Resource List
for Common Mental Health Concerns in Youth

ADHD

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

American Academy of Child and Adolescent Psychiatry has additional resources for mental health disorders:
www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Home.aspx

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# Resource List for Common Mental Health Concerns in Youth

## Anxiety

<table>
<thead>
<tr>
<th>Title</th>
<th>Author(s)</th>
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</thead>
<tbody>
<tr>
<td>What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety</td>
<td>Dawn Huebner</td>
</tr>
<tr>
<td>The Invisible String</td>
<td>Patrice Karst and Joanne Lew-Vriethoff</td>
</tr>
<tr>
<td>The Kissing Hand</td>
<td>Audrey Penn, Ruth E. Harper</td>
</tr>
<tr>
<td>Freeing Your Child From Anxiety: Practical strategies to overcome fears, worries, and phobias and be prepared for life (Toddler to Teens)</td>
<td>Tamar Chansky</td>
</tr>
<tr>
<td>Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, School, and Everywhere Else</td>
<td>Christopher Willard, PsyD</td>
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## Body Safety

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<tr>
<td>Let's Talk About Taking Care of You! An Educational Book About Body Safety</td>
<td>Lori Stauffer &amp; Esther Deblinger</td>
</tr>
<tr>
<td>It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch</td>
<td>Lory Freeman</td>
</tr>
<tr>
<td>My Body is Private</td>
<td>Linda Walvoord Girard</td>
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## Depression

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<tr>
<td>Helping Your Depressed Child</td>
<td>Martha Underwood Barnard</td>
</tr>
<tr>
<td>Depression: A Teen's Guide to Survive and Thrive</td>
<td>Jacqueline Toner PhD</td>
</tr>
<tr>
<td>Stick Up For Yourself!: Every Kid's Guide to Personal Power and Positive Self-Esteem</td>
<td>Gershen Kaufman, PhD and Lev Raphael, PhD</td>
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### 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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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 McCready

SOS Help for Parents
By Lynn Clark

10 Days to a Less Defiant: 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

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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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