

Peer Pressure

The Power of Validation: Arming Your Child Against Bullying, Peer Pressure, Addiction, Self-Harm, and Out-of-Control Emotions

By Karyn D. Hall and Melissa Cook (2011)

Validation—recognizing and accepting your child's thoughts and feelings, regardless of whether or not you feel that your child should be experiencing them—helps children develop a lifelong sense of self-worth. Children who are validated feel reassured that they will be accepted and loved regardless of their feelings, while children who are not validated are more vulnerable to peer pressure, bullying, and emotional and behavioral problems. The *Power of Validation* is an essential resource for parents seeking practical skills for validating their child's feelings without condoning tantrums, selfishness, or out-of-behavior. You'll practice communicating with your child in ways that instantly impact his or her mood and help your child develop the essential self-validating skills that set the groundwork for confidence and self-esteem in adolescence and beyond.

Hold On To Your Kids: Why Parents Need To Matter More

By Gordon Neufeld and Gabor Mate (2005) ISBN-13: 978-0676974720

Today, it seems children are looking more to their peers than their parents for advice, direction, values, and codes of behaviour. Dr. Neufeld calls this "peer orientation", but it can contribute to an undermined family structure, schoolyard bullying and youth violence. In his book, the author provides practical advice to empower parents to satisfy their children's need to find direction by turning towards a source of authority, contact and warmth.

Understanding Peer Influence in Children and Adolescents

Edited by Dr. Mitchell J. Prinstein and Dr. Kenneth A. Dodge (2008) ISBN-13: 978-1593853976

Scientists, educators, and parents of teens have long recognized the potency of peer influences on children and youth, but until recently, questions of how and why adolescents emulate their peers were largely overlooked. This book presents a comprehensive framework for understanding the processes by which peers shape each other's attitudes and behavior, and explores implications for intervention and prevention. Leading authorities share compelling findings on such topics as how drug use, risky sexual behavior, and other deviant behaviors "catch on" among certain peer groups or cliques; the social, cognitive, developmental, and contextual factors that strengthen or weaken the power of peer influence; and the nature of positive peer influences and how to support them.

Bullying / Cyber-Bullying / Internet Safety

Children and Bullying: How Parents and Educators Can Reduce Bullying at School

By Ken Rigby (2007) ISBN-13: 978-1405162531

Scarcely a day goes by without reports of school bullying or recommendations for quick fixes to the problem. Parents and educators are often left trying to solve a difficult issue without sufficient evidence to support suggested remedies. *Children and Bullying* is a vital resource in the quest to create safe learning environments. Drawing on a wealth of research, Ken Rigby provides clear explanations and effective strategies for combating bullying among children and preventing children from becoming involved in bullying situations.

Cyberbullying: Bullying in the Digital Age

By Robin M. Kowalski, Susan P. Limber, Patricia W. Agatston (2012) ISBN-13: 978-1444334814

Cyber bullying has become more prevalent through the use of e-mail, instant messages, chat rooms, and other digital messaging systems. It brings with it unique challenges. *Cyberbullying* provides the most current and essential information on the nature and prevalence of this epidemic, providing educators, parents, psychologists and policy-makers with critical prevention techniques and strategies for effectively addressing electronic bullying.

The Bully, the Bullied, and the Bystander: From Preschool to High School--How Parents and Teachers Can Help Break the Cycle

By Barbara Coloroso (2003) ISBN-13: 978-0006394204

In this updated edition of *The Bully, the Bullied, and the Bystander*, which includes a new section on cyber bullying, 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. Barbara Coloroso explains: the three kinds of bullying, and the differences between boy and girl bullies, four abilities that protect your child from succumbing to bullying, seven steps to take if your child is a bully, how to help the bullied child heal and how to effectively discipline the bully, how to evaluate a school's anti-bullying policy and much more!

Calming Strategies / Dealing with Stress

No More Meltdowns: Positive Strategies for Dealing with and Preventing Out-Of-Control Behavior

Dr. Jed Baker (2008) ISBN-13: 978-1932565621

It could happen at the grocery store, at a restaurant, at school, at home. Meltdowns are stressful for both child and adult, but Dr. Baker can help! Author of the award-winning *Social Skills Picture Book* series, Dr. Jed Baker offers parents and teachers strategies for preventing and managing meltdowns. His 20+ years of experience working with children on the autism spectrum, combined with his personal experiences raising his own children, have yielded time-tested strategies, and results. Dr. Baker offers an easy-to-follow, 4-step model that will improve your everyday relationships with the children in your life: 1) managing your own emotions by adjusting your expectations, 2) learning strategies to calm a meltdown in the moment, 3) understanding why a meltdown occurs, and 4) creating plans to prevent future meltdowns.

The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate

By Susan K Greenland (2010) ISBN-13: 978-1416583004

The techniques of mindful awareness have helped millions of adults reduce stress in their lives. Now, children—who are under more pressure than ever before—can learn to protect themselves with these well-established methods adapted for their ages. Based on a program affiliated with UCLA, *The Mindful Child* is a groundbreaking book, the first to show parents how to teach these transformative practices to their children.

Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed

By Christopher Willard (2010) ISBN-13: 978-1935209621

This is a perfect book for adults and children looking to find more peace and quiet in their daily lives. Christopher Willard provides an overview of mindfulness and meditation techniques, clear and detailed exercises designed for individuals and groups, and personal stories that demonstrate the ability of mindfulness to empower children and adolescents.



Focusing and Calming Games for Children: Mindfulness Strategies and Activities to Help Children to Relax, Concentrate and Take Control

By Deborah M. Plummer (2012) ISBN-13: 978-1849051439

Focus, mindfulness, relaxation and concentration are key elements of achieving emotional well-being, and are also important for a child's development of skills and abilities. *Focusing and Calming Activities for Children* helps children to build social, emotional and spiritual well-being. Part One covers the theoretical and practical background. It illustrates how the capacity to calm oneself, focus attention and concentrate can help a child build specific skills and abilities and regulate themselves, and demonstrates the importance of play and imagination. It also sets out how to structure the emotional environment. Part Two is made up of games and activities that teach children how to develop these mindfulness and calming skills. The activities are suitable for use with groups and individual children aged 5-12, and can be adapted for children with specific attention and concentration difficulties and for older children.

Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids

By Kim John Payne and Lisa M. Ross (2010) ISBN-13: 978-0345507983

Today's busier, faster society is waging an undeclared war on childhood. With too much stuff, too many choices, and too little time, children can become anxious, have trouble with friends and school, or even be diagnosed with behavioral problems. Now internationally renowned family consultant Kim John Payne helps parents reclaim for their children the space and freedom that all kids need for their attention to deepen and their individuality to flourish. *Simplicity Parenting* offers inspiration, ideas, and a blueprint for change.

Calming Strategies to use with Children (article from ConnectAbility.ca)

<http://connectability.ca/2010/09/23/calming-strategies-to-use-with-children/>

Seven Ways to Help Anxious Kids (2010)

<http://lets-explore.net/blog/2010/02/7-ways-to-help-anxious-kids/>

Activities for Families

Catch a Fish, Throw a Ball, Fly a Kite: 21 Timeless Skills Every Child Should Know (and Any Parent Can Teach!)

By Jeffrey Lee (2004) ISBN-13: 978-1400048106

This activity book is for parents who want to teach their children what they really want to learn--even the skills you never mastered or haven't practiced in a few decades. This book contains clear, simple, step-by-step instructions for teaching more than twenty little life skills that every child should know, including how to work a yo-yo, build a fire, eat with chopsticks, skip a stone, fly a homemade kite.

Early Intervention Games: Fun, Joyful Ways to Develop Social and Motor Skills in Children with Autism Spectrum or Sensory Processing Disorders

By Barbara Sher (2009) ISBN-13: 978-0470391266

Barbara Sher, an expert occupational therapist and teacher, has written a handy resource filled with games to play with young children who have Autistic Spectrum Disorder (ASD) or other sensory processing disorders (SPD). The games are designed to help children feel comfortable in social situations and teach other basic lessons including beginning and end, spatial relationships, hand-eye coordination, and more. All the games are easy-to-do, utilizing common, inexpensive materials, and include several variations.



101 Frugal Family Activities for the Busy Parent [Kindle Edition]

By Kaylee Cole (2013)

In 101 Frugal Family Activities for the Busy Parent there are over 100 fantastic and fun Activities for your whole family that are free or very low cost. These activities are for children of all ages from 2 through 92. Children of all ages love to have activities that can bring the whole family together. 101 Frugal Family Activities for the Busy Parent can provide ideas for many happy family adventures and memories, without breaking the bank!

104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, and Coping Skills

By Alanna Jones (1998) ISBN-13: 978-0966234138

In this exciting book you'll find 104 games and activities for therapists, counsellors, teachers, and group leaders that teacher Anger Management, Coping Skills, Self-Discovery, Teamwork, Self-Esteem, and Communication Skills! Every game works as a unique tool to modify behaviour, build relationships, start discussions and address issues. Each activity is simple to follow, requires minimal resources, includes helpful discussion questions and of course is interactive and fun.

Healthy Choices

Addiction-Proof Your Child: A Realistic Approach to Preventing Drug, Alcohol, and Other Dependencies

By Stanton Peele (2007) ISBN-13: 978-1572243088

Dr. Stanton Peele provides alternatives to the traditional but limited "just say no" approach to preventing substance abuse. This book gives families the tools to provide young people with the skills and values that protect them from addiction.

Strong from the Start - Raising Confident and Resilient Kids

By Reina S. Weiner (2010) ISBN-13: 978-0615343532

Strong From the Start is full of strategies that encourage kids to think for themselves from the very beginning. Included you'll find how to - provide children with a firm foundation they can trust; build resilience through responsibility; help kids become confident decision makers by allowing reasonable choices; family balance; teach them to be unafraid to live their lives and always love them for who they are.

The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions

By Dr. Lawrence Shapire and Robin Sprague (2009) ISBN-13: 978-1572245822

Children pay close attention to their parents' moods. When parents feel upset, their kids may become anxious, and when parents wind down, children also get the chance to relax. When you feel overwhelmed and stressed, it can be hard to help your child feel balanced. *The Relaxation and Stress Reduction Workbook for Kids*, written by two child therapists, offers more than fifty activities you can do together as a family to help you and your child replace stressful and anxious feelings with feelings of optimism, confidence, and joy. You'll learn proven relaxation techniques, including deep breathing, guided imagery, mindfulness, and yoga, and then receive guidance for teaching them to your child. Your child will also discover how taking time to do art and creative projects can create a sense of fulfillment and calm. By completing just one ten-minute activity from this workbook each day, you'll make relaxation a family habit that will stay with both you and your child for a lifetime.

Mindful Movements: Ten Exercises for Well-Being

By Wietske Vriezen and Thich Nhat Hanh (2008) ISBN-13: 978-1888375794

Initially designed as stretching breaks between long periods of sitting meditation, Thich Nhat Hanh's *Mindful Movements* became so popular they're now an integral part of his retreats. Based on yoga and tai chi movements, these simple, effective exercises reduce mental, physical, and emotional stress. The book introduces the program to the general public. The ten routines are designed to be easily accessible and can be performed by people of all ages and all body types, whether they're familiar with mindful practices or not. They can be done before or after sitting meditation, at home, at work, or any time the reader has a few minutes to refresh both mind and body. For those new to meditation, the exercises are an easy way to get acquainted with mindfulness as a complete, multifaceted practice. For current practitioners, the movements add a welcome physical element to a sitting meditation practice.

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind

By Daniel Siegel (2012) ISBN-13: 978-0553386691

In this pioneering yet practical book, Dr. Siegel offers a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, and explains the new science of how a child's brain is wired and how it matures. Complete with age-appropriate strategies for dealing with day-to-day struggles, this book shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

Promoting Positive Child Development

Partnership Parenting: How Men and Women Parent Differently

By Kyle Pruett and Marsha Pruett (2009) ISBN-13: 978-0738213262

Learn about why mothers and fathers parent differently and how both types are necessary and healthy for the development of your children. This book also offers strategies for balancing the different parenting styles and dealing with everyday situations.

Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People

H. Stephen Glenn and Jane Nelsen (2000) ISBN-13: 978-0761511281

Strategies for effective discipline and tips for developing trusting relationships between parents and children are provided to help parents develop their own practices for fostering self-esteem and confidence in children.

Parenting From the Inside Out

By Daniel Siegel and Mary Hartzell (2004) ISBN-13: 978-1585422951

In this book, the authors explore how our childhood experiences actually shape the way we parent. By using new findings in neurobiology and attachment research, they explain how parent-child relationships directly impact the brain's development. Parents are given a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.

Kids, Parents, and Power Struggles

By Mary Sheedy Kurcinka (2001) ISBN-13: 978-0060930431

A noted family educator, the author discusses how to cope with (and solve!) the everyday challenges of disciplining your child, while understanding the issues behind their behaviour. Kurcinka views these conflicts as rich opportunities to teach your child essential life skills, like how to deal with strong emotions and problem solve.



Unconditional Parenting: Moving From Rewards and Punishments to Love and Reason

By Alfie Kohn (2006) ISBN-13: 978-0743487481

Instead of asking "How can we get kids to do what they're told?" Alfie Kohn says parents should be asking, "What do kids need -- and how can we meet those needs?" The author focuses on unconditional love instead of parenting through punishments and rewards, which really teaches children they need to earn their parents love and approval. This eye-opening book will inspire readers to become better parents, and help children grow into healthy, caring, responsible people.

The Big Book of Parenting Solutions: 101 Answers To Your Everyday Challenges and Wildest Worries

By Michele Borba (2009) ISBN-13: 978-0787988319

Organized by easy to reference topics, the author tackles 101 issues ranging from sibling rivalry, lying and peer pressure to cell-phone use and TV addiction. Borba also identifies "seven deadly parenting styles" and the ten essential principles of change. With characteristic wit, the author urges readers to roll up their sleeves and get back to basic, instinctual parenting.

Raising an Emotionally Intelligent Child

By John Gottman (1998) ISBN-13: 978-0684838656

Psychology professor John Gottman explores the emotional relationship between parents and children, saying that parents need to be concerned about the quality of emotional interactions. Through a series of exercises, readers assess their parenting style and level of emotional self-awareness. Then, through a five-step "emotion coaching" process, parents can help teach their children to recognize and address their feelings, which also involves them becoming aware of their child's emotions.

Parenting with Love and Logic: Teaching Children Responsibility

By Foster Cline, Jim Fay, Eugene Peterson (2006) ISBN-13: 978-1576839546

The authors present a "Love and Logic" parenting method, which is different from other parenting styles that don't allow children to learn how to make choices and learn from consequences. "Love and Logic" parents teach their children responsibility and the logic of life by solving their own problems, providing skills for coping in the real world. The book also provides strategies for applying this method to actual situations, like homework and chores.

Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems

By Jane Nelsen EdD, Lynn Lott, H. Stephen Glenn (2007) ISBN-13: 978-0307345578

Over the years, millions of parents have come to trust the Positive Discipline series for its consistent, commonsense approach to child rearing. *Positive Discipline A-Z* will give you practical solutions to such parenting challenges as sibling rivalry, whining, lying and bedtime hassles, and teach you methods to raise a child who is responsible, respectful, and resourceful.

Kids Are Worth It! Raising Resilient, Responsible, Compassionate Kids

By Barbara Coloroso (2010) ISBN-13: 978-0143175438

There are three types of parents--Jellyfish, Brickwall, and Backbone. The first two are too wishy-washy or too firm. The parent with a backbone, however, can be stern when necessary and provide structure yet have the flexibility that children and families need. Coloroso applies these models to a variety of parenting situations, from toilet training to curfew setting.



Mind in the Making: The Seven Essential Life Skills Every Child Needs

By Ellen Galinsky (2010) ISBN-13: 978-0061732324

You can prepare your children for healthy communication, commitment to learning, and the ability to achieve their goals by fostering the seven critical areas of skill development presented by author Ellen Galinsky. Learn about what children need to overcome life's challenges and discover what parents can do to help children develop these tools. Illustrations for both adults and children help to make abstract concepts easily understandable.

The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are

Daniel J. Siegel (2012) ISBN-13: 978-1462503902

Dr. Siegel makes the latest research on early relationships and the developing brain easy to understand. He explores the connection between parent-child relationships ("attachment") and neural development in early childhood, and highlights ways that understanding the emergence of the mind can help promote healthy development and resilience.

Loving Each One Best: A Caring and Practical Approach to Raising Siblings

By Nancy Samalin (1997) ISBN-13: 978-0553378344

In this book, parents of siblings can discover a number of tips and tools for supporting their family through the challenges that come with having multiple children. Empowering strategies and words of encouragement help families discover the extra love and support that raising multiple children can bring to any home.

Doc Pop's 52 Weeks of Active Parenting: Proven Ways to Build a Healthy and Happy Family

By Michael H. Popkin (2005) ISBN-13: 978-1880283820

This book provides 52 practical ideas and techniques for parents to try to bring out the best in their children through teaching responsibility, effective communication, courage, and problem solving abilities.

Playful Parenting: A Bold New Way to Nurture Close Connections, Solve Behavior Problems and Encourage Children's Confidence

Lawrence J. Cohen (2002) ISBN-13: 978-0345442864

Discover the capacity of playfulness for developing strong relationships with children, and instilling joy and confidence in daily interactions. Much of what children know they learn through play, making this a creative and valuable tool for adults to teach, understand, and connect with the children in their lives.

Teaching Your Children Values

By Richard and Linda Eyre (1993) ISBN-13: 978-0671769666

One of the greatest gifts you can give your children is a strong sense of personal values. Helping them to develop honesty, self-reliance, and dependability is as important a part of their education as teaching them to read or how to cross the street safely. The values you teach your children are their best protection from the influences of peer pressure and the temptations of consumer culture. With their own values clearly defined, your children can make their own decisions -- rather than imitate their friends or the latest fashions.

50 Wonderful Ways to Be a Single-Parent Family

By Barry Ginsberg (2002) ISBN-13: 978-1572243088

These 50 ideas provide ways for families to celebrate the uniqueness of single-parenthood and develop ways to keep this connection strong and positive through a focus on family strengths, open communication, and lots of play time.



Supporting Children at School

MegaSkills: Building our Children's Character and Achievement for School and Life

By Dorothy Rich (1969) ISBN-13: 978-0395637531

Confidence, motivation, effort, responsibility, initiative, perseverance, caring, teamwork, common sense, and problem solving are the skills explored in this book, with practical tools adults can use to nurture each of these qualities in children of all ages. These basic skills provide an important foundation for all learning and experiences children face as they grow up.

What Kids Need to Succeed

By Peter L. Benson, Judy Galbraith and Pamela Espeland (2002) ISBN-13: 978-0915793785

Discover 40 internal and external assets that all children need for success, and find out ways that these assets can be nurtured at home, at school, and in the community.

The Parent Advantage: Helping Students Become Successful Learners at Home and School for Grades 1-9

Alberta Education (1998) [ISBN-10: 077329886X]

Although originally designed for parents of students with learning disabilities, the handbook covers aspects of learning that can be a challenge for any student. *The Parent Advantage* shows parents how they can help their children get organized for learning and study, and offers advice on how to help students with reading, writing, spelling and mathematics, exam preparation, and special projects. This handbook includes goal planning sheet, homework contract, study organizer and a guide for printing and cursive writing.

Positive Communication

How to Talk So Kids Will Listen & Listen to Kids Will Talk

By Adele Faber and Elaine Mazlish (2012) ISBN-13: 978-1451663884

Referred to as the new "Dr. Spock's", Adele Faber and Elaine Mazlish are experts on communication between parents and children. Using a down-to-earth and respectful approach, they show parents how to solve common problems and build foundations for lasting and less stressful relationships with their children.

Between Parent and Child: The Bestselling Classic That Revolutionized Parent-Child Communication

Dr. Haim G. Ginott (2003) ISBN-13: 978-0609809884

For over thirty-five years, this book has helped millions of parents around the world strengthen their relationships with their children. Based on the belief that parenting is a skill that can be learned, this handbook offers a straightforward approach for empathetic yet disciplined child rearing, and provides communication techniques that change the way parents speak with, and listen to, their children.

The Social Skills Picture Book: Teaching Communication, Play and Emotion

By Dr. Jed Baker (2001) ISBN-13: 978-1885477910

Winner of an iParenting Media Award, this book uses photographs of students engaging in a variety of real-life social situations. The realistic format plays to the visual strengths of children on the autism spectrum to teach appropriate social behaviors. Color photographs illustrate the "right way" and "wrong way" to approach each situation and the positive/negative consequences of each. A facilitator (parent, teacher, etc.) is initially needed to explain each situation, and ask questions such as "What is happening in this picture?" Children role-play skills until confident enough to practice them in real-life interactions.



Parent Effectiveness Training: The Proven Program for Raising Responsible Children

By Tomas Gordon (2000) ISBN-13: 978-0609806937

This book provides methods for parents to effectively communicate and resolve conflict with their children in order to instill lasting responsibility and create a nurturing family environment.

Healthy Relationships and Problem Solving

Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Confidence, and Problem Solving Skills

By Jane Nelson (2006) ISBN-13: 978-0345487674

Learn how to create a system of discipline based on mutual respect rather than punishment, in order to help children develop skills of self-control that they will carry the rest of their lives. This book offers a number of practical ideas for parents and teachers to be both firm and kind in creating appropriate boundaries for children.

The Bully Solution: A Parent's Guide: Effective and Practical Ways to Empower Your Child and Stop Bullying in Its Tracks

By Carol McMullen (2009) ISBN-13: 978-0439024228

This strengths-based, non-judgmental approach to helping children learn to deal with bullying situations provides strategies for helping children develop confidence, empathy, and conflict resolution skills.

Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too

By Adele Faber and Elaine Mazlish (2012) ISBN-13: 978-0393342215

This easy to understand book will guide your family back to peace and tranquility. Using humour and compassion, the authors provide readers with sensitive, sensible and action-oriented ways to transform quarrelling siblings and frustrated parents into an open and communicative family.

The Friendship Factor: Helping Our Children Navigate Their Social World--and Why It Matters for Their Success and Happiness

By Kenneth H. Rubin and Andrea Thompson (2003) ISBN-13: 978-0142001899

This book explores why friendships are so important to children, and how supportive social relationships contribute to greater well-being in both children and adults. In this book you will find out more about how children develop friendships, and how adults can support children in making social connections, in order to nurture children's sense of belonging and significance.

Social Skills Training: For Children and Adolescents with Asperger Syndrome and Social Communication Problems

By Jed Baker (2003) ISBN-13: 978-1931282208

Whether it's learning how long one can look at somebody without being accused of staring, how to shift topics despite the desire to stick with that all-consuming special interest, how to say no to peer pressure, or how to deal with a sensitive topic -- it's all here...and more. In this comprehensive and user-friendly book, the author translates years of experience working with students with Asperger Syndrome and social-communication difficulties. The reader is introduced to 70 of the skills that most commonly cause difficulty for individuals with autism spectrum disorders and social-communication problems. Each skill consists of a 'reproducible skill' handout, as well as activity sheets listing ways teachers and parents can demonstrate, practice, and reinforce the skill in the classroom and at home. This is a complete social skills training package for children of all ages.

Speak Up and Get Along! Learn the Mighty Might, Tough Chop and More Tools to Make Friends, Stop Teasing, and Feel Good About Yourself

By Scott Cooper (2005) ISBN-13: 978-1575421827

What if every kid had a handy toolbox of ways to get along with others? That's just what this book is: a collection of 21 concrete strategies kids can pull out and use to express themselves, build relationships, end arguments and fights, halt bullying, and beat unhappy feelings. Each tool is clearly described, illustrated with true-to-life examples, and accompanied by dialogue and lines kids can practice and use. Stories and anecdotes show each tool in action.

Building Healthy Relationships

www.mtroyal.ca/wcm/groups/public/.../pdf_s4healthychoices_gangs.pdf

Children and Self-Esteem | Canadian Mental Health Association

www.cmha.ca > Mental Health

Dealing with Conflict

Raising A Thinking Child: Help Your Young Child to Solve Everyday Conflicts and Get Along With Others

By Myrna Shure and Theresa Foy DiGeronimo (1996) ISBN-13: 978-0671534639

This book provides parents with tools to help their children understand the consequences of their actions and empowers them to find solutions to daily problems. This book was written to help parents understand what they can do to help children build skills for successful conflict resolution.

Helping Kids Deal with Conflict: An Everyday Resource for All Teachers and Parents

By Gerry Sheanh (1996) ISBN-13: 978-1895411799

Divided into five parts, this book examines some of the conflicts that Canadian children face on a daily basis and explores ways that adults can help children address these challenges.

Sticks and Stones: 7 Ways Your Child Can Deal with Teasing, Conflict, and Other Hard Times

By Scott Cooper (2000) ISBN-13: 978-0812932409

Sticks and Stones helps parents teach kids how to speak up for themselves more assertively, gently, and effectively. Each chapter, based on the characteristics of a particular bird, uses a wealth of examples and imaginative exercises to give kids the confidence to speak truth to power.

Helping Your Children to Handle Conflict by Angelica MD (updated:2012)

<http://www.brighthubeducation.com/parenting-grade-schoolers/119707-teaching-children-to-deal-with-conflict-and-bullying/>

Coaching children in Handling Everyday Conflicts: Adapted from Solving Thorny Behavior Problems by Caltha Crowe (2009)

<https://www.responsiveclassroom.org/article/coaching-children-handling-everyday-conflicts>



Community Safety and Social Responsibility

Raising Kids Who Can Protect Themselves

By Debbi and Mike Gardner (2004) ISBN-13: 978-0071437981

Written by parents and former police officers, this book aims to empower families and children to take responsibility for their personal safety. The authors provide parents with tools and strategies employed by police to protect themselves and stay safe.

We Generation: Raising Socially Responsible Kids

By Michael Ungar (2009) ISBN-13: 978-0771087134

Anecdotes, activities, and tips are offered to give parents ideas about how to raise socially conscious and responsible young people. The author shows how compassion and encouragement from parents can help children develop their full potential for contributing to the needs of society, and building a greater sense of service in the community.

The World Needs Your Kid

By Craig Kielburger, Marc Kielburger and Shelley Page (2009) ISBN Number: 9781553655053

Everything you need to know about raising kids, lending a hand and changing the world - all at the same time! This book illustrates simple, everyday actions to strengthen your child's motivation to do more in the world. As the Kielburgers reflect on lessons from their own childhood, and Shelley Page draws from her experience as a parent, they examine the insights of contributing authors including Jane Fonda, Mia Farrow and Archbishop Desmond Tutu. After three years of research and over 200 interviews with remarkable parents, educators and experts, the result is a guide for raising compassionate and caring children.

Me to We

Craig Kielburger and Marc Kielburger (2008) ISBN Number: 0743294513

Imagine waking up every morning believing your actions can make a significant change in the world. Imagine finding the courage to follow a more fulfilling path. Imagine a life of newfound purpose and perspective. Me to We is a manual, a manifesto and a movement. It's a philosophy that is both timeless and revolutionary. It's about finding meaning in our lives and our world by reaching out to others?by thinking we instead of me. In this book, Marc and Craig Kielburger share the knowledge they have gained through living lives of service. Their own reflections and ideas are complimented and reinforced by contributors like Richard Gere, Dr. Jane Goodall, Kim Phuc, Her Majesty Queen Noor, Arch Bishop Desmond Tutu and Oprah Winfrey. Make thinking we a part of your life and watch it transform. Pick up the New York Times Best Seller Me to We: Finding Meaning in a Material World.

Living Me to We

Craig Kielburger and Marc Kielburger (2012) ISBN Number: 9780978437565

We all want to make a difference. Now it's easier to lead a life that makes the world a better place every day. With this uniquely Canadian guide to socially conscious living, activists Craig and Marc Kielburger give you the tools for Living Me to We. By offering easy, clear paths to positively impact the world, you can make your best decisions every day. With dozens of interviews conducted with scores of Canadians across the country, you'll meet the people in your community who are taking small steps to a better world. You'll also get to know a new side of famous Canadians, such as Margaret Atwood, Rick Hansen and George Stroumboulopoulos, as they recount their personal tales of lighter living. Finally, turn to the end of the book where you can find an extensively researched resource guide, chalk full of websites, books, magazines and city-specific stores and organizations, to start your own movement.



Doing Good Together: 101 Meaningful Service Projects for Families, Friends, and Communities [Paperback]

By Jenny Freidman and Jolene Roehlkepartain ISBN-10: 1575423545

Is your organization looking for service project ideas? An increasing number of schools, workplaces, and organizations are doing family service projects as a way to make positive change in their communities. The 101 projects in *Doing Good Together* answer this growing demand for family service with hands-on projects focused on easing poverty, promoting literacy, supporting the troops, helping the environment, and more.

Raising Charitable Children

By Carol Weisman (2006) ISBN-10: 0976797208

In this book, Weisman MSW, CSP, shares real-life stories collected from all over the world of how parents, grandparents, aunts, uncles, teachers, scout leaders, friends, next door neighbors, and her own family have either initiated or supported ways to teach children how to give back to those in need. But she doesn't stop there. After each of the stories, Weisman offers specific steps to help anyone translate these ideas into action. In this way, she turns what might have been just a lot of wonderful stories into a set of practical maps or models anyone can use to start making a difference now.

Resilience

Building Resilience in Children and Teens: Giving Kids Roots and Wings

By Kenneth R. Ginsburg (2011) ISBN-13: 978-1581105513

This book provides parents with tools for building resilience in children in order to help them bounce back from challenges and stress by focusing on helping families build skills in seven areas: competence, confidence, connection, character, contribution, coping, and control.

Raising Children Who Soar

By Susan Davis and Nancy Eppler-Wolff (2009) ISBN-13: 978-0807749975

Learning to experience risk is an important part of healthy development in order for children to develop confidence to explore their world. This book provides parents with information about why a certain amount of risk is healthy and provides effective practices for helping to guide children through these experiences.

The Resilience Factor: 7 Essential Skills for Overcoming Life's Inevitable Obstacles

By Karen Reivich and Andrew Shatte (2003) ISBN-13: 978-0767911917

Seven techniques for building resilience are illustrated through tips and examples. These strategies aim to help adults develop skills for communication and decision making in order to bounce back from life's challenges.

Handbook of Resilience in Children

Edited by Sam Goldstein and Robert B. Brooks (2012) ISBN-13: 978-1461436607

This collection of journal articles speaks to the broad spectrum of work being done in resilience research. With the proper support from parents, families and communities, children are much more likely to experience positive development rather than dysfunction in their adult lives.



Nurturing Resilience in Our Children

By Robert Brooks & Sam Goldstein (2002) ISBN-13: 978-0658021107

Authors Brooks and Goldstein respond to questions asked by parents following the publication of their first book, *Raising Resilient Children*. This book provides a more in-depth look at how to instill a resilient mind-set in children in order to prepare them for life's challenges.

Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children

By Linda Lantieri and Daniel Goleman (2008) ISBN-13: 978-1427085139

What's the most important piece of your child's educational experience? If you think it's math, science, or reading, you might be overlooking an element that is fast becoming essential in today's stressful world: the capacity known as "inner resilience." In *Building Emotional Intelligence*, pioneering educator Linda Lantieri joins forces with renowned psychologist Daniel Goleman to help children respond to and rebound from the challenges unique to the 21st century, by teaching them how to quiet their minds, calm their bodies, and manage their emotions more skillfully.

The Road to Resiliency

By Troy Payne (2011) ISBN-13: 978-1426949838

Adversity discriminates against no one. We all face challenges and obstacles throughout our lives. We all have a story to tell. How can we stop the cycles of abuse and addictions now, rather than ignoring them and finding ourselves dealing with them in the future? How can we encourage, empower, and inspire people to make healthy choices, to embrace life-to love themselves and those around them? Our personal realities are only our perception of our experiences. *The Road to Resiliency* offers an opportunity to discover how to triumph over the damaging effects of adversity and abuse to make the past really past.

How Children Succeed: Grit, Curiosity, and the Hidden Power of Character

By Paul Tough (2012) ISBN-13: 978-0544104402

Tough shows that the qualities that matter most have less to do with IQ and more to do with character: skills like grit, curiosity, conscientiousness, and optimism. It tells the personal stories of young people struggling to stay on the right side of the line between success and failure and it argues for a new way of thinking about how best to steer an individual child-or a whole generation of children-toward a successful future.

Strengths-Based

Learning Optimism: How to Change your Mind and Your Life

By Martin E.P. Seligman (1998) ISBN-13: 978-0671019112

Dr. Seligman demonstrates how an optimistic outlook leads to a better quality of life and offers a number of easy strategies for developing skills for positive thinking and looking at setbacks in a new light.

Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child

By Robert Brooks and Sam Goldstein (2002) ISBN-13: 978-0809297658

Read about how resilience can be applied to everyday parenting practices in order to help your children overcome overwhelming obstacles of life. Increase your child's capacity for resilience through practical ideas based on a scientific research.



Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness

By Tamar Ellsas Chansky (2008) ISBN-13: 978-0738211855

This book is targeted towards families of children who exhibit “negative thinking,” which hinders them from finding happiness in their achievements. Dr. Chansky provides these families with strategies to help children manage these thoughts and apply children’s strengths in order to build optimism and resilience.

Nurturing the Leader within Your Child

By Tim Elmore (2005) ISBN-13: 978-0785209614

These practical and straightforward strategies provide parents with a comprehensive guide to fostering the leadership potential already being developed in their children. These tools are designed to customize to different children’s unique attributes and strengths.

The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience

By Martin E.P. Seligman (2007) ISBN-13: 978-0618918096

Seligman offers strategies to parents and caregivers to help children develop skills for resilience through finding an optimistic outlook for any situation. This book demonstrates how a positive attitude can lay the foundation for future success.

Positive Choices and Teens

Nurturing Hidden Resilience in Troubled Youth

By Michael Ungar (2004) ISBN-13: 978-0802085658

This book will change the way you think about troubled adolescents. Through the use of detailed case studies, Dr. Unger shows how high-risk youth explain their behaviour as strategic ways to gain control, strength, acceptance and empowerment. This book explores ways to find the strengths in children’s behaviour and use these as a way of understanding how to help them satisfy their needs in more positive ways.

Playing at Being Bad: The Hidden Resilience of Troubled Teens

By Michael Ungar (2007) ISBN-13: 978-0771087110

By providing insights into the particular challenges facing today’s children and adolescents, this book explores the role adults can have in building resilience in even the most delinquent and troubled youth.

The Resilience Revolution: Discovering Strengths in Challenging Kids

By Larry K. Brendtro and Scott J. Larson (2006) ISBN-13: 978-1932127829

By focusing on the importance of having positive adult connections, the authors show how this adult influence, whether at home, at school, or in the community, can build resilience in at-risk youth and help them to persevere through and recover from adversity.

Now I Know Why Tigers Eat Their Young: Surviving a New Generation of Teenagers

By Dr. Peter Marshall, Barbara Colorosso (foreword) (2007) ISBN-13: 978-1552858592

Troubled by your teen? Then this book will console you. Dr. Peter Marshall, child psychologist, father of five and former teenagers, provides an abundance of practical information, advice and observations on all walks of adolescent and pre-adolescent life. The result is a fun and easy-to-read book for the salvation of beleaguered parents everywhere. Among other things, he discusses the transition from childhood to adulthood and the drive for independence that can wreak havoc on the whole family.



Positive Discipline for Teenagers: Empowering Your Teens and Yourself Through Kind and Firm Parenting

By Jane Nelsen and Lynn Lott (2012) ISBN-13: 978-0770436551

Adolescence can be a time of great stress and turmoil. Teens begin to explore their new sense of freedom and redefine ways they relate to their parents, and this process can sometimes leave parents feeling powerless, alienated, or excluded from their children's lives. The authors show you how to build stronger bridges of communication with your teen and work toward greater mutual respect. The methods in this book work to build vital social and life skills through encouragement and empowerment--not punishment.

The Social Skills Picture Book: For High School and Beyond

Dr. Jed Baker (2006) ISBN-13: 978-1932565355

Winner of an iParenting Media Award, this picture book appeals to the visual strengths of students on the autism spectrum, with color photos of students demonstrating various social skills. The skills depicted are meant to be read, role-played, corrected when necessary, role-played some more and, finally, to be practiced by the student in real-life social situations. "Thought bubbles" show what people are thinking during these interactions. Practical, engaging, and down-to-earth, this is a valuable tool to help teens navigate the often-mysterious rules of social conduct in everyday situations.

