



Parent Resource Center

Check out our new resources!

Topic: Attention deficit hyperactivity disorder (ADHD)

- ☑ *ADHD - Living Without Brakes* (2009) by Martin Kutscher: Information and advice for parents and professionals who are trying to keep up with children who are living without brakes.
- ☑ *Attention, Girls! A Guide to Learn All About Your Ad/Hd* (2009) (children's book, ages 8-13) by Patricia O. Quinn: You'll meet other girls with AD/HD just like you and learn lots of ways to take charge of your life.
- ☑ *The New Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD* (2008) (children's book, ages 8–13) by Patricia O. Quinn and Judith M. Stern: AD/HD resource offering kids, their parents, and professionals tips and techniques to manage attention disorders.
- ☑ *School Success for Kids with ADHD* (2009) by Stephan Silverman, Sue Jeweler, and Jacqueline Iseman: Offers parents and teachers the support they need to ensure children with attention deficits build on their strengths, circumvent their weaknesses, and achieve their fullest potential.

Topic: Autism

- ☑ *101 Games and Activities for Children With Autism, Asperger's and Sensory Processing Disorders* (2009) by Tara Delaney: A pediatric occupational therapist shows you how to teach your children and enhance their development through playtime activities. For ages preschool and up.
- ☑ *Eating for Autism: The 10-Step Nutrition Plan to Help Treat Your Child's Autism, Asperger's, or ADHD* (2009) by Elizabeth Strickland: Addresses the myths surrounding nutritional interventions and explains the benefits of proper nutrition.
- ☑ *Girls Growing Up on the Autism Spectrum: What Parents and Professionals Should Know About the Pre-Teen and Teenage Years* (2008) by Shana Nichols, with Gina Marie Moravcik and Samara Pulver Tetenbaum: Covers concerns commonly faced by preteen and teenaged girls with Autism Spectrum Disorders and their parents.
- ☑ *Hygiene and Related Behaviors for Children and Adolescents with Autism Spectrum and Related Disorders, A Fun Curriculum with a Focus on Social Understanding* (2009) by Kelly J. Mahler: This book provides a program for parents and teachers to help young people know how hygiene behaviors are perceived by others.
- ☑ *Real Life, Real Progress for Children with Autism Spectrum Disorders: Strategies for Successful Generalization in Natural Environments* (2009) edited by Christina Whalen: Practical and reader-friendly, this is the book that helps professionals take today's most popular autism interventions to the next level by making generalization an integral part of them.

☑ *Seeing Is Believing: Video Self-Modeling for People with Autism and Other Developmental Disabilities* (2009) by Tom Buggie: Describes video self-modeling (VSM), a technique that anyone with basic video equipment can use to help children and adults improve skills and behavior.

☑ *Special-Needs Kids Eat Right: Strategies to Help Kids on the Autism Spectrum Focus, Learn, and Thrive* (2009) by Judy Converse, MPH, RD, LD: Clear and practical advice for transforming your child's food into part of the solution instead of part of the problem.

Topic: Learning Disabilities

☑ *The 6 Success Factors for Children with Learning Disabilities: Ready-To-Use Activities to Help Kids with LD Succeed in School and in Life* (2009) by Frostig Center, contribution by Marianne Frostig Center of Educational Therapy Staff: This book helps teachers identify and encourage the growth of characteristics that will help students thrive in the classroom, at home, and in social situations.

☑ *The Don't-Give-Up Kid and Learning Disabilities* by Jeanne Gehret (2009) (Children's book, age range 7 – 9): For Alex, the only thing better than eating his mom's cookies is being able to read. Hearing how Thomas Edison worked at inventions despite repeated failures gives Alex the courage and determination to persevere at school.

Topic: Other Disability Issues

☑ *Alphabet Kids - From ADD to Zellweger Syndrome: A Guide to Developmental, Neurobiological and Psychological Disorders for Parents and Professionals* (2008) by Robbie Woliver: "Alphabet Kids" have disorders that are often concurrent, interconnected or mistaken for one another. Helps parents and professionals to sort through all the interconnected childhood developmental, neurobiological, and psychological disorders.

☑ *Fasten Your Seatbelt: A Crash Course on Down Syndrome for Brothers and Sisters* (2009) by Brian Skotko and Sue Levin: A guide to the joys and challenges of growing up with a brother or sister who has Down syndrome.

☑ *How to Take the Grrrr Out of Anger (Laugh And Learn)* (2002) (Children's Book, Reading Level 9 – 12) by Elizabeth Verdick and Marjorie Lisovskis: A hot temper isn't cool. You have the power to overpower your anger. This book tells you how.

☑ *A Parent's Guide to Down Syndrome, Toward a Brighter Future* (2001) by Siegfried Pueschel: This book will help parents through the important stages from infancy to adolescence and beyond.

☑ *Special Needs Trusts: Protect Your Child's Financial Future* (2009) by Stephen Elias: A special needs trust allows you to protect your loved one's government benefits while continuing to supplement his or her special needs. This book explains how special needs trusts work and how you can set one up yourself.



Topic: Parenting

☑ *Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age* (2009) by David Dutwin, PhD: This book shows you how to find the balance between depriving your kids of technology and raising couch potatoes.

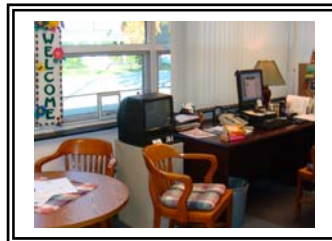
Topic: School

☑ *50 Ways to Support Your Child's Special Education: From IEPs to Assorted Therapies, an Empowering Guide to Taking Action, Every Day* (2009) by Terri Mauro: Advocacy starts at home, with you and your child. Easy and effective tips to make a difference in your child's life each and every day.

☑ *Getting Beyond Bullying and Exclusion, PreK-5: Empowering Children in Inclusive Classrooms* (2009) by Ronald Mah: A book that connects specific disabilities to bullying. A useful tool in understanding the evolution of a bully and the necessity of early, appropriate intervention.

☑ *How Can My Kid Succeed in School? What Parents and Teachers Can Do to Conquer Learning Problems* (2009) by Craig Pohlman: Offers parents and teachers easy-to-follow steps for helping children and adolescents who are struggling in the classroom.

☑ *The Organized Student: Teaching Children the Skills for Success in School and Beyond* (2005) by Donna Goldberg: This practical book is full of hands-on strategies for helping parents identify and teach organizational skills.



You can borrow any of these resources by stopping by the Parent Resource Center (PRC) between 8 am and 5 pm, Monday through Friday. You can also request them by calling Ms. Pat Macdonald, PRC Coordinator (389-0130), or by sending an email (pmacdonald@salem.k12.va.us). The Parent Resource Center is located in the Central Office Building, 510 S. College Avenue, Salem. Coordinator hours are Tuesday, Wednesday, and Thursday mornings, 8:30 to 11:50.

Resources may be checked out for three weeks at a time.