Limestone District School Board

Family Lending Library

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Family Lending Library

Special Needs (LBA)

Resource Name	Description	Number
Autism Spectrum		
1,001 Tips for the Parents of Autistic Boys Ken Siri, 2010	This book presents the essential guide to parenting a boy with autism. It provides everything you need to know about diagnosis, doctors, schools, taxes, vacations, babysitters, treatment, food, and more.	LBA14
1,001 Tips for the Parents of Autistic Girls Tony Lyons, 2010	Autistic girls face unique challenges, often spending countless hours looking for the latest information to help their children. For those parents, Tony Lyons presents the essential guide to parenting a girl with autism. This book provides everything you need to know about diagnosis, doctors, schools, taxes, vacations, babysitters, treatment, food and more.	LBA4
Adolescents on the Autism Spectrum Chantal Sicile-Kira, 2006	This practical guide offers parents strategies for helping their children, whatever their ability level, through the physical and emotional changes of the teenage years and preparing them for adulthood.	LBA24
Autism Encyclopaedia: The Complete Guide to Autism Spectrum Disorders E. Amanda Boutot and Matt Tincani, 2009	Autism Encyclopaedia: The Complete Guide to Autism Spectrum Disorders offers concise, reader-friendly articles that provide answers to the most pertinent questions related to educating and parenting children with autism. Include topics such as educational process, programs for young children with autism, issues in communication, behaviour and social skills, promoting living skills, and more.	LBA22
Autism Life Skills Chantal Sicile-Kira, 2008	Autism Life Skills presents a positive and empowering "bill of rights" for every person on the autism spectrum. With advice and reflections from autistic adults across the spectrum, as well as Sicile-Kira's own shared experiences as an advocate and parent of an autistic teen. The book covers making sense of the world, communication, safety, self-esteem, pursuing interests, independence, social relationships, and more.	LBA21
Carly's Voice Breaking Through Autism Arthur Fleischmann with Carly Fleischmann, 2012	At the age of two, Carly was diagnosed with severe autism and an oral motor condition. At the age of 10, she had a breakthrough and although she still struggles with the symptoms of autism, she now carries on conversations with family and friends by Facebook, Twitter and her blog.	LBA29

Cutting-Edge Therapies for Autism Ken Siri and Tony Lyons, 2011	This book is a guide for parents who are unable to find the time to do research of their own. Explaining the possible causes of autism and presenting novel therapies, medications, and interventions, more than eighty experts contribute chapters on a variety of therapies, models, and research findings.	LBA25
Freaks, Geeks & Asperger Syndrome Luke Jackson, 2002	Luke, a boy with Asperger Syndrome (AS), tells his story. Luke's book gives guidance on bullying, friendships, when and how to tell others about AS, problems at school, dating and relationships, and morality. This book can be for all adults or students grades 4 and up.	LBA1
Songs of the Gorilla Nation: My Journey Through Autism Dawn Prince-Hughes, 2004	In this elegant and thought-provoking memoir, Dawn Prince-Hughes traces her personal growth from undiagnosed autism to the moment, as a young woman, when she entered the Woodland Park Zoo in Seattle and became immediately fascinated with the gorillas. More than a story of autism, Songs of the Gorilla Nation is a poignant, beautifully written exploration of the rich landscape of human emotion and the ways we learn to love.	LBA5
Ten Things Every Child With Autism Wishes You Knew Ellen Notbloom, 2005	Every parent, teacher, social worker, therapist, and physician should have this succinct and informative book in their back pocket. Framed with both humour and compassion, the book defines the top ten characteristics that illuminate the minds and hearts of children with autism.	LBA8
The Asperger's Answer Book Susan Ashley, 2007	The Asperger's Answer Book gives professional answers to 275 of the top questions parents ask. It is a reassuring, authoritative reference for parent, families and educators, providing sound advice and immediate answers and information.	LBA20
The Complete Guide to Asperger's Syndrome Tony Atwood, 2007, 2008	In this groundbreaking book, Dr. Gabor Mate combines a passionate examination of his patients' life histories with lucid explanations of the science behind mind-body unity. Offering profound insights into the link between emotions and disease, When the Body Says No is an important contribution to literature on the physiological connections between stress and health.	LBA7
The Everything Parent's Guide to Children with Autism Adelle Jameson Tilton, 2004, 2010	The Everything Parent's Guide to Children with Autism is the valuable tool you and your family need in order to make the most of every day; handling the challenges with confidence and taking time to savour the rewards of life with your child. With this comprehensive guide, you'll discover how to communicate effectively with your child, find a school that meets your child's needs, handle meltdowns in public or private, and more.	LBA19
The Parent's Guide to teaching Kids with Asperger Syndrome and Similar ASD's Real-Life Skills for Independence Patricia Romanowski Bashe, 2011	This book shows parents how to teach these so-called easy skills to complex learners. This is the first book for parents and caregivers of kids with Asperger syndrome and similar learning profiles that features strategies based on applied behaviour analysis.	LBA26

ADD & ADHD		
Scattered Minds Gabor Mate, 2000	Scattered Minds offers new hope and advice for children and adults who live with Attention Deficit Disorder. It is a must-read for future parents, and for anyone interested in learning how experiences in infancy shape the biology and psychology of the human brain.	LBA12
Taking Charge of ADHD: The Complete Authoritative Guide for Parents Russell A. Barkley, 2000, 2005	This book empowers parents by arming them with the up-to-date knowledge, expert guidance, and confidence they need to be involved with ADHD kids.	LBA11
The ADD & ADHD Answer Book Susan Ashley 2005	Professional Answers to 275 of the Top Questions Parents Ask	LBA30
Learning Disabilities		
Bright Not Broken: Gifted Kids, ADHD, and Autism Diane M. Kennedy and Rebecca S. Banks, 2011	Bright Not Broken is a book that invites us to look beyond the deficit-ridden labels that we give to children and embrace a paradigm that seeks to define these kids in terms of their abilities rather than their disabilities. This book tries to shed new light on identifying who twice-exceptional children are and taking an unflinching look at why they're stuck.	LBA23
Children with Exceptionalities in Canadian Classrooms Margret Winzer, 1993,1996,1999,2002,2005	Children with Exceptionalities is designed to serve as a comprehensive introduction to children with exceptionalities in Canada and to Canadian special education. It is a practical guide for those who, for the first time, are studying children with exceptionalities, their special needs, and their education, as well as a resource for more advanced students.	LBA16
Different Learners: Identifying, Preventing, and Treating Your Child's Learning Problems Jane M. Healy, 2010	This comprehensive, practical guide to children's learning problems offers understandable explanations of the various types of learning disorders. It explores the latest scientific research on the brain, genes, and learning as it explains how to identify problems.	LBA28
Special Needs (other than above)		
Disability Community and Society The Roeher Institute, 1996	This book gives new parents of infants with disabilities a positive view of the lifetime opportunities for their child. Professionals will also find all they need to provide a sound and thorough introduction to the progress and state of disability issues. Includes a Questions for Discussion section for each chapter at the back of the book.	LBA17
Overcoming Dyslexia Sally Shaywitz, 2003	In Overcoming Dyslexia, Dr. Sally Shaywitz offers the latest information about reading problems and proven, practical techniques that, along with hard work and the right help, can enable anyone to overcome them.	LBA13
Positive Discipline: For Children With Special Needs Jane Nelsen, Steven Foster, and Arlene Raphael, 2011	Over the years, millions of parents and teachers have come to trust Jane Nelsen's classic Positive Discipline series for its consistent, commonsense approach to child-rearing. Now the best selling series addresses the specific challenges that parents and teachers of children with special needs face, and offers straight forward advice for supporting their children in positive ways.	LBA3

Shut Up about your Perfect Kid Gina Gallagher and Patricia Konjoian,2006, 2010	Sisters Gina and Patty dare to speak up about the frustrations, sadness, and stigmas they face as parents of children with disabilities. This book will alternately make you want to tear your hair out and laugh your head off.	LBA27
The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain Brock L. Eide and Fernette F. Eide, 2011	The Dyslexic Advantage is a book that captures the remarkable advantages that come with this different style of thinking. It explores the misunderstood side of dyslexia that is characterized by skill and talent. This book explains dyslexia and the complex ideas and scientific work behind it.	LBA9
The Boy in the Moon Ian Brown, 2010	Ian Brown's son, Walker, was born with a genetic mutation so rare that doctors call it an orphan syndrome: perhaps 300 people around the world live with it. At thirteen, Walker is still in diapers, he can't speak and he has to wear cuffs on both his arms so that he won't constantly hurt himself. Written with humour and stark honesty, The Boy in the Moon is infused with a father's love for his son and with every parent's longing to be worthy of his child. For parents and grades 6 and up.	LBA2
The Learning Tree Overcoming Learning Disabilities From the Ground Up Stanley I. Greenspan, Nancy Thorndike Greenspan, 2010	The Learning Tree offers a highly effective new approach to learning problems. Rather than looking just at symptoms, this new understanding gets to the roots, showing how to find the missing developmental steps that interfere with learning. The solution to each problem comes in knowing what essential skills to strengthen.	LBA31
The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder Carol Stock Kranowitz, 1998, 2005	This groundbreaking book explains Sensory Processing Disorder (SPD) and presents a drug-free approach that offers hope for parents. It offers comprehensive, clear information for parents and professionals.	LBA15
The Still Point of the Turning World Emily Rapp, 2013	What does it mean to be a success? To be a good parent? To live a meaningful life? Emily Rapp thought she knew the answers to these questions when she was pregnant with her first child, Ronan. She had ambitious goals and dreams for her son. But all of those plans changed when Ronan was diagnosed at the age of nine months with Tay Sachs disease. Rapp had to reevaluate everything she thought she knew, not just about being a parent, but about what it means to live with a loved one in the moment.	LBA34
Understanding and Helping Kids with Behaviour Changes Dr. Ross Green, 2012	Dr. Greene explains why traditional parenting and treatment often doesn't work with explosive children, and he describes what to do instead. Instead of relying on rewarding and punishing, Dr. Greene's Collaborative Problem Solving model promotes working with explosive children to solve the problems that precipitate explosive episodes, and teaching these kids the skills they lack.	LBA33
When Something's Wrong Canadian Psychiatric Research Foundation	When Something's Wrong has been designed to give parents, caregivers or other family members useful strategies to cope with and assist children and youth with mood, behaviour, or thinking difficulties (e.g. social withdrawal, disorganized thinking, hostility, aggression, agitation).	LBA18
When Your Child has... Dyslexia Abigail Marshall, 2009	When Your Child has Dyslexia provides parents who wonder and worry about their child's day to day reality with the latest treatment information and research studies as well as practical day-to-day solutions for your child.	LBA10

Parenting and Family Life (LBB)

Resource Name	Description	Number
Parenting Girls		
Girls on the Edge Leonard Sax, 2010	This book provides the tools we need to help girls become independent and confident women. It offers parents practical tips on everything from helping their daughters choose a sports team to deciding limits on social networking sites. It shows how and why girls are more likely to reach their potential if they are involved in communities of women, communities that bridge the generations.	LBB42
Little Girls Can Be Mean Michelle Anthony and Reyna Lindert, 2010	Little Girls Can Be Mean is the first book to tackle the unique social struggles of elementary-aged girls, giving you the tools to help your child become stronger, happier, and better able to enjoy friendships and handle social cruelty.	LBB53
Mom's Ultimate Guide to the Tween Girl World Nancy Rue, 2010	This book equips you as a mom with comprehensive, expert, and encouraging guidance for helping your daughters cross the bridge between girlhood and the teenage years.	LBB41
Queen Bees & Wannabees Rosalind Wiseman, 2002, 2009	This book covers a new generation of girls and explores how girl's experiences before adolescence impact their teen years, future relationships, and overall success. It covers the different roles girls play in and outside of cliques as Queen Bees, Targets, and Bystanders and where boys fit into the equation.	LBB1
The Mother-Daughter Project SuEllen Hamkins, Renee Schultz 2007	This book will talk about how to: • Communicate effectively, at every age • Cultivate healthy body image • Instill the importance of both safety and personal freedom • Empower your daughter with the confidence to achieve her dreams and more	LBB104
The Everything Parent's Guide to Raising Girls Erika V. Shearin Karres 2007,2011	Be prepared for every stage, including • Handling tantrums, bad moods, and misbehaviour • Dealing with cliques, bullies, and peer pressure • Coping with puberty and menstruation and more	LBB105
Parenting Boys		
Boys Should Be Boys 7 Secrets to Raising Healthy Sons Meg Meeker 2008	Dr. Meeker will share the 7 secrets to raising healthy sons. This guide will help to make the job a little easier.	LBB85
Guyland: The Perilous World Where Boys Become Men Michael Kimmel, 2008	In this book, Michael Kimmel goes deep into the minds of men ages 16 through 26 trying to understand what culture and the social world are doing to their behaviour. He works towards redefining what it means to be a man today; and tomorrow.	LBB7

Helping Boys Learn – Teachers Edition Dr. Edmond J. Dixon, 2013	This book provides 6 secrets for teaching boys in the classroom. Turn unmotivated, underachieving boys into focused and successful learning leaders. This book will help boys learn to sit still and stay focused, avoid distractions and stay on task, complete homework without nagging, put forth their best effort in schoolwork, become committed learners in the classroom and more.	LBB131
Helping Boys Learn – Teachers Edition Dr. Edmond J. Dixon, 2013	Help your son become a successful learner by discovering the six secrets to help boys; sit still and stay focused, avoid distractions and stay on task, complete homework without nagging, put forth their best effort in schoolwork, become passionate, successful learners in school and much more.	LBB132
Raising Boys in a New Kind of World Michael Reist, 2011	From video games to the Internet, technology and popular culture are having a profound effect on today's boys. This book teaches parents that the more we know about boys, the more realistic our expectations of them will be. It also teaches parents that they must not think of normal boy behaviour as a problem and understand their need for movement, their unique learning styles, and their personal methods of communicating.	LBB29
Raising Cain: Protecting the Emotional Life of Boys Dan Kindlon and Michael Thompson, 1999, 2000	In Raising Cain, Dan Kindlon, and Michael Thompson, two of the country's leading child psychologists, share what they have learned in more than 35 years of combined experience working with boys and their families. They reveal a nation of boys who are hurting, sad, afraid, angry, and silent. This book shows the forces that threaten boys and how to resolve these issues.	LBB56
The Purpose of Boys Michael Gurian, 2009, 2010	This book presents a tool kit for parents who want to discover how to inspire the ultimate fulfillment of their son's life.	LBB49
The Way of Boys: Raising Healthy Boys in a Challenging And Complex World Anthony Rao, 2009	The Ways of Boys is a celebration of natural, constructive boyhood development and an expert, definitive handbook on what to look for and expect in normal growth.	LBB27
Parenting Teens		
A Better High Matt Bellace, 2014	A Better High gives examples on how to attain a natural high, without alcohol or marijuana. Simple everyday tasks like smiling, and eating healthy are included.	LBB146
Active Parenting of Teens Michael H. Popkin,2009	This book provides the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth. You'll learn methods of respectful discipline, skills for clear, honest communication, and more.	LBB70
Analyze Your Teen: CD Series Karyn Gordon	These 4 CD's (3 hours) contain 22 practical strategies to help you build your relationship with your teen. Comes with additional 'personal workbook! You will learn: • How to esteem your teen so that they are making wise choices • How to connect and communicate effectively with them! • How to help your teen understand and respond to emotions! • How to teach responsibility and set boundaries!	LBB71

Do I Get My Allowance Before or After I'm Grounded? Vanessa Van Petten, 2011	From classic fights about dating and chores to twenty-first-century issues such as sexting and cyber bullying, this comprehensive book provides step-by-step guidance on every worry, including lying, social networking, school, peer pressure, sex, and drugs.	LBB63
Have a New Teenager by Friday Dr. Kevin Leman, 2011	This book will help you gain respect from your teenager, establish healthy boundaries, communicate with the “whatever" generation, turn selfish behaviour around and more.	LBB62
How to Talk So Teens Will Listen & Listen So Teen Will Talk Adele Faber & Elaine Mazlish, 2005, 2006	In this book you'll discover how to maintain a candid, open, mutually respectful dialogue between parents and teens, and learn how to work out your problems together, take action without punishing, express your anger without being hurtful and more.	LBB61
Inside the Teenage Brain DVD Frontline, 2004	A PBS Frontline production exploring the recesses of the brain and finding explanations for why adolescents behave the way they do and how these new discoveries can change the way we teach, or perhaps even understand, our teenagers.	LBB75
Letting Go with Love and Confidence Kenneth Ginsburg and Susan Fitzgerald, 2011	For parents, "letting go" and nurturing teens in today's world to become healthy, well-adjusted adults is more challenging now than ever before. This book offers parents a practical, thoughtful strategy for guiding children through the turning points on the way to adulthood.	LBB38
Parenting the Social Media Generation Jesse Miller, 2013	Using behaviour changing techniques, Jesse teaches his audience how to evaluate their online profiles and address privacy and safety issues using a practical approach. His awareness programs for schools have reached more than 200,000 students across Canada.	LBB116
Parenting a Teen Girl A Crash Course on Conflict, Communication & Connection with Your Teenage Daughter Lucie Hemmen, 2012	This is a guide for busy parents who want information and tips that make sense and work. In this book you will learn how to: • Maximize your teen’s healthy development • Understand what underlies her moods and behavior • Implement strategies for positive results • Communicate effectively about difficult issues • Enjoy and appreciate time with your teen daughter.	LBB109
Raising Healthy Teens In An Age Of Overindulgence Karyn Gordon	In these 4 CD's, you will learn over 100 practical strategies to teach financial, schedule and nutritional balance to your teen. Comes with an additional workbook.	LBB72
Teen Brain Teen Mind: What Parents Need to Know to Survive the Adolescent Years Dr. Ron Clavier, 2009	In clear- sighted and accessible language, Clavier explains that neurological changes in a young person's developing brain underlie many of the emotions and behaviours that can make teens so wonderful and yet so unpredictable and volatile. He offers numerous coping tips and strategies designed to ease tensions and improve communications.	LBB34
Teens Gone Wired: Are You Ready? Lyndsay Green, 2011	This book integrates teen social psychology to help parents guide their children in the use of digital information and entertainment technologies. This book also is useful to parents who are trying to gauge whether their teen's online behaviour is signalling a potentially serious emotional or social problem that needs professional help.	LBB5

Teenage as a Second Language Barbara R. Greenberg and Jennifer, A. Powell-Lunder, 2010	This book reveals the secrets to talking to teenagers, one dialogue at a time. With these groundbreaking strategies, you'll maintain good communication, healthy interaction, and a strong connection to your teen, no matter how rocky the road to puberty becomes.	LBB37
The 5 Love Languages of Teenagers Gary Chapman, 2000, 2005, 2010	Teenagers today are bombarded by messages from their peers, the Internet, music, movies... the list goes on. This book walks through the emotional needs of teenagers and how you can best express your love to them. You'll learn how to identify your teenager's love language, how to address their unique need for independence and responsibility, how to combat anger and set up boundaries and more.	LBB45
The Everything Tween Book Linda Sonna, 2003	The Everything Tween Book helps you navigate the trying years between childhood and adolescence. From addressing such serious issues as eating disorders and school violence to learning tolerance for pink and blue hair. It helps you understand and cope with your child's psychological, social, and emotional needs.	LBB58
The Teen Owner's Manual Sarah Jordan and Janice Hillman, 2010	Hormones. Rebellion. Moodiness. Peer pressure. No parent can be fully prepared for all the challenges associated with adolescence. This book provides parents with answers to almost any question regarding what their teenagers face through their teen years.	LBB50
The Teen Years: Understanding and Parenting Your Teenager Dr. Karyn Gordon, 2008	This book teaches the six simple and effective keys to understanding and parenting your teenager. You will find out how to learn the techniques that get boys to talk and girls to listen, avoid conflict and resolve arguments more effectively, help teenagers manage their emotions, teach responsibility and more.	LBB32
What Parents Need to Know about Teens: Facts, Myths, and Strategies David A. Wolfe, 2007	What Parents Need to Know about Teens provides practical, accurate and user-friendly information to help you raise your teen. It covers what's normal for adolescent behaviour, how to determine whether your child is on a good path, how to encourage healthy development, and how to help when problems arise.	LBB12
Your Defiant Teen Russell A. Barkley and Arthur L. Robin, 2008	Your Defiant Teen centers on 10 simple steps that lead to better behaviour. It provides practical guidelines for fostering mutual respect, introducing cooperative problem solving, and strengthening family relationships, while giving your teen vital skills for become a mature, independent adult.	LBB51
Yes, Your Teen is Crazy! Michael J. Bradley, 2003	This book provides parents with insight on how to cut through the nonsense and go straight to the heart and soul of parent-teen relationships. This book tells you what you need to know to save your children physically, emotionally, and spiritually.	LBB24
You and Your Adolescent Laurence Steinberg, 1990, 1997, 2011	This book is the essential guide for parents with children ages 10-25. It introduces topics such as family communicating and problem-solving, physical changes to adolescents bodies, sex and sexuality, emotional development, alcohol, tobacco and other drugs, college and more.	LBB25
Discipline		
1-2-3 magic: Effective Discipline for Children 2-12 Tomas W. Phelan, 2010	With humour, keen insight and proven experience, this book breaks down the task of parenting into three straightforward jobs: controlling obnoxious behaviour, encouraging good behaviour, and strengthening your relationships.	LBB46

Discipline Without Tears Rudolf Dreikurs, Pearl Cassel and Eva Dreikurs, 1972, 2004	The focus of the book is to show the elementary school teacher how to manage a classroom of children effectively by understanding the nature of a child's behaviour. The book is prescriptive, and challenges teachers to analyze their teaching style and become more effective at discipline in the classroom.	LBB48
Have a New Kid by Friday Dr. Kevin Leman 2008	How to change your child's attitude, behavior & character in 5 days.	LBB99
How to Behave So Your Children Will, Too! Sal Severe, 197, 2000	This book teaches how parents need to understand that their children's behaviour is often a reflection of their own behaviour. It does not focus on what children do wrong. It teaches parents what they can do differently.	LBB64
You're Not the Boss of Me Betsy Brown Braun, 2010	You're Not the Boss of Me offers just the help you need to deal with many of the more challenging behaviours typical of four-to twelve-year-olds. It includes showing gratitude, developing empathy, getting over gimmes, exercising humour and more.	LBB31
It's Not Fair! Gill Hines and Alison Baverstock, 2009	This book is designed specifically for the parents of young children aged between eight and twelve who are independent, risk-taking and hard to rein in. It will help you identify, and handle, areas of concern before they become problems, and help you and your child prepare for teenage years.	LBB68
No More Meltdowns: Positive Strategies for Managing and Preventing Out-Of-Control Behaviour Jed Baker, 2008	This book offers parents and teachers strategies for preventing and managing meltdowns. It includes managing your own emotions by adjusting your expectations, learning strategies to calm a meltdown in the moment, understanding why meltdowns occur and creating plans to prevent future meltdowns.	LBB28
Positive Discipline Jane Nelsen 1981, 1987, 1996, 2006	This is a classic guide to helping children develop self-discipline, responsibility, cooperation, and problem-solving skills.	LBB98
Reconnected Kids Discover the Brain Balance family Empowerment Program Dr. Robert Melillo, 2011	Reconnected Kids is a groundbreaking guide to help resolve their child's behavioural problems, without medication, strife, or drama. This empowering method shows parents how to first identify their own role in their child's behaviour, and then how to guide the child to focus on goals, practice lifelong good habits, and stay motivated.	LBB35
Setting Limits with Your Strong-willed Child Robert J. MacKenzie 2001	This book will help you to: • Understand and empathize without giving in • Hold your ground without threatening • Remove daily power struggles between you and your child • Give clear, firm messages that your child understands and respects	LBB110
The Discipline Book: How to Have a Better-Behaved Child From Birth to Age Ten William Sears and Martha Sears, 1995	Disciplining children means equipping them with the tools to succeed in life. In this unique guide it teaches what you can do to shape your child's behaviour so that good conduct comes naturally.	LBB10
Unconditional Parenting Alfie Kohn, 2005	More than just another book about discipline, though. Unconditional parenting addresses the ways parents think about, feel about, and act with their children. It invites them to question their most basic assumptions about raising kids while offering a wealth of practical strategies for shifting from "doing to" to "working with" parenting.	LBB2

Your Defiant Child 8 Steps to Better Behavior Russell A. Barkley, Christine M. Benton	This book will explain what causes defiance, when it becomes a problem, and how to resolve it.	LBB82
Communication		
Connected Parenting How to Raise a Great Kid Jennifer Kolari 2009	Readers will be able to parent with empathy by implementing Kolari's CALM technique • Connect emotionally • Match the affect of your child • Listen to what your child is saying • Mirror his or her emotion back to show you understand	LBB87
Difficult Conversations Douglas Stone, Bruce Patton and Sheila Heen, 2009	Difficult Conversations walks you through a step-by-step approach for you to have your toughest conversations with less stress and more success. You'll learn how to: interpret the significance of what is said, manage strong emotions, and raise tough issues without triggering defensiveness and more.	LBB67
Help, My Kid Is Driving Me Crazy David Swanson, 2009	If your child continually manipulates you and others in order to get what he wants, this insightful and practical guide is the book you've been waiting for. Written in an easy-to-understand style and offering examples that will be all too familiar, this book covers seventeen common manipulations in all.	LBB66
Hold On To Your Kids Gordon Neufeld and Gabor Mate, 2005	Hold On to Your Kids helps parents understand the trend of peer replacing parents in the lives of our children. It provides solutions to restore the intuitive child- parent bond to its rightful pre-eminence.	LBB44
How to Talk So Kids Will Listen & Listen So Kids Will Talk Adele Faber & Elaine Mazlish 1982,2002,2004	This book is full of practical, innovative ways to solve common problems and build foundations for lasting relationships.	LBB108
I'd Listen to My Parents if They'd Just Shut Up Anthony E. Wolf, 2011	I'd Listen to My Parents if They'd Just Shut Up will help you understand who your teenagers really are under all the attitude, and what new rules apply to successfully communicating with them in today's constantly evolving world of the internet, electronics, and social media. This book offers specific scenarios to illustrate which responses will work and which ones are doomed to failure.	LBB18
It's Complicated The Social Lives of Networked Teens Danah Boyd, 2014	If you want to understand the use of social media by young people, this is an excellent read. What is new about how teenagers communicate? Does social media affect the quality of teen's lives? Topics about identity, privacy, safety, danger and bullying are explored.	LBB140
It Takes Two to Talk Jan Pepper and Elaine Weitzman, 2004	Written in a simple language, this beautifully illustrated guide shows parents how to help their child communicate and learn language during everyday activities like mealtime, bath time, playtime, and reading.	LBB8
Kids are Worth It! Barbara Coloroso, 1994, 2001, 2010	This guide delivers a powerful message that good parenting begins by treating kids with dignity and respect, giving them a sense of power in their own lives, and offering them opportunities to make decisions, to take responsibility for their actions, and to learn from their own successes and mistakes.	LBB16

Keys to Developing Your Child's Self-Esteem Carl Pickhardt, 2000	This book advises parents on ways they can encourage their child to learn, resolve conflict, foster creativity, develop competence, strengthen character, manage emotions, cope with stress and think positively.	LBB36
Meet the Teacher: How to Help Your Child Navigate Elementary School Betty Borowski and Laura Mayne, 2010	Meet the Teacher offers practical advice to parents who need to help their child thrive in school. Two teachers (who are also moms) share ways to establish positive parent-teacher relationships and provide an insider's guide to how schools really work.	LBB52
Nuture Shock PO Bronson & Ashley Merryman, 2009	Nurture shock offers a new perspective on parenting that is funny, clever and sensible. Looking at science and what has been missed, the authors demonstrate that many of modern day strategies for nurturing children are not working.	LBB143
Parent Effectiveness Training Dr. Thomas Gordon, 1970, 1975, 2000	P.E.T, or Parenting Effectiveness Training, began almost forty years ago as the first national parenting-training program to teach parents how to communicate more effectively with kids and offer step-by-step advice to resolving family conflicts so everybody wins. This guide will show you how to avoid being a permissive parent, how to listen so kids will talk to you and talk so kids will listen to you, and how to teach your children to "own" their problems and to solve them.	LBB4
Parenting from the Inside Out Daniel J. Siegel land Mary Hartzell, 2003	This book looks at how a deeper self-understanding can help you raise children who thrive. Highly complex neuroscientific and psychological matter are translated into lay strategies for effective parenting.	LBB 144
Parenting in a Social Media World Charlene C. Giannetti, 2013	This book will welcome you to the digital age of parenting. The author will offer guidance so that parents can learn not only to live in the social media world with their child, but also enjoy the times spent there.	LBB 145
Parenting Without Power Struggle Susan Stiffleman, 2010	How to raise joyful, resilient kids while staying cool, calm and connected.	LBB86
Raising Your Spirited Child Mary Sheedy Kurchinka, 1991, 1998, 2001	This book is designed to give parents better insight into the minds of "difficult" or "strong-willed" children who are often more intense, sensitive, perceptive, persistent and uncomfortable with change than the average child. Raising Your Spirited Child will help you understand your child's temperamental traits, discover the power of being positive, cope with the tantrums and power struggles, plan for success and more.	LBB6
Screamfree Parenting The Revolutionary Approach to Raising Your Kids by Keeping Your Cool Hal Edward Runkel, 2007	This practical, effective guide for parents with kids of all ages introduces proven principles for overcoming the anxieties and stresses of parenting and setting new patterns of connection and cooperation.	LBB103
Siblings Without Rivalry Adele Faber & Elaine Mazlish, 1987, 1998, 2012	This book gives simple yet astonishingly effective ways to reduce conflict and generate goodwill between siblings. Each skill is illustrated by the thoughts and stories of real parents.	LBB47

The App Generation Howard Gardner and Katie Davis, 2013	This book examines the impact of new technologies on three vital areas of adolescent life: identity, intimacy, and imagination. The authors look at both the drawbacks of apps and the benefits.	LBB 142
The 5 Love Languages of Children Gary Chapman, Ross Campbell 1997,2005,2012	This book will help parents discover their child's love language, understand the link between successful learning and the love languages, see how the love languages can help with discipline and build a foundation of unconditional love for their child.	LBB101
The Difficult Child Stanley Turecki, 1985, 1989, 2000	This book offers compassionate and practical advice to parents of hard-to-raise children (demanding, defiant, stubborn, loud, impulsive, and wild). This book includes identifying your child's temperament, managing typical conflicts, and more.	LBB57
The Challenging Child Stanley I. Greenspan, 1995	Most children fall into five basic personality types that stem from inborn physical characteristics: sensitive, self-absorbed, defiant, inattentive, or active/aggressive. The Challenging Child reassures parents that they do not simply have to "live with" their child's temperament but can fit their parenting style to their child's unique personality.	LBB43
The Conscioius Parent Shefali Tasabary, 2010	This book looks at what it means to parent well. By transforming ourselves, we are empowering our children. The Conscious Parent looks at the challenges that are part of raising a child and is for anyone involved with a child of any age.	LBB141
The Explosive Child Ross W. Greene, 1998, 2001,2005,2010	An explosive child's behaviour often leaves parents feeling frustrated, guilt ridden, and overwhelmed. This book will help you gain the knowledge, skills, and confidence to handle these situations effectively and humanely.	LBB69
The New Strong-Willed Child Dr. James Dobson 1978, 2004	This book talks about what makes strong-willed children the way they are and how to avoid the most common parenting mistakes. This book will offer practical how-tos on raising strong willed children.	LBB81
The Parent's Handbook for Talking with Your Teens about Social Media Ellen Mossman-Glazer, 2013	Learn about the right words and effective techniques to raise cyber-sensible kids. Topics such as online privacy, safety, cyber-bullies, potential predators and more are covered.	LBB 139
Why Good Kids Act Cruel Carl Pickhardt, 2010	Why Good Kids Act Cruel is the first book to give you an understanding of why cruelty happens during children's pre-teen years and how to help your child through these difficult times.	LBB23
When Your Kids Push Your Buttons and What You Can Do About It Bonnie Harris, 2003	This book helps parents to understand both your children's behaviour and your own, and break the cycles of action-and-reaction that hurt them as much as they hurt you. It covers topics such as why your hot spots usually have more to do with your relationship with your parents than with your child, how you may be pushing your child to act out, how to address behaviour problems and more.	LBB54
Your Children Are Listening Jim Taylor, 2011	Children become the message they get the most. As a parent, your words, attitudes, and actions are constantly sending your children messages, creating their earliest ideas about themselves, others, and the world around them. This book describes the vital opportunity you have to shape your children and guides you to	LBB26

	answer this crucial question: "How can I be sure I'm sending the healthiest messages?"	
Your Children Are Listening Nine Messages They Need to Hear From You Jim Taylor, 2011	A practical guide to staying "on message' with your children, including nine essential messages that will give them a great start to life – and last a lifetime.	LBB100
Identifying Learning Needs		
A Mind At A Time Mel Levine, 2002	This book shows parents and those who care for children how to identify individual learning patterns, explaining how they can strengthen a child's abilities and either bypass or help overcome the child's weaknesses, producing positive results instead of repeated frustration and failure.	LBB14
Child Psychology & Development for Dummies Laura L. Smith, Charles, H. Elliott 2011	Learn to: • Understand the difference between "bad behavior" and behavior disorders • Know whether a child is ready for school • Help a child control impulses, develop self-esteem, and have good relationships	LBB88
I Read It, but I Don't Get It: Comprehension Strategies for Adolescent Readers Cris Tovani, 2000	I Read It, but I Don't Get It is a practical, engaging account of how teachers can help adolescents develop new reading comprehension skills. In a time when students need increasingly sophisticated reading skills, this book will provide support for teachers who want to incorporate comprehensive instruction into their daily lesson plans without sacrificing content knowledge.	LBB11
Raising Confident Readers Dr. J. Richard Gentry, 2010	Raising Confident Readers shows you how to activate and accelerate this capacity for learning: The key is to introduce the right activities at the right time. Whether your child is a baby or toddler, in preschool or kindergarten, or first or second grade, this book helps you identify your child's literacy phase and take the next steps to build writing, reading and spelling skills.	LBB19
Values & Morals		
Bag it: Is Your Life Too Plastic? Reel Thing Films, 2010	Try going a day without plastic. In this touching and often flat-out-funny film, we follow "everyman" Jeb Berrier as he embarks on a global tour to unravel the complexities of our plastic world. What starts as a film about plastic bags evolves into a wholesale investigation into plastic and its effects on our waterways, oceans and even our own bodies. We see how our crazy-for-plastic world has finally caught up to us and what we can do about it. Today. Right now.	LBB117
Climate of Change A film by Brian Hill DVD, 2009	This documentary, from the producers of An Inconvenient Truth, takes us around the world, looking at ordinary taking action to help save the environment.	LBB133

Dirty Little Secrets Kerry Cohen, 2011	This book is an unforgettable wake-up call for our culture, ourselves, and our vulnerable daughters. It lays bare the hard truths about this dangerous life that reveals itself in girls you wouldn't expect and in ways you might not see.	LBB77
E is for Environment Ian James Corlett	Stories to help children care for their world – at home, at school, and at play.	LBB83
E Is for Ethics Ian James Corlett, 2009	Teaching children ethics, values, and morals is a real challenge for parents today, and many modern moms and dads are clamouring for a helping hand. In this book are 26 simple, clear, original and entertaining stories for you to read aloud with your child.	LBB65
Just because It's Wrong Doesn't Make It Right Barbara Coloroso, 2005	This book shows parents how to nurture and guide children's ethical lives from toddlers through the teen years using everyday situations at home, at school, in social settings, and in the world at large.	LBB15
Me to We Craig Kielburger and Marc Kielburger, 2004, 2006	Me to We will open your eyes and change the way you look at life. Treat it as an invitation to discover the power of the me to we philosophy and to join the growing community around the world that is making a difference.	LBB80
No More Turning Away – Caring about Hunger and Poverty Spectrum A & E Media, 2010	An educational media arts presentation combining 3 short media productions with audience response and interaction. 1. Opening our eyes to poverty 2. Hunger and poverty in our own backyard 3. Making a difference in a hurting world	LBB119
Prom Night in Mississippi DVD	Morgan Freeman offers to finance an integrated prom in Charleston, Mississippi where black & white students have had separate prom nights since 1970	LBB114
Roots of Empathy Changing the World Child by Child Mary Gordon 2005	This book will help to foster empathy and social responsibility among children and adults. Many stories are included of schoolyard bullies becoming supportive classmates.	LBB90
Take it Back – Caring for Planet Earth Spectrum A & E Media, 2011	An educational media arts presentation combining 3 short media productions with audience response and interaction. 1. A disturbing probe into our environment 2. An environmental anthem & call to action 3. Celebrating and respecting the Earth	LBB120
The Entitlement Trap Richard and Linda Eyre, 2011	Through this book parents can learn how to teach children how to work for what they want, spur enthusiasm about responsibility in unmotivated children, cultivate values of discipline, integrity, and self-reliance in their families, and foster smart, economically savvy children.	LBB21
The Price of Privilege How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids Madeline Levine 2006	This author looks at why affluent, high achieving children are disconnected and unhappy. She identifies toxic cultural influences and well-intentioned, but misguided, parenting practices that are detrimental to a child's healthy self-development. Practical advice will provide solutions to enable parents to help their emotionally troubled child cultivate an authentic sense of self.	LBB106

Sexuality		
Let's Get This Straight Tina Fakhrid-Deen, 2010	This book provides kids of LGBTQ parents with the tool they need to become more self-aware and affirming, maintain healthy relationships with their parents, address discrimination and heterosexism and much more.	LBB79
Sex Spelled out for Parents – Volume One an Overview Meg Hickling, 1999 VCR	This 4 part series for parents of children ages 3 – 14 years will discuss why it's important to talk with young children about sex and outlines the 3 age groups that will be discussed in the programs: preschoolers, primaries, and intermediates.	LBB127
Sex Spelled out for Parents – Volume Two Early Childhood Preschoolers Meg Hickling, 1999 VCR	This is part 2 of a 4 part series for parents of children, ages 3 – 5, and teachers of grades JK and SK. Children ages 3 – 5 years invent stories about how babies are made if they don't get correct information. Meg Hickling, Sexual Health Educator, suggests ways of dealing with some embarrassing situations.	LBB128
Sex Spelled out for Parents – Volume Three Primaries Meg Hickling, 1999 VCR	This is part 3 of a 4 part series for parents of children ages 5 – 8 years and teachers in primary division, grade 1 to 4. Many children ages 5 – 8 years love jokes about "poo" and underwear. Meg Hickling, Sexual Health Educator, tells how they can become confused if we tell them the baby grows in the stomach.	LBB129
Sex Spelled out for Parents – V olume Four Intermediates Meg Hickling, 1999 VCR	This is part 4 of a 4 part series for parents of children ages 8 – 14 years, and teachers in the junior and intermediate division, grades 5 to 8. Lots of children age 8 – 14 years feel that sex is gross and "you are gross and disgusting for wanting to talk about it!" yet parents need to talk to them about puberty changes and they need to be able to answer the questions that may come up.	LBB130
Sex Sense Canadian Contraception Guide The Society of Obstetricians and Gynaecologists, 2005	This book gives accurate and up to date information regarding contraception and sexuality. It is a great resource for adults, parents and healthcare practitioners.	LBB 122
What Your Child Needs To Know About Sex (And When) Dr. Fred Kaeser 2011	This book will offer families the tools they need for navigating how and when to have positive dialogues about sexuality and helps them to learn to use everyday teachable moments.	LBB102
Mental Health		
Alone Together Why we expect more from technology and less from each other Sherry Turkle, 2011	The author talks about how the relentless connections of today's society leads to a new solitude: "as technology ramps up, our emotional lives ramp down". It describes relationships and new instabilities in how we understand privacy and community, intimacy and solitude.	LBB136

Generation Me Why Today's Young Americans Are More Confident, Assertive, Entitled - and More Miserable Than Ever Before Jean M. Twenge, 2006	Dr. Twenge explains why young people born in l970s, 1980s and 1990s, "Generation Me", are tolerant, confident, open-minded, and ambitious but also cynical, depressed, lonely, and anxious. This book will help Boomers have insight into their children's lives and help them to make sense of themselves and their goals and find their way to happiness.	LBB135
Growing Up Brave Donna B. Pincus, 2012	Expert strategies for helping your child overcome fear, stress, and anxiety.	LBB96
The Narcissism Epidemic Jean M. Twenge and W. Keith Campbell, 2009	Talking about the alarming rise of narcissism and its effects on our society, Drs. Twenge and Campbell show us how to identify it, minimize the forces that sustain and transmit it, and treat or manage the epidemic	LBB140
Parent's Guide to Understanding Social Media Mark Oestreicher & Adam McLane, 2012	This book will help you to have meaningful conversations with your teenager about the best & wisest ways to get connected while staying safe.	LBB137
The Parent's Guide to Texting, Facebook and Social Media Understanding the Benefits and Dangers of Parenting in a Digital World Shawn Marie Edgington, 2011	This book provides awareness, solutions, and preventative resources to keep your children safe and secure online. You will learn how to teach your children about the potential dangers of social networking, how to protect themselves from online predators and to guard personal information. They will learn how to determine friends from "frenemies".	LBB138
Resources for Dads		
How to be a Good Divorced Dad Jeffery M. Leving, 2012	This will help Dads to be the best parent they can be before, during and after the break-up.	LBB94
Strong Fathers, Strong Daughters 10 Secrets Every Father Should Know Meg Meeker, 2007	This book is a helpful road map for concerned fathers that tackle difficult issues.	LBB93
Stuff Every Dad Should Know Brett Cohen 2012	Readers will discover: • How to rid a room of monsters • How to squelch a temper tantrum • How to assign chores • How to discuss the birds and the bees • How to save for college	LBB84
The Single Father: A Dad's Guide to Parenting without a Partner Armin A. Brott, 1999	The Single Father offers a wealth of essential information and practical tips. Among the issues covered are: juggling work and family responsibilities, finding a lawyer, dealing with the psychological and emotional impact of separation and divorce, and more.	LBB30
Adoption/Single parent/Step parenting/Divorce		
Be a Great Step-Parent Suzie Hayman 2008,2010	A practical guide to coping with the ups and downs of being a step-family. She provides proven strategies for building positive relationships with step-children and suggestions on how to manage things such as shared childcare, long-distance parenting and new additions to the family.	LBB107

Divorce Poison How to Protect your Family from Bad-mouthing and Brainwashing Dr. Richard A. Warshak	This is a classic guide to preventing and overcoming parental alienation.	LBB95
Smart Parenting During and After Divorce Peter J. Favaro, 2009	This book is directed towards parents with children who are going through a high-conflict divorce. The "smart' part of Smart Parenting During and After Divorce is all about trading the momentary relief of venting anger and frustration at your spouse for the benefit of raising healthier, happier, less-stressed children.	LBB3
The Complete Single Mother Andrea Engber and Leah Klungness, 1995, 2000, 2006	This book is a source of encouragement and advice for single moms, that covers topics such as finances, dealing with the absent father, custody, and dating and remarriage.	LBB59
On Your Own Again Keith Anderson, Roy MacSkimming 1992,2007	This is a down-to-earth guide to getting through a divorce or separation and getting on with your life.	LBB 92
Raising Adopted Children Lois Ruskai Melina, 1998	This books draws on the latest research in psychology, sociology, and medicine to guide parents through all stages of their child's development. It answers parents most frequently asked questions, such as: how will my child bond or form attachments to me? When and how should I tell my child that he was adopted? and more.	LBB17
The Happy Stepmother Rachelle Katz, 2010	How to stay sane, empower yourself and thrive in your new family.	LBB91
Bullying/Cyber Bullying		
Bully Alliance Films, 2011	From Sundance Award-winning filmmaker Lee Hirsch comes a beautifully cinematic, character-driven documentary following five kids and families over the course of a school year. Offering insight into different facets of bullying, the stories include two families who have lost children to suicide and a mother awaiting the fate of her 14-year-old daughter, who has been incarcerated after bringing a gun on her school bus. With an intimate and often shocking glimpse into homes, classrooms, cafeterias and principals' offices, this is a powerful and inspiring film that every educator, parent and teenager should see.	LBB115
Bullying Prevention – What Parents Need to Know Dr. Wendy Craig, Dr. Debra Pepler, Dr. Joanne Cummings, 2013	This PREVNet Pocket Guide to Bullying Prevention is a gift for anyone wanting an authoritative, comprehensive, and easily accessible guide to dealing with bullying. Written by three of the top bullying prevention and intervention experts in North America, Drs. Wendy Craig, Debra Pepler and Joanne Cummings, this guide devises realistic strategies for understanding bullying, responding effectively to bullying and ultimately, ending bullying.	LBB114
Creating a World Without Bullying PREVnet Series, Volume III Edited by Debra Pepler, Joanne Cummings, and Wendy Craig, 2011	The third volume from PREVNet (Promoting Relationships and Eliminating Violence Network), provides guidance, and outlines roles and responsibilities to prevent bullying and promote healthy relationships.	LBB113

Rise up for Respectful relationships: Prevent Bullying PREVNet Series, Volume II Edited by Wendy M. Craig, Debra Pepler, and Joanne Cummings 2009	This volume from PREVNet (Promoting Relationships and Eliminating Violence Network), helps parents and teachers, to consider their roles in shaping healthy relationships and supporting healthy development in children's lives.	LBB112
Staying Safe in a Wired World: A Parent Guide to Internet Safety Rob Nickel, 2006	This book was written for parents by a parent, who knows that the Internet can be intimidating, and confusing. It covers most of the applications used on the Internet by our children and gives instructions on how to help keep our children safe while in cyberspace. Included is a CD featuring a video presentation and printable files for parents.	LBB20
Sticks and Stones Emily Bazelon, 2013	Bazelon defines what bullying is and, just as important, what it is not, explores when intervention is essential and when kids should be given the freedom to fend for themselves. She also dispels persistent myths. Above all, she believes that to deal with the problem, we must first understand it.	LBB118
Straight Talk About Cyber bullying Mike Chase, 2008	A DVD production about the effects of cyber bullying and looking deeper into why it happens and how to stop it. Comes with accompanying curriculum.	LBB76
The Bully, the Bullied, and the Bystander Barbara Coloroso, 2002, 2006	The Bully, the Bullied, and the Bystander includes a new section on cyber bullying and gives parents, caregivers, educators, and most importantly, kids, the tools to break the cycle of violence.	LBB55
Understanding and Addressing Bullying: An International Perspective, PREVNet Series, Volume 1 Edited by Debra Pepler & Wendy Craig, 2008	With the support of international colleagues, PREVNet (Promoting Relationships and Eliminating violence Network), highlights the nature of bullying problems and strategies to address them.	LBB111
We Want You to Know: Kids Talk About Bullying Deborah Ellis, 2010	In this book, kids talk about and raise questions about the way parents, teachers, and school administrators cope with bullies. They talk about which methods have helped and which ones have not. And some kids reveal how they have been able to overcome their fear and anger to become strong advocates for the rights of others.	LBB60
Managing Money		
Piggy Banks to Paychecks Angie Mohr, 2012	Helping kids understand the value of a dollar.	LBB89
Health & Nutrition		
Raising Healthy Eaters Henry Legere, 2004	Getting kids to eat nutritious and well-balanced meals has obvious benefits to their immediate health as well as to their long-term health. Raising Healthy Eaters is your essential shopping, cooking, and kid-coaxing resource.	LBB33

Smoking and Quitting: Clean Air for All Health Canada, Center for Addiction and Mental Health, 2011	This children's book provides answers for children to questions about their thoughts and feelings towards smoking and will help to make it easier for them talk to their teachers, parents, caregivers and other family members about this topic.	LBB124
Smoking Stinks!!! LBB 125 Kim Gosselin, 1998	This educational book will help children learn about the health hazards of smoking and assist parents when talking about this important issue. The information is presented clearly in a way that children can easily understand.	LBB125
Resources for Newcomer Families		
For Our Kids Settlement Workers in Schools, 2007	This is a video for newcomers about parent involvement in education. Includes 17 languages.	LBB74
Parent Teacher Interviews Settlement Workers in Schools, 2006	This DVD outlines what happens during parent teacher interviews at the elementary school level in nine different languages (English, French, Arabic, Mandarin, Filipino, Punjabi, Russian, Spanish) Give parents a better idea about what to expect and how to handle different situations.	LBB73
Miscellaneous Parenting		
But Nobody Told Me I'd Ever have to Leave Home Kathy Lynn, 2005	Preparing your child to become a capable young adult is a challenging job. This book looks at the influences – such as playtime, temperament, friendships and disappointments that help develop capable kids. As well, it offers suggestions to help your child make their own decisions.	LBB134
Mind In The Making Ellen Galinsky, 2010	This book has grouped research into seven critical areas that children need most. For each skill this book shows numerous concrete things that parents can do, starting today, to strengthen these skills in their children.	LBB78
No Mind Left Behind Adam J. Cox, 2007	This book reveals what parents and educators need to know about a child's executive control skills; the eight essential cognitive abilities that are crucial for every child. The mastery of these skills has helped children diagnosed with special needs reach new levels of achievement, and they help every child fulfill his or her fullest potential, regardless of age and development.	LBB13
Parenting from the Inside Out Daniel J. Siegel land Mary Hartzell, 2003	This book looks at how a deeper self-understanding can help you raise children who thrive. Highly complex neuroscientific and psychological matter are translated into lay strategies for effective parenting.	LBB144
Raising Happiness – 10 Simple Steps for more Joyful Kids and Happier Parents Christine Carter, 2011	This book will discuss the best way to avoid raising a brat, the trap of trying to be perfect, the right way to praise kids, the spirit of kindness and strategies for inspiring kids to become more self-motivated. 10 key steps are introduced to help parents set the stage for their children's happiness into their adolescence and beyond.	LBB126

Stranger Danger – How to Talk to Kids About Strangers Kristi Porter, 2013	This guide for parents and caregivers will help teach children ages 3-8 about strangers in a fun, interactive, and age appropriate way – without scaring them.	LBB148
Teach Your Children Well Parenting for Authentic Success Madeline Levine 2012	Looking at the tasks from elementary through to the high school years, seven essential coping skills are outlined. This book will help overwrought families become healthier and saner.	LBB97
They Myth of Laziness Mel Levine, 2004	This book provides practical, wise, and compassionate strategies to become more productive. This book can be helpful to both teachers and parents.	LBB123
The Motivation Breakthrough: 6 Secrets to Turn On the Turned-Out Child Richard Lavoie, 2007	The Motivation Breakthrough explores proven techniques, strategies and scripts, based on six possible motivational styles that will revolutionize the way teachers and parents inspire children to succeed and achieve.	LBB39
The Successful Child: What Parents Can Do to Help Kids Turn Out Well William Sears and Martha Sears, 2002	The Successful Child shows that a successful child is an attached child; connected not just to family but to the world beyond. This books offers practical information and examples you can use to foster healthy connections. Some of the topics covered include: empathy and compassion, manners, the ability to make wise choices, healthy friendships and more.	LBB9
You Raising Your Child The Owner's Manual from First Breath to First Grade Michael F. Roizen and Mehmet C. Oz, 2010	YOU: Raising Your Child offers a brand-new way to think about parenting. You'll learn how the mind relies on the environment, the benefits of breast milk, and more.	LBB40

Education (LBC)

Resource Name	Description	Number
Analyze Yourself Karyn Gordon, 2002	This book provides a teen's guide to understanding their friends, parents and themselves.	LBC3
Building Interpersonal Messages Communication Skills Joseph A. Dvito, Rena Shimoni and Dawne Clark, 2001, 2005	This text fosters the multicultural classroom's awareness, attitudes, and skills essential in today's multicultural communities and workplaces.	LBC8
Engaging Boys: Powerful Possibilities for All Learners DVD	A DVD that will help to engage boys to be power learners and find their possibilities. (The Literacy and Numeracy Secretariat Webcast Professional Learning Series.	LBC11
Free The Children Craig Kielburger, 2010	This book is the dramatic and moving story of one child's transformation from a normal, middle-class kid from the suburbs to an activist fighting against child labour on the world stage of international human rights. This book is a testament to the power that children and young adults have to change the world.	LBC4

Help Your Child to Read Dee Reid and Diana Bentley 2009, 2012	This book will provide you with what you need to know to help your child read with fluency and to develop a love of books from an early age.	LBC12
Keen For Learning – Why Some Kids Don't Succeed in the Classroom – and What We Can Do about It Edmond J. Dixon, 2010	This book offers simple and powerful tools for classroom learning that works across the curriculum for elementary to secondary students. This is an exciting approach for students and teachers.	LBC13
Organizing from the Inside Out For Teens Julie Morgenstern and Jessie Morgenstern-Colon, 2002	With Organizing From the Inside Out For Teens, readers will learn how to rearrange a room so that it's not just for sleep, but also for friends and homework; how to organize a backpack to find what is needed and when it's needed; how to create a schedule that allows time for schoolwork and more.	LBC6
Rural Success Stories Kingston Economic Development Corporation in partnership with the Ministry of Agriculture, Food and Rural Affairs, the Frontenac Federation of Agriculture and the City of Kingston	This book is all about how to build a business "the country way" and shares peoples success stories.	LBC2
Student-led Conferences DVD	The literacy and numeracy secretariat, webcast professional learning series.	LBC9
The 7 Habits of Highly Effective Teens Sean Covey, 1998	In this book it applies the timeless principles of the 7 habits to teens and the tough issues and life-changing decisions they face. It provides a step-by-step guide to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and more.	LBC1
The New Literacy's DVD	A DVD by Dr. Allan Luke about new literacy's. (The Literacy and Numeracy Secretariat Webcast Professional Learning Series).	LBC10
The Secret Power of Middle Children Catherine Salmon and Katrin Schumann, 2011	Drawing on evolutionary biology, psychology, sociology, and real-life stories, this book sheds some much-needed light on the advantages of being a middle child. It reveals that middle children develop adaptive strategies in childhood that first, and last born do not, and that these strategies translate into stronger friendships, longer marriages, and more fulfilling careers as adults.	LBC5
The World Needs Your Kid: Raising Children Who Care and Contribute Craig Kielburger, Marc Kielburger and Shelley Page, 2010	This very personal book reflects on stories from our lives that have profoundly influenced who we are. Inside, we share memories of teachable moments and simple routines in our family that opened our eyes to the world around us. Written by Craig Kielburger, Marc Kielburger and Shelley Page.	LBC7

Therapy and Counselling (LBD)

Resource Name	Description	Number
Grief		
Beyond Tears Carol Barkin, Lorenza Colletti, Barbara J. Goldstein, Madelaine Perri Kasden, Phyllis Levine, Ariella Long and Rita Volpe, 2004, 2009	In Beyond Tears, nine mothers whose children died young lend comfort and direction to other bereaved parents in a chorus of supportive voices. They candidly share what to expect in the first year and beyond.	LBD18
Guiding Your Child Through Grief Mary Ann Emswiler and James P. Emswiler, 2000	This caring and compassionate guide offers expert advice during difficult days to help a child grieve the death of a parent or sibling.	LBD17
Parenting Through Crisis Helping Kids in Times of Loss, Grief, and Change Barbara Coloroso 1999	This international bestseller provides an insightful and practical ages and stages guide to helping kids through death, illness, or divorce, dealing with issues like adoption, single or step-parenting, and reproductive technology.	LBD39
When Children Grieve John W. James and Russell Friedman, 2002	In this book the authors offer a cutting-edge volume to free children from the false idea of "not feeling bad" and to empower them with positive, effective methods of dealing with loss. No matter the reason or degree of severity, if a child you love is grieving, the guidelines examined in this thoughtful book can make a difference.	LBD19
Surviving Abuse		
A Child Called "It" Dave Pelzer, 1995	A Child Called "It" is the unforgettable account of one of the most severe child abuse cases in California history. It is the story of Dave Pelzer, who was brutally beaten and starved by his emotionally unstable, alcoholic mother: a mother who played torturous, unpredictable games- games that left him nearly dead. He had to learn how to play his mother's games in order to survive because she no longer considered him a son, but a slave; and no longer a boy, but an "it."	LBD4
Building The Bonds of Attachment Daniel A. Hughes, 2006	This book is a narrative, composite case study of the developmental course of one child following years of abuse and neglect. This study blends attachment theory, research, and trauma theory with general principles of parenting and family therapy to develop a solid model for intervention,	LBD15
Building The Bonds of Attachment Awakening Love in Deeply Troubled Children Daniel A. Hughes, 2006	This is a book for social workers, therapists and parents who work to help poorly attached children. It is a case study of the developmental course of one child following years of abuse and neglect and provides a practical guide for all adults trying to help high-risk youth.	LBD 42

The Courage to Heal Ellen Bass and Laura Davis, 2008	The Courage to Heal is an inspiring, comprehensive guide that offers hope and a map of the healing journey to every woman who was sexually abused as a child, and to those who care about her. Weaving together personal experience with professional knowledge, the authors provide clear explanations, practical suggestions, and support throughout the healing process.	LBD12
The Emotionally Abused Woman Overcoming Destructive Patterns and Reclaiming Yourself Beverly Engel, 1992	This book will guide you through a step-by-step recovery process, helping you shed the habits begun in childhood and take the first few steps toward healthy change.	LBD31
The Emotionally Abusive Relationship Beveryl Engel, 2002	A breakthrough program to overcome unhealthy patterns. How to stop being abused and how to stop abusing.	LBD34
The Verbally Abusive Relationship How to Recognize it and How to Respond Patricia Evans 1992,1996,2010	This third edition of the bestselling classic, talks about why verbal abuse is more widespread than ever, and how you can deal with it.	LBD32
Victory Over Verbal Abuse A Healing Guide to Renewing Your Spirit and Reclaiming Your Life Patricia Evans, 2012	This book provides a thorough review of available therapies, strategies for dealing with abusers, positive messages of support and encouragement and inspiring affirmations for every week of the year.	LBD28
Relationships		
10 Mindful Minutes Goldie Hawn, 2011	As practical as it is inspiring, 10 Mindful Minutes embodies the essence of the incredible success of the MindUP program with its simple techniques like mindful breathing, sensing, and thinking. In easy-to-follow steps, it shows parents and children alike how to focus on feelings of gratitude, kindness, and optimism that will improve interpersonal relationships.	LBD1
It Gets Better Dan Savage and Terry Miller, 2011	It Gets Better is a collection of original essays and expanded testimonials written to teens from celebrities, political leaders, and everyday people, because while many LGBT teens can't see a positive future for themselves, we can.	LBD23
Depression, Stress, Anxiety, & Mental Health		
Beyond The Blues Lisa M. Schab, 2008	The activities in Beyond the Blues can help you cope with sad and difficult feelings, find new ways to make friends, and deal with conflicts. Little by little and on your own schedule, you can make small changes in your life that will lead you to a brighter, more enjoyable future.	LBD22
Brave Girl Eating Harriet Brown, 2010	The author of this book takes readers through her family's struggle with anorexia. This is an excellent book for anyone touched by this disease, families and professionals alike.	LBD 44

Helping Teens Who Cut Michael Hollander, 2008	This book demonstrates how to talk to your teen about cutting without making it worse, and explains exactly what to look for in a therapist or treatment program. It provides concrete ways to help your son or daughter cope with extreme emotions without resorting to self-injury.	LBD7
Helping Your Anxious Child Ronald M. Rapee, Ann Wignall, Susan H. Spence, Vanessa Cobham and Heidi Lyneham, 2008	This book includes the latest research and techniques for managing child anxiety. You'll learn how to help your child overcome intense fears and worries and find out how to relieve anxious feelings while parenting with compassion.	LBD8
Helping Your Teen Overcome Depression: A Guide for Parents Dr. Miriam Kaufman 2000	Dr. Kaufman explains what teen depression is, and how it can be overcome. She gives parents a thorough overview with the most up-to-date medical knowledge, and includes many illustrative case histories.	LBD26
Keys to Parenting Your Anxious Child Katharina Manassis, 1996, 2008	An experienced child psychiatrist describes anxiety-caused behaviour patterns and advises parents on how to help their child cope with anxieties in the context of both family and school environments.	LBD21
Last Child in the Woods Richard Louv, 2005, 2008	This updated version of last Child in the Woods brings together cutting-edge studies that pointed to direct exposure to nature as essential for a child's healthy physical and emotional development. This book links the lack of nature in children's lives and the rise in obesity, attention disorders, and depression.	LBD5
Post-Traumatic Stress Disorder For Dummies Mark Goulston, 2008	A traumatic event can turn your world upside down- but just because you're still afraid doesn't mean you're still in danger. There is a path out of PTSD, and this reassuring guide presents the latest information on effective treatments that help to combat fear, stop stress in its tracks, and bring joy back to life.	LBD9
Sometimes I Act Crazy Jerold J. Kreisman and Hal Straus 2004	A book about living with borderline personality disorder, what we know and what you can do about it.	LBD35
Stress Proof Your Teen Heath Dingwell, 2011	This book is a practical guide to helping your teen tackle the tough issues and giving them the tools for success. It covers topics such as: do my teen's behaviours and eating habits signal a problem? Does my teen have a psychological disorder? How do I know if my teen has been drinking or doing drugs? And more.	LBD6
The Anger Workbook for Teens Raychelle Cassada Lohmann, 2009	This book includes 37 exercises designed to show you effective skills to help you deal with feelings of rage without losing it.	LBD14
Teen Stress and Distress Dr. Mike Condra	"Dr. Mike Condra, Department of Psychology, Queen's University, reviews the "lived experience" of young people as a way to understand the types of stresses that teenagers are likely to experience. He discusses the way that stresses may manifest themselves and suggests ways in which we can help our teens to deal with them. Finally, he talks about the "warning signs" which suggests significant mental health difficulties in teens."	LBD41
The Anxiety Book Developing Strength in the Face of Fear Jonathan Davidson, 2003	An easy book to read which will help identify unhealthy anxiety and mood disorders and provides strategies to deal with behaviour.	LBD29

The Anxiety Workbook for Girls Erin A. Munroe, 2010	Whether you use it on your own or while working with a counsellor, The Anxiety Workbook for Girls is a personal guide to going from freakin' out to chilln' out.	LBD13
The Boy Who Was Raised as a Dog Bruce D. Perry,and Maia Szalavitz, 2006	The Boy Who Was Raised as a Dog tells children stories of trauma and transformation. It clearly explains what happens to the brain when children are exposed to extreme stress. Reveals innovative methods for helping to ease their pain, allowing them to become healthy adults.	LBD3
The Little Book of Stress Relief David Posen 2012	This book provides a framework for stress management and offers tips and insights.	LBD37
The Stress Reduction Workbook for Teens Gina M. Biegel, 2009	The Stress Reduction Workbook for Teens is a collection of thirty-seven simple workbook activities that will teach you to reduce your worries using a technique called mindfulness. You will learn how stress affects you in both good and bad ways, find balance in your life, and learn simple and effective relaxation skills.	LBD10
The Worried Child Paul Foxman, 2004	This book has three parts. Part 1 discusses normal anxiety, anxiety disorders, and the personality traits of anxious children. Part 2 address the role of parents, schools, and society in contributing to children's anxiety. Part 3 gives sources of help: psychotherapy, medication, and alternative and complementary therapies.	LBD24
What To Do When You Worry Too Much Dawn Huebner, 2006	This book guides children and parents through the cognitive-behavioural techniques most often used in the treatment of anxiety. Lively metaphors and illustrations make the concepts and strategies easy to understand, while clear how-to steps and prompts to draw and write help children master new skills related to reducing anxiety.	LBD25
When My Worries Get Too Big! Karl Dun Buron, 2006	A Relaxation book for children who live with anxiety.	LBD11
When the Body Says No Gabor Mate, 2004	The cost of hidden stress & effects on the body are examined. The Seven A's of Health are discussed & offer ways to obtain "a more integrated, self-honoring, and balanced existence".	LBD40
OCD, ADD, ADHD, and Eating Disorders		
Difficult Personalities A Practical Guide to Managing the Hurtful Behavior of Others (and Maybe Your Own). Helen McGrath, 2000	This book outlines over a dozen different personality traits and types and equips readers with numerous strategies for dealing with difficult behavior.	LBD27
Freedom From Obsessive-Compulsive Disorder Jonathan Grayson, 2003	This book will help to demystify the process of OCD assessment and treatment, and make sense of compulsions through self-evaluation. Tools and instructions will give the tools and courage to change.	LBD36

Life Without Ed Jenni Schaefer and Thom Rutledge, 2004	Inspiring, compassionate, and filled with practical exercises to help you break up with your own personal E.D.(eating disorder), Life Without Ed provides new hope for the disorders that plague millions of women and young girls. This supportive, lifesaving book combines a patient's insights and experiences with a therapist's prescriptions for success to help you live a healthier, happier life without an eating disorder.	LBD2
Loving Someone with Attention Deficit Disorder Susan Tschudi, 2012	A practical guide to understanding your partner, improving communication & strengthening your relationship.	LBD33
Organizing Solutions for People with ADHD Susan C. Pinsky, 2012	This book provides tips and tools to help you take charge of your life and get organized.	LBD30
Gifted & Achievement Oriented Children		
Raising Your Type A Child Dr. Steven Shelow and John Kelly, 1991	This book teaches parents how to help your child make the most of an achievement- oriented (type A) personality.	LBD 16
Ready or Not, Here Life Comes Mel Levine, 2006	More than ever, young adults are struggling with career and life decisions that can sometimes seem overwhelming. This book examines why many young people seem to stall before beginning their adult lives and shows how they can get back on track.	LBD 20
The Drama of the Gifted Child The Search for the True Self Alice Miller, 1997,2007	This book looks at why many of the most successful people are plagued by feelings of emptiness and alienation and how this can be applied to their own lives.	LBD 38

Parent Engagement (LBE)

Resource Name	Description	Number
Beyond the Bake Sale Anne T. Henderson, Karen L. Mapp, Vivian R. Johnson, Don Davis, 2007	The ultimate guide to get the most out of parent involvement within the school. Better parent-teacher-student relationship, the more beneficial for the student. Everything from types of potential partnerships that can be created to implementing and assessing interventions and programs that have been developed. e	LBE29
Boys Adrift Leonard Sax, 2007	This book takes a powerful look at boys today and draws on clinical experience to explain why our young men are failing in school and disengaged at home. It shows how we have created an environment that is literally toxic to boys, and shares practical advice on homework, video games, medication, and more.	LBE7
First Meals Annabel Karmel, 1999,2004, 2008	From first purees to scrumptious lunch boxes, including more than 200 tasty and healthy recipes and expert advice, this book features many essentials for babies, toddlers and young children's meals.	LBE2

French Kids Eat Everything Karen Le Billon, 2010	Ten simple rules for raising happy, healthy eaters.	LBE10
Hold on to your Kids Why Parents Need to Matter More Than Peers Gordon Neufeld and Gabor Mate, 2004	Looking at the phenomenon of peer orientation, (the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behavior), this book will help parents understand and provide solutions to restore the child-parent bond. The focus is not on what parents should do, but who they need to be for their children.	LBE19
Last Child in the Woods Saving Our Children from Nature-Deficit Disorder Richard Louv, 2005	As evidence continues to grow, linking the lack of nature in children's lives and the rise in obesity, attention disorders, and depression, this book will change the way we look at our future and that of our children. It also includes a field guide with 100 practical actions that we can take.	LBE18
Rachael Ray Yum-O The Family Cookbook Rachael Ray, 2008	This book contains recipes that both kids and parents will enjoy cooking and eating together. She also provides suggestions on how to involve your children in the cooking process.	LBE15
Reading Magic Mem Fox, 2001	This book explains why reading aloud to young children has such an impact on their ability to read, and on their entire lives.	LBE6
Resource Toolkit for Parent Councils to promote wellness and reduce sedentary behaviour KFL&A	Comprehensive guide to creating an environment to reduce sedentary behaviour within the school. Materials to support various events including wellness nights, screen free challenge, Huff and Puff Hike or Bike, Active Transportation, and Bulletin Board in a bag.	LBE30
Talking to Your Kids About Sex Dr. Laura Berman, 2009	This book teaches parents how to establish and share your family values around sex in every conversation, discover how to explain big ideas such as conception and birth, puberty and gender, and find out how to help your child develop a healthy, confident body image and self-esteem.	LBE3
The Allergy and Asthma Cure Fred Pescatore, 2003	This book is a complete 8-step nutritional program that has helped thousands find relief from sneezing, itchy eyes, breathlessness, rashes and other symptoms of allergies and asthma.	LBE4
The Complete Kids Allergy and Asthma Guide Dr. Milton Gold, 2003	This book gives parents a comprehensive, authoritative guide that delivers common-sense guidelines, recommendations and tips on dealing with the many allergy and asthma problems that a child can experience.	LBE9
The Everything Meals on a Budget Cookbook Linda Larsen, 2008	This cookbook offers 300 delicious, low cost recipes plus tips for shopping on a budget.	LBE14
The $5 Dinner MOM Erin Chase, 2012	A one-dish dinner cookbook.	LBE11
The Importance of Parent Involvement in Education Jacqui Strachan, People for Education, 2012	Learn how parents can be involved in their children's education. Find out how parental involvement helps children succeed in school and builds strong school communities. The workshop includes a discussion of current research on the impact of parental engagement on student achievement, and strategies for School Councils and School Staff to engage their parent communities.	LBE13

The nature Principle Reconnecting with Life in a Virtual Age Richard Louv, 2012	This book shows how nature can boost mental acuity and creativity; promote health and wellness; help build smarter, more sustainable businesses, communities, and economies; and strengthen human bonds.	LBE16
The Peanut Allergy Epidemic What's causing it and how to stop it Heather Fraser 2011	Fraser asks bold questions and attempts to answer why and how the epidemic of peanut allergy has occurred.	LBE12
The Surprising Power of Family Meals How Eating Together Makes us Smarter, Stronger, Healthier, and Happier Miriam Weinstein, 2005	New research will show how important regular family meals are to health, education and well-being. Strategies are shared on how to take the best from the past and transform it to meet current needs of our society.	LBE17
Well Being: A Guide to Health in Child Care The Canadian Paediatric Society, 2008	Well Beings is a comprehensive and definitive guide for anyone involved with child care in Canada. An essential reference for child care practitioners, public health professionals and physicians alike, this book has helped shape policies and practices in child care.	LBE1
What's Eating Your Child? Kelly Dorfman, 2011	This book reveals the hidden connections between nutrition and chronic childhood ailments, and gives parents the simple, straightforward solutions they need to help their children thrive.	LBE5
Why Gender Matters Leonard Sax, 2005	This book explains why gender matters. Teachers will learn how to encourage girls to excel in math and science, and how to get boys to love reading novels. Parents get practical and effective tips about how to discipline a son, and different ways to approach a daughter. It covers a wide range of topics such as drug use, sex, aggression and risk-taking.	LBE8

Children's Books (LBF)

Resource Name	Description	Number
A Dog Called Dad Frank B. Edwards and John Bianchi, 1994	This book is a funny spin off of a child's father who is taken by wolves and is taught how to be a wolf.	LBF15
A Look at Teeth Allan Fowler,	For very young readers', this colourful fact-filled read-about science book describes the features of teeth in people and other animals.	LBF51
Abiyoyo Pete Seeger, 1984	When the fearsome giant Abiyoyo suddenly appears in town, and all the townspeople run for their lives and the lives of their children, nothing can stop him except the enchanting sound of the ukulele and the mysterious power of the magic wand.	LBF 84
Across The Alley Richard Michelson, 2006	Abe and Willie are next-door neighbours. During the day they don't play together, because Abe is Jewish and Willie is black. But at night, when nobody's watching, they're best friends playing catch but one night Abe's grandfather catches them.	LBF2
Albert's Bathtub Herve Baudry, 1989	Albert's Bathtub is the story of the discovery of Canada... but not by Jacques Cartier. It was made by a curious little French boy by the name of Albert and his trusty companion, Punny. The two set sail in a bathtub across the stormy Atlantic and arrived only a few days ahead of the famous French explorer.	LBF28
Amazing You! Getting Smart About Your Private Parts Gail Saltz 2005	This picture book is designed especially for young children who are becoming sexually aware, but aren't ready to learn about sexual intercourse. Information is presented clearly in a cheerful, positive tone, encouraging kids to learn about their private parts and reassuring them that curiosity is natural.	LBF66
Arctic Alphabet Wayne Lynch, 1999	Using a plant, animal or a phenomenon of the far North for each letter of the alphabet, this book describes the unique ways of life in a land where temperature and light can be amazingly extreme.	LBF41
Asthma Active The Lung Association, 2004	An activity book based on learning words related to asthma. Activities include word search, crossword, fill in the blank, among others.	LBF91
Beatrice's Goat Page McBrier, 2001	Join Beatrice's story of her village and daily life as she takes on her new friend, Mugisa, a goat.	LBF12
Benjamin and The Pillow Saga Stephane Poulin, 1989	Benjamin had a great talent for making pillows that would give people the most amazing and deep sleep that not even the loudest alarm clock could wake them. But once Benjamin started playing at the opera house, the pillows lost their magic...	LBF40
Big Al Andrew Clements Yoshi, 1991	Big Al is a big and scary-looking fish who has no friends. One day he proves what a terrific fish he is and finds a whole new group of friends.	LBF83
Bing and Chutney off to Moosonee Andrea Wayne von Konigslow, 2001	Bing and Chutney were enjoying a typical day together, they went to the bus stop, but when it showed up, the bus driver was fast asleep. Chutney then begins to drive which takes them on an adventure.	LBF27

Born Yesterday James Solheim, 2010	A hilarious look at a baby's first view of the world and a sweet celebration of family. Born Yesterday is a laugh-out-loud funny book about an infant with a talent that no one will be expecting!	LBF3
Bungalo Boys: Flight of the Space Quester John Bianchi, 1993	The Bungalo Boys have been observers of the celestial void for many years. Now it is time to put their knowledge as amateur astronomers to good use. Tomorrow, they will ride one of the earth's most exciting space vehicles: the Space Quester!	LBF19
Call me Brave Boy Jenny Shiner and Michael Martchenko, 2004	After feeling sick a young boy nervously goes to the hospital. After feeling comforted from the helpful doctors and nurses, he learns that he has asthma and what he will have to do about his asthma. The young boy learns to live with asthma, continuing to do his favourite activities.	LBF89
Casey's Carousel Laurel Dee Gugler, 1989	As Casey watches the animals go up and down on the carousel, he is faced with many choices. Should he prowl through the jungle with a lion? Hop through Australia on a kangaroo? Ride through the desert on a camel or ride one of the ponies? With only one ticket, he considers all the choices and makes a decision for a great adventure.	LBF60
Christopher Changes His Name Itah Sadu and Roy Condy, 1998	Christopher is tired of his boring, nothing-special-about-it name. So he decides to change it. Then he changes it again...and again... Finally he discovers that only one name is the right one-but by then everyone has forgotten it!	LBF47
Chrysanthemum Kevin Henkes, 1991	It's the first day of school, and Chrysanthemum is sure that it's going to be absolutely perfect. Just like her name, Chrysanthemum. But her classmates have other ideas, and when a teacher with an equally precious and priceless name comes to her defence, her school days go from absolutely dreadful to perfectly delightful.	LBF38
Clifford: Where Is the Big Red Doggie? Norman Bridwell, 1998	Clifford can't be found. She looks all over for him, but is unable to find him, soon she goes home and see's him.	LBF44
Confessions of a Former Bully Trudy Ludwig, 2010	A practical tool that children can use to help identify and overcome emotional bullying.	LBF75
Cool Down and Work Through Anger Cheri J. Meiners 2010	This book will help children learn to recognize feelings of anger, express them, and build skills for coping in helpful, appropriate ways.	LBF77
DJ’s Allergies Jennifer Ormond, 2011	Short story of a three year old boy who goes about his life with his food allergies, and the precautions he takes because of it.	LBF85
Don't Laugh at Me Steve Seskin and Allen Shamblin, 2002	For anyone who's ever been bullied or been a bully themselves, it's time to change your tune. This is not a book for whiners, but a new language that will give you the words you need to take charge and stop the cycle of teasing. Comes with audio CD.	LBF48
Feelings Joanne Brisson Murphy, 1997	Follow the daily life of a little boy as he discovers all the new and exciting feelings he can feel through his daily activities.	LBF20

Figure Skating Champions Steve Milton and Gerard Chataigneau, 2002	This book is a look at today's most talented skating stars. Enjoy wonderful new photographs taken ringside at the world's greatest skating champions and read exciting stories behind today's stars.	LBF25
Fill a Bucket A Guide to Daily Happiness for Young Children Carol McCloud and Katherine Martin 2008	This book will help to teach children how to experience the joy of giving and receiving. 2009 Mom's Choice Awards Gold Recipient.	LBF70
Gorky Rises William Steig, 1980, 1986,1995	Join Gorky on his adventure as he flies over his house, town and friends looking down on the world he lives in.	LBF6
Guess How Much I Love You Sam McBratney, 1994	Little Nutbrown Hare wants to show Big Nutbrown Hare how very much he loves him – but love as big as his is very hard to measure!	LFB 82
Hama Hama misses mama Anna Dewdney, 2009	Anyone who loves their mama will relate to Llama Llama in this sweet and satisfying story of a child's first day of school. And with repeated readings, the llama llama in your life will learn the same thing little llama does. He loves Mama .....and school, too!	LBF79
Hama Hama time to share Anna Dewdney, 2009	Llama doesn't like to share until Mama shows him that when he's ready to share, he'll also be ready to have more fun.	LBF 80
Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids Carol McCloud 2006	This heartwarming book will encourages positive behavior as children see how very easy and rewarding it is to express kindness, appreciation, and love on a daily basis.	LBF62
Heather Hits her First Home Run Ted Plantos, 1989	Although Heather doesn't actually hit a home run, she does manage to win the game for her team with a terrific hit that knocks in three runs. She fails to score "home" herself, but it's a signal to her coach- and most of all to her- that it is possible for her to do it... maybe next year!	LBF29
Hole in One Gayle Grass, 2008	A young boy copes and successfully manages his anxiety with the help of a friend dragon, and foster parents.	LBF92
How Full is your Bucket? For Kids Tom Rath and Mary Reckmeyer 2009	When Felix wakes up one morning, he finds an invisible bucket floating overhead. A rotten morning threatens his mood – and his bucket – drop by drop. Can Felix discover how to refill his bucket before it's completely empty?	LBF57
How to Behave and Why Munro Leaf 2002	This classic looks at what you have to do if you want to make good friends and keep them: Be honest, strong, fair and wise.	LBF74
I Am Snow Jean Marzollo, 1998	What is snow? Is it rain? is it hail? or is it ice? This easy to ready story describes snow in simple and easy words. Instructions on how to make your own paper snowflake are included.	LBF58
I Love Colors! Hans Wilhelm, 2000	This is a delightful story about a playful dog who uses his bushy tail and plays with the primary colours to create new colours.	LBF57
I Want to be a Librarian Dan Liebman, 2003	This book talks about what librarians do. Large pictures and few words.	LBF59

I Want to be a Zookeeper Dan Liebman, 2003	This picture filled book shows children all of the different responsibilities a zookeeper would have.	LBF32
I'm Adopted Shelley Rotner and Sheila M. Kelly 2011	A clear and reassuring introduction to the topic of adoption.	LBF76
It's NOT the Stork! A Book about Girls, Boys, Babies, Bodies, Families, and Friends Robie H. Harris, 2006	A clear and comprehensive introductory course on the birds and bees. For ages 4 and up.	LBF68
It's Not My Fault! Nancy Carlson, 2003	First he oversleeps, then he's late for class, soon mice are running loose throughout the school! One mishap leads to another until George is up to his ears in trouble. Yet somehow none of it is his fault. He has an excuse for everything, but this soon catches up with him.	LBF42
June 29, 1999 David Wiesner, 1999	Holly Evans launches vegetable seedlings in the sky on June 29th and all over the country, the skies fill with vegetables.	LBF8
Kindergarten, Here I Come! D.J. Steinberg 2012	D.J. Steinberg's bouncy rhymes cover all the milestones of the school year right up to Graduation Day.	LBF64
Little Beauty Anthony Browne, 2008	Once there was a very special gorilla. He had almost everything he needed. There was just one thing he didn't have: a friend. Here is a heart warming celebration of an unlikely friendship from a master artist and storyteller.	LBF7
Mashed Potato Mountain Laurel Dee Gugler, 1998	Mashed Potato Mountain is a delightful book that tells you how you can do more with mashed potatoes than just eat them.	LBF16
Maybe A Monster Jill Creighton, 1989	Mary plays at Sam's house on a rainy day, building a city of people and parade. Until a big monster comes through the city, a Baby Monster.	LBF31
Melody Mooner Stayed Up All Night! Frank B. Edwards and John Bianchi, 1997	Melody tries to stay up all night even when her parents tell her it's time for bed. She eventually wonders outside and gets scared by a creature and runs inside into her parents bed.	LBF46
Mom and Dad Don't Live Together Anymore Kathy Stinson 1984	This honest and positive story brings comfort and support to families. This critically acclaimed gem now returns with gentle new illustrations to help reassure readers.	LBF65
Mr. Peabody's Apples Madonna, 2003	This book was inspired by a nearly 300-year-old story that was told to the author by their Kabbalah teacher. It stayed with them for so long, that when they began to write children's books, they decided to share the essence of the story. It is about the power of words; and how we must choose them carefully to avoid causing harm to others.	LBF39
Mr. Reez's Sneezes Curtis Parkinson, 1999	Mr. Reez's was a normal man who lived quietly at home, until one day he was putting pepper on his meal and a wind came and swirled the pepper up his nose. He sneezed so hard, it took him away on an adventure.	LBF14
My Book of Friends Ian Beck, 1996	This book shows different animals friends you can have.	LBF50
My Book of Outside Ian Beck, 1996,2000	This book takes children through different kinds of weather you can experience while outside.	LBF49

My Day Sindy McKay, 2002	This level K book is designed for the child who is just being introduced to reading. The child's pages have only one or two words, which relate directly to the illustration and even rhymes with what has just been read to them.	LBF52
Octopus Under The Sea Connie and Peter Roop, 2001	This book gives children a fun and picture filled way to learn about creatures from under the sea.	LBF37
Once: A Lullaby bpNichol,1983	In this quiet and magical little book, Nichol brings the essence of innocence and charm in childhood to life. He captures those silent and miraculous moments of a child just before sleep. This book is suitable for the very young.	LBF26
One Kathryn Otoshi, 2008	Blue is a quiet colour. Red is a hot head. Red likes to pick on blue. Yellow, green, purple and orange don't like what they see, but what can they do? When no one takes a stand, things get out of hand. Until *One* comes along and shows all the colours how to stand up and count!	LBF76
One Green Apple Eve Bunting, 2006	Farah feels alone, even when surrounded by her classmates. She listens and nods but doesn't speak. It's hard being the new kid in school, especially when you're from another country.	LBF54
Quennu and the Cave Bear Marie Day, 1999	The story of a girl named Quennu, who is afraid of only one thing - cave bears. When she is separated from her family and clan on a journey to the magical caverns where art is made, she must face her fears and find her way alone.	LBF53
Raising You Alone Warren Hanson 2005	With heart and humor, this book talks about the quirks and challenges that must be faced every day in a single-parent family.	LBF72
Red Parka Mary Peter Eyvindson, 1996	Why is the little boy so afraid when he walks past his neighbour's house? In this heart warming Christmas story, the boy soon comes to realize that his neighbour, Red Parka Mary, is really very friendly and he grows to appreciate and cherish their friendship. Red Parka Mary has so much to teach him.	LBF30
Sam's Bear Merry Hammond Ph.D & Rob Collins, 2009	A story of a young boy and his teddy bear, told from the point of view of the bear. The boy has a brain development problem because his mom drank alcohol and smoked tobacco during her pregnancy. Even though the boy has a brain development problem, his family and teddy bear still love him and take good care of him everyday.	LBF86
Setting Wonder Free Maryke Barnes, 1993	This book is about a family with a rocking horse that the children used and played on for years until it was placed in the basement. Then one day the little girls asks to place Wonder, the rocking horse, outside to set him free. After a couple days, Wonder is no longer there.	LBF13
Smoking and Quitting: Clean air for All Centre for Addiction and Mental Health, 2011	After a small fire in their apartment complex, two boys start to learn about the dangers of smoking, including health for the person smoking, and second hand smoke for people and pets. After talking to the adults to quit smoking, they realize that quitting is different for everyone, some people find it much harder to quit.	LBF87
Smoky Night Eve Bunting, 1994	Daniel and his mother watch the riots below from their window. People are breaking and stealing things. Feeling safe, Daniel and his mother go to bed, only to be woken up by a fire. Daniel desperately searches for this cat but is unable to find her. Once they reach a shelter a firefighter shows up with Daniels cat.	LBF23

Someone I Love Died Christine Harder Tangvald 2012	This book helps children understand their loss, answers their questions about Heaven, and provides illustrations to guide them through a difficult time.	LBF69
Tex Myrelene Ranville, 1999	This book is a loveable story about how Tex the dog got to the pound and was then found buy a loving owner.	LBF36
The BugaBees friends with food allergies Amy Recob, 2012	A rhyming story about bugs with different types of food allergies. Illustrated creatively with lots of colours.	LBF90
The Bungalo Boys: Bushmen Brouhaha John Bianchi, 1997	"An orange glow from the morning sun burns the mist off the African savannah. High overhead in a small plane, the Bungalo Boys prepare to drop into the magic and mystery of the Serengeti."	LBF45
The Bungalo Boys: Champions of Hockey John Bianchi, 1997	"The swoosh of steel on ice. The clatter of stick and puck. Sounds that crackle through frosted morning air. Sounds of the Bungalo Boys preparing for competition, a contest of skill, strength, grace and pluck. Sounds of hockey the world's fastest game!"	LBF33
The Bungalo Boys: Last of the Tree Ranchers John Bianchi, 1997	It is just after dawn in Beaver Valley, and the sun climbs into the sky, the Bungalo Boys prepare for another busy day out on the range.	LBF17
The Day of Ahmed's Secret Florence Parry Heide and Judith Heide Gilliland, 1990	As young Ahmed delivers butane gas to customers all over the city of Cairo, he thinks, I have a secret. All day long, as he manoeuvres his donkey cart through streets crowded with cars and camels, down alleys filled with merchants' stalls, and past buildings a thousand years old, Ahmen keeps his secret safe inside. It is so special, so wonderful, that he can reveal it only to his family, only when he returns home, at the end of the day.	LBF22
The Hockey Sweater Roch Carrier, 1979, 1984	When young Roch's hockey sweater, The Rocket's famous number 9, becomes too small and too shabby to wear, his mother orders him a new one from the catalogue of the Eaton company in Montreal. The new one arrives- it is a disaster! Instead of the Montreal Canadian sweater, he received a Toronto Maple Leaf sweater.	LBF21
The Orphan Boy Tolowa M. Mollel and Paul Morin, 1990	All his life the old man has longed for a child. So, when Kieken, the orphan boy, appears the old man is delighted. But when the old man sees that Kileken has powers no ordinary boy has, he becomes curious. More than a legend, The Orphan Boy is also a story of strength and weakness, youth and age, and loyal affection despite broken trust.	LBF4
The Kissing Hand Audrey Penn, 1999	To help ease Chester's fears about starting school, Mrs. Raccoon shares a family secret called the Kissing hand to give him the reassurance of her love any time his world feels a little scary.	LBF 81
The Secret Knowledge of Grown-Ups David Wisniewski, 1998	A comical spin-off of why parents ask you to eat your vegetables, not jump on the bed, not play with your food, and more.	LBF1
The Shrinking of Treehorn Florence Parry Heide, 1997	Follow the adventures of Treehorn as he shrinks in size.	LBF55
The Swine Snafu John Bianchi, 1988	Two neighbours who don't get along are both pregnant. In a rare coincidence, Mrs. Pig and Wild Flora have the same number of babies at the same time on the same day in the same hospital.	LBF18

Three Sensible Adventures Greg Wilson, 1999	This book is about two sisters, whose names were Red Tam and Green and they were made by a witch. The book includes three stories: The puppet, the troll, and the hunter, The dragon and the grandfather clock, and The prince and the pirates.	LBF34
Time To Eat Marilyn Baillie, 1995	From chickadees to leopards, from kangaroo rats to crocodiles, animals all over the world hide and save their food in amazing ways. Where do you think an ant would store honey? Why does a beaver need a frozen pond to keep dinner? You won't believe the ways all sorts of creatures ensure they have enough to eat. Includes a quiz and puzzle.	LBF35
Travels For Two Stephane Poulin, 1991	When I was a child and told adults the unbelievable story of my daily life, they were certain that I was lying. Now that I have become a grown person, everyone who listens to these same stories believes they are true... And so, this is the incredible story of Travels For Two.	LBF5
Way to Be! How to be Brave, Responsible, Honest, and an All-Around Great Kid Jill Lynn Donahue and Mary Small 2010	This books talks about things children can do to be brave, considerate, cooperative, fair, honest, respectful, responsible, tolerant, trustworthy, and a good citizen.	LBF71
Wendy Blair and the Assignment Carolyn MacDiarmid 2003	Wendy Blair and the Assignment is the second in a series of books that feature the wonderful attributes and antics of Wendy Blair, a young girl who succeeds in helping others see beyond her disability.	LBF73
What Happens Next? Department of Justice Canada, 2007	An information book, giving examples and scenarios of what happens when parents are having difficulties living together, getting a divorce and life after a divorce. Included are activities if a child is feeling sad, or upset about their parent's separation.	LBF88
What's Heaven? Maria Shriver 1999	This book was written for children who are facing a difficult time and looking for answers. Kate's great-grandma has just died and her mother helps her learn about heaven.	LBF67
What's He Doing Now? Patti Farmer and Janet Wilson, 1998	Lewis is surprised when his parents tell him a baby is on the way. And he's curious and a little sceptical about what is happening inside his mother. It all seems a little too strange to be true.	LBF24
When Dinosaurs Die A Guide to Understanding Death Laurie Krasny Brown and March Brown 1996	A comprehensive, sensitive guide for families dealing with the loss of loved ones.	LBF61
Where Once There Was a Wood Denise Fleming, 1996,2000,2010	Wildlife is disappearing all around us with the building of new shopping malls, homes, etc. With creativity and colour this book gives a strong message through simple words.	LBF9
Why is Soap So Slippery? And Other Bath Time Questions Catherine Ripley, 1995	Why is soap so slippery? Where does it go when I rinse? Why do my fingers get all wrinkly in the tub? Bath time is a time full of questions for all children. Here are satisfying answers to these questions, and explanations of the everyday mysteries of splashy bath time science.	LBF43
Will You Fill My Bucket? Daily Acts of Love Around the World Carol McCloud and Karen Wells 2012	Children around the world remind us of their need for love and affection by asking us to fill their buckets. Tender responses affirm hat bucket filling is the essence of being loved and loving others.	LBF63
Wolf Wanted Laurent Cardon, 2004	Manny is looking for a job. When he sees an ad in the newspaper that says "wolf wanted" he replies, even though he knows that the ad is for a real wolf. But luckily for Manny, so many wolves respond to the ad that a new job has to be created to answer all their letters. And he is chosen for the job.	LBF10

Yoon and the Jade Bracelet Helen Recorvits, 2008	Its Yoons birthday and all she wants is a jump rope, instead, her mother gives her a storybook and a jade bracelet. The next day at school an older girl invites her to play jump rope in return for borrowing her bracelet. When Yoon tries to get it back the girl swears it's hers. Yoon must use the story and her wisdom to get the bracelet back.	LBF11
Z is for Zamboni Matt Napier, 2002	An entertaining way of introducing the alphabet and learning about the game of hockey.	LBF56