

Parent Resource Library

Dear Grand Avenue Families,

The following titles will be available for parents to borrow from our NEW Parent Resource Library located in the front foyer. These books were purchased using PRO-Grant funds for the 2013-2014 school year and all topics are related to the subject of mental health. The books have been ordered and we expect them to arrive at the school over the next 1-2 weeks. Parent Council is very excited to be able to offer these resources to families! It is also our goal to continue to build our parent lending library in the years to come. These titles will also be posted on our school website for future reference.

- The Parents Guide to Psychological First Aid
- The Bully, The Bullied and the Bystander: From Pre-School to High School—How Parents and Teachers can help break the cycle of violence
- Bullying Hurts: Teaching Kindness through Read Alouds and Guided Conversations
- Parenting Through Crisis: Helping Kids in Times of Loss, Grief and Change
- Healing Your Life: Workbook on Dealing with Death
- What to Do When You Worry Too Much
- The Grief Recovery Handbook 20th Anniversary Exp/Edition
- Helping Children Cope with Death
- Mindful Parent Happy Child: A Guide to Raising Resilient Children
- 101 Ways to Heal the Hurt: Dealing With the Death of a Loved One
- Hope, Help and Healing Eating Disorders
- The Parents Guide to Eating Disorders—Self-Esteem, Healthy Eating and Positive Body Image at Home
- The Parents Guide to Childhood Eating Disorders– what every parent needs to know
- Keys to Parenting your Anxious Child
- The Shyness & Social Anxiety Workbook for Teens
- The Defiant Child: A Parent Guide to Oppositional Defiant Disorder
- Raising Resilient Children
- Peaceful Parents, Happy Kids
- Have a New Kid by Friday—Participants Guide: How to Change Your Child’s Attitude, Behaviour & Character in 5 days
- Have a New Kid by Friday
- 123 Magic: Effective Discipline for Children
- 123 Magic Workbook: Effective Discipline for Children 2 to 12
- The Explosive Child
- The Good Divorce
- ADD-Friendly Ways to Organize your Life—Strategies that work from a professional organizer and renowned ADD Clinician
- Taking Charge of ADHD—the Complete Authoritative Guide for Parents
- Just Because it’s Not Wrong, Doesn’t Make it Right
- Start Fresh: Jumpstart to Lifelong Healthy Eating
- Get your Family Eating Right: a 30 day Plan Teaching your Kids Healthy Eating for Life
- Yes Your Teen is Crazy: Loving Your Kids Without Losing Your Mind
- Eating my Feelings: Tales of Overeating, Underperforming and Coping with my Crazy Family
- Learning How to Slow Down and Pay Attention: A Book for Kids about ADHD
- Driven to Distraction: Recognizing and Coping with ADD
- Cyber Bullying No More: Parenting a High Tech Generation
- Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids will Love
- Bully Stop Now: Superintendent Tells How
- Words Will Never Hurt Me: Helping Kids Handle Teasing, Bullying and Putdowns
- Cyber-Bullying: the definition and Effects
- The Promise of Sleep: A Pioneer in Sleep Medicine Explores
- Parenting your Anxious Child with mindfulness and Acceptance
- Anxious Annie, The Worlds Greatest Thinker
- Freeing your Child from O.C.D.: A Powerful Practical Program for Parents of Children and Adolescents
- 10 Mindful Minutes: Giving our Children and Ourselves the Social and Emotional Skills to Reduce Stress and Anxiety
- Beyond the Blues: A Workbook to Help Teens Overcome Depression
- Coping with Depression in young People: A Guide for Parents
- 101 Games and Activities for Children with Autism & Sensory Disorders
- Parenting a Child with Sensory Processing Disorder: a Family Guide to Understanding & Supporting your sensory Sensitive Child
- A Complete Guide to Aspergers Syndrome
- The Everything Parenting Guide to Sensory Processing Disorder
- The Everything Parenting Guide to Children with Aspergers Syndrome
- Calm, Alert & Learning: Strategies for Self-Regulation