Parent Resources

Books:

- *Unholy Ghost*-writers on depression edited by Nell Casey. (2001).
- *The Pressured Child: Freeing Our Kids from Performance Overdrive and Helping them Find Success in School and Life* by Michael Thompson (2004).
- *The Imp of the Mind: Exploring the Silent Epidemic of Obsessive Bad Thoughts* by Lee Baer, Ph.D (2001).
- *Parenting That Works: Building Skills That Last a Lifetime* by Edward R. Christophersen, Ph.D., ABPP and Susan L. Mortweet, Ph.D. (2002).
- *If Your Adolescent Has Depression or Bipolar Disorder: An Essential Resource for Parents* by Dwight L. Evans, M.D. and Linda Wasmer Andrews. (2005).
- *If Your Adolescent Has an Anxiety Disorder: An Essential Resource for Parents* by Edna B. Foa and Linda Wasmer Andrews. (2006).
- *Helping Your Troubled Teen* by Cynthia S. Kaplan (2007).
- *Helping Teens Who Cut: Using DBT Skills to End Self-Injury* by Michael Hollander, PhD. (2017).
- *Helping Your Anxious Teen: Positive Parenting Strategies to Help Your Teen Beat Anxiety, Stress and Worry* by Sheila Achar Josephs, PhD. New Harbinger Publications Inc. (2016).
- *Freeing Your Child from from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents* by Tamare Chansky, PhD. (2001).
- *Freeing Your Child from Anxiety* by Tamare Chansky, PhD. (2004).
- *Emotional First Aid for Parents* by Koocher & LaGreca, Eds (2011).
- *Boys of Few Words: Raising Our Sons to Communicate and Connect* by Adam J. Cox (2006).
- *Adolescent Depression: A Guide for Parents* by Francis Mark Mondimore. (2002).
- 11 Children's Book's About Well-Being – From Food to Mental Health https://www.mindbodygreen.com/articles/best-wellness-childrens-books

Websites:

- https://kidshealth.org/en/parents/emotions/?WT.ac=p-nav-emotions ← A website with links to an array of emotional and behavioral issues, from Becoming a Stepparent to Your Child's Habits
- https://truthinitiative.org/news/what-is-juul ← Information on Juul from The Truth Initiative
- http://www.center4research.org/the-dangers-of-juuling/ ← More information on Juul from the National Center for Health Research
- https://www.understood.org/en ← For learning and attention issues
- https://childmind.org/ <--children's mental health information resource

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Articles:

- **"How to Identify Your Strengths as a Parent & What to Do with the Info" article** https://www.mindbodygreen.com/articles/how-to-identify-your-strengths-as-a-parent
- **"Why Self Care is Essential to Parenting" article** **https://childmind.org/article/fighting-caregiver-burnout-special-needs-kids/**
- **"Preventing Parent Burnout" article** https://childmind.org/article/preventing-parent-burnout/
- **"What is Scaffolding Parenting?" article** https://www.mindbodygreen.com/articles/what-is-scaffolding-parenting-expert-explains-technique
- **"An Expert's Tip For Teaching Emotional Intelligence to Yourself & to Your Kids" article** https://www.mindbodygreen.com/articles/an-experts-tips-for-teaching-emotional-intelligence