

BOOKS ON PRESCRIPTION for FAMILIES 2013

Issue Addressed	Title	Author	Age Range	Keywords
Anger	1. Taming the dragon in your child	Meg Eastman/Sydney Rozen	1-16+	Anger, promoting relationships
	2. The explosive child	Ross W. Greene PhD	5-16	Advice on managing child's anger
	3. "I'm not bad..." A workbook to help kids control their anger	Lawrence E Shapiro, Zach Pelta-Heller and Anna F Greenwald		
Autism	4. Everybody is different - a book for young people who have brothers or sisters with autism	Fiona Bleach		
	5. Freaks, Geeks and Asperger Syndrome: A User Guide to Adolescence'	Luke Jackson		Autobiography. Insider knowledge for teens, siblings and parents
	6. It can get better.....Dealing with common behaviour problems in young autistic children. A guide for parents and carers'	Paul Dickinson and Liz Hannah		Jargon free, practical advice with illustrations
	7. Toilet Training for Individuals with Autism and Related Disorders: A comprehensive guide for parents and teachers.	M. Wheeler		
	8. George and Sam	Charlotte Moore		Autobiography- a parent's memoir
	9. From Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively	Deborah Lipsky		
	10. Parenting with Positive Behaviour Support: A Parent's Guide to Problem-solving Solutions for Difficult Behaviour.	M. Hieneman, K. Childs, & J. Sergay		
Behaviours	11. The house of tiny tearaways (*)	Dr. Tanya Byron	1-7	Parenting, specific behaviours
	12. New toddler taming (*)	Dr. Christopher Greene	0-4	Parenting, specific behaviours
	13. Raising happy children	Jan Parker/Jan Stimpson	0-11	Parenting, specific behaviours
	14. The parenting puzzle (*)	Candida Hunt	3-12+	Parenting, promoting relationships
	15. The Incredible Years	C. Webster-Stratton	3-8	Strategies for parents
	16. No: Why Kids--Of All Ages--Need to Hear It and Ways Parents Can Say It	David Walsh		
Bereavement	17. Helping children overcome the loss of a loved one (*)	William C. Kroen PhD	3-16+	
	18. Finding a way through when someone close has died (*)	Pat Mood/Lesley Whittaker	6-16+	A workbook for families-good for teens
Bullying	19. Bullying - a parents guide (*)	Jennifer Thomson	5-16+	Bullying and information sharing
	20. How to handle bullies, teasers and other meanies (*)	Kate Cohen Posey	8-14+	Coping strategies for children

Complex needs	21. Helping Children with Complex Needs Bounce Back: Resilient Therapy for Parents and Professionals	Kim Aumann & Angie Hart		Recommended by FISS
	22. The Out of Sync Child: Recognising and coping with sensory processing disorder.	Carol Kranowitz		
	23. Sensational Kids: Hope and Help for Children with Sensory Processing Disorder	L. Miller & D. Muller		
	24. Tics and Tourette syndrome: a handbook for parents and professionals	Uttom Chowdhury		Signs and symptoms and practical strategies for dealing with associated difficulties
Confidence and Self Esteem	25. Self esteem for girls (*)	Elizabeth Hartley Brewer	3-16+	Covers topics in brief with tips for parents and school staff
	26. Self esteem for boys (*)	Elizabeth Hartley Brewer	3-16+	Covers topics in brief with tips for parents and school staff
Development	27. Confident children	Gael Lindenfield	0-16+	Advice on being a good-enough parent
	28. Ages and stages	Charles Schaefer	0-10	Main focus 0-6 years, written by a play therapist
	29. Potty Training for Boys: The easy way	S. Cave & C. Fertleman		
	30. Understanding 12-14 year olds (*)	Margot Waddell	12-14	Brief introduction for parents and teachers
	31. Why Do They Act That Way?: A Survival Guide to the Adolescent Brain for You and Your Teen.	D. Walsh		Guide for parents on adolescent development
Divorce Looked After Children	32. Children, feelings and divorce	Heather Smith	3-16+	Divorce and separation
	33. First steps in parenting the child who hurts: tiddlers and toddlers.	Archer, C		
	34. What Every Parent Needs to Know: The incredible effects of love, nurture and play on your child's development	Sunderland, M.		
	35. Next steps in parenting the child who hurts: Tykes and teens.	Archer, C		
	36. Badger's Parting Gifts (*)	Varley, S.		Accessible tale about loss and bereavement
	37. Why love matters: how affection shapes a baby's brain	Gerhardt, S		Easy to read introduction on the impact of disrupted attachments
	38. How to talk so kids will listen & listen so kids will talk.	Faber, A & Mazlish, E		
Mindfulness	39. The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness (Book & CD)	M. Williams, J. Teasdale, Z. Segal, & J. Kabat-Zinn	16+	Written for adults but suitable for older teens and includes CD with guided mindfulness exercises; focused on preventing depressive relapse
	40. Child's Mind: Mindfulness Practices to Help Our Children Be More Focused, Calm, and Relaxed.	C. Willard		Guide for informed parents on how to introduce mindfulness practices to their children
	41. Mindfulness: a practical guide to finding peace in a frantic world	Mark Williams and Danny Penman	16-	Written for adults but suitable for older teens and includes CD with guided mindfulness exercises for

				stress management
Parental mental health	42. Wise Mouse (*)	Virginia Ironside	6-10	Storybook for young children about living with a parent affected by mental health problems
Sadness	43. So young so sad, so listen (*)	Philip Graham/Carol Hughes	5-16+	Sadness and information sharing
Sibling Rivalry	44. Siblings without rivalry	Adele Faber/Elaine Mazlish	5-16+	Promoting relationships
	45. Raising happy brothers and sisters	Jan Parker/Jan Stimpson	0-16+	Relationships, specific behaviours
Sleep	46. The sleep book for tired parents (*)	Rebecca Huntley	0-6	Brief summaries of problems and strategies
	47. Solving children's sleep problems	Lyn Quine	0-18	A dense text but with easy to read flow charts and corrective sleep programmes for parents to follow
	48. Sleep Better! A guide to improving sleep for children with special needs	V. Mark Durand PhD		
	49. Rest and sleep (Audio CD)	Lynda Hudson	8+	CD of relaxation and visualisation exercises for use at bedtime
Worries, Fears & Anxiety	50. Helping your anxious child	Dr. David Lewis	3-16+	Worrying and coping strategies
	51. Breaking free from OCD: A CBT guide for young people & their families	J. Derisley, I. Heyman, S. Robinson & C. Yurner	11-18	
	52. Huge bag of worries (*)	Virginia Ironside	Whole family	Story book with picture about worrying-for children and their families
	53. Overcoming your child's fears and worries	Cathy Creswell/Lucy Willetts		A guide for parents on the CBT approach
	54. What to do when you worry too much: A kid's guide to overcoming anxiety	Dawn Huebner	6-12	Accessible guide for parents and children to read together
	55. Let your worries fly away (Audio CD)	Lynda Hudson	6-9	CD of relaxation and visualisation exercises
	56. Let go of anxiety (Audio CD)	Lynda Hudson	10-15	CD of relaxation and visualisation exercises
Services	57. A straight talking introduction to child mental health	Sami Timimi		Understanding how mental health services work and the jargon they use

(*) easy to read