disabilities**

**<http://ldnavigator.nclld.org/>**

### **Divorce:**

**Children and Divorce: [Childrenanddivorce.com](http://Childrenanddivorce.com)**

**This is a resource site for parents, kids and professionals addressing divorce-related issues. Information on the following: Telling the children, Reassuring the children; Dealing with children's feelings of fault, Talking about fault; Whom do you tell?; Schedule: General guidelines, planning a schedule, handovers, short visits; Staying in touch; An agreement children can read; Separated parents contact guide**

## **BOOKS FOR PARENTS**

### **Parenting:**

**“Parenting that Works” Edward Christopherson and Susan Mortweet, American Psychological Association, 2003**

**“How to Talk So Kids Will Listen and Listen So Kids Will Talk” Adele Faber and Elaine Mazlish, Avon Books, 1999**

**“Parent Effectiveness Training” Thomas Gordon, Three Rivers Press, 2000**

**“Raising Your Spirited Child” Mary Sheedy Kurcinka, HarperCollins, 2006**

**“Everyday Blessings: The Inner Work of Mindful Parenting” Myla and Jon Kabat-Zinn, Hyperion, 1997**

### **Discipline:**

**“SOS Help for Parents” Lynn Clark, SOS Programs and Parents Press, 2005**

**“1, 2, 3, Magic” Thomas W. Phelan, Child Management Incorporated, 1995**

**“The Explosive Child” Ross W. Greene, Harper Collins, 2001**

**“Your Defiant Child: 8 Steps to Better Behavior” Barkley and Benton, The Guilford Press, 1998**

## **Adolescence:**

**“Surviving your Adolescence” Thomas W. Phelan, Child Management Incorporated, 1998**

**“Your Defiant Teen: Ten Steps to Better Behavior” Russell Barkley, Guilford Press, 2008**

**“How to Keep your Teenager out of Trouble and What to do if You Can’t” Neil Bernstein, Workman Publishing Company, 2001**

## **ADHD:**

**“Taking Charge of ADHD” Russell A. Barkley, Guilford Press New York, 2000**

**“The ADD/Hyperactivity Workbook for Parents, Teachers and Kids” Harvey Parker, Specialty Press/ ADD Warehouse, 2006**

**“The ADD Hyperactivity Handbook for Schools”, Harvey Parker, Specialty Press/ADD Warehouse, 2005**

**“How to Reach and Teach the ADD/ADHD Child: Practical Techniques, Strategies, and Interventions for Helping Children with Attention Problems and Hyperactivity” Sandra Rief, Center for Applied Research in Education, West Nyack, NY, 2005**

**“Super Parenting for ADHD” EM Hallowell and P Jensen, Random House, 2008**

**ADD Warehouse - Catalog of ADHD and LD books and products - phone-800-233-9273.**

## **Autistic Spectrum Disorders:**

**“The Autistic Spectrum” Lorna Wing, Ulysses Press, 2001**

**“Asperger Syndrome” Tony Attwood, Jessica Kingsley Press, 1998**

**“Early Intervention and Autism: Real-Life Questions, Real-Life Answers” James Ball, Future Horizons, 2008**

## **Anxiety/OCD:**

**“Keys to Parenting your Anxious Child” Katharina Manassis , Barron’s Educational Series, 1996**

**“The Anxiety Cure for Kids: A Guide for Parents” Elizabeth DuPont Spencer, Robert L. DuPont, Caroline M. DuPont, Wiley and Sons, 2003**

**“The Boy who couldn’t Stop Washing” Judith Rapoport , Plume Publishers, 1990**

**“What To Do When You Worry Too Much: A Kid’s Guide to Overcoming Anxiety” Dawn Huebner, American Psychological Association, 2005. (note: intended for children ages 6-12)**

**“Helping Your Anxious Child: A Step By Step Guide” R Rapee et al., New Harbinger Publications, 2008**

**“Seven Steps to Help Your Child Worry Less: A Family Guide” Sam Goldstein, Robert Brooks, and Kristy Hagar, Specialty Press/A.D.D. Warehouse, 2003**

**“Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias” Tamar Chansky, Random House, 2004**

**Depression:**

**“Lonely, Sad, And Angry: A Parents guide to Depression in Children and Adolescents” Ingersoll and Goldstein, Bantam Doubleday Dell Publishing, 1995**

**Sleep:**

**“Solve Your Child’s Sleep Problems” R Ferber, Simon & Schuster, 2006**

**“The Sleep Lady’s Good Night, Sleep Tight” K West, Vanguard Press, 2010**

**Bedwetting:**

**“Waking Up Dry: A Guide to Help Children Overcome Bedwetting” H Bennett, American Academy of Pediatrics, 2005**



## **BOOKS FOR CHILDREN AND TEENS**

### **Anxiety and Depression:**

**“What to do When you Worry Too Much: A Kids Guide for Overcoming Anxiety” Dawn Huebner, Magination Press, American Psychological Association, 2006 ( intended for children age 6-12)**

**“What to do When you Grumble Too Much: A Kids Guide for Overcoming Negativity” Dawn Huebner, American Psychological Association, 2007**

### **ADHD:**

**“The Survival Guide for Kids with ADD or ADHD” John Taylor, Free Spirit Publishing, 2006**

**“Otto Learns About His Medicine” M Galvin, American Psychological Association, 2001**

**“Sparky’s Excellent Misadventures” Phyllis Carpenter and Marti Ford, American Psychological Association, 1999**

**“Learning to Slow Down and Pay Attention: A Book for Kids about ADD” Kathleen Nadeau and Ellen Dixon, American Psychological Association, 2004 (ages 6-11)**

**“Survival Guide for Kids with ADD or ADHD” John Taylor, Free Spirit Press, 2006 (ages 8-12)**

**“Putting on the Brakes: Young People’s Guide to Understanding Attention Deficit Hyperactivity Disorder”, Patricia Quinn and Judith Stern, American Psychological Association, 2001 (ages 8-13)**

**“Putting on the Brakes: Understanding and Taking Control of your ADD or ADHD”, Patricia Quinn, American Psychological Association, 2008 (ages 12and up)**

**“Adolescents and ADD” Patricia Quinn, American Psychological Association, 1996**

**“ADD and the College Student” Patricia Quinn, American Psychological Association, 2001**

**“Survival Guide for College Students with ADD or LD” Kathleen Nadeau, American Psychological Association, 2006 (college age)**