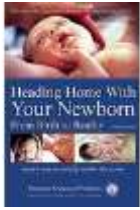


Newborn – 12 Months Old



Heading Home with Your Newborn by Laura Jana & Jennifer Shu

Heading Home with Your Newborn has everything new and expectant parents need to know about caring for baby in the first few months after birth. Written by two pediatricians who are also parents, this awarding-winning guide covers feeding, sleeping, changing, bathing, dressing, traveling, sickness, child care options, and much more.



Happiest Baby on the Block by Harvey Karp

An expert pediatrician shares his techniques for soothing babies and increasing sleep.



Mommy Calls by Tanya Reymer Altman

Dr. Altman has kept track of the various questions asked by new and experienced parents. Mommy Calls represents what she considers to be the top 101 most common questions parents ask their pediatrician.



New Mother's Guide to Breastfeeding by Joan Younger Meek & Winnie Yu

With everything new mothers need to know about breastfeeding, this fully revised and updated edition covers more than a decade's worth of the latest research including how to know if your baby is getting enough, information regarding positioning and latching, feeding patterns and more.



Sign with Your Baby by Joseph Garcia

This book teaches hearing parents how to use simple sign language gestures to communicate with their hearing infants before their infants can speak.



Touchpoints: Birth to Three by Terry Brazelton & Joshua Sparrow

Provides information on physical, emotional, and behavioral development while addressing the new stresses on families and fears of children, with a fresh focus on the role of fathers and other caregivers. This updated volume also offers new insights on prematurity, sleep patterns, early communication, toilet training, co-sleeping, play and learning, SIDS, cognitive development and signs of developmental delay, childcare, asthma, a child's immune system, and safety.



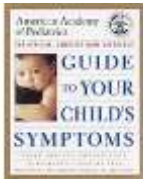
Baby 411 by Ari Brown & Denise Fields

You are having a baby! Congratulations! Now, the reality hits you—what the heck am I doing? What if you could bottle the wisdom of all those parents who've come before you . . . and mix it with the solid medical advice from a nationally-renowned pediatrician? Baby 411 is the answer! Think of it as the ultimate FAQ for new parents.



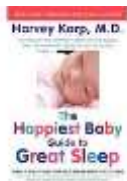
Dad to Dad: Parenting like a Pro by David Hill

Dr. Hill is a dad himself and a pediatrician in practice. Inside this practical yet humorous book, dads and dads-to-be will find helpful information on various parenting topics.



Guide to Your Child's Symptoms by Donald Schiff & Steven Shelov

The most complete, authoritative, and up-to-date guide to children's symptoms available--from the most respected authority on child and adolescent health care in America.



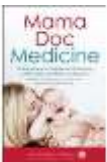
The Happiest Baby Guide to Great Sleep by Harvey Karp

Offers invaluable tips on how to help your newborn, infant, or toddler get the rest they need, while debunking some of the most widely held myths about babies and sleep.



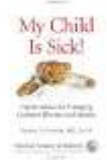
Healthy Sleep Habits, Happy Twins by Dr. Marc Weissbluth

Dr. Marc Weissbluth combines specialized advice for parents of twins with his tried-and-true sleep-training methods to show exhausted moms and dads how to get their babies to sleep on their own, stay asleep, and sleep regularly.



Mama Doc Medicine: Finding Calm and Confidence in Parenting by Wendy Sue Swanson

Pediatrician, mother and blogger Dr. Wendy Sue Swanson helps decipher today's conflicting medical opinions, offers helpful online resources, and shares what she's learned over many years from her patients, friends and family in this enlightening guide to parenting.



My Child is Sick: Expert Advice for Managing Common Illnesses and Injuries by Barton Schmitt

Straightforward information on the most common illnesses and injuries of childhood. Decision charts to help care givers determine when to call the doctor and when it's safe to treat symptoms at home, as well as descriptions of which symptoms are normal during the course of an illness or recovery from an injury and which are cause for concern.



No Cry Sleep Solutions: Gentle Ways to Help Your Baby Sleep Through the Night by Elizabeth Pantley

Pantley's guide provides you with effective strategies to overcoming naptime and nighttime problems



Sleep: What Every Parent Needs to Know by the American Academy of Pediatrics & Rachel Moon

From infants and toddlers, to school-age kids and adolescents, sleeptime problems can affect everyone in the family. And no matter what your child's difficulty may be – getting to sleep, staying asleep, bed-wetting, fears or nightmares – it's never too late to take steps to correct it.



What to Expect: Babysitters Handbook by Heidi Murkoff & Sharon Mazel

This guide contains everything a caregiver needs to know when minding a child, from newborn to preschooler. A mix of text, boxes, Q&As, and lists-plus plenty of blank space for parents to write in emergency numbers, specific instructions, and personal information about a child's likes and dislikes--it's the instruction manual that should be given to every caregiver, whether full-time nanny or weekend baby-sitter. It covers advice on feeding and diet, first aid, bathing an infant, potty-training, time-outs, rainy-day activities, sibling disputes, discipline problems, comforting a child, making play dates, even how to build a happy and healthy relationship with the child's family.



What to Expect: The First Year by Heidi Murkoff & Sharon Mazel

Guide to the instructions that babies don't come with, but should- including practical tips, realistic advice, and relatable, accessible information.



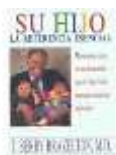
Worried All the Time: Rediscovering the Joy in Parenthood in the Age of Anxiety Your Child's Health by David Andereg

Dr. Andereg draws on social science research and his more than twenty years' experience as a therapist treating both parents and their children to clarify facts and fantasies about kids' lives today and the key issues that preoccupy parents. In the process, he offers a comforting and useful message: Parents are suffering needlessly -- and there are things they can do to take the edge off and focus on what their children really need.

SPANISH



El Cuidado de su Hijo Pequeno by the American Academy of Pediatrics



Su Hijo, la Referencia Esencial by Terry Brazelton



Nueva Guia de la Lactancia Materna by American Academy of Pediatrics



Criando a Nuestros Ninos: Educando a Ninos Latinos en un Mundo Bicultural by Gloria Rodriguez

TODDLERS



1, 2, 3 Magic by Thomas Phelan

Compiles two decades of research and experience into an easy-to-use program designed for parents striving to connect more deeply with their children and help them develop into healthy, capable teenagers and adults



1, 2, 3 Magic Workbook by Thomas Phelan

1-2-3 Magic allows you to get back in charge of your home and enjoy your kids again by helping you set limits for your children, and by breaking down the complex task of parenting into three straightforward steps



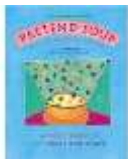
Food Fights: Winning the Nutritional Challenges of Parenthood with Armed Insight, Humor, And a Bottle of Ketchup by Laura Jana & Jennifer Shu

The authors tastefully blend the science of nutrition and pediatrics with the practical insights of parents who have been in your shoes - offering simple solutions for your daily nutritional challenges.



How to get your Kids to Eat... but Not Too Much by Ellyn Satter

This guide explores the relationship between parents, children, and food in a warm, friendly, and supportive way.



Pretend Soup and Other Real Recipes by Mollie Katzen & Ann Henderson

Child friendly recipes offering the child chef the opportunity to count, measure, mix, assemble, and most important, have fun.



First Bite: How We Learn to Eat by Bee Wilson

Draws on the latest research from food psychologists, neuroscientists, and nutritionists to reveal that our food habits are shaped by a whole host of factors: family and culture, memory and gender, hunger and love.



Guide to Toilet Training by The American Academy of Pediatrics

This invaluable resource covers everything you need to know about the toilet-training process to make this important transition as easy and as positive as possible for both you and your child.



Mommy Calls by Tanya Reymer Altmann

Dr. Altmann has kept track of the various questions asked by new and experienced parents. Mommy Calls represents what she considers to be the top 101 most common questions parents ask their pediatrician.



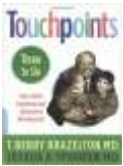
Toddler 411: Clear Answers & Smart Advice for Your Toddler by Ari Brown & Denise Fields

Toddler 411 bottles the wisdom of parents who've "been there, done that" . . . and combines it with solid medical advice from an award-winning pediatrician.



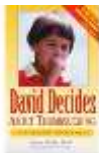
Touchpoints: Birth to Three by Terry Brazelton & Joshua Sparrow

Provides information on physical, emotional, and behavioral development while addressing the new stresses on families and fears of children, with a fresh focus on the role of fathers and other caregivers. This updated volume also offers new insights on prematurity, sleep patterns, early communication, toilet training, co-sleeping, play and learning, SIDS, cognitive development and signs of developmental delay, childcare, asthma, a child's immune system, and safety.



Touchpoints 3-6 by Terry Brazelton & Joshua Sparrow

The authors apply the touchpoints theory (following the pattern of growth-new challenge-regression-recharging-and renewed growth) to each of the great cognitive, behavioral, and emotional leaps that occur from age three to six. In the second half of the book they offer precious guidance to parents facing contemporary pressures and stresses, such as how to keep a child safe without instilling fear, countering the electronic barrage of violent games and marketing aimed at children, coping successfully with varied family configurations, over-scheduling, competition, and many other vital issues today.



David Decides about Thumbsucking: A Story for Children, a Guide for Parents by Susan Heitler

The Parent Guide addresses myths and realities about thumbsucking.



Eating Behaviors of the Young Child: Prenatal and Postnatal Influences for Healthy Eating by William Dietz & Leann Birch

This handy resource provides educational tools for parents and caregivers to help children develop healthier eating behaviors during their early years of life.



The Kissing Hand by Audry Penn & Ruth Harper

This heartwarming book has become a children's classic that has touched the lives of millions of children and their parents, especially at times of separation, whether starting school, entering daycare, or going to camp. It is widely used by kindergarten teachers on the first day of school.



No: Why Kids of All Ages - Need to Hear it and Ways Parents Can Say It by David Walsh
Provides you with an arsenal of tactics, explanations, and examples for using No the right way with your kids. His memorable, affecting, and sometimes humorous anecdotes help you regain confidence in your own judgment and ability to say No as they remind you that you're not alone in your parenting struggles. With Dr. Walsh's down-to-earth advice, you can immediately assess and improve your relationship with your kids, set and enforce limits that make sense for different ages (from toddlers to teens), and otherwise make No a positive influence on kids' behavior and in your overall family life.



Parenting with Love and Logic By Foster Cline & Jim Fay
This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character.



What to Expect: The Second Year: From 12 to 24 Months by Heidi Murkoff
From the first birthday to the second, this book covers everything parents need to know in an easy-to-access, topic-by-topic format, with chapters on growth, feeding, sleeping, behaviors of every conceivable kind, discipline (including teaching right from wrong), and keeping a toddler healthy and safe as he or she takes on the world

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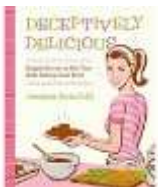


1, 2,3 Magia: Disciplina Efectiva para Ninos de 2 a 12 by Thomas Phelan



Guia Para Enseñar al Niño a Usar el Inodoro by Mark Wolraich & M. Rosario Gonzalez De Rivas

Children 5 – Preteen & Parents



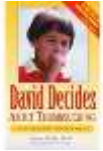
Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food by Jessica Seinfeld
A book is filled with traditional recipes that kids love, except they're stealthily packed with veggies hidden in them so kids don't even know.



The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids Favorite Meals by Missy Chase Lapine
This book presents over 75 recipes that ingeniously disguise the most important superfoods inside kids' favorite meals.



Fit Kids: The Complete Shape Up Program from Birth Through High School by Kenneth Cooper & William Proctor



David Decides about Thumbsucking: A Story for Children, a Guide for Parents by Susan Heitler

The Parent Guide addresses myths and realities about thumbsucking.



Building Resilience in Children and Teens: Giving Kids Roots and Wings by Kenneth Ginsburg

Guides parents and other caring adults how to help kids from the age of 18 months to 18 years build the seven crucial "C's"--competence, confidence, connection, character, contribution, coping, and control. These are the critical ingredients young people need to bounce back from life's challenges and thrive far into the future.



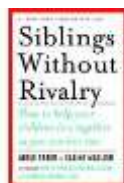
Teaching your Children Values by Richard Eryre & Linda Eyre

A practical, proven, month-by-month program of games, family activities, and value-building exercises for kids of all ages.



How to Talk so Kids Will Listen, and Listen so Kids Will Talk by Adele Faber & Elaine Mazlish

A timeless, beloved book on how to effectively communicate with your child from #1 New York Times bestselling authors.



Siblings without Rivalry: How to Help Your Children Live Together So You Can Live Too by Adele Faber & Elaine Mazlish

Gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship.



Raising a Daughter: Parents and the Awakening of a Healthy Woman by Jeanne Elium & Don Elium

Guides parents through each stage of a girl's development, from infant to toddler, through middle childhood, the teen years, and on into early adulthood while offering a practical exploration of what it means to have a daughter, and a compassionate study of what it means to be a woman coming of age in today's world.



Raising a Son: Parents and the Making of a Healthy Man by Don Elium & Jeanne Elim
Embrace the challenges--and the joys--of raising boys with compassion, commitment, experience, patience, and humor, this book follows the psychological development of boys from infancy to young adulthood.



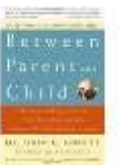
Raising Cain: Protecting the Emotional Life of Boys by Dan Kindlon & Michael Thompson
The authors make a compelling case that emotional literacy is the most valuable gift we can offer our sons, urging parents to recognize the price boys pay when we hold them to an impossible standard of manhood. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy--giving them the vital connections and support they need to navigate the social pressures of youth.



Raising Your Spirited Child, Third Edition: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent and Energetic by Mary Sheedy Kurcinka
Provides parents with the most up-to-date research, effective discipline tips, and practical strategies for raising spirited children.



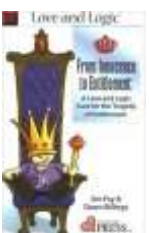
7 Steps to Nighttime Dryness: A Practical Guide for Parents of Children with Bedwetting by Renee Mercer
Provides a positive, practical, proven approach that can end your child's bedwetting now.



Between Parent and Child: The Bestselling Classic That Revolutionized Parent/Child Communication by Haim Ginott & Alice Ginott
Offers a straightforward prescription for empathetic yet disciplined child rearing and introduced new communication techniques that would change the way parents spoke with, and listened to, their children.



Have the Guts To Do it Right: Raising Grateful and Responsible Children in an Era of Indulgence by Sheri Moskowitz Noga
Offers guidance and support for parents to develop strong, loving attachments to their children as well as the ability to provide appropriate limits and discipline, all necessary elements of good parenting.

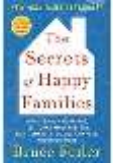


From Innocence to Entitlement: A Love and Logic Cure for the Tragedy of Entitlement by Jim Fay & Dawn Billings
In-depth look at the devastation and destruction of entitlement and provide techniques for preventing and curing the problem.



SOS Help for Parents, Third Edition by Lynn Clark

Offers tips on improving the behavior and emotional adjustment of children, ages two to twelve.



The Secrets of Happy Families: Improve Your Mornings, Tell Your Family History, Fight Smarter, Go Out and Play and Much More by Bruce Feiler

A new approach to family dynamics, inspired by cutting-edge techniques gathered from experts in the disciplines of science, business, sports, and the military.



Sports Success Rx: Your Child's Prescription for the Best Experience by Paul Stricker

Written by a pediatrician who is also board-certified in sports medicine, this book shows caretakers: How young bodies develop for sports, age-appropriate skills, proper conditioning and how it works on a cellular level, why some kids compete to win attention, safer ways to help kids perform better, positive and negative impact on young psyches, and strategies to overcome obesity and inactivity.



Waking up Dry: A Guide to Helping Children Overcome Bedwetting by Howard Bennett

A positive, interactive plan for overcoming bedwetting, geared to parents of kids ages 6-13.



Words Will Never Hurt Me: Helping Kids Handle Teasing, Bullying and Putdowns by Sally Northway Ogen

Learn practical and fun methods to teach kids to handle situations that used to make them feel stressed and inadequate.



Screen Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices by Jodi Gold & Tory Burch

The author, a parent and child psychiatrist has a unique understanding of both the mind-boggling benefits and the serious downsides of technology. Dr. Gold weaves together scientific knowledge and everyday practical advice to help you foster your child's healthy relationship to technology, from birth to the teen years.



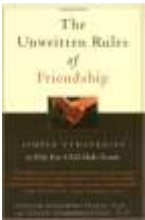
The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross Greene

Helps you understand why and when your child does these things and how to respond in ways that are nonpunitive, nonadversarial, humane, and effective.



What to Expect: Babysitters Handbook by Heidi Murkoff & Sharon Mazel

This guide contains everything a caregiver needs to know when minding a child, from newborn to preschooler. A mix of text, boxes, Q&As, and lists-plus plenty of blank space for parents to write in emergency numbers, specific instructions, and personal information about a child's likes and dislikes--it's the instruction manual that should be given to every caregiver, whether full-time nanny or weekend baby-sitter. It covers advice on feeding and diet, first aid, bathing an infant, potty-training, time-outs, rainy-day activities, sibling disputes, discipline problems, comforting a child, making play dates, even how to build a happy and healthy relationship with the child's family.



Unwritten Rules of Friendship: Simple Strategies to Help Your Child Make Friends by Natalie Madorsky Elman & Eileen Kennedy-Moore

This handbook helps parents sharpen any child's social skills by identifying the "unwritten rules" that govern all relationships

Children



It's so Amazing! A Book about Eggs, Sperm, Birth, Babies and Families by Robie Harris & Michael Emberley

Provides the answers to common childhood questions—with fun, accurate, comic-book-style artwork and a clear, lively text that reflects the interests of children age seven and up in how things work, while giving them a healthy understanding of their bodies.



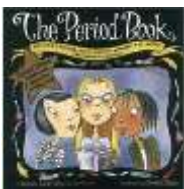
It's not the Stork! A Book About Girls, Boys, Babies, Bodies, Families and Friends by Robie Harris & Michael Emberley

Helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began.



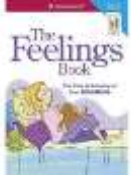
What is Going on Down There? Answers to Questions Boys Find Hard to Ask by Karen Gravelle & Nick Castro

Answers any questions you might have about puberty, from what it is and what it feels like, to what puberty is like for girls, to how to handle the sexual feelings you may be starting to experience.



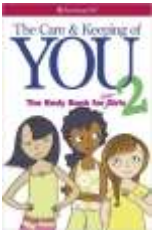
The Period Book: Everything You Don't Want to Ask (But Need to Know) by Karen Gravelle & Debbie Palen

A reassuring book for every girl about to have her period, and every parent wishing to prepare a daughter for this important milestone.



The Feelings Book: The Care and Keeping of Your Emotions by Lynda Madison & Josee Masse

This book will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief.



The Care and Keeping of you 2: The Body Book for Older Girls by Cara Natterson

This book covers new questions about periods, your growing body, peer pressure, personal care, and more.



What to do when you Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner

Interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety.



What to do when Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger by Dawn Huebner

Interactive self-help book teaches children a set of anger dousing methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids



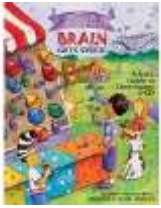
What to do when Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More by Dawn Huebner

Guides children and their parents through the cognitive-behavioral techniques used to treat a variety of habits such as nail biting, scab picking, shirt chewing, etc.



What To Do When Good Enough Isn't Good Enough: The Real Deal on Perfection by Thomas Greenspon

Helps kids understand how perfectionism hurts them and how to free themselves. Includes true-to-life vignettes, exercises, and a note to grown-ups.



What To Do When Your Brain Gets Stuck: A Kids Guide to Overcoming OCD by Dawn Huebner & Bonnie Matthews

Interactive self-help book contains examples, activities, and step-by-step instructions that help children master the skills needed to break free from the sticky thoughts and urges of OCD, and live happier lives.



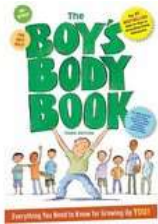
What To Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep by Dawn Huebner & Bonnie Matthews

Interactive self-help book is the complete resource for educating, motivating, and empowering children to fall asleep and stay asleep.



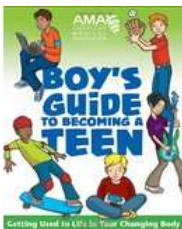
Honest Pretzels: And 64 Other Amazing Recipes for Cooks Ages 8 and Up by Mollie Katzen

65 fully kid-tested, illustrated recipes that require only a little adult assistance. It also gives young cooks, ages eight and up, a chance to practice reading, math, and logic skills and think of the sense of accomplishment they will feel as they grow into creative, confident chefs.



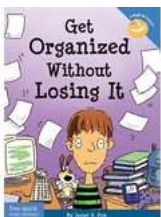
The Boys Body Book: Third Edition: Everything You Need to Know for Growing Up You by Kelli Dunham

Guide for boys, and it's here to help with expert advice, common sense tips, fast facts, and answers to all questions a boy might have.



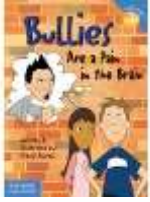
Boys Guide to Becoming a Teen by the American Medical Association & Kate Gruenwald Pfeifer

Advice to get you ready for the changes you will experience during puberty



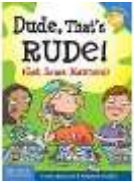
Getting Organized Without Losing It by Janet Fox

Tips, techniques, strategies, and examples empower kids to conquer clutter, prioritize tasks, handle homework, prepare for tests, plan projects, stop procrastinating, and start enjoying the benefits of being organized: less stress and more success.



Bullies are a Pain the Brain by Trevor Romain

This book blends humor with serious, practical suggestions for coping with bullies.



Dude That's Rude by Pamela & Elizabeth Verdick

Full-color cartoons and kid-friendly text teach the basics of polite behavior in all kinds of situations—at home, at school, in the bathroom, on the phone, at the mall, and more.



How to Take the Grrr Out of Anger by Elizabeth Verdick & Marjorie Lisovskis

The book teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel.



How to do Homework without Throwing Up by Elizabeth Verdick & Marjorie Lisovskis

Trevor Romain knows how horrible homework can be, and kids will see this right away as they page through this book, grin at the cartoons, and smile at Trevor's funny insights. Meanwhile, they'll discover valuable truths and pointers about homework.



How Full is your Bucket by Tom Rath & Mary Reckmeyer

An illustrated adaptation of the long-running bestseller How Full Is Your Bucket? (more than 400,000 copies sold) for kids — told through the story of a boy who learns a valuable “bucket filling” metaphor and watches it come to life as the day unfolds



I Said No! A Kid to kid Guide to Keeping Private Parts Private by Kimberly King & Zack King

Using a simple, direct, decidedly non-icky approach that doesn't dumb down the issues involved, as well as an easy-to-use system to help kids rehearse and remember appropriate responses to help keep them safe, I Said No! covers a variety of topics.



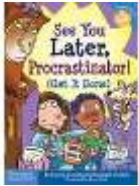
Is a Worry Worrying You? By Ferida Wolff & Harriet May Savitz

This book addresses children's worries with humor and imagination, as hilarious scenarios teach kids the use of perspective and the art of creative problem-solving.



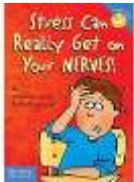
Just Kidding by Trudy Ludwig & Adam Gustavson

Takes a look at relational aggression, the use of relationships to manipulate and hurt others, this time from the boy's point of view.



See you Later Procrastinator by Pamela Espeland & Elizabeth Verdick

Full-color cartoons and kid-friendly text teach kids how to get motivated, stay motivated, and get things done.



Stress Can Really Get on Your Nerves by Trevor Romain & Elizabeth Verdick

This book is a helping hand for kids and an eye-opener for adults. Reassuring words, silly jokes, and light-hearted cartoons let kids know they're not the only worry-warts on the planet—and they can learn to manage their stress.



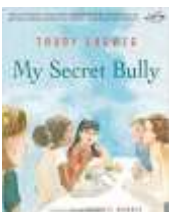
Siblings: You're Stuck with Each Other so Stick Together by James Crist & Elizabeth Verdick

Full-color illustrations and humorous, kid-friendly text teach kids how to cope with problems of fairness, jealousy, conflict, tattling, privacy, and other things that can make having siblings so difficult.



A Smart Girls Guide to Boys: Surviving Crushes, Staying True to Yourself and other Love Stuff by Nancy Holyoke & Elisa Chavarri

This book--now with updated content and illustrations--offers girls straight talk on what to do when it seems like everyone's wondering "who likes who?" It includes sensitive, insightful, honest advice from girls and boys on being friends, going out, breaking up, and just being themselves.



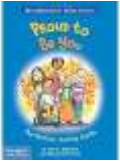
My Secret Bully by Trudy Ludwig

Monica is a target of relational aggression, emotional bullying among friends who will use name-calling and manipulation to humiliate and exclude. But with a little help from a supportive adult—her mother—Monica learns to cope and thrive by facing her fears and reclaiming power from her bully.



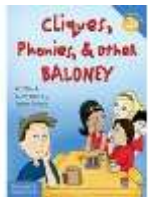
Making Choices and Making Friends: The Social Competencies Assets by Pamela Espeland & Elizabeth Verdick

Kids learn how to build the five Social Competencies Assets: planning and decision making, interpersonal competence, cultural competence, resistance skills, and peaceful conflict resolution. Stories, tips, and ideas help them get along better with others and stay true to themselves.



Proud To Be You: The Positive Identity Assets by Pamela Espeland & Elizabeth Verdick

Kids learn how to build the four Positive Identity Assets: personal power, self-esteem, sense of purpose, and a positive view of their personal future. Stories, tips, and ideas help them feel good about themselves and optimistic about what's ahead for them.



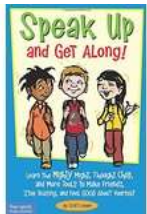
Cliques, Phonies and other Baloney by Trevor Romain

Written for every kid who has ever felt excluded or trapped by a clique, this book blends humor with practical advice as it tackles a serious subject



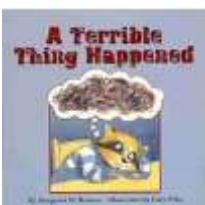
A Pocket Full of Kisses by Audrey Penn & Barbara Leonard Gibson

Provides parents with another tale of love and reassurance to share with their children.



Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing and Feel Good About Yourself by Scott Cooper

A collection of 21 concrete strategies kids can pull out and use to express themselves, build relationships, end arguments and fights, halt bullying, and beat unhappy feelings



A Terrible Thing Happened by Margaret Holmes, Sasha Mudlaff & Cary Pillo

Sherman Smith saw the most terrible thing happen. At first he tried to forget about it, but something inside him started to bother him. He felt nervous and had bad dreams. Then he met someone who helped him talk about the terrible thing, and made him feel better.

Spanish



Como Hablar para que los Niños Escuchen y Como Escuchar para que los Niños Hablen
by Adele Faber & Elaine Mazlish

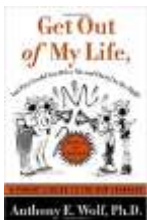
Teenagers & Parents



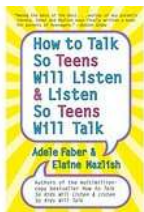
Yes your Teen is Crazy! Loving Your Kid Without Losing Your Mind by Michael Bradley
A book that updates the rulebook, giving parents the training and skills they need to transform their teenage children into strong, confident, productive adults.



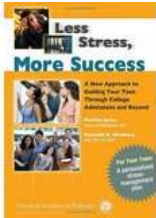
Screen Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices by Jodi Gold & Tory Burch
Jodi Gold, a practicing psychologist and mother, has a unique understanding of both the mind-boggling benefits and the serious downsides of technology. Dr. Gold weaves together scientific knowledge and everyday practical advice to help you foster your child's healthy relationship to technology, from birth to the teen years



Get out of My Life, but First Could you Drive me and Cheryl to the Mall: A Parent's Guide to the New Teenager, Revised and Updated by Anthony Wolf
This is a survival guide for parents who find themselves marooned among volatile and incomprehensible aliens on Planet Teen.



How to Talk so your Teens Will Listen, and How to Listen so your Teen will Talk by Adele Faber & Elaine Mazlish
Discover the tools to combat the often stormy years of adolescence, this book is packed with practical, accessible advice and guidelines.



Less Stress, More Success: A New Approach to Guiding Your Teen Through College by Marilee Jones & Kenneth Ginsburg

Cowritten by a former top college admissions dean and a leading pediatrician, this first-of-its-kind book delivers strategies for surviving the admissions process while strengthening parent-child relationships, managing the stress of applying to college, and building resilience to meet challenges today and in the future.



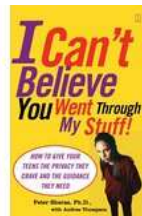
How to Talk to your Child about Sex: Its Best to Start Early, but It's Never Too Late, A Step by Step Guide for Every Age by Linda Eyre & Richard Eyre

Provides thoughtful, clear, specific guidance on when and, most important, how to help children begin to understand sex, love, and commitment from the most positive viewpoint possible



Teens and Sex Today by By Dr. Ruth Westheimer

The world-renowned sex therapist and educator offers sage advice on how to help both parents and teens survive adolescence in our digital age



I Can't Believe you Went Through my Stuff! How to Give Your Teens the Privacy They Crave and the Guidance They Need by Peter Sheras & Andrea Thompson

Gives you the key to keeping your teenager safe while building a trusting, warm, and communicative relationship.



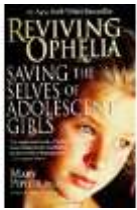
But I Love Him: Protecting Your Teen Daughter from Controlling, Abusive Dating Relationships by Jill Murray

Dr. Murray identifies controlling, abusive patterns of behavior and helps you get your daughter out of the relationship without alienating her



Dying to be Perfect. How teens can Stay Happy, Healthy and Alive by Robert Michael Cavanaugh

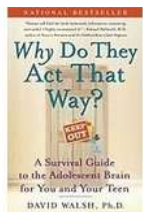
Uses a novel approach to getting into the heads of adolescents as the key to touching their hearts and reducing risk-taking behaviors



Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher & Ruth Ross
Offers important tactics, empathy, and strength, and urging a change where young hearts can flourish again, and rediscover and reengage their sense of self.



Queen Bees and Wanna Bees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and New Realities of Girl World by Rosalind Wiseman
Offers concrete strategies to help you empower your daughter to be socially competent and treat herself with dignity



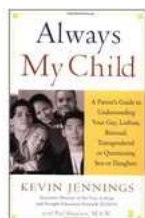
Why do They Act that Way? A Survival Guide to the Adolescent Brain for You and Your Teen by David Walsh
A book to explain the scientific, brain-based reasons behind teens' impulsive behavior, lack of focus, self-consciousness, territoriality, fatigue, and their quickness to anger and taking risks.



CyberSafe. Protecting and Empowering Kids in the Digital World of Texting, Gaming, and Social Media by Gwenn Schurgin O'Keeffe
This informative book will guide parents through the landscape of the digital world, helping them better understand things



7 Habits of Highly Effective Teens by Sean Covey
A simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and get along with their parents, as well as tackle the new challenges of our time, like cyberbullying and social media



Always my Child : A Parent's Guide to Understanding Your Gay, Lesbian, Bisexual, Transgender or Questioning Son or Daughter by Kevin Jennings & Pat Shapiro
The first book to focus on the day-to-day experiences of adolescents dealing with sexual identity issues providing the insights and practical strategies parents need to support their kids and cope themselves



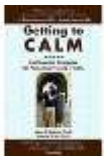
Everything You Never Wanted Your Kids to Know About Sex (But Were Afraid They'd Ask): The Secrets to Surviving Your Child's Sexual Development from Birth to the Teens by Justin Richardson & Mark Schuster

Survival guide that will help you stay sane through every stage of your child's sexual development



From Bad Grades to a Great Life! : Unlocking the Mystery of Achievement for Your Child By Charles Fay

A book explaining why character and personal responsibility form the foundation of lasting academic and occupational achievement



Getting to Calm: Cool Headed Strategies for Parenting Tweens and Teens by Laura Kastner & Jennifer Wyatt

Shows parents how to stay calm and cool-headed while dealing with hot-button issues everything from rude attitude and lying to sex and substance use -- with clear, easy-to-follow suggestions for setting limits while maintaining a close and loving relationship.



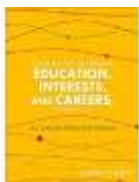
Girls on the Edge: The Four Factors Driving the New Crisis for Girls – Sexual Identity, the Cyberbuddle, Obsessions, Environmental Toxins by Leonard Sax

Provides parents with tools to help girls become confident women, along with practical tips on helping your daughter choose a sport, nurturing her spirit through female-centered activities, and more



Staying Connected to Your Teenager: How to Keep Them Talking To You and How To Hear What They're Really Saying by Michael Riera

Advice that will help frustrated parents reconnect with their teenager and keep that connection even in today's often-crazy world.



Connecting the Dots Between Education, Interests and Career, Grades 7-10: A Guide for School Practitioners by Sarah Klerk

With many ready-to-use lessons, this book gives busy teachers, school counselors, and parents succinct lessons that generate deep discussion and inquiry about the real world of post-secondary education and work.



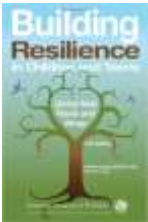
Helping Your Transgender Teen – A guide for parents by Irwin Krieger

A book to help parents of transgender teens gain an understanding of this complex subject.



The Transgender Child: A Handbook for Families and Professionals by Stephanie Brill & Rachel Pepper

A guidebook that explores the unique challenges that thousands of families face every day raising their children with the topic of gender variance from birth through college.



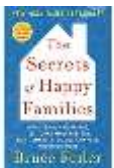
Building Resilience in Children and Teens: Giving Kids Roots and Winds by Kenneth Ginsburg

This guide offers coping strategies for facing the combined elements of academic performance, high achievement standards, media messages, peer pressure, and family tension.



Raising Cain: Protecting the Emotional Life of Boys by Dan Kindlon & Michael Thompson

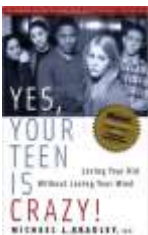
The authors make a compelling case that emotional literacy is the most valuable gift we can offer our sons, urging parents to recognize the price boys pay when we hold them to an impossible standard of manhood. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy—giving them the vital connections and support they need to navigate the social pressures of youth.



The Secrets of Happy Families: Improve Your Mornings, Tell Your Family History, Fight Smarter, Go Out and Play and Much More by Bruce Feiler

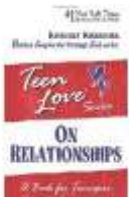
A new approach to family dynamics, inspired by cutting-edge techniques gathered from experts in the disciplines of science, business, sports, and the military.

Teenagers



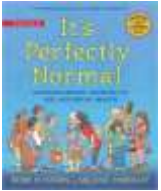
Yes, your Parents are Crazy! Loving your Kid without Losing Your Mind by Michael Bradley

A book that updates the rulebook, giving parents the training and skills they need to transform their teenage children into strong, confident, productive adults.



Teen Love: on Relationships: A Book for Teenagers by Kimberly Kirberger

A blend of information that provides a wide-ranging perspective on love and relationships. It will enable teens to gain wisdom and choose more wisely when making decisions in love and relationships.



It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health by Robie Harris

Providing accurate and up-to-date answers to nearly every imaginable question, from conception and puberty to birth control and STDs.



In Love and in Danger: A Teen's Guide to Breaking Free of Abusive Relationships by Barrie Levy

A book for teenagers who have questions about abusive dating relationships helps them understand the causes and consequences of their situation, learn what they can do about it, find help from parents and other adults, and discover how to build healthier relationships.



7 Habits of Highly Effective Teens by Sean Covey

A simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and get along with their parents, as well as tackle the new challenges of our time, like cyberbullying and social media.



The Secrets of Top Students: Tips, Tools and Techniques for Acing High School and College by Stefanie Wiesman

A conversational, down-to-earth guide for high school and college students on how to maximize their learning and get the grades they want.



How to Win Friends and Influence People by Dale Carnegie

Advice in this book has carried thousands of now famous people up the ladder of success in their business and personal lives.



George by Alex Gino

When people look at George, they think they see a boy. But she knows she's not a boy. She knows she's a girl. With the help of her best friend, Kelly, George comes up with a plan. Not just so she can be Charlotte -- but so everyone can know who she is, once and for all.

Spanish



Como Hablar para que los Adolescentes Escuchen, y como Escuchar para que los Adolescentes Hablen by Adele Faber, Elaine Mazlish & Kimberly Ann Coe

SPECIAL TOPICS

Behavioral Issues



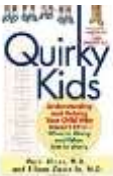
The Difficult Child by Stanley Turecki & Leslie Tonner

Dr. Stanley Turecki, one of the nation's most respected experts on children and discipline--and himself the father of a once difficult child--offers compassionate and practical advice to parents of hard-to-raise children.



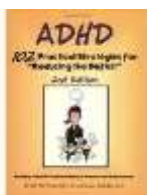
Raising your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive Perceptive, Persistent and Energetic by Mary Sheedy Kurcinka

Provides parents with the most up-to-date research, effective discipline tips, and practical strategies for raising spirited children.



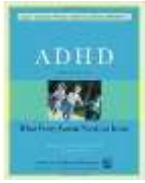
Quirky Kids: Understanding and Helping Your Child Who Doesn't Fit in – When to Worry and When Not to Worry by Perri Klass

The book illuminates the confusing list of terms often applied to quirky children—from Asperger's syndrome and nonverbal learning disability to obsessive-compulsive behavior and sensory integration dysfunction. The authors also discuss various therapy options, coping strategies, and available medications. Most of all, they will help quirky kids lead rich, fulfilling lives at home, at school, even on the playground.



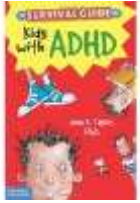
ADHD: 102 Practical Strategies for Reducing the Deficit by Kim Frank

The book is intended to be practical and encouraging. ADHD may not go away, but managing the effects of this disorder is possible.



ADHD: What Every Parent Needs to Know by Michael Reiff

A balanced guide to help you and your child meet the many challenges of the often misunderstood disorder.



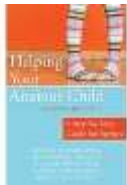
Survival Guide for Kids with ADD and ADHD by John Taylor

In kid-friendly language and a format that welcomes reluctant and easily distracted readers, this book helps kids know they're not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing with doctors, counselors, and medication. Includes real-life scenarios, quizzes, and a special message for parent.



Cory Stories: A Kid's Book about Living with ADHD by Jeanne Kraus & Whitney Martin

In short statements and vignettes, Cory describes what it's like to have ADHD: how it affects his relationships with friends and family, his school performance, and his overall functioning. He also describes many ways of coping with ADHD: medication, therapy/counseling, and practical tips for school, home, and friendships.



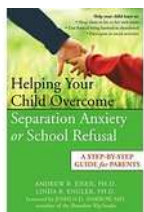
Helping your Anxious Child: A Step by Step Guide for Parents by Ronald Rapee & Ann Wignall

The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries.



Freeing your Child from Anxiety: Powerful, Practical Solutions to Overcome your Child's Fears, Worries, and Phobia by Tamar Chansky

Examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety.



Helping Your Child Overcome Separation Anxiety or School Refusal: A Step by Step Guide for Parents by Andrew Eisen, Linda Engler & Joshua Sparrow

This book shows you how to identify when your child's separation anxiety or school refusal is more than just a phase and offers effective tools that you can use to manage your child's anxiety.



The Explosive Child : A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by Ross Greene

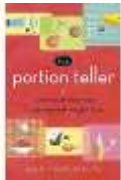
Helps you understand why and when your child does these things and how to respond in ways that are nonpunitive, nonadversarial, humane, and effective.



Odd Girl Out Revised and Updated, The Hidden Culture of Aggression in Girls by Rachel Simmons

Gives girls, parents, and educators proven and innovative strategies for navigating social dynamics in person and online, as well as brand new classroom initiatives and step-by-step parental suggestions for dealing with conventional bullying.

Good Eating Habits & Nutrition



Portion Teller: Smartsize Your Way to Permanent Weight Loss by Lisa Young

A book teaching about portion-size awareness and how to lose weight without weighing food or counting calories.



A Parent's Guide to Childhood Obesity: A Road Map to Health by Sandra Hassink

Offers long-term strategies and expert advice along with worksheets, questionnaires, and other interactive tools to help your child reach and maintain a healthy weight.



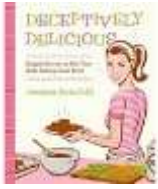
How to Get your Kids to Eat... but Not Too Much by Ellyn Satter

This guide explores the relationship between parents, children, and food in a warm, friendly, and supportive way.



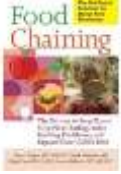
Food Fights: Winning the Nutritional Challenges of Parenthood with Armed Insight, Humor, And a Bottle of Ketchup by Laura Jana & Jennifer Shu

The authors tastefully blend the science of nutrition and pediatrics with the practical insights of parents who have been in your shoes - offering simple solutions for your daily nutritional challenges.



Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food by Jessica Seinfeld

A book is filled with traditional recipes that kids love, except they're stealthily packed with veggies hidden in them so kids don't even know!



Food Chaining: The Proven 6-Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your Child's Diet by Cheri Fraker, Mark Fishbein, Sibyl Cox & Laura Walbert



The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids Favorite Meals by Missy Chase Lapine

This book presents over 75 recipes that ingeniously disguise the most important superfoods inside kids' favorite meals.



Top 100 Recipes for Healthy Lunchbox: Easy and Exciting Ideas for Your Child's Lunches by Nicola Graaimes

Each easy-to-follow recipe is accompanied by a wealth of nutritional information, as well as clever tips for preparing multiple meals ahead of time, and time-saving food storage ideas.



Dr. Sears' LEAN Kids: A Total Health Program for Children Ages 6-11 by William Sears and Peter Sears

Offering a concrete program for overcoming the greatest health risks to school aged children: being overweight, underfit, and unhappy.



Eat This Not That! Restaurant Survival Guide: The No-Diet Weight Loss Solution by David Zinczenko & Matt Goulding

With in-depth coverage of 80 of the biggest restaurant chains in the country, it arms you with the information you need to take control of your diet and sidestep the egregious calorie-landmines that are secretly sabotaging your chances of losing weight.



Eat This Not That! For Kids! Be the Leanest, Fittest Family on the Block by David Zinczenko & Matt Goulding

This guide for parents offers detailed analysis and nutritional tips on thousands of the most popular food choices for kids.



Eat This Not That: Supermarket Survival Guide By David Zinczenko & Matt Goulding

Offers nutrition facts and information acting as a trusted bodyguard, steering buyers away from nutritional danger zones and protecting them with the power of knowledge. On every page, readers will find easy-to-follow tips and nutrition facts that help them make the best choices for cutting calories, shedding pounds, and even saving money.



Pretend Soup and Other Real Recipes by Mollie Katzen & Ann Henderson

Child friendly recipes offering the child chef the opportunity to count, measure, mix, assemble, and most important, have fun.



The Silver Spoon for Children: Favorite Italian Recipes

Offering over 40 quick, wholesome and authentic Italian recipes that children aged 8 and above will love to cook and eat. The recipes have been thoroughly tested by an expert in children's nutrition. The book also offers tips on cooking safely, which kitchen equipment to use, and how to make things as tasty as possible.

Sports & Fitness



Fit Kids Revolution: The Parents Diet Guide to Raising Healthy and Fit Children by Jon Gabriel & Patricia Ronald Riba

No restrictive meal plans, no extreme exercise routines, no guilt, and no more shame. This book teaches parents to take a "whole child," holistic approach to feeding and nurturing their kids from the inside out. In this ground-breaking book.



Sports Success Rx! Your Child's Prescription for the Best Experience by Paul Stricker

Written by a pediatrician who is also board-certified in sports medicine, this book shows caretakers:

How young bodies develop for sports, age-appropriate skills, proper conditioning and how it works on a cellular level, why some kids compete to win attention, safer ways to help kids perform better, positive and negative impact on young psyches, strategies to overcome obesity and inactivity, it's a great way to help parents redefine success and provide a better, safer sports experience.



Way to go Coach! By Frank Smoll & Ronald Smith

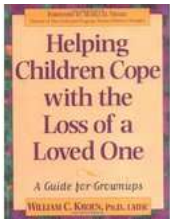
A complete guide to coaching young athletes.



Home Strength Training by Jordan Metzler

Designed for athletic kids between the ages of 8 and 18 years of age, this video and flashcard set will teach parents, coaches, and health providers how to strength train young athletes at home.

Personal Loss



Helping Children Cope with the Loss of a Loved One by William Kroen

Explains how children from infancy through age 18 perceive and react to death.



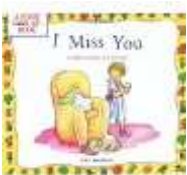
Help me Say Goodbye: Activities for Helping Kids Cope when a Special Person Dies by Janis Silverman

An art therapy and activity book for children coping with death.



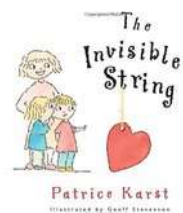
Badgers Parting Gifts by Susan Varley

Badger's friends are sad when he dies but treasure the memories he left them. "The gentle message holds particular validity for children and is conveyed in a tenderhearted manner."



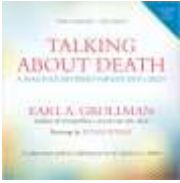
I miss you: A First Look at Death by Pat Thomas & Leslie Harker

This book helps boys and girls understand that death is a natural complement to life, and that grief and a sense of loss are normal feelings for them to have following a loved one's death.



The Invisible String by Patrice Karst & Geoff Stevenson

A simple approach to overcoming the fear of loneliness or separation with an imaginative flair that children can easily identify with and remember.



Talking About Death: A Dialog Between Parent and Child by Earl Grollman

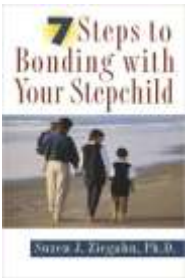
This book is a compassionate guide for adults and children to read together, featuring a read-along story and answers to questions children ask about death.

Divorce and Step Families



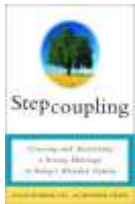
Helping Children Cope with Divorce by Edward Tyber

Teaches you to minimize stress during initial breakups and ultimate separation, explain divorce so children don't blame themselves, protect children from parental hostilities, and navigate conflicts of loyalty and alliance.



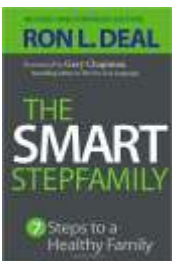
7 Steps to Bonding with Your Stepchildren by Suzen Ziegahn

Practical, realistic, and upbeat advice--from sharing a bathroom to initiating conversations--for people who "inherit" children along with a new spouse.



Stepcoupling: Creating and Sustaining a Strong Marriage in Today's Blended Families by Susan Wisdom

Provides tips and strategies on dealing with the issues remarried couples face, with a wealth of advice from real-life stepcouples.



The Smart Stepfamily: Seven Steps to a Healthy Family by Ron Deal

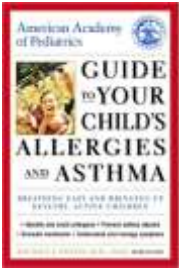
Addresses key concerns and practical issues facing every stepfamily



Keys to Successful Stepfathering by Carl Pickhardt

Describes the contributions a stepfather can make to his new family, with advice on how he can assume a reliable and reassuring presence in family life.

Chronic Illness & Children with Special Needs



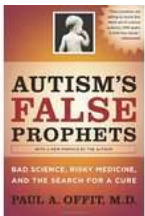
American Academy of Pediatrics Guide to Your Child's Allergies and Asthma: Breathing Easy and Bring Up Healthy, Active Children by Michael Welch

From the foremost authority on children's health--a vital guide for parents whose children suffer from allergies and asthma.



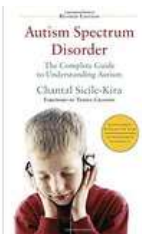
Parenting Children with Health Issues: Essential Tools, Tips and Tactics for Raising Kids with Chronic Illness, Medical Conditions and Special Health.

Whatever the health issue, you will learn the essential parenting skills you need to help your child comply with medical requirements, cope well with health challenges, and live a hope-filled life. Get practical and compassionate answers to your toughest questions as you discover effective ways to communicate about medical issues with children of all ages.



Autism's False Prophets: Bad Science, Risky Medicine, and Search for a Cure by Paul Offit

In this book, Paul A. Offit, a national expert on vaccines, challenges the modern-day false prophets who have so egregiously misled the public and exposes the opportunism of the lawyers, journalists, celebrities, and politicians who support them



Autism Spectrum Disorders: The Complete Guide to Understanding Autism by Chantal Sicile-Kira

Explains all aspects of the condition, and is written for parents, educators, caregivers, and others looking for accurate information and expert insight.

Provides tools



Love and Logic Solution for Kids with Special Needs by David Funk *and insights for those teaching special need kids.*



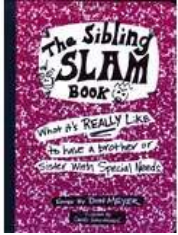
Married with Special Needs Children: A Couples Guide to Keeping Connected by Laura Marshak

A guide that speaks to parents about how to work on marital issues while juggling the demands of raising a child with a developmental disability, serious medical condition, or mental illness.



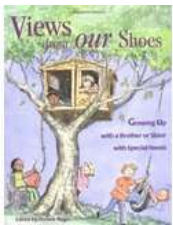
More Than a Mom: Living a Full and Balanced Life When your Child Has Special Needs by Amy Baskin

A lifeline of information and advice for mothers who have children with developmental or physical disabilities, mental health or learning issues, or chronic medical conditions.



The Sibling Slam Book: What it is Really Like to Have a Sibling with Special Needs by Don Meyer & David Gallagher

A brutally honest, non-PC look at the lives, experiences, and opinions of siblings without disability.



Views From Our Shoes: Growing up with a Brother or Sister with Special Needs by David Joseph Meyer

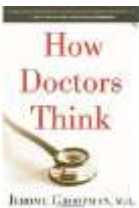
45 siblings share their experiences as the brother or sister of someone with a disability



Bloom: Finding Beauty in the Unexpected, A Memoir by Kelle Hampton

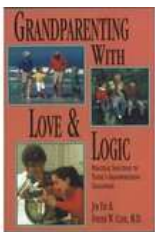
An inspiring and heartfelt memoir that celebrates the beauty found in the unexpected, the strength of a mother's love, and, ultimately, the amazing power of perspective

Miscellaneous



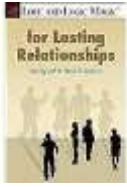
How Doctors Think by Jerome Groopman

Describes in detail the warning signs of erroneous medical thinking and reveal how new technologies may actually hinder accurate diagnoses. How Doctors Think offers direct, intelligent questions patients can ask their doctors to help them get back on track.



Grandparenting with Love and Logic by Jim Fay & Foster Cline

Show grandparents how to develop enjoyable, fulfilling relationships with both their adult children- while helping grandchildren grow into responsible, caring young people.



Love and Logic for Lasting Relationships by Jim Fay & David Hawkins

Gives you a powerful toolbox filled with tried and true techniques that have proven useful to millions of people



Marriage: Love and Logic by Foster Cline & Hermie Drill Cline

This is a read-and-understand, lock-it-in-with practice book that will enrich your relationship with your loved one.



Far From the Tree: Parents, Children and the Search for Identity by Andrew Solomon

Explores how people who love each other must struggle to accept each other—a theme in every family's life.