



## Recommended Book List – Children & Adolescents

Check out these books at your local library or book store:

### School-Age Development

*Caring for your School-Age Child: Ages 5-12.* (1999) Edward L. Schor, MD. (ed)  
*Your Six-Year-Old: Loving and Defiant.* (1981) Louise Ames & Frances Ilg  
*Your Seven-Year-Old: Life in a Minor Key.* (1987) Louise Ames & Frances Ilg  
*Your Eight-Year-Old: Lively and Outgoing.* (1990) Louise Ames & Frances Ilg  
*Your Nine-Year-Old: Thoughtful and Mysterious.* (1991) Louise Ames & Frances Ilg  
*Your 10-14-Year-Old.* (1989) Louise Ames & Frances Ilg

### Adolescent Development

*Caring for Your Adolescent Ages 12-21.* (1991) Donald E. Greyandus, MD. (ed)  
*Changing Bodies, Changing Lives: A Book for Teens on Sex and Relationships.* (1998) Ruth Bell.  
*What's Happening to Me?* (1990) Peter Mayle.  
*What's Happening to My Body? Book for Girls: A Growing-up Guide for Parents & Daughters.* (2000) Lynda Madaras.  
*What's Happening to My Body? Book for Boys: A Growing-up Guide for Parents & Sons.* (2000) Lynda Madaras.

### Medical Care

*Taking Care of Your Child: A Complete Parent's Guide to Complete Medical Care.* (1993) Robert Pantell, James F. Fries & Donald M. Vickery.  
*Guide to your Child's Allergies & Asthma.* (2000) Michael J. Welch, MD (ed) (American Academy of Pediatrics)

### Sleep

*Guide to Your Child's Sleep: Birth through Adolescence.* (1999) George J. Cohen, MD (ed) (American Academy of Pediatrics)  
*Healthy Sleep Habits, Happy Child.* (1999) Marc Weisbluth, MD

### Parenting/Discipline

*Children Can Cooperate: A Practical Guide to Teaching Problem Solving.* (1992) Elizabeth Crary.  
*Children the Challenge.* (1991) Rudolf Dreikurs.

*Designer Kids: Consumerism & Competition: When is it All Too Much?* (1990) David Walsh & Austin Gillespie.

*How to Discipline with Love.* (1987) Fitzhugh Dodson.

*How to Talk so Kids Will Listen and Listen so Kids Will Talk.* (1999) Adele Faber & Elaine Mazlish.

*Little People: Guidelines for Common Sense Child Rearing.* (1997) Edward Christophersen.

*Parent Effectiveness Training: The Proven Program for Raising Responsible Children.* (2000) Thomas Gordon.

*Protecting the Gift.* (1999) Gavin DeBecker

*Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent and Energetic.* (1992) Mary Sheedy-Kurchinka.

*The Difficult Child: A Guide for Parents.* (2000) Stanley Turecki & Leslie Tonner.

*The Manipulative Child: How to Regain Control & Raise Resilient, Resourceful & Independent Kids.* (1998) E.W. Swihart Jr.,MD & Patrick Cotter, Ph.D.

## **Family**

*Father's Almanac.* (1992) S. Adams Sullivan.

*Mother's Almanac.* (1992) Marguerite Kelly, Ella Parsons, Elia Parsons & Rebecca Hirsch.

*Living with the Active, Alert Child: Groundbreaking Strategies for Parents.* (1993) Linda Budd.

*Siblings Without Rivalry.* (1998) Adele Faber & Elaine Mazlish.