

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

## Child Development

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Material Title: **200 Ways to Raise a Girl's Self-Esteem: Indispensable Guide for Parents, Teachers & Other Concerned Caregivers**  
 Author: Will Glennon *Books* 1999 255 pages

"200 Ways to Raise a Girl's Self-Esteem" provides straightforward advice and helpful guidelines for parents and teachers who want to help girls build positive self-images and develop full, exuberant lives.

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Material Title: **Adolescence and Other Temporary Mental Disorders (DVD)**  
 Author: DVD *DVDs* 2010 1 hour 15 min.

On this DVD, Dr. Pat Friman shows his audience and viewers how the teenage brain affects teen behavior. With plenty of thought-provoking as well as laugh-out-loud examples, he explains how "insane" behavior on the part of teens is actually normal considering the different rates of development of parts of the brain. Dr. Friman tells viewers which behaviors to address and how, and which behaviors should simply be ignored as teen "insanity" that will be outgrown as youth mature. His presentation, full of witty examples and wise advice, speaks directly to parents, caregivers, and educators who are looking to better understand and deal with the craziness of adolescence.

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Material Title: **Adopted Adolescent, The (Audiotape)**  
 Author: Lois Melina *Audiotapes* 1993 60 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption," which covers pre-school, the middle years, and adolescence, this tape deals with the adolescent years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Child in Middle Childhood", offer more details on discussing adoption with children pre-school and ages 7-11 respectively.

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Material Title: **Adopted Child in Middle Childhood, The (Audiotape)**  
 Author: Lois Melina *Audiotapes* 1990 79 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, "Making Sense of Adoption", which covers pre-school, the middle years, and adolescence, this tape deals with the 7-11 years.

Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Adolescent", offer more details on discussing adoption with children pre-school and 12-18 respectively.

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Material Title: **Adopted Child in Middle Childhood, The (CD)**  
 Author: Lois Melina *CDs* 1993 79 minutes

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Two other tapes, "Answering Your Child's Questions About Adoption" and "The Adopted Adolescent", offer more details on discussing adoption with children pre-school and 12-18 respectively.

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Material Title: **Adopting the Older Child**  
 Author: Claudia Jewett *Books* 1978 289 pages

This book describes a child's transition from the honeymoon period through the testing phase and on to the full integration into a family, giving practical, caring advice on how to handle each situation.

# Child Development

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Material Title: **Adoption Parenting: Creating a Toolbox, Building Connections**  
Author: Jean MacLeod and Sheena Macrae *Books* 2006 485 pages

Over 100 contributors have helped to weave this tapestry of advice for adoptive parents. It looks at FASD, trauma and PTSD, sensory integration, speech and language delays, and at ways to effectively parent a post-institutionalized child or a child who has experienced trauma. You may not read it all at once, but you'll come back to it again and again as your child's self-awareness develops and your awareness of how to help increases.

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Material Title: **Answering Your Child's Questions About Adoption (Audiotape)**  
Author: Lois Melina *Audiotapes* 1990 80 minutes

These presentations help parents discuss adoption with children at different developmental stages. Based directly on material in the book, *Making Sense of Adoption*, which covers pre-school, the middle years, and adolescence, this tape deals with the pre-school years.

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Material Title: **Attachment Dance, The (DVD)**  
Author: TCU Institute of Child Development *DVDs* 2008 hours 16 minutes

The attachment relationship between parents and their children is one of the most cherished experiences of our lives. In the *Attachment Dance*, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, explores the attachment experiences of neuro-typical children and children with histories of harm. Dr. Purvis explains how to recognize features of the attachment relationship and teaches parents and caregivers how to explore their own attachment styles and facilitate healing for the children in their care. In this lecture, Dr. Purvis aims to deepen understanding of attachment issues, both theoretically and practically, and provide a solid foundation for parents and their children.

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Material Title: **Before She Gets Her Period: Talking with Your Daughter about Menstruation**  
Author: Jessica B. Gillooly *Books* 1998 158 pages

This book is designed to help parents talk with their children about all aspects of menstruation. It includes exercises and activities to get parents talking with their daughters, as well as tips on exactly what to say. In addition, the book provides insightful real life stories written by girls and women.

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Material Title: **Best of Questions & Answers with Heather T. Forbes, LCSW, The (6 CDs)**  
Author: Heather T. Forbes, LCSW *CD-ROMs* 2015 7 hours

This 6-disc audio CD set is a compilation of the very best Q&A Heather T. Forbes has done with parents through her online parenting classes over the past several years. This one-of-a-kind audio set contains seven hours of practical, effective, & loving solutions for foster, adopted, and traumatized children. Topics include abandonment, arguing, boundaries vs. consequences, chores, disobedience, emotional age, expectations, grieving, healing, hygiene, lying, medical trauma, medication, older children, opposition, overwhelm, parent anger, parent self-care, prenatal trauma, regulatory issues, relatives, shutting down, sibling rivalry, social issues, stealing, tantrums, texting, toddler issues, transitions, trauma and much more!

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Material Title: **Beyond the Big Talk: Every Parent's Guide to Raising Sexually Healthy Teens from Middle School to High School and Beyond**  
Author: Debra W. Haffner, MPH *Books* 2001 222 pages

In this book, the author confronts issues such as peer pressure, dating and parties, alcohol and drugs, sexual harassment, abstinence, and much more. The book is broken down to provide specific information particular to each age group from middle school to high school and beyond. It is packed with helpful exercises and an extensive appendix of additional resources. In addition, a supportive foreword is written by the author's own teenage daughter.

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# Child Development

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Material Title: **Body Keeps the Score, The: Brain, Mind, and Body in the Healing of Trauma**  
Author: Bessel van der Kolk, M.D. Books 2014 356 pages

This profoundly humane book offers a sweeping new understanding of the causes and consequences of trauma, offering hope and clarity to everyone touched by its devastation. Trauma has emerged as one of the great public health challenges of our time, not only because of its well-documented effects on combat veterans and on victims of accidents and crimes, but because of the hidden toll of sexual and family violence and of communities and schools devastated by abuse, neglect, and addiction. Drawing on more than thirty years at the forefront of research and clinical practice, Bessel van der Kolk shows that the terror and isolation at the core of trauma literally reshape both brain and body.

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Material Title: **Brain, The: Effects of Childhood Trauma (DVD)**  
Author: Bruce Perry DVDs 2002 29 minutes

Trauma in childhood can have devastating effects on the developing brain. Current research confirms that trauma can activate various systems in the brain that actually change neuron response and cognitive pathways. Children who experience on-going high levels of arousal due to trauma will develop systems in their brains that cause them to be constantly hyper-aroused and hyper-vigilant. These changes can result in severe problems for children, adolescents, and adults in learning ability, mood, bonding, and attachment, and in problem-solving.

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Material Title: **Brain, The: Effects of Childhood Trauma (VHS)**  
Author: Bruce Perry Videotapes 2002 29 minutes

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Material Title: **Brainstorm: The Power and Purpose of the Teenage Brain**  
Author: Daniel J. Siegel, M.D. Books 2013 307 pages

Between the ages of twelve and twentieth-four, the brain changes in important and, at times, challenging ways. In this book, author Daniel J. Siegel, M.D., busts a number of commonly held myths about adolescence to reveal how it is in fact a vital time in our lives in terms of charting the course for the adults we ultimately become. According to Siegel, during adolescence we learn important skills, such as how to leave home and enter the larger world, how to connect deeply with others, and how to safely experiment and take risks, thereby creating strategies for dealing with the worlds' increasingly complex problems.

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Material Title: **Bright Futures in Practice: Mental Health Materials (CD-ROM)**  
Author: CD-ROMs

This CD-ROM contains a manual designed for use by medical professionals. This can be paired up with the DVD "Bright Futures in Preventative Mental Health Disk 1 & 2."  
The disk includes a description of certain mental health conditions and related topics that may be experienced either by a child or parent, symptoms, interventions, resources and developmental interventions. Parents may use this in order to learn more about a particular diagnosis and resources. Topics that are included here are: mental retardation, mood disorder, Munchausen Syndrome by Proxy, obesity, oppositional behavior, parental depression, pervasive developmental delay, postpartum mood disorders and substance abuse.

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Material Title: **Bright Futures in Preventative Mental Health: Discs 1& 2 (DVD)**  
Author: DVD DVDs 2007 3 hrs. 35 min.

This DVD includes 2 disks with 4 parts. It is a curriculum developed by the University of Washington to address the mental health of children in care.  
Part 1: Provides an overview of the Bright Futures for Children and Youth in Foster Care. The presenters discuss ways to promote mental health in children and prevent mental illness.  
Part 2: Mickey Kander provides a general overview of common mental health diagnosis for children in foster care.  
Part 3: A panel of professionals, including a school psychologist, child welfare supervisor, school nurse and Puget Sound ESD Safe Schools, Healthy Student program answers foster parents' questions regarding the mental health issues of the children in their care. The panel is facilitated by Mickey Kander.  
Part 4: Tree House: Educational Advocacy for Special Education and 504 Plans. Barbara Hollbrook provides an overview of the curriculum and answers audience members' questions.  
This DVD set could be paired with the CD-ROM "Bright Futures in Practice: Mental Health Materials."

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Material Title: **Challenging Child, The: Understanding, Raising, and Enjoying the Five "Difficult" Types of Children**  
Author: Stanley Greenspan Books 1995 309 pages

Identifying five "difficult" child personality types - sensitive, withdrawn, defiant, inattentive, and active/aggressive - this guidebook explains development from the child's perspective and offers strategies on how to make such differences positive.

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Material Title: **Child With Special Needs, The**  
Author: Stanley Greenspan Books 1998 479 pages

This comprehensive approach to developmental challenges including autism, PDD, language and speech problems, Down syndrome, cerebral palsy, ADD, and other related disorders helps parents and professionals "get beyond the label" and understand each child's unique profile.

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Material Title: **Childhood Mental Health Disorders: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Ronald Federici and Heather T. Forbes DVDs 2012 47 minutes

In this interview, Dr. Federici sheds light on the countless number of children who are being treated with multiple layers of inappropriate care due to multiple and inaccurate diagnoses. Trauma presents itself differently, requiring a closer look at the child's anxiety and fear. This DVD will give you a better understanding of how a child's world needs to be reconstructed with the family being the primary construct, whereby the family becomes the "medication."

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Material Title: **Complex Trauma and PTSD: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Ronald and Heather T. Forbes, LCSW Federici DVDs 2012 47 minutes

Children who are continually under stress during their early years often accumulate layers and layers of emotional injury. Their post trauma behaviors are fear-based, chaotic, and out of reality. In this interview, Dr. Federici explains how and why parents and professionals need to work at the level of the child's development in order to create safety. Healing then happens through a step-by-step develop-mental process with families being the curative agent.

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Material Title: **Developmental Disabilities: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW DVDs 2012 44 minutes

Explore the differences between attachment disorder and developmental disabilities. In this DVD, Dr. Federici explains how a child's development can be altered through traumatic experiences leading to an alteration in the brain that can manifest into psychological, regulatory, social, and learning problems. Trauma goes much deeper than attachment. This discussion will give you a thorough understanding of the entire developmental spectrum for our children.

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Material Title: **Domestic Violence and Childhood Trauma (DVD)**  
Author: Bruce Perry DVDs 2002 29 minutes

This video examines how abused children often become involved later in destructive and problematic adult relationships. In some cases the adult who was abused in childhood becomes a victim again in adult relationships, in other cases they may become the perpetrator of domestic violence. Three personal stories are presented.

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Material Title: **Education and Trauma: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Ronald Federici and Heather T. Forbes DVDs 2012 42 minutes

Trauma can have an impact on the brain, compromising a child's focus, memory, and ability to retain, retrieve, and organize information. It can negatively impact a child's memory, speech, language, problem solving skills, and informational processing. In this series, Dr. Federici discusses how to best educate children who may present with typical behavioral or learning issues but need to be addressed from a trauma perspective in order to reach their full learning potential.

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Material Title: **Empowering, Connecting and Correcting Principles: Healing Children Through Trust and Relationships (DVD)**  
Author: TCU Institute of Child Development DVDs 2010 1 hour 55 minutes

In this nearly two-hour presentation, Dr. Karyn Purvis, a developmental psychologist, explains her research-based approach with children who come from what she calls "hard places". These are children who have been exposed to drugs and alcohol in utero or suffered abuse, trauma or neglect early in life. She explains how harm during these critical stages of brain growth cause significant disruption in a child's development and behaviors and offers strategies to overcome these deficits.

Through research and years of experience with children throughout the world, Dr. Purvis offers a path of healing through a trust-based, relationship-based, holistic approach. She explains the principles and tactics for reconnecting with these children to meet their needs and help them reach their highest potential.

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Material Title: **Family, The: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW DVDs 2012 47 minutes

Children belong in families because families are the curative factor. Dr. Federici explains that for children from traumatic backgrounds, families become the definitive and key element; the family is the treatment for the child. He discusses how a family intervention program, with a holistic and reality-based approach, can be used to reconstruct traumatized children and reintegrate them back into the family system successfully.

# Child Development

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Material Title: **First Feelings: Milestones in the Development of Your Baby and Child**  
Author: Stanley Greenspan *Books* 1985 228 pages

This book shows parents how to recognize the key stages of a child's emotional growth while guiding and enhancing early psychological development. It covers such topics as encouraging curiosity and independence; handling temper tantrums, aggressiveness and sibling rivalry; stimulating (and over-stimulating) your baby; evaluating and dealing with your own emotional responses; and developing a positive and constructive parenting style.

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Material Title: **First Years Last Forever, The (DVD)**  
Author: Rob Reiner *DVDs* 2005 30 min

The new research in brain development tells us of the vital importance of the relationship between caregiver and child in the critical first years of life. New parents have a wonderful opportunity to help their child reach their full potential. This video includes information on: bonding and attachment, communication, health and nutrition, discipline, self-esteem, child care, and self-awareness.

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Material Title: **Ghosts from the Nursery**  
Author: Robin Karr-Morse *Books* 1997 298 pages

This book offers startling new evidence that violent behavior is fundamentally linked to abuse and neglect in the first two years of life. Using case histories of "children who kill," along with the latest in brain development research, the authors show how infancy is the stage during which foundations for trust, empathy, conscience and lifelong learning and thinking are laid down or during which a predisposition to violent behavior is "hardwired" into the brain.

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Material Title: **Ghosts from the Nursery: Tracing the Roots of Violence**  
Author: Robin Karr-Morse and Meredith S. Wiley *Books* 2013 326 pages

When this book was published in 1997, it was lauded for providing scientific evidence that violence can originate in the womb and become entrenched in a child's brain by preschool. This revised edition continues to shift the conversation among parents and policy makers toward more preventative measures, incorporating significant advances in the field of neurobiological research over the past decade.

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Material Title: **Good Friends Are Hard to Find: Help your child find, make and keep friends**  
Author: Fred Frankel *Books* 1996 235 pages

Step-by-step, parents learn to help their 5 to 12-year-olds make friends and solve problems with other kids. This guide also offers concrete help for teasing, bullying and meanness, both for the child who is picked on and for the tormentor. Based on the UCLA Children's Social Skills Program, this book teaches clinically tested techniques that really work.

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Material Title: **Handbook of Infant Mental Health, Second Edition.**  
Author: Charles Zeanah, Jr. *Books* 2000 558 pages

This revised and expanded edition consists of 36 articles from a host of authors presented in six sections. Grounded in a relational perspective, it offers analysis of the developmental, clinical, and social aspects of mental health from birth to age three, reviewing a range of assessment techniques and providing detailed descriptions of specific disorders and clinical problems.

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Material Title: **Happiest Baby on the Block, The (DVD)**  
Author: Harvey Karp *DVDs* 2006 68 minutes

This DVD is presented by Dr. Karp who explains the "calming reflex" (an automatic "off-switch" for crying and "on-switch" for sleep all babies are born with). Dr. Karp shows different techniques to help calm baby's cries and help them sleep more. This DVD also includes bonus features: Dr. Karp answers 25 common parent questions, 3 effective calming sounds that can be played back all night. User guide included with DVD. Available in Spanish or English.

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Material Title: **Happiest Toddler on the Block, The (DVD)**  
Author: Harvey Karp *DVDs* 2004 69 minutes

This DVD is presented by Dr. Harvey Karp who provides information on typical toddler development (between 8 months-5 years old). He explains how to help prevent tantrums before they happen, help calm toddler's melt-downs, and how to build a loving and respectful relationship with the child. This DVD also includes a bonus feature of Dr. Karp answering 26 common parenting questions. Available in Spanish or English.



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Material Title: **Identifying and Responding to Trauma: Ages Six to Adolescence (VHS)**  
Author: Bruce Perry *Videotapes* 2002 29 minutes

Misdiagnosed characteristics of trauma are typically gender related, with boys who are hyperactive and act out and girls who dissociate and withdraw. An accurate assessment of the problem is critical to the success of intervention. Common trauma-related problems for adolescents also include learning difficulties, test anxiety, difficulty in forming relationships, difficulty with authority figures, substance abuse, acquiescence to abuse, and violent behavior. ("Understanding Childhood Trauma" Series Part 5)

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Material Title: **Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma**  
Author: Debra Wesselmann, Cathy Schweitzer and Stefanie *Books* 2014 130 pages

Children traumatized in their attachment relationships by abuse and neglect, hospitalizations, or out-of-home placements experience intense hurt, fear, and mistrust. The deep emotional pain often manifests as defiance and aggression, even after the environment has change through adoption, foster care, guardianship, or resolution of issues in the home. A treatment that integrates EMDR and family therapy provides hope and healing for hurt children and their families. This practical guide provides specialized parenting strategies to support the treatment, designed to help heal the past, integrate the emotional and logical regions of the child's brain, and nurture a healthy, happier child.

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Material Title: **Introductory Overview: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 44 minutes

In this introductory overview of complex trauma, Dr. Federici eloquently brings simplicity to the understanding of children from every end of the trauma spectrum. Federici gives insight on how to create an intervention program with simplicity and accuracy. This interview between these two professionals explores and sheds light on how developmental issues are the root of the problem underlying a child's negative behaviors.

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Material Title: **Learning the Dance of Attachment: An Adoptive Parent's Guide to Fostering Healthy Development**  
Author: Holly Van Gulden & Charlotte Vick *Books* 2010 110 pages

This book, from the author of Real Parents Real Children, is a handbook style guide to raising adopted children, offering chapters devoted to specific developmental stages – though your child is nine, if she behaves more like a four-year-old, then that might be the developmental stage she is in. It is full of charts, lists, anecdotes, and guidelines that make it an easy tool for parents to use and refer back to.

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Material Title: **Medication Madness: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012 46 minutes

There is no magic pill to resolve trauma for anyone, especially for our children. Dr. Federici explains why simply medicating symptoms is ineffective and how we have not only medicated our children to toxic levels but how we have endangered them with toxic combinations of medications. Learn more about how medications can be used at conservative levels in order to help bring children back to being functional in a family to foster greater levels of healing.

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Material Title: **Microscope with a Wide-Angle Lens, The: A Complete Look at Your Adopted Child Using a Bio-Psycho-Social Model (2 CDs)**  
Author: James Kagan and Richard Delaney *CDs* 852011 1 hour 28 minutes

Presented by James Kegan, pediatrician/psychiatrist, Colorado and Richard Delaney of Hawaii Behavioral Health, Texas at the 37th NACAC Conference 2011 in Denver, Colorado. This workshop will address how the bio-psycho-social assessment of troubled adopted children and youth permits adoptive parents to be better advocates, more informed treatment team members in working with helping professionals, and more knowledgeable observers and caregivers of their children.

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Material Title: **Mood Disorders and Trauma: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Donald Federici and Heather T. Forbes, LCSW *DVDs* 2012 41 minutes

Dr. Federici clearly explains how trauma induced mood disorders drive much of a child's negative and acting-out behaviors. He gives insight as to how anxiety, depression, mood swings, compulsive behaviors, sleep difficulties, poor social skills, reactivity, and defiance all connect back to a child's inability to regulate themselves. Solutions that center on a parent's ability and the family's ability to provide an end to the child's fear cycle are discussed in this interview.

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Material Title: **Moral Intelligence of Children: How to Raise a Moral Child**  
Author: Robert Coles *Books* 1997 196

How can we raise our children to be good people with strong moral characters and values that will guide and sustain them through life? In this powerful, carefully reasoned book Robert Coles, America's leading authority on child development, explores the ways parents and teachers can foster generosity of spirit and empathy in children, and nurture them so that they become "morally intelligent".

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Material Title: **Moving Forward: Making Sense of Our Complex Children (DVD)**

Author: Dr. Ronald Federici and Heather T. Forbes, LCSW      *DVDs*      2012

When children reach the later teenage years, many times they are not emotionally or developmentally ready for the challenges of independence. In this DVD, Dr. Federici discusses legal and financial options families have in order to stage their children through a slower and more gradual approach into adulthood. This volume sheds light on how to create the balance children with trauma histories need, without overwhelming them, to move them forward successfully.

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Material Title: **Mozart Effect for Children, The: Awakening Your Child's Mind, Health, and Creativity with Music**

Author: Don Campbell      *Books*      2002      263 pages

This book offers essential guidance that will enable parents and educators to better understand music as an aid to growth, development, mental and physical health, and creative awakening in our most precious human resource.

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Material Title: **Multiple Intelligences: The Theory in Practice**

Author: Howard Gardner      *Books*      1993      252 pages

This book brings together previously published and original work by Gardner and his colleagues at Project Zero to provide a coherent picture of what we have learned about the educational applications of MI theory from projects in schools and formal research over the last decade.

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Material Title: **My Body, My Self for Boys\* (Children's Materials)**

Author: Lynda Madaras      *Children's Books*      2007      92 pages

Aimed at 8 to 15 year old boys, this fact-filled journal and activity book makes it fun for boys to find answers to their many questions about the physical and emotional changes that accompany puberty. With quizzes, checklists, games, and illustrations throughout, there are also journal pages and lots of personal stories addressing boys' concerns, experiences, and feelings during this new stage of their lives.

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Material Title: **My Body, My Self for Girls\* (Children's Materials)**

Author: Lynda Madaras      *Children's Books*      2000      117 pages

This book is designed to help 8 to 15 year old girls learn more about the changes that take place in their bodies during puberty. It's packed with quizzes, exercises, checklists, suggestions for diary-keeping, illustrations, and personal stories from girls (and their mothers) about their growing-up concerns, experiences, and feelings. It covers everything affected by the onset of puberty, from body image, height, weight, pimples, and cramps to first periods, first bras, and first impressions.

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Material Title: **Neurochemistry of Fear, The (2 DVDs)**

Author: TCU Institute of Child Development      *DVDs*      2008      hours 20 minutes

The fundamental goal of this seminar is to empower parents and professionals to become healers in the lives of at-risk children and to discuss interventions developed through our work with families of at-risk children. Tragically, children who have been harmed, neglected, and/or abused are at significantly increased risk for behavioral disorders, relationship failures, and early onset mental illness. In this 2-disc DVD, developmental psychologist and Director of the TCU Institute of Child Development, Dr. Karyn Purvis, presents specific skills and insights garnered from research with at-risk children on how to disarm fear responses that drive their aberrant behavior. Dr. Purvis explains concepts to help caregivers and parents understand a child's brain chemistry and how neurotransmitter testing can be used to enhance therapeutic approaches.

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Material Title: **Parenting Adopted Adolescents: Understanding and Appreciating Their Journeys**

Author: Gregory Keck, PhD      *Books*      2009      220 pages

Your adopted adolescent proclaims, "I can't wait until I turn eighteen so I can leave!" And you celebrate your future liberation. If this scenario is too familiar, you're not alone. And you've chose the right resource for parenting strategies, tips, new suggestions, and insights to manage tough situations in your family. Dr. Gregory Keck - adoptive parent, psychologist, and adoption expert - helps you understand and appreciate the complicated journey that adopted adolescents face. And once you understand your role in their journey, you will be more effective in your role as a parent.

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Material Title: **Parenting Difficult Tweens & Teens (2 CDs)**

Author: Bryan and Helene Timpone, CSW Post      *CDs*      2010      ! hour 20 minutes

What every parent or professional needs to know about raising and working with preteen and teen children. Develop insights on how the teen brain process information; Learn about a chemical in the brain that will change how you see your Adolescent; Overcome the pressures imposed by their peers; End the power struggles while knowing you're teaching them everything they need to live healthy, productive lives.

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Material Title: **Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive**  
Author: Daniel Siegel and Mary Hartzell Books 2003 250 pages

This book provides insights into how we remember, perceive reality, feel, communicate, attach to others, and make sense of our lives. The authors lay a scientific groundwork, but the book is written on a more "human" level. It is not adoption or pathology focused but more development focused.

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Material Title: **Parenting the Attachment Challenged Child: When Behavior Modification and Consequences Don't Work! (3 CDs)**  
Author: Bryan Post CDs 2004 3 hours 10 minutes

Listen while Dr. Post shares with you, in his compassionate, yet non-nonsense manner which you have come to love, the latest information from the fields of neuroscience, psychology, and education. In this set of 3 audio CDs you will learn why behavior modification consequences don't work for parenting children with the most difficult behaviors. Dr. Post invites you to a new understanding of the behavior of the difficult child and leads you from old parenting paradigms to a new paradigm, family-centered regulatory parenting.

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Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (DVD)**  
Author: Dr. Bruce Perry DVDs 2002 44 minutes

The 2001 terrorist attacks rank high on the trauma scale, but there are other kinds of childhood trauma. This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence, and natural catastrophic disasters, such as earthquakes, tornados and floods, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills make these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and the appropriate responses to take. This video features Dr. Bruce D. Perry a pioneer in the research focused on traumatized children. Dr. Perry's work includes examining the long-term cognitive, behavioral, emotional, social, and psychological effects of trauma in children, adolescents and adults.

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Material Title: **Parent's Guide to Identifying and Responding to Childhood Trauma, A (VHS)**  
Author: Bruce Perry Videotapes 2002 44 minutes

The 2001 terrorist attacks rank high on the trauma scale, but there are other kinds of childhood trauma. This video helps parents identify and respond to trauma from parental divorce, the death of a parent or sibling, a life threatening accident or illness, extreme school violence, and natural catastrophic disasters, such as earthquakes, tornados and floods, as well as terrorist attacks. The suddenness of the event, the fear produced, the confusion, and the lack of coping skills make these events traumatic for many children. It is important for parents to know what to do in identifying reactions to these events in their children and the appropriate responses to take. This video features Dr. Bruce D. Perry a pioneer in the research focused on traumatized children. Dr. Perry's work includes examining the long-term cognitive, behavioral, emotional, social, and psychological effects of trauma in children, adolescents and adults.

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Material Title: **Pervasive Developmental Disorders: Finding a Diagnosis and Getting Help**  
Author: Mitzi Waltz Books 1999 400 pages

Designed for parents, adults diagnosed with PDD-NOS and Atypical PDD, and professionals, this book shows how medications, therapies, and educational techniques can address symptoms and improve the lives of people with PDD. In some cases the results can be spectacular. Waltz includes a range of stories from parents who are raising children with PDD to cover such topics as: getting a diagnosis; treatment options; and coping with diagnosis and treatment.

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Material Title: **Play Therapy**  
Author: Virginia Axline Books 1969 374 pages

The author discusses the use of play therapy for children with behavioral, emotional or other psychological problems. The bulk of the text consists of highly readable annotated transcripts of therapeutic sessions that illustrate the principles. The transcripts are authentic, and the annotations include comments on errors the therapist makes, as well as positive points.

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# Child Development

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Material Title: **Raising Resilient Rascals 2008: Disc 1 (DVD)**  
Author: DVD DVDs 2008 3 hours

This disk includes the following presentations from the 2008 conference: "The Nature and Nurture of the Brain" with Julian Davies; "The Dichotomy of Foster Care Adoption" with Paulette Caswell; and "Raising Resilient Rascals in a Raging Rambunctious World" – on sensory processing – with Stephen T. Glass.

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Material Title: **Raising Resilient Rascals 2008: Disc 2 (DVD)**  
Author: DVD DVDs 2008 3.5 hours

This disk includes the following presentations from the 2008 conference: "What Can Orphans Tell Us about the Family's Role in Promoting Child Well-Being? The Bucharest Early Intervention Study;" with Dana Johnson; "Why Does My Child Go Ballistic?" with Gwen Lewis; and a Question/Answer Panel with Presenters.

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Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 1 (DVD)**  
Author: DVD DVDs 2010 2 hrs. 30 min.

Disk 1 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Turbulence and Instrument Calibration: Early Childhood Mental Health & Development in Adoption," presented by Kristie Baber, MSW, LICSW; "Sleep and Adoption" presented by Julian Davies, MD.

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Material Title: **Raising Resilient Rascals Takes Flight! 2010: Disc 2 (DVD)**  
Author: DVD DVDs 2010 3 hours

Disk 2 DVD includes the following presentations from the Raising Resilient Rascals Takes Flight! 2010 Conference: "Understanding and Building Childhood Executive Functioning," presented by Gwen A. Lewis, Ph.D, A.B.Pd.N; "Enhancing Executive Function," presented by Julia M. Bledsoe, MD; "Panel Discussion: Advocating for your child's school needs."

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Material Title: **Right-Brained Children in a Left-Brained World: Unlocking the Potential of your ADD Child**  
Author: Jeffrey Freed, M.A.T., and Laurie Parsons Books 1997 238 pages

For children living with Attention Deficit Disorder (ADD), life can be frustrating. They may find it impossible to sit quietly, focus on a task, or work well with others; they often have difficulty mastering even basic skills. But there is more to ADD than deficits. Jeffrey Freed, who works exclusively with ADD and gifted children, has developed a simple, easy-to-apply program that works with the special abilities of the ADD child. Freed and coauthor Laurie Parsons explain how, in as little as ten minutes a day you can: test for a right-brained learning style; help your ADD child master spelling – and build confidence; tap your child's speed-reading abilities; and win over teachers and principals to the right-brained approach the ADD child thrives on.

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Material Title: **Self-Esteem: A Family Affair**  
Author: Jean Clarke Books 1978 262 pages

This book offers a series of blueprints for building self-esteem as a foundation for a successful life at home in the everyday interactions between parents and children, and in the big decisions about child care and lifestyle.

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Material Title: **Sensory Integration (DVD)**  
Author: TCU Institute of Child Development DVDs 2010 hours 10 minutes

A key element of typical development is the capacity to process and regulate environmental input. Sadly, children who have experienced prenatal exposure to drugs or alcohol, early trauma, abuse or neglect, are at high-risk for sensory disorders. In this lecture, developmental psychologist and Director of the Texas Christian University Institute of Child Development, Dr. Karyn Purvis, explains risk factors and warning signs for Sensory Processing Disorders and offers practical interventions for parents and professionals. This DVD features a Q&A session that explores common questions about sensory disorders.

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Material Title: **Sensory World, A: Making Sense of Sensory Disorder (DVD)**  
Author: TCU Institute of Child Development DVDs 2010 98 minutes

This DVD offers insight and understanding about sensory issues that may make it difficult for a child to function at home and school. Parents and professionals will learn to recognize the difference between sensory problems and problem behaviors and how to help children overcome everyday struggles that hamper their success.

This encouraging video features Dr. Karyn Purvis and Dr. David Cross, child development researchers from Texas Christian University's Institute of Child Development, and Carol Kranowitz, author of the best seller "The Out of Sync Child". These experts offer proven interventions and practical exercises to help children cope with sensory issues which will lead to enriched relationships and improved self-esteem and learning.

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# Child Development

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Material Title: **Sexually Reactive and Aggressive Children (VHS)**  
Author: Ed-Net Series *Videotapes* 1996 2 hours

EXPLICIT LANGUAGE: This panel presentation includes foster parents and two professionals. A continuum of behaviors is described for children from birth to age 12. In the first half, professionals, highlight the components of a good assessment (locating behavior along the continuum?) and types of treatment. In the second half, foster parents detail practical tips for living with children who act out sexually. The importance of supervision; establishing trust, boundaries, confidentiality and safety; open communication; and sex education are emphasized.

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Material Title: **Siblings Without Rivalry**  
Author: Adele Faber *Books* 2012 240 pages

Drawing on their own experience, the authors have developed simple yet astonishingly effective ways to reduce conflict and generate goodwill between siblings. Each skill is illustrated by the thoughts and stories of real parents. Unprecedented insights into sibling relationships show how we can incorporate these ideas into our everyday lives.

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Material Title: **Significant Event Childhood Trauma (DVD)**  
Author: Bruce Perry *DVDs* 2002 29 minutes

Sometimes a single significant event can cause trauma in the life of a child. Such events include the death of a parent or sibling, parental divorce, violence, and natural disasters. If not addressed, significant-event childhood trauma will negatively affect normal and healthy childhood development. Typical effects of trauma are the alarm state, re-experiencing, emotional memory, avoidance, and dissociation. Effective intervention involves openness and honesty, nurturing, and the frank discussion of details.

Program segments include Significant Event Trauma Effects, Targeting Resources, In the Classroom, Divorce, Single Parents, Addiction, Violence, and Intervention. Over time and with compassionate care and intervention, children can recover from a traumatic childhood event and be better prepared for similar losses and other trauma later in life.

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Material Title: **Significant Event Childhood Trauma (VHS)**  
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Material Title: **Sleeping Through the Night: How Infants, Toddlers, And Their Parents Can Get A Good Night's Sleep**  
Author: Jodi A. Mindell *Books* 2005 337 pages

This book covers Dr. Mindell's method for teaching a baby or toddler to fall asleep on his or her own and stay asleep. Dr. Mindell discusses the latest research and strategies, with reassurance and field-tested tips from her experience as a pediatric sleep expert and parent including: Giving newborns the right start on sleep; Handling nursing and sleep; Making the transitions from bassinet to crib and from crib to bed; Solving nap problems; Dealing with night terrors and nighttime fears; Sleep issues with multiples.

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Material Title: **Smart Love: The Compassionate Alternative to Discipline That Will Make You a Better Parent and Your Child a Better Person**  
Author: Martha Pieper *Books* 1999 234 pages

This book of practical tips, psychological insights and wise child-rearing will provide insights into why babies to adolescents do what they do and how you can steer a peaceful course through the daily challenges of parenting.

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Material Title: **Smart Moves: Why Learning Is Not All In Your Head**  
Author: Carla Hannaford, PhD *Books* 1995 214 pages

The body's role in thinking and learning is presented in a readable format, thoroughly supported by scientific research. Hannaford, a neurophysiologist and educator, tells us why we must move and shows us how to move to fully activate our learning potential. Her insights will be of immediate value to learners of all ages, from the gifted to the so-called learning-disabled.

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## Child Development

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Material Title: **Stories Children Tell, The: Making Sense of the Narratives of Childhood**  
Author: Susan Engel *Books* 1995 221 pages

Whether presenting their versions of real events or making up tales of adventure and discovery, children enchant us with their stories. But the value of those stories goes beyond their charm. Storytelling is an essential form through which children interpret their own experiences and communicate their view of the world. Each narrative presented by a child is a brushstroke on an evolving self-portrait - a self-portrait the child can reflect on, refer to, and revise. Here, developmental psychologist Susan Engels examines the methods and meanings of children's narratives. She offers a fascinating look at one of the most exciting areas in modern psychology and education.

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Material Title: **Teenage Brain, The: A Neuroscientist's Survival Gide to Raising Adolescents and Young Adults**  
Author: Frances E. Jensen, MD and Amy Ellis Nutt *Books* 2015 293 pages

Drawing on her research, knowledge, and clinical experience, internationally respected neurologist - and mother of two boys - Frances E. Jensen, MD, offers a revolutionary look at the adolescent brain, providing remarkable insights that translate into practical advice both for parents and teenagers.

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Material Title: **Teenagers: Making Sense of Our Complex Children (DVD)**  
Author: Dr. Ronald Federici and Heather T. Forbes, LCSW *DVDs* 2012

Trauma does not just "go away" and when many children reach their teenage years, a resurgence of their early traumatic experiences unfolds. Dr. Federici gives insight in this DVD discussion of how many teenagers reprocess the anger and aggression that was left dormant, resulting in an intensity of acting out behaviors (drug use, defiance, dramatic reactivity and sexual promiscuity). This DVD will give you a deeper understanding of how to help teens during these difficult years.

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Material Title: **Therapeutic Metaphors for Children and the Child Within**  
Author: Joyce Mills *Books* 1986 261 pages

For clinicians, presents a method of applying Erikson's metaphoric interpersonal technique for child therapy. Incorporates theory, technique, and examples to give the reader a full sense of the 'second generation' Eriksonian method of therapy with children of all ages.

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Material Title: **Toddler Adoption: The Weaver's Craft**  
Author: Mary Hopkins-Best *Books* 2012 247 pages

Most often, children are joining their permanent, adoptive families past the age of infancy but not yet as "older children." This book covers many aspects of adopting and parenting these young children: the decision whether or not to adopt; preparation and education; forming attachments; behavior management; and more. Until now, few written resources have been available to discuss this special age -- the toddler.

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Material Title: **Trauma and Healing (DVD)**  
Author: Dr. Bruce Perry *DVDs* 2002 29 minutes

Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz, who states that "Anger can be like a balloon. You keep blowing it up until it finally pops, and then only look at the result of the popping. But we also have to look at the blowing up process, which is often the pain and rage caused by childhood trauma."

This program also features interviews with Vickie, Cynthia, and Curtis, adults recovering from childhood trauma. Curtis, for example, is battling addiction and is beginning to explore the connections between a violent childhood and his current substance-abuse problems. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child.

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Material Title: **Trauma and Healing (VHS)**  
Author: Bruce Perry *Videotapes* 2002 29 minutes

Adults who have suffered trauma in childhood often have difficulty expressing anger. This program features trauma expert Jane Middleton-Moz, who states that "Anger can be like a balloon. You keep blowing it up until it finally pops, and then only look at the result of the popping. But we also have to look at the blowing up process, which is often the pain and rage caused by childhood trauma." This program also features interviews with adults recovering from childhood trauma. Recovery from childhood trauma ultimately depends on accepting and understanding the original trauma, and then relying on the same survival skills that one had as a child. ("Understanding Childhood Trauma" Series Part 7.)

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# Child Development

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Material Title: **Trauma Through A Child's Eyes**

Author: Peter A. and Maggie Kline Levine Books 2007 457 pages

Trauma can result not only from catastrophic events such as abuse, violence, or loss of loved ones, but from natural disasters and everyday incidents such as auto accidents, medical procedures, divorce, or even falling off a bicycle. At the core of this book is the understanding of how trauma is imprinted on the body, brain, and spirit, resulting in anxiety, nightmares, depression, physical illnesses, addictions, hyperactivity, and aggression. Rich with case studies and hands-on activities, this book gives insight into children's innate ability to rebound with the appropriate support, and provides their caregivers with tools to overcome and prevent trauma.

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Material Title: **Trauma, Brain & Relationship: Helping Children Heal (DVD)**

Author: Drs. Bruce Perry, Constance Lillas, Daniel J. Siegel e DVDs 2004 26 minutes

Trauma profoundly affects the way children think, feel and act and is far more prevalent than we formerly thought. Trauma's aftermath affects children's abilities mentally, emotionally, and situationally. Trauma is the source of chronic learning and attention problems, emotional and social difficulties and physical ills. It is also a condition that is readily repaired in young children. This engaging documentary features leading-edge mental health professionals who introduce revolutionary new discoveries that help identify, prevent, and heal trauma in children.

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Material Title: **True/Not True: When Memories Can Be Trusted (DVD)**

Author: DVD DVDs 1993 30 minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

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Author: VHS Videotapes 30 Minutes

Memory for traumatic events, especially in childhood, is very different from ordinary memory, and processing memories of early trauma can be quite stressful. Three adult survivors describe their experiences of dissociation and memory retrieval.

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Material Title: **Trust-Based Parenting: Creating Lasting Changes in Your Child's Behavior (2 DVDs)**

Author: TCU Institute of Child Development DVDs 2011 hours 35 minutes

This DVD set offers in-depth training for parents of children with trauma-based behavioral issues. The Trust-Based Relational Intervention (TBRI) is an intervention model created by developmental psychologists Dr. Karyn Purvis and Dr. David Cross, founders of the Institute of Child Development at Texas Christian University. It is based on more than a decade of research and hands-on work with vulnerable children and their families. Dr. Purvis coined the phrase "children from hard places" to describe children who have experienced abuse, neglect, abandonment and/or trauma in early development. Their survival behaviors can be confusing, frustrating, and difficult to manage even for the most patient and loving parents.

This video features Drs. Purvis & Cross coaching families through real-life, problem-solving scenarios. They demonstrate proven, practical skills and strategies for applying TBRI Empowering, Connecting and Correcting Principles to everyday life to build a stronger parent-child connection, which leads to better behavior. Parents from around the world praise TBRI for giving them hope in times of crisis and lifelong solutions that can benefit the entire family.

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Material Title: **Understanding Behaviors of Alcohol/Drug Affected & Neurologically Impaired Children (Audiotape)**

Author: Diane Malbin Audiotapes June 3, 2000 5 hours

From ORPARC with Diane Malbin: Malbin explains why traditional parenting and teaching techniques often fail with children affected by prenatal exposure to drugs or alcohol. She shows parents how to understand and work differently with the behavioral symptoms often exhibited by these children and what strategies and techniques do work and why. Also explored are primary and secondary behaviors and diagnoses that can overlap FAS/E, such as ADHD, Reactive Attachment Disorder, learning disabilities, and Oppositional Defiant Disorder.

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Material Title: **Understanding Behaviors of Alcohol/Drug Affected & Neurologically Impaired Children (CD)**

Author: Diane Malbin CDs June 3, 2000 hours 53 minutes

From ORPARC with Diane Malbin: Malbin explains why traditional parenting and teaching techniques often fail with children affected by prenatal exposure to drugs or alcohol. She shows parents how to understand and work differently with the behavioral symptoms often exhibited by these children and what strategies and techniques do work and why. Also explored are primary and secondary behaviors and diagnoses that can overlap FAS/E, such as ADHD, Reactive Attachment Disorder, learning disabilities, and Oppositional Defiant Disorder.

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# Child Development

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Material Title: **Understanding Temperament**  
Author: Lyndall Shick *Books* 1998 119 pages

This book is intended to help parents understand their child's unique, inborn temperament so they can solve problems by improving the "fit" between their child and the environment (people, situations, surroundings).

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Material Title: **Understanding Your Child's Sexual Behavior: What's Natural and Healthy**  
Author: Toni Cavanagh Johnson *Books* 1999 186 pages

This readable, easily understood book for parents and caregivers explains children's developing sexuality -- when their behaviors are normal and when to be concerned. It focuses on children from birth to approximately 12 years, providing valid strategies to both understand the behavior and respond to it.

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Material Title: **Very Touching Book, A...for Little People and for Big People (Children's Materials)**  
Author: Jan Hindman *Children's Books* 1983 50 pages

This book is intended to be read and shown to a child by a parent. Through pictures and words, it teaches appropriate and inappropriate touching. It is written on a child's level, but the cartoon like illustrations are anatomically correct to avoid confusion.

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Material Title: **What Is Childhood Trauma? (DVD)**  
Author: Bruce Perry *DVDs* 2002 29 minutes

There are sixteen to twenty million children and adolescents currently at risk for developing trauma-related problems. These problems include anxiety, depression, substance abuse, failure at school, susceptibility to victimization and abuse, and criminality. Many healthcare systems, teachers, and caregivers are only now beginning to recognize and address the problem. This program presents an overview of the effects of childhood trauma on the individual and on society.

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Material Title: **What's Happening to Me? An Illustrated Guide to Puberty\* (Children's Materials)**  
Author: Peter Mayle and Arthur Robins *Children's Books* 1975 50 pages

This anatomically explicit illustrated guide to puberty contains the answers to "some of the world's most embarrassing questions." Aimed at preteen boys and girls, it explores such topics as sex, masturbation, growth, and body image.

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Material Title: **What's Happening to My Body? Book for Boys, The\* (Children's Materials)**  
Author: Lynda Madaras *Children's Books* 2007 231 pages

This book gives sensitive straight talk on: the body's changing size and shape; diet and exercise; the growth spurt; the reproductive organs; body hair; voice changes; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on steroid abuse, acne treatment, sexually transmitted diseases, AIDS, and birth control. Featuring detailed illustrations and real-life stories throughout, plus an introduction for parents and helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all boys ages 10 and up.

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Material Title: **What's Happening to My Body? Book for Girls, The\* (Children's Materials)**  
Author: Lynda Madaras *Children's Books* 2007 255 pages

Written by an experienced educator and her daughter in a reassuring and down-to-earth style, this book gives sensitive straight talk on: the body's changing size and shape; the growth spurt; breast development; the reproductive organs; the menstrual cycle; body hair; diet and exercise; romantic and sexual feelings; and puberty in the opposite sex. It also includes information on anorexia and bulimia, sexually transmitted diseases, AIDS, and birth control. Featuring illustrations and real-life stories throughout, plus an introduction for parents and a helpful resource section, this bestselling growing-up guide is an essential puberty education and health book for all girls ages 10 and up.

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Material Title: **When Listening Comes Alive? A Guide to Effective Learning and Communication**  
Author: Paul Madaule *Books* 1994 204 pages

This is a book about listening at all stages of life – for parents-to-be, hard-working professionals, teachers, early childhood educators and parents seeking help for learning disabled children or difficult teenagers. It describes the "Tomatis Listening Method," a series of techniques designed to develop and improve listening skills throughout life.

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# Child Development

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Material Title: **Whole-Brain Child, The**  
Author: Daniel J. Siegel, MD and Tina Payne Bryson, PhD *Books* 2011 168 pages

In this pioneering, practical book parents are offered a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The new science of how a child's brain is wired and how it matures is explained. Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations to help you explain these concepts and enjoy your child, The Whole-Brain Child shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

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Material Title: **Why Can't My Child Behave? Why Can't She Cope? Why Can't He Learn?**  
Author: Jane Hersey *Books* 1996 380 pages

Written by a family physician, this book tackles child behavior (and misbehavior) through the perspective of diet and nutrition. It shows how certain foods and chemicals in foods affect your child's behavior and offers sound advice on creating a more wholesome diet, and thus a more balanced child. This book will show what you can do to help your child and yourself – today!

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Material Title: **Without Spanking or Spoiling: A Practical Approach to Toddler and Preschool Guidance (Second Edition)**  
Author: Elizabeth Crary *Books* 1993 98 pages

For every parent who has ever felt frustrated, bewildered, or discouraged, this workbook's rich use of vignettes and exercises will enhance your awareness of how kids think and feel. Crary's eclectic approach to guidance and discipline allows parents to choose tools that fit best with their child's temperament and their family's values. This workbook includes a leader's guide.

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Material Title: **Your Body Belongs to You\* (Children's Materials)**  
Author: Cornelia Spelman *Children's Books* 1997 18 pages

This children's picture book teaches very young children about their bodies and about how to distinguish between "good touch" and "bad touch." It teaches children that their bodies belong to them and them alone, and that it is ok to say "no" to someone, even an adult, if touch makes them feel uncomfortable. It also encourages positive touch such as cuddling and hugging between parents, children, and friends, in a safe environment.

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Material Title: **Your Child: Special Edition Newsweek 2000**  
Author: *Journals/Newsletters Fall/Winter 2000*

This "Special 2000 Edition," devoted to raising children from birth to age three, is divided into five sections, First Steps, Learning, Health, Emotions, and The World. It emphasizes advances in science and understanding and the new challenges parents face in today's changing world.

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Material Title: **Your Child's Growing Mind: Brain Development and Learning from Birth to Adolescence**  
Author: Jane M Healy *Books* 2004 374 pages

This book looks at the roots of emotion, intelligence, and creativity, translating scientific research into practical suggestions for parents and teachers. Dr. Healy also addresses academic learning offering suggestions for how parents can help without pushing. She also examines learning disabilities, ADHD, and hazards of forced early learning.

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Material Title: **Your Four-Year-Old: Wild and Wonderful**  
Author: Louise Bates Ames, Ph.D, and Frances L. Ilg, M.D. *Books* 1976 136 pages

What is it about four-year-olds that makes them so loveable? What problems do four-year-olds have? What can they do now that they couldn't do at three? Dr. Ames and Ilg, recognized authorities on child behavior and development, discuss these and scores of other questions unique to four-year-old girls and boys, and they offer parents practical advice and enlightening psychological insights.

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Material Title: **Your Six-Year-Old: Loving and Defiant**  
Author: Louise Bates Ames, M.D. and Frances L. Ilg, M.D. *Books* 1981 118

The six-year-old is a complex child, entirely different from the five-year-old. Though many of the changes are for the good - six is growing more mature, more independent, more daring and adventurous - this is not necessarily an easy time for the little girl or boy. Relationships with Mother are troubled - most of the time Six adores Mother, but whenever things go wrong, it's her fault. It used to be, at Five, that she was the center of the child's universe; now the child is the center of his own universe.

Parent's need the expert advice of Dr. Ames and Ilg during this difficult year, to explain parent-child relations, friendships with peers, what six-year-olds excel at, how they see the world, what it feels like to be entering the first grade. Children need patience and understanding to help make this age of transition easier.

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## Child Development

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Material Title: **Your Two-Year-Old: Terrible or Tender**

Author: Louise Bates Ames, Ph.D. and Frances L. Ilg, M.D. *Books*

1976

133 pages

Are two-year-olds really so terrible, or does the world have a slightly skewed view of this sometimes difficult, sometimes adorable tot? Drs Ames and Ilg, recognized worldwide as authorities on child behavior and development, offer parents practical advice and enlightening psychological insights on children at this age.