

I am Karen Suter and I work in the Middle School Learning Center. I also teach a 6th grade reading class and I am currently a Form I advisor. In my work with students and parents, I sometimes find myself recommending to parents the books that I read and use in my support role. I hope that you will find some of these books interesting and helpful, too. My notes on each title are included below.

***Smart but Scattered Teens: The “Executive Skills” Program for Helping Teens Reach Their Potential* by Richard Guare, Peg Dawson, Colin Guare**

If you are the parent of a scattered teen who needs to develop some independence in managing his time and materials, this book has resources that will help you help your son.

***The Organized Student: Teaching Children the Skills for Success in School and Beyond* by Donna Goldberg, Jennifer Zwiebel**

If your child misses deadlines, loses materials, and has a backpack stuffed with papers, you will find in this book strategies for teaching organizational skills to your child while also taking into account his learning style and your parenting style.

***Raising Resilient Children* by Robert B. Brooks, Sam Goldstein**

Brooks and Goldstein explain practical ways in which you can help your child grow to be strong and resilient, ready to face whatever challenges may come his way.

***Learning Outside the Lines: Two Ivy League Students With Learning Disabilities And ADHD Give You The Tools For Academic Success and Educational Revolution* by Jonathan Mooney, David Cole**

Geared toward students (but interesting for parents), this book includes tips and strategies for non-traditional learners. While directed toward older students, many suggestions and anecdotes are relevant to middle school students.

***Edge: Turning Adversity into Advantage* by Laura Huang**

Laura Huang (former Haverford parent) writes about how to turn weaknesses into strengths and create a personal edge that can be applied in many aspects of life. While directed toward adults in the working world, the lessons Huang shares are appropriate for parents to discuss with their children.

***The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults* by Frances E. Jensen, Amy Ellis Nutt**

Ever find yourself wondering why smart kids do stupid things? Wondering how to navigate life with your young adult? In this book you will find research about the adolescent brain as well as suggestions for supporting your teen during this critical stage in his development.

***Mindset: The New Psychology of Success* by Carol Dweck**

Does your child have a growth mindset? Do you? Read *Mindset* to learn how developing a growth mindset will help you and your child in many aspects of life.

***Parenting in the Age of Attention Snatchers: A Step-by-Step Guide to Balancing Child's Use of Technology* by Lucy Jo Palladino**

If you feel that your son is spending too much time on screens, this book offers practical strategies for helping him get his technology use under control, and the author explains why doing so is critical at this important developmental stage.

***Late, Lost & Unprepared: A Parents' Guide to Helping Children with Executive Functioning* by Joyce Cooper-Kahn, Laurie Dietzel**

Executive Functioning skills are those that help us start and complete tasks, manage our time, stay on task, and keep our emotions in check. When children struggle with these skills, it's sometimes difficult for parents to know how to support them. This book is a tool box for parents of children with executive functioning weaknesses.