

## RESOURCE LIST

Resource - Books	Summary
<p><b>Ants in their Pants</b> Teaching Children Who Must Move to Learn by Aerial Cross</p>	<p>Extra busy children require extra guidance as they remain on the move throughout the day. Filled with successful techniques the author—a teacher of both special and general education and parent to an extra busy child—has used, <i>Ants in Their Pants</i> will help you support the extra busy children in your classroom. With creative “Busy Bag Tricks” throughout and information on the most powerful teaching tool you need to know about when working with extra busy children, <i>Ants in Their Pants</i> will help you:</p> <ul style="list-style-type: none"> <li>• understand the kinesthetic nature of extra busy children</li> <li>• create the best environment for learning and playing</li> <li>• incorporate sensory integration activities</li> <li>• redirect excess energy in a positive direction</li> </ul> <p>Age Focus: 3-6. Softbound, 160 pgs</p>
<p><b>Are You Listening?</b> Foster Conversations that Help Young Children Learn by Lisa Burman</p>	<p>Conversations are more than an exchange of words; they are the core of the teaching method discussed in <i>Are You Listening?</i> This book offers early childhood educators an original model for using conversation as a learning tool in the classroom that is child-centered and compatible with emergent curriculum and Reggio Emilia approaches.</p> <p>Conversation is a powerful tool that engages children in actively constructing their understandings of the world while also strengthening their social, cognitive, and language skills. This book explains how to create a culture of conversation, including information on theories of learning and how to facilitate discussions based on children’s interests, set up your classroom to promote conversation, and document and interpret what is said. Softbound, 200 pgs.</p>
<p><b>Attachment-Focused Parenting</b> Effective Strategies to Care For Children by Daniel A. Hughes</p>	<p>Attachment security and affect regulation have long been buzzwords in therapy circles, but many of these ideas—so integral to successful therapeutic work with kids and adolescents— have yet to be effectively translated to parenting practice itself. Moreover, as neuroscience reveals how the human brain is designed to work in good relationships, and how such relationships are central to healthy human development, the practical implications for the parent-child attachment relationship become even more apparent.</p> <p>Here, a leading attachment specialist with over 30 years of clinical experience brings the rich and comprehensive field of attachment theory and research from inside the therapy room to the outside, equipping therapists and caregivers with practical parenting skills and techniques rooted in proven therapeutic principles.</p> <p>A guide for all parents and a resource for all mental health clinicians and parent-educators who are searching for ways to effectively love,</p>

	discipline, and communicate with children, this book presents the techniques and practices that are fundamental to optimal child development and family functioning—how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life, while at the same time communicating safety, fun, joy, and love. Filled with valuable clinical vignettes and sample dialogues, Hughes shows how attachment-focused research can guide all those who care for children in their efforts to better raise them.
<b>Behavior with a Purpose</b> Thoughtful Solutions to Common Problems of Adoptive, Foster and Kinship Youth by Richard Delaney & Charley Joyce	Behavior with a Purpose provides a practical understanding of and clinically relevant interventions for common problems of youth in adoptive, foster and kinship homes. Specific attention is placed on food hoarding, wetting, defiance, lying, stealing and negative attention seeking behavior. The book also explains how the positive intent of adoptive, foster and kinship parents can often work at cross purposes with the motivations of the child. Numerous case examples illustrate the dynamics of a problem. The book firmly endorses the healing power of the family and is written from a strengths-based perspective.
<b>Behavior with a Purpose</b> Thoughtful Solutions to Common Problems of Adoptive, Foster and Kinship Youth by Richard Delaney & Charley Joyce	See Above
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<b>Beyond Behavior Management</b> The Six Life Skills Children Need to Thrive in Today's World by Jenna Bilmes	Why do kids do the things they do? What can teachers do to manage it all? The truth is that there isn't a simple 1-2-3 method for understanding and managing <i>all</i> behaviors or <i>all</i> children. There is, however, a way to give young children the tools needed to grow and thrive on their own. Developed and tested in the classroom, <i>Beyond Behavior Management</i> is a strength-based approach to guiding and managing young children's behavior by helping them build and use essential life skills. Eight chapters seamlessly blend six social and emotional skills into the daily life of the early childhood classroom to help children exhibit more prosocial behaviors, work better as a community, and become excited and active learners. Life skills include the following: Attachment—"I have a grown-up who cherishes me and keeps me safe." Affiliation—"I am a part of the group, not apart from the group." Self-regulation—"I can manage my emotions and am in control of my behaviors." Problem solving—"I can solve problems and resolve conflicts." Initiative—"I am growing and changing and learning new things." Celebration of self and others—"I have unique qualities to contribute, and so do you." Appendices include reflective questions and charts, as well as scripts for interacting with

	<p>children and adults. Perfect for today's diverse classroom, <i>Beyond Behavior Management</i> is a helpful and inclusive resource for any preschool–K teacher searching for a way to make the classroom a comfortable place for every child to learn and grow.</p>
<p><b>Beyond Consequences, Logic, and Control Volume 1</b>  A Love Based Approach to Helping Children With Severe Behaviors  by Heather T. Forbes</p>	<p>Beyond Consequences, Logic, and Control covers in detail the effects of trauma on the body-mind and how trauma alters children's behavioral responses. The first four chapters help parents and professionals clearly understand the neurological research behind the basic model given in this book, deemed, 'The Stress Model.' While scientifically based in research, it is written in an easy to understand and easy to grasp format for anyone working with or parenting children with severe behaviors. The next seven chapters are individually devoted to seven behaviors typically seen with attachment-challenged children. These include lying, stealing, hoarding and gorging, aggression, defiance, lack of eye contact, and yes, even a chapter that talks candidly about how parents appear hostile and angry when they work to simply maintain their families from reaching complete states of chaos. Each of these chapters talks in depth on these specific behaviors and gives vivid and contrasting examples of how this love-based approach works to foster healing and works to develop relationships, as opposed to the fear-based traditional attachment parenting approaches that are being advocated in today's attachment field. The authors end with a Parenting Bonus Section: true testimonials from parents who have been able to make significant changes in their homes with this model of parenting, giving real-life examples of how they have been able to find the healing, peace, and love that they had been seeking prior to working through the techniques outlined in this book.</p>
<p><b>Beyond Consequences, Logic, and Control Volume 2</b>  A Love Based Approach to Helping Children With Severe Behaviors  by Heather T. Forbes &amp; B.Bryan Post</p>	<p>We are living in one of the most stressful times in human history. This abundance of stress is impacting families and in many cases, manifesting itself in children with difficult and severe behaviors. Homes often turn into intense fighting grounds of power struggles and control battles parents find themselves in us against them scenarios with their children. Tension continually builds and before long, parents are feeling completely overwhelmed, powerless, and resentful of their children. As parents implement traditional parenting techniques, parenting in a way that most parenting books recommend, they find their situations becoming worse, not better as promised these resources. It doesn't have to be this way! Heather T. Forbes, LCSW, offers families a new view to parenting children with difficult and severe behaviors. As a parent herself who experienced dark days (and years) following the adoption of her two children, she offers a ground-breaking approach to parenting that shows parents a proven way to develop strong and loving relationships with their children....offers practical and effective solutions based in scientific research, coupled with professional and personal experience...bridging the gap between academic research and real life when the rubber hits the road parenting. This book is written in an easy to understand and easy to grasp format for anyone working with or parenting children with difficult or severe behaviors.</p>

<p><b>Born for Love</b> Why Empathy is Essential and Endangered by Brue D. Perry</p>	<p>From birth, when babies' fingers instinctively cling to those of adults, their bodies and brains seek an intimate connection—a bond made possible by empathy, the remarkable ability to love and to share the feelings of others.</p> <p>In this unforgettable book, award-winning science journalist Maia Szalavitz and renowned child-psychiatrist Bruce D. Perry explain how empathy develops, why it is essential both to human happiness and for a functional society, and how it is threatened in the modern world.</p>
<p><b>Boy Who Was Raised As A Dog, The</b> and other stories form a child psychiatrist's notebook by Bruce D. Perry &amp; Maia Szalavitz</p>	<p>Child psychiatrist Bruce Perry has treated children faced with unimaginable horror: genocide survivors, witnesses, children raised in closets and cages, and victims of family violence. Here he tells their stories of trauma and transformation.</p>
<p><b>Brain Based Early Learning Activities</b> Connecting Theory and Practice by Nikki Darling-Kuria</p>	<p>Brain-based learning involves both hemispheres of children's brains working together, resulting in stronger, more meaningful learning experiences. Each fun activity in this book is designed to promote brain-based learning in the areas of language, mathematics, science, art, music, and the environment, and encourages physical, social, and emotional development. Each activity includes a materials list, extension activities, and variations for multi-sensory exploration, components for diversity, and an explanation of the brain connections being made. <i>Brain-Based Early Learning Activities</i> also includes a comprehensive overview of early brain development and how to create a brain-based early learning environment.</p>
<p><b>Breastfeeding Answers Made Simple</b> A Pocket Guide For Helping Mothers By Nancy Mohrbacher, IBCLC, FILCA</p>	<p>Written for all levels of expertise, from beginners to advanced practitioners, <i>BAMS Pocket Guide</i> is an ideal resource for hospitals, clinics, medical practices, public-health offices, breastfeeding peer counselors, and mother-support groups. This up-to-date resource provides the information you need to empower mothers to meet their breastfeeding goals.</p>
<p><b>Come and Play</b> Sensory Integration Strategies for Children with Play Challenges by Aerial Cross</p>	<p>Early intervention is vital in addressing and redirecting play challenges in young children. Each of five common play challenges—children who roam playrooms, play repetitiously, appear anxious, are detached, or are rejected by peers—are highlighted. Also included are sensory integration ideas and activities to promote positive and productive play.</p>
<p><b>Connected Child, The</b> For Parents who have welcomed children: from other countries and cultures, from troubled backgrounds, and with special behavioral or emotional needs by Karyn B. Purvis, David R. Cross, &amp; Wendy Lyons Sunshine</p>	<p>The adoption of a child is always a joyous moment in the life of a family. Some adoptions, though, present unique challenges. Welcoming these children into your family--and addressing their special needs--requires care, consideration, and compassion. Written by two research psychologists specializing in adoption and attachment, <i>The Connected Child</i> will help you:</p> <ul style="list-style-type: none"> <li>• Build bonds of affection and trust with your adopted child</li> <li>• Effectively deal with any learning or behavioral disorders</li> <li>• Discipline your child with love without making him or her feel threatened</li> </ul>

<p><b>Dance, Turn, Hope, Learn!</b> Enriching Movement Activities for Preschooler by Connie Bergstein Dow</p>	<p><i>Dance, Turn, Hop, Learn!</i> is a sourcebook for early childhood educators who are interested in adding a movement component to their curriculum. The book includes thirty-eight fun and creative movement lessons built around basic early childhood themes and learning standards.</p>
<p><b>Don't Get So Upset!</b> Helping Young Children Manage Their Feelings by Understanding Your Own by Tamar Jacobson</p>	<p>All childcare professionals were children once, and how their parents responded to their emotional expressions affects how they respond to emotional expressions by children in their own care. <i>"Don't Get So Upset!"</i> examines the uncomfortable emotions providers feel—and the inappropriate ways they may respond—when children exhibit strong feelings, especially anger, fear, and grief. The book challenges teachers to reflect on their own emotional histories and to find strategies for responding to children in ways that support children's emotional health and development. It also examines how gender, culture, and societal roles can impact providers' responses to children's emotional expressions.</p>
<p><b>Everyday Early Learning</b> Easy and Fun Activities and Toys Made from Stuff You Can Find Around the House by Jeff A. Johnson</p>	<p>Children can pluck an elastic band to learn about the vibrations that create music, or they can bake a cake to learn measurement and reading skills. <i>Everyday Early Learning</i> provides a myriad of ways to use everyday items for great early learning opportunities. For each activity, the book lists an age range, materials, step-by-step instructions, and possible variations. All are inexpensive and allow children to learn without much adult involvement. These projects will help children develop skills in language and literacy, math and logical thinking, science and problem-solving, and art and creative representation, as well as social and physical skills.</p>
<p><b>Family Child Care Contracts &amp; Policies</b> How to Be Businesslike in a Caring Profession by Tom Copeland, J.D.</p>	<p>Family Child Care Contracts &amp; Policies gives you the tools you need to establish and enforce contracts and policies, build trust between provider and parent, and demonstrate provider professionalism.</p> <p>Family Child Care Contracts &amp; Policies explains: How to establish good business relationships with parents What to look for before signing contracts with parents What to include in your contracts and policies How to prevent conflicts with parents When and how to end a contract</p> <p>New to the second edition: How to get paid in advance How to raise your rates How to use small-claims court to enforce your contract How to avoid anti-trust violations when collecting and sharing information</p>

<p><b>Family Child Care Marketing Guide</b> How to Build Enrollment and Promote Your Business As a Child Care Professional by Tom Copeland, JD</p>	<p>With more and more children being cared for in a family child care setting, it is no longer a market that can be taken for granted. Quality, prices and procedures are just a few of the important issues that matter the most to current and prospective customers. With this in mind, caregivers are faced with the challenge of setting their family child care apart from the rest.</p> <p>Learn how to spread the word about the benefits of your quality child care services! The Family Child Care Marketing Guide will help you maximize your enrollment and income and find inexpensive ways to promote your business. Learn from dozens of marketing tips, including ways to use current parents to help attract new parents, how to close the sale with prospective parents, where to advertise effectively, and more. This 120-page guide is perfect for new providers or experienced professionals.</p>
<p><b>Finding Your Smile Again</b> A Child Care Professionals Guide to Reducing Stress and Avoiding Burnout by Jeff A. Johnson</p>	<p>Using warmth and humor, this book offers techniques for dealing with the everyday stress of being a childcare professional. Written by a caregiver who's been there, it describes the symptoms and causes of burnout, with advice to get through each challenge.</p>
<p><b>Fostering Changes</b> Treating Attachment-Disordered Foster Children By Richard J. Delaney, PH. D.</p>	<p>Foster, kinship, and adopted children often experience neglect, abuse, malnutrition, or other trauma before being placed in foster/adoptive care. Consequential emotional disruptions often present problematic acting out behavior that can cause caregivers to question if and how the children receive optimal treatment in their homes. Drawing on attachment theory and research, <i>Fostering Changes</i> addresses these concerns through focus on understanding children from troubled environments and helping them feel secure and valuable so they accept parents as partners and caregivers.</p> <p>The author also addresses the diagnosis or misdiagnosis of Reactive Attachment Disorder, a condition linked to early maltreatment, abandonment, and sexual exploitation. <i>Fostering Changes</i> aids caregivers and treatment providers in understanding and reducing problem behavior by promoting the expression of needs and emotions to enhance the child's well being and encourage positive interaction with parents.</p>
<p><b>Hands-On Learning</b> More than 1000 Activities for Young Children Using Everyday Objects by Gwen Snyder Kaltman</p>	<p>Organized into 16 themes, this resource features more than 1,000 hands-on activities using inexpensive, readily available objects to engage young children's senses.</p>

<p><b>Healing Parents</b>  Helping Wounded Children Learn to Trust &amp; Love  by Michael Orlans &amp; Terry M. Levy</p>	<p>Healing Parents gives parents/caregivers the information, tools, support, self-awareness, and hope they need to help a wounded child heal emotional wounds and improve behaviorally, socially, and morally. This book is a toolbox filled with practical strategies and research that helps parents/caregivers understand their child, learn to respond in a constructive way, and create a healthy environment. Parents/caregivers will learn to develop their child's positive beliefs and establish trust by emphasizing respect, providing appropriate limits, consistent structure, and being a positive role model. Based on 60 years of combined experience doing therapy, teaching, consulting, and research related to children and families, Michael Orlans, M.A. and Terry Levy, Ph.D. have created a guide designed to provide parents/caregivers of wounded children the information and skills necessary to create a healing environment.</p>
<p><b>The Healing Power of the Family: An Illustrated Overview of Life with the Disturbed Foster or Adopted Child</b>  by Richard J. Delaney, PH.D.</p>	<p>Statistics about child abuse and neglect can overwhelm, yet somehow still fail to impart the very real damage done to children who are then placed in foster and adoptive homes with under-prepared, under-supported families. Emotional damage causes injured children to exhibit "survival behaviors" which can be disturbing and often damage the family environment despite the best intentions and interventions of foster and adoptive parents who wish to help the child heal. The author foresees the influence of these children on foster or adoptive families and offers strategies to transform the upsetting behavior and build positive interaction between the child and family.</p>
<p><b>Healing Troubled Adopted Children with Complex Histories:</b>  Focus on Anger Issues  by Dr. Richard Delaney</p>	<p>Many adopted children are "multiply impacted" by prenatal exposure to drugs, and/or alcohol by neglect and deprivation, complex trauma such as chronic child physical and sexual abuse, exposure to domestic violence, separation from or loss of significant other, and/or out-of-home placements. Dr. Delaney will address adoptive parenting issues that include, how to get to the bottom of why children behave and how to approach problems, especially social aggression and anger outbursts. 90-minute webinar.</p>
<p><b>How to Handle Hard-to-Handle Preschoolers</b>  A Guide for Early Childhood Educators  by MaryIn Appelbaum</p>	<p>This book illustrates strategies for managing behavioral challenges and helping young children learn positive behavior, emotional skills, problem solving, and how to succeed in class and everyday life.</p>
<p><b>Jump into Science</b>  Active Learning for Preschool Children  by Rae Pica</p>	<p>The perfect way to turn children's love of active games into learning opportunities! Bring science to life as children learn about their bodies, animals, seasons, and the weather. The activities in each chapter are organized by level of difficulty, and each one incorporates fun, exciting science experiences with movement. Research shows that the most effective way for children to learn concepts is to experience them physically. <i>Jump into Science</i> offers just this kind of learning. Activities such as The Mirror Game, Dinosaur Stomp, and Water and Ice will actively engage children as they explore new science concepts!</p>

<p><b>Keeping Your Smile</b> Caring for Children with Joy, Love, and Intention by Jeff A. Johnson</p>	<p>Filled with warmth, humor, and honesty, <i>Keeping Your Smile</i> is a resource for anyone who cares for children and who wants to manage their own stress, tension, or anxiety before burnout becomes an overarching obstacle in their daily interactions with children. Jeff A. Johnson, a child care professional who wrote about his own burnout in <i>Finding Your Smile Again</i>, offers strategies, activities, tips, and tools help caregivers and educators work with children with passion and maintain a satisfying career in the field. Included are profiles of several professionals who have experienced burnout and survived to become stronger, better care providers.</p>
<p><b>Love &amp; Logic Solutions for Kids with Special Needs</b> by David Funk</p>	<p>In some way, we all touch the lives of special needs kids. Dave Funk helps us understand these unique individuals and the important part we play in their lives. Each page of this book provides: Tools and insights for those teaching special need kids. Learning at its best through stories and examples. Powerful techniques that help all children. Research-based, legally sound information The lessons in this book are not just for educators, but also for parents, siblings, law enforcement, clergy, and anyone else whose life is touched by special needs kids. These unique individuals touch the lives of all of us and everyone who reads this book will laugh, cry, celebrate, and learn. Dave gives you a brilliant blend of experience born from thousands of interactions with kids, parents, and educators, and solid, psychologically relevant research. Through hundreds of stories and examples gathered over three decades as an educator, he gives a clear picture of special needs kids for who they are, not for who we are afraid they might be.</p>
<p><b>Making It Better</b> Activities for Children Living in a Stressful World by Barbara Oehlberg</p>	<p>Today's children deal with stress, trauma, and violence. Oehlberg offers information about how these difficult times affect children physically and emotionally. More than 70 activities engage children in self-healing, empathy, and empowerment.</p>
<p><b>Minnesota Orphan Train Riders:</b> Historical Reflections on Adoption Over a Lifespan Adoptees Have Answers, Renee Wendinger</p>	<p>DVD reflecting on the history of MN Orphan Train Riders</p>
<p><b>No Biting, Second Edition</b> Policy and Practice for Toddler Programs by Gretchen Kinnell for Child Care Solutions</p>	<p>Biting is one of the most frustrating and widespread issues childcare providers and parents face. <i>No Biting</i> discusses why toddlers bite, how to respond to biting, and how to develop a plan to address repeated biting. It also explores what parents think of biting, how to respond to their suggestions and demands, and how to create biting policies. This second edition includes additional anti-biting strategies, new information on the causes of biting, and sample newsletter articles to educate parents.</p>

<p><b>Out-of-Sync Child, The</b> Recognizing and Coping with Sensory Processing Disorder by Carol Stock Kranowitz</p>	<p><i>The Out-of-Sync Child</i> broke new ground by identifying Sensory Processing Disorder, a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. This newly revised edition features additional information from recent research on vision and hearing deficits, motor skill problems, nutrition and picky eaters, ADHA, autism, and other related disorders.</p>
<p><b>Parenting from the Inside Out</b> How a Deeper Self-Understanding Can Help You Raise Children Who Thrive by Daniel J. Siegel &amp; Mary Hartzell</p>	<p>How many parents have found themselves thinking: I can't believe I just said to my child the very thing my parents used to say to me! Am I just destined to repeat the mistakes of my parents? In <i>Parenting from the Inside Out</i>, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences actually do shape the way we parent. Drawing upon stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.</p> <p>Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's thirty years of experience as a child-development specialist and parent educator, <i>Parenting from the Inside Out</i> guides parents through creating the necessary foundations for loving and secure relationships with their children.</p>
<p><b>Parenting the Hurt Child</b> Helping Adoptive Families Heal and Grow by Gregory C. Keck &amp; Regina M. Kupecky</p>	<p>The world is full of hurt children, and bringing one into your home can quickly derail the easy family life you once knew. Get effective suggestions, wisdom, and advice to parent the hurt child in your life. The best hope for tragedy prevention is knowledge! Updated and revised.</p>
<p><b>Parenting with Love &amp; Logic</b> Teaching Children Responsibility By Foster Cline, MD &amp; Jimmy Fay</p>	<p>This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and you'll establish healthy control without anger, threats, nagging, or power struggles. Indexed for easy reference</p>
<p><b>Practical Solutions for Practically Every Problem</b> The Early Childhood Teacher's Manual by Seffen Saifer</p>	<p>Find solutions quickly and easily! This revised classic offers hundreds of updated tested solutions for the tricky problems, questions, and concerns that arise throughout the early childhood teacher's day. Based on sound developmentally appropriate theory, this how-to book on classroom management techniques enables beginning and experienced teachers alike to run effective, successful programs. New topics include working with ESL learners, helping children deal with traumatic life events, and using computers in the classroom.</p>

<p><b>Recover Book, The</b> A Life Saving-Guide That Answers All The Questions and Concerns of Recovering Alcoholics and Addicts By Mooney, Eisenberg, &amp; Eisenberg</p>	<p>From the momentous decision to quit alcohol or drugs to the emotional, physical, and spiritual issues that arise years into recovery here is an indispensable road map to every step in the process of becoming clean and sober. THE RECOVERY BOOK'S 30 comprehensive and supportive chapters cover withdrawal and detox, raising drug-resistant kids, temptation and how to thwart it, staging an intervention, sexuality, and preventing and surviving relapse. Include a special section for teens and sections on exercise, quitting smoking, The Clean and Sober Diet, and pregnancy. <b>Plus:</b> <i>Instantly accessible Mini-Guides to the Right Treatment Program, Controlling Cravings, Drug Testing, Whiting Out the Holiday Blues, Socializing Sober, and more.</i></p>
<p><b>Resource Guide Department of Health &amp; Human Services</b> Strengthening Families and Communities</p>	<p>The Resource Guide was created primarily to support community-based child abuse prevention professionals who work to strengthen communities and support parents, caregivers, and their children. However, others such as policymakers, parent educators, family support workers, health care providers, program administrators, teachers, child care providers, mentors, and clergy, also will find the resources useful.</p>
<p><b>So This is Normal Too?</b> Second Edition by Deborah Hewitt</p>	<p>Tattling, aggression, and temper tantrums are examples of "normal" behaviors that can be difficult for teachers, caregivers, and families to handle. If ignored, these behaviors can grow into difficult, unappealing habits. <i>So This Is Normal Too? Second Edition</i> focuses on how teachers can observe and identify children who need more specific support and provides effective and practical solutions to guide children as they learn new skills and improve behaviors. Filled with child development information on twenty-one skills and behaviors, this resource links early learning standards to behavior and skill challenges. It also includes action planning forms and family handouts.</p>
<p><b>The Womanly Art of Breastfeeding</b> Completely Revised And Updated 8<sup>th</sup> Edition</p>	<p>It's no secret that breastfeeding is the normal, healthy way to nourish and nurture you baby. Dedicated to supporting nursing and expectant mothers, the internationally respected La Leche League has set the standard for educating and empowering mothers in this natural art for generations. Now their classic bestselling guide has been retooled, reorganized, and updated for today's mothers and lifestyles. Working mothers, stay-at-home moms, single moms, and mothers of multiples will all benefit from the book's range of nursing advice, stores, and information---from preparation during pregnancy to the world of weaning, from nursing positions to expressing and storing your milk.</p>
<p><b>Touchpoints</b> A Guide to Understanding Your Child's Physical, Emotional, and Behavioral Developments by Dr. T. Berry Brazelton</p>	<p>Address the common concerns of expectant and new parents. Guides parents of infants and toddlers through their child's physical, emotional, and behavioral development.</p>

<p><b>Treating Traumatic Stress in Children and Adolescents</b> How to foster resilience through attachment, self-regulation, and competency by Margaret Blaustein &amp; Kristine Kinniburgh</p>	<p>Grounded in theory and research on complex childhood trauma, this book provides an accessible, flexible, and comprehensive framework for intervention with children and adolescents and their caregivers. It is packed with practical clinical tools that are applicable in a range of settings, from outpatient treatment centers to residential programs. Rather than presenting a one-size-fits-all treatment model the authors show how to plan and organize individualized interventions that promote resilience, strengthen child-caregiver relationships, and restore developmental competencies derailed by chronic, multiple stressors. More than 45 reproducible handouts, worksheets, and forms are featured; the large-size format and lay-flat binding facilitate photocopying.</p>
<p><b>Troubled Transplants</b> Unconventional Strategies for Helping Disturbed Foster and Adopted Children by Richard Delaney, Ph.D Frank R. Kunstal, Ed.D</p>	<p>Caring for troubled adoptive/foster care children can be both harrowing and heroic. Many of today's foster and adopted children come from backgrounds where they experience not only the loss of previous caregivers, but have also suffered from abuse, sexual exploitation, or neglect. Individuals who invite these children into their homes often find themselves in a therapeutic role that can tax and exhaust. <i>Troubled Transplants</i> focuses on these children, their backgrounds, and their deleterious impact on the interaction and environment with the foster or adoptive family. The authors provide suggestions about behavioral roots and practical strategies to address and improve these issues.</p>
<p><b>Use Your Words</b> How Teacher Talk Helps Children Learn by Carol Garhart Mooney</p>	<p><i>Use Your Words</i> examines the ways early childhood teachers talk to children, pointing out commonly missed opportunities to support cognitive development, develop receptive and expressive language, and aid children in their primary developmental task of making sense of the world. From the author of <i>Theories of Childhood</i>, this humorous and thoughtful guide contains a wealth of classroom examples, as well as clear alternatives for transforming the language teachers use in the classroom.</p>
<p><b>Way I Feel, The</b> by Janan Cain</p>	<p>The zany characters who sniffle, soar and shriek through this book will help kids understand the concept of such emotions as joy, disappointment, boredom and anger. "The Way I Feel" will also show kids how to express their feelings with words. This delightful book is used in homes, classrooms, literacy programs and pediatric clinics across the country. "Finally we have a resource which teaches children how to articulate what they feel," wrote a health educator. The imaginative illustrations and superbly crafted verses are sensitive and free of bias and slang.</p>
<p><b>What do you do with the mad that you feel?</b> Activity Book to Help Children Manage Anger by Family Communications</p>	<p>Help children learn to manage their anger with Fred Rogers' timeless wisdom and these developmentally appropriate activities. A valuable and helpful resource for any early childhood setting, this book can be used separately or to complement the "What Do You Do with the Mad that You Feel" workshop. Spiral-bound, 60 pgs.</p>

<p><b>Why Children Bite</b> A Family Companion to No Biting by Gretchen Kinnell</p>	<p>Give concerned families the important facts they need when biting incidents occur. This educational booklet provides information on why children bite, explains appropriate responses, and includes advice for further action. Age focus: 1–3. Pack of 25 booklets 12 pgs. each.</p>
<p><b>Wounded Children Healing Homes</b> How Traumatized Children Impact Adoptive and Foster Families by Jayne E. Schooler, Betsy Keefer Smalley, Timothy Callahan</p>	<p>Why doesn't our child return our love? What are we failing to understand? What are we failing to do? These questions can fill the minds of adoptive parents caring for wounded, traumatized children. Families often enter into this experience with high expectations for their child and for themselves but are broadsided by shattered assumptions. This book addresses the reality of those unmet expectations and offers validation and solutions for the challenges of parenting deeply traumatized and emotionally disturbed children.</p>
<p><b>Resources – Audio CD's</b></p>	<p><b>Summary</b></p>
<p><b>Avoiding Power Struggles With Kids</b> by Jim Fay and Foster W. Cline, M.D.</p>	<p>Control is an interesting thing. It's like love...the more we give away, the more we get back!</p> <p>Has your child discovered he or she can control the volume of your voice and the color of your face? Kids seem to be masters at hooking adults into control battles. They keep us busy fighting lots of little skirmishes that we'll never win in a million years – and drain us of our energy we need to fight the more important battles that we can win.</p> <p>On avoiding Power Struggles with Kids, internationally recognized parenting experts Jim Fay and Foster W. Cline, M.D. teach through humorous stories that have captivated audiences for many years. You'll explore:</p> <ul style="list-style-type: none"> <li>● The “art of choices” and “the science of control”</li> <li>● Replacing anger, lectures, and threats with sadness and logical consequences</li> <li>● Steering clear of the “rant, rave, and rescue” cycle</li> </ul>
<p><b>Keeping Cool When Parenting Heats Up</b> Tips for Staying Calm and Collected by Dr. Charles Fay &amp; Leah Wells</p>	<p>Have your kids ever done something so frustrating or up setting that you've ended up saying things you wish you could take back? Well you are not alone! In this candid conversation about keeping cool when parenting heats up, Dr. Charles Fay and Independent Love and Logic facilitator Leah Wells discuss the most common mistakes parents sometimes make while trying to do the right thing. In this audio you will hear first hand from someone “in the trenches” how empathy can help keep you calm even when chaos is erupting, and your kids have found all the right buttons to push.</p>
<p><b>Resources – Booklet</b></p>	<p><b>Summary</b></p>
<p><b>Navigating The Teen Years</b> A parent's handbook for raising healthy teens</p>	<p>This handbook includes information about risky behaviors teens are likely to engage in, including underage drinking, sexual activity and drugged driving. Many resources exist that address these issues in more detail. You can access these resources at <a href="http://www.TheAntiDrug.com/parentresources">www.TheAntiDrug.com/parentresources</a>.</p>
<p><b>Resources – DVD's</b></p>	<p><b>Summary</b></p>

ADHD/ADD/ODD	
<p><b>Beyond Consequences LIVE</b> 4-Part DVD by Heather T. Forbes, LCSW</p>	<p><b>Empowering, Educational, and Entertaining</b> Heather T. Forbes, LCSW delivers one of her best presentations to a group of parents and professionals seeking advice about raising and working with children with difficult and severe behaviors. Her presentation incorporates the understanding that neuroscience gives us to explain the thinking and perspective of children whose regulatory systems have been compromised through traumatic experiences.</p> <p>Yet, as a parent herself, Heather knows all too well the importance of being able to know what to do when “the rubber hits the road.” Through her Powerpoint presentation, as well as through powerful examples, she delivers an empowering, educational, and entertaining message! Heather’s ability to speak from the heart, through experience, and with humor and truth makes this presentation engaging and without a dull moment.</p> <p>This 4-Part DVD is packed full of Heather’s signature teaching style: ROLEPLAYS. There is no better way to learn how to put love into action other than watching roleplays of typical parenting scenarios. With parents coming up on stage to take the role of their children, Heather gives examples of what doesn’t work and what does work. Role playing the parent, herself, Heather spontaneously demonstrates her techniques to show you what love looks like in action.</p>
<p><b>Adolescence, RAD and Attachment</b> by Krista Nelson</p>	<p>Gain tools to help a teen move forward from destructive behaviors to find safer ways of coping, communicating and connecting to others as they go from their teens to adulthood.</p> <p>Krista Nelson, LICSW, LMFT, has been the Project Coordinator for the Wilder Foundation Center for Children with Reactive Attachment Disorder in St. Paul, Minnesota since 2001. Krista Nelson is a licensed family therapist and clinical social worker with 23-years of experience working with children and families going through difficult transitions. (90 minutes)</p>
<p><b>Avoiding Power Struggles &amp; Healing Hearts</b> By Paul Buckley</p>	<p>Better understand the psychological purpose and cause of power struggles for children living with ADHD, RAD, and PTSD. Family therapist, Paul Buckley reveals the child’s motivation for control while offering three strategies that work to induce cooperation and strengthen bonds between child and caregiver.</p> <p>Paul Buckley, LMFT has been helping “at-risk” children and the thoughtful adults who care for them for over 25 years. He is known for incorporating concepts of attachment and narrative therapy into an emotionally warm and playful manner to help clients deepen relationships and solve problems. (90 minutes)</p>

<p><b>(Understanding)</b>  <b>Behavioral Problems in Special Needs Adopted Children</b>  by Dr. Richard J. Delaney</p>	<p>Dr. Richard J. Delaney, acclaimed author and psychologist, uncovers a wide range of behavioral problems often seen in special needs adopted children. Dr. Richard J. Delaney offers examples of children acting out through focused anger, verbal and physical aggression, tantrums, stealing and running away. He helps caregivers understand and attend to these challenging family dynamics with the goal of preserving the child/parent relationship. (90 minutes)</p>
<p><b>Helping Adopted &amp; Foster Youth Transition to Adult Living: A Parent's Perspective</b>  by Terssa Markworth</p>	<p>Transitions are often difficult, especially for young teens moving into adulthood. Teenagers need time to gradually learn and practice adult skills, such as finding a job, managing finances, applying to college and forming close relationships with others and the community. Some adopted and fostered teens need extra time, attention and encouragement. Terssa Markworth, adoptive mother of 17 and bio-mother to four, offers suggestions to help your teen become confident with their own situation and abilities. Terssa and her husband of 25 years share how they continue to guide their adopted children into adulthood, while understanding the unique challenges adopted and foster children have faced from multiple placements, transitions and attachment delays. (90 minutes)</p>
<p><b>Helping Children With Sexualized Behaviors: What Parents &amp; Professionals Need to Know</b>  by Jane Seymour, MSW, LGSW</p>	<p>This training will review the common myths and facts about children who are exhibiting sexualized behaviors. Participants will learn about the characteristics of healthy and unhealthy sexual behavior in children. The presenter also explores the influence of early traumas, such as domestic violence, sexual and physical abuse and how it manifests with children who display sexualized behaviors. Parents and professionals will learn specific strategies and interviews for working with and helping these children. (90 minutes)</p>
<p><b>Helping Troubled Adopted Children with Complex Histories</b>  by Dr. Richard J. Delaney</p>	<p>Many adopted children are “multiply impacted” by prenatal exposure to drugs, alcohol, or by neglect and deprivations, complex trauma such as chronic physical or sexual abuse, domestic violence, separation or multiple out-of-home placements. Dr. Richard J. Delaney, internationally known speaker and acclaimed author and consultant to foster, kinship and adoptive parents as he addresses positive parenting issues that examine why children behave the way they do, how to approach their behaviors, especially social aggression and anger outburst. (90 minutes)</p>
<p><b>Increasing Biculturalism in Transracial Families</b>  by Robert O'Connor</p>	<p>Learn practical ideas on how to live a more diverse and bicultural life with your children, both in the home and in the community.</p> <p>Robert O'Connor, MSW, is a consultant and therapist in the Twin Cities metropolitan area who was transracially adopted at the age of four and grew up in both urban and rural areas in Minnesota. (60 minutes)</p>

<p><b>The Mosaic: When RAD Meets FASD</b> by Deena McMahon Wendylee Raun</p>	<p>Learn more about the two most seen diagnoses in adoption, Reactive Attachment Disorder (RAD) and Fetal Alcohol Spectrum Disorder (FASD). Hear from two experts from different experiences, adoption therapist Deena McMahon and Wendylee Raun, adoptive parent of a now-grown daughter with FASD. Hear what they have learned over the 20+ years of working and living with RAD and FASD. (60 minutes)</p>
<p><b>Sexually Abused Children in Adoption &amp; Foster Care</b> by Deena McMahon</p>	<p>Learn what parents and professionals need to know when helping children heal from the trauma of sexual abuse. Presenter Deena McMahon discusses the impact sexual abuse has on adopted and foster children, offering parenting strategies and talks about the possible outcomes for these children.</p> <p>Deena McMahon, MSW, LICSW, has more than 20 years experience as a therapist working with families and children. She has expertise in child sexual abuse and frequently serves as an expert witness in court proceedings regarding permanency issues. Deena McMahon speaks throughout Minnesota and nationally on the dynamics of attachment, brain development and early trauma and how to effectively serve children and families involved in the child welfare system. (90 minutes)</p>
<p><b>Tough Questions, No Easy Answers: Tips for Raising Hurt Kids</b> by Deena McMahon</p>	<p>Learn how to care for children who have been hurt and how you can provide a safe and calm environment for these children in your home.</p> <p>Deena McMahon, MSW, LICSW, has more than 20 years experience as a therapist working with families and children. She speaks throughout Minnesota and nationally on the dynamics of attachment, brain development and early trauma and how to effectively serve children and families involved in the child welfare system. (60 minutes)</p>
<p><b>Understanding Complex Trauma in Adopted &amp; Foster Kids</b> by Dr. Richard Delaney</p>	<p>Posttraumatic Stress Disorder (PTSD) is a common diagnosis given to foster and adopted children, however PTSD often fails to take into account the symptoms that are often seen when there has been chronic, prolonged abuse and relational trauma. Many foster and adopted children have experienced trauma over months and years and in the context of the parent-child relationship. Dr. Rick Delaney will address Complex Posttraumatic Stress Disorder (C-PTSD) by discussing the seven underlying areas that are seen in children with C-PTSD (eg. Lack of self-worth and emotional control, loss of trust and safety, etc.) Dr. Delaney also offers therapeutic interventions that help address these areas related to behavior problems associated with C-PTSD. (90 minutes)</p>