

# Books & Resources

## Depression

### *For Teens*

- When Nothing Matters Anymore: A survival Guide for Depressed Teens (Cobain)
- Ups & Downs: How to Beat the Blues and Teen Depression (Kaufman)
- SOS Help for Emotions (Clark)

### *For Parents & Caregivers*

- Helping Your Depressed Teenager: A Guide for Parents and Caregivers (Oster)
- Overcoming Teen Depression: A Guide for Parents (Kaufman)
- More Than Moody: Recognizing and Treating Adolescent Depression (Koplewicz)
- 'Help Me, I'm Sad': Recognizing, Treating, and Preventing Childhood and Adolescent Depression (Fassler)
- Understanding Teenage Depression: A Guide to Diagnosis, Treatment, and Management (Empfield)
- The Depressed Child: A Parent's Guide for Rescuing Kids (Douglas)
- The Optimistic Child (Seligman)
- Adolescent Depression: A Guide for Parents (Mondimore)

## Anxiety

### *Websites*

- [www.worrywisekids.org](http://www.worrywisekids.org)

### *For Kids*

- Coping With Anxiety and Panic Attacks (Lee)
- SOS Help for Emotions (Clark)
- What to Do When You're Scared & Worried (Crist)

### *For Parents & Caregivers*

- Freeing Your Child from Anxiety (Chansky)
- Keys to Parenting Your Anxious Child (Manassis)
- Your Anxious Child: How Parents and Teachers Can Relieve Anxiety in Children (Dacey)
- Helping Your Anxious Child: A Step-By-Step Guide for Parents (Rapee)

## Parenting

- Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds (Phelan)
- Parents, Teens, and Boundaries: How to Draw the Line (Bluestein)
- Teens in Turmoil: A Path to Change for Parents, Adolescents, and Their Families (Maxym)
- 123 Magic (Thomas Phelan)
- How to Deal With Your Acting-Up Teenager (Bayard)
- The Explosive Child (Ross Greene)
- The Difficult Child (Stanley Turecki, M.D)
- Raising Your Spirited Child (Mary Sheedy Kurcinka)
- How to Talk so Kids Will Listen and Listen so Kids will Talk (Faber & Mazlish)
- Untangled (Damour)
- The Whole Brain Child (Siegel & Bryson)

## Grief & Loss

### **For Kids**

- Goodbye Forever: Bereavement Activity Book (Boulden)
- A Child Remembers (Enid Traisman)
- Sad Isn't Bad: A Good-Grief Guidebook for Kids Dealing With Loss (Michaelene Mundy)
- The Fall of Freddie the Leaf (Leo Buscaglia)
- When Dinosaurs Die: a Guide to Understanding About Death (Brown)
- When Something Terrible Happens: Children Learn to Cope with Grief (Heegaard)
- When Someone Very Special Dies: Children Learn to Cope with Grief (Heegaard)
- The Kids Book about Death and Dying: By and For Kids (Rofes)
- I'll Miss You, Mr. Hooper (Sesame Street)
- The Invisible String (Patrice Karst)
- Tear Soup (Pat Schwiebert)

### **For Parents & Caregivers**

- Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies (Janis Silverman)
- The Grieving Child: A Parent's Guide; The Mourning Handbook (Fitzgerald)
- Talking about Death: A Dialogue between Parent and Child (Earl Grollman)
- About Dying: An Open Family Book for Parents and Children Together (Stein)

## Resiliency

- Pete the Cat: I Love My White Shoes (Litwin)
- The Dot (Reynolds)
- The Most Magnificent Thing (Spire)

## Gender & Sexuality

- Gender Born, Gender Made (Diane Ehrensaft)
- Everything You Ever Wanted to Know about Trans (Brynn Tannehill)
- Are You A Boy Or Are You A Girl? (Sarah Savage)
- A House for Everyone: A Story to Help Children Learn about Gender Identity and Gender Expression (Jo Hirst)
- Jack (Not Jackie) (Erica Silverman)
- My Awesome Brother: A children's book about Transgender Acceptance (Lisé Frances )
- 99% Chance of Magic: Stories of Strength and Hope for Transgender Kids (Amy Eleanor Heart)
- The Pants Project (Cat Clarke)
- The Other Boy (M. G. Hennessey)
- A Kids Book about Gender (Meuller)
- A Kids Book about Being Transgender (Parr)

## Divorce

### **For Kids**

- Dinosaurs Divorce (Marc Brown)
- When Mom and Dad Separate - Children Can Learn to Cope with Grief from Divorce (Marge Heegaard)
- Two Homes (Masurel)

### **For Parents & Caregivers**

- Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce (Joann Pedro Carroll)
- The Truth About Divorce (Robert Emery)
- Two Homes, One Childhood: A Parenting Plan to Last a Lifetime (Robert Emery)

## **Self-Help Workbooks for Kids by Dawn Huebner, Ph.D.**

- Something Bad Happened: A Kid's Guide to Learning About Events in the News
- Outsmarting Worry: An Older Kid's Guide to Managing Anxiety
- What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety
- What To Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger
- What To Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep
- What To Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD
- What To Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity
- What To Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More
- Sometimes I Worry Too Much, But Now I Know How to Stop

## **Stress Management for Teens**

- Stress Relief: The Ultimate Teen Guide (Powell)
- Hot Stones & Funny Bones: Teens Helping Teens Cope With Stress & Anger (Seaward)
- The Complete Idiot's Guide(R) to Dealing with Stress for Teens (Sluke)
- Stressbusters: For Teens Under Pressure (Shores)
- Stress Can Really Get on Your NERVES! (Romain)

## **Sleep**

### **Websites & App**

- [www.babysleep.com](http://www.babysleep.com)
- [www.sleepfoundation.org](http://www.sleepfoundation.org)
- Johnson's bedtime app

### **For Parents & Caregivers**

- Toddler 411: Clear Answers & Smart Advice for Your Toddler (Brown & Fields)
- Sleeping Through the Night (Mindell)
- On Becoming Babywise (Bucknam & Ezzo)

## **Self-Confidence for Teens**

- Stick up for yourself! (Kaufman)
- What Do You Really Want? (Bachel)
- Who's In The Mirror? (Herron)
- What's Right For Me? (Herron)

## **Relationships for Teens**

- A good friend (Herron)
- Boundaries: A guide for teens (Peter)
- The girls' guide to friends (Taylor)

## **Sex Education**

### **Books**

- The Care and Keeping of You (American Girl)
- Guy Stuff: The Body Book for Boys (American Girl)
- What's the Big Secret? Talking About Sex with Girls and Boys (Brown & Brown)
- What Makes a Baby? (Silverburg)
- It's NOT the Stork! (Harris)

### **Website**

- [www.amaze.org](http://www.amaze.org)

## **Helpful Apps**

### ***Parents & Caregivers***

- Baby Connect
- Johnson's Bedtime
- iRewardChart

### ***Toddlers & Elementary Age Children***

- Worry Breath
- Worry Kit
- Breathe Kids
- Stop, Breathe & Think Kids
- Breathe, Think, Do with Sesame
- Mindfulness for Children
- Touch and Learn - Emotions
- Moshi

### ***Pre-Teens & Teens***

- MY3
- MindShift
- Headspace
- Calm
- Worry Breath
- Worry Kit