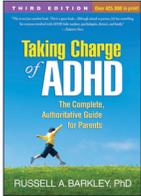


# Resource List

## for Common Mental Health Concerns in Youth

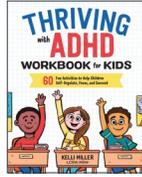


### ADHD



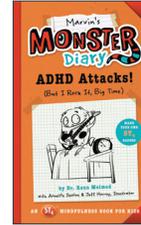
**Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents**

By Russell Barkley



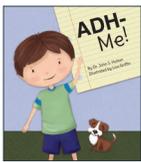
**Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self-Regulate, Focus, and Succeed**

By Kelli Miller



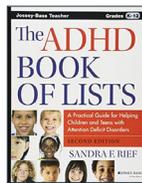
**Marvin's Monster Diary: ADHD Attacks! (But I Rock It, Big Time): An ST4 Mindfulness Book for Kids**

By Raun Melmed



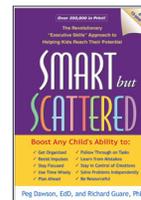
**ADH-Me!**

By Dr. John Hutton



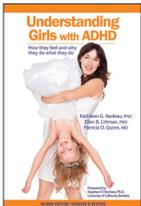
**The ADHD Book of Lists**

By Sandra Rief



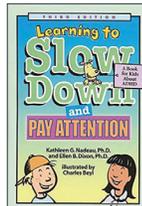
**Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential**

By Peg Dawson & Richard Guare



**Understanding Girls with ADHD: How they feel and why they do what they do**

By Kathleen Nadeau, Ellen Littman et al



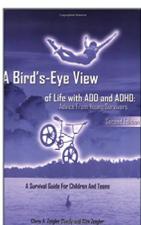
**Learning to Slow Down and pay attention**

By Kathleen Nadeau and Ellen Dixon



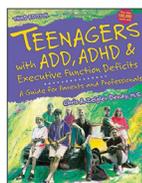
**Late, Lost, and Unprepared: A Parents' Guide to Helping Kids with Executive Functioning**

By Joyce Cooper-Kahn and Laurie Dietzel



**A Bird's Eye View of Life with ADD and ADHD: Advice from Young Survivors**

By Alex Zeigler and Chris Zeigler Dendy



**Teenagers with ADD, ADHD & Executive Function Deficits: A Guide for Parents and Professionals**

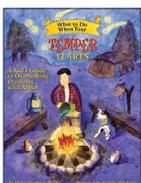
By Chris Zeigler Dendy



**8 Keys to Parenting Children with ADHD**

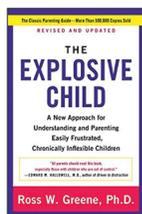
By Cindy Goldrich

### Anger/Emotional Dysregulation



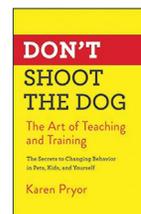
**What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger**

By Dawn Huebner



**The Explosive Child**

By Ross Greene



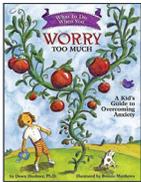
**Don't Shoot the Dog!: The New Art of Teaching and Training**

By Karen Pryor

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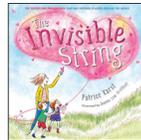
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## Anxiety



***What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety***

By Dawn Huebner



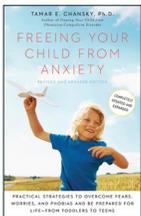
***The Invisible String***

By Patrice Karst and Joanne Lew-Vriethoff



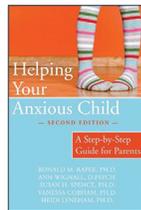
***The Kissing Hand***

By Audrey Penn, Ruth E. Harper



***Freeing Your Child From Anxiety: Practical strategies to overcome fears, worries, and phobias and be prepared for life (Toddler to Teens)***

By Tamar Chansky



***Helping Your Anxious Child: A Step-by-Step Guide for Parents***

By Ronald Rapee, PhD, Ann Wignall, et. Al



***Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, School, and Everywhere Else***

By Christopher Willard, PsyD

## Body Safety



***Let's Talk About Taking Care of You! An Educational Book About Body Safety***

By Lori Stauffer & Esther Deblinger



***It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch***

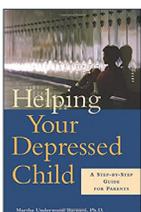
By Lory Freeman



***My Body is Private***

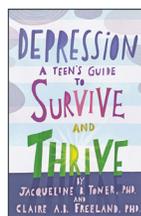
By Linda Walvoord Girard

## Depression



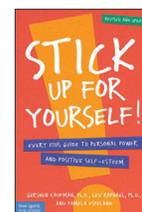
***Helping Your Depressed Child***

By Martha Underwood Barnard



***Depression: A Teen's Guide to Survive and Thrive***

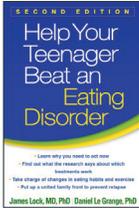
By Jacqueline Toner PhD



***Stick Up For Yourself!: Every Kid's Guide to Personal Power and Positive Self-Esteem***

By Gershen Kaufman, PhD and Lev Raphael, PhD

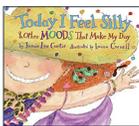
## Eating Disorder



**How to help your teenager beat an eating disorder**

By James Lock and Daniel Le Grange

## Feelings Identification



**Today I Feel Silly: And Other Moods That Make My Day**

By Jamie Lee Curtis and Laura Cornell



**The Color Monster: A Story About Emotions**

By Anna Llenas



**B is for Breathe: The ABCs of Coping with Fussy and Frustrating Feelings**

By Dr. Melissa Munro Boyd

## Mindfulness/Meditation



**Just Breathe: Meditation, Mindfulness, Movement and More**

By Mallika Chopra



**Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere**

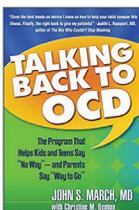
By Kira Willey



**Sitting Still Like a Frog: Mindfulness Exercises for Kids (and their parents)**

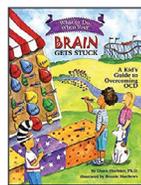
By Eline Snel

## OCD



**Talking Back to OCD: The Program That Helps Kids and Teens Say No Way — and Parents Say Way to Go**

By John S. March, Christine M. Benton



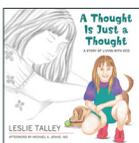
**What to Do when Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD**

By Dawn Huebner



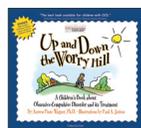
**Take Control of OCD: The Ultimate Guide for Kids With OCD**

By Bonnie Zucker



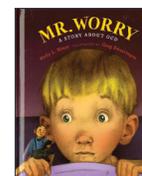
**A Thought Is Just a Thought**

By Leslie Talley, Michael A. Jenike



**Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment**

By Aureen Wagner



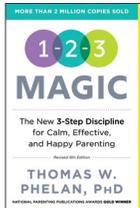
**Mr. Worry: A Story about OCD**

By Holly L. Niner

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[www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Home.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Home.aspx)

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## Parenting



**1-2-3 Magic: 3-Step Discipline for Calm, Effective, and Happy Parenting**

By Thomas Phelan



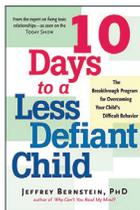
**If I Have to Tell You One More Time...**

By Amy McCreedy



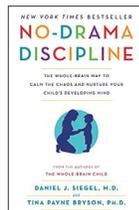
**SOS Help for Parents**

By Lynn Clark



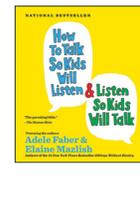
**10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior**

By Jeffrey Bernstein



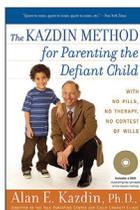
**No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind**

By Daniel J. Siegel, Tina Payne Bryson



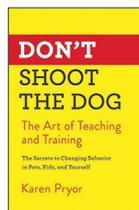
**How to Talk so Kids Will Listen and Listen so Kids Will Talk**

By Adele Faber and Elaine Mazlish



**The Kazdin Method for Parenting the Defiant Child: With No Pills, No Therapy, No Contest of Wills**

By Alan Kazdin



**Don't Shoot the Dog!: The New Art of Teaching and Training**

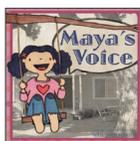
By Karen Pryor



**Parenting your out of control teenager**

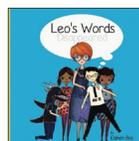
By Scott Sells

## Selective Mutism/Shyness



**Maya's Voice**

By Wen-Wen Cheng



**Leo's Words Disappeared**

By Elaheh Bos



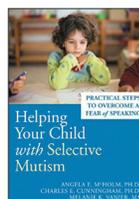
**The Loudest Roar**

By Clair Maskell



**Selective Mutism: An Assessment and Intervention Guide for Therapists, Educators & Parents**

By Aimee Kotrba



**Helping your child with selective mutism**

By McHolm, Cunningham, & Vanier



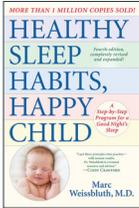
**Selective Mutism University (free online courses)**

[selectivemutismuniversity.thinkific.com](http://selectivemutismuniversity.thinkific.com)

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## Sleep



### **Healthy Sleep Habits, Happy Child: A Step-by-Step Program for a Good Night's Sleep**

By Marc Weissbluth, MD



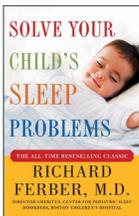
### **The Magic Ice Cream Palace**

By Jose Colon



### **Sleeping through the night**

By Jodi Mindell



### **Solve your child's sleep problems**

By Richard Ferber



### **What to do when you dread your bed: A kid's guide to overcoming problems with sleep**

By Dawn Huebner

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[www.aacap.org/AACAP/Families\\_and\\_Youth/Resource\\_Centers/Home.aspx](http://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Home.aspx)

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