

Doing the Best for Your Child

[This handout may be helpful in directing parents—particularly those who may be going through a stressful period in their own lives—toward informational resources]

Emotional Interaction with Children

- Barlow, Jane, and P.O. Svanberg, eds. (2009). *Keeping The Baby In Mind: Infant Mental Health in Practice*.
- Burke, Ray, et al. (2006). *Common Sense Parenting: Using Your Head as Well as Your Heart to Raise School-Aged Children (3rd edition)*.

Reading Literacy

- Engelmann, Siegfried, et al. (1986). *Teach Your Child to Read in 100 Easy Lessons*.
- Beaty, Janice. (2008). *50 Early Childhood Literacy Strategies (2nd Edition)*.
- National Institute for Literacy. "A Child Becomes a Reader: Proven Ideas from Research for Parents." (http://lincs.ed.gov/publications/pdf/reading_pre.pdf)

Doing Well in School

- Hirsch, E.D., Jr., ed. (2010). *What Your Preschooler Needs to Know: Get Ready for Kindergarten*.
- Office of Communications and Outreach. "Helping Your Child Succeed in School." Washington, DC, 2005. (<http://www2.ed.gov/parents/academic/help/succeed/succeed.pdf>)

Socializing

- Jones, Alanna. (1998). *104 Activities That Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, Coping Skills*.
- Shapiro, Lawrence. (2010). *The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help Book for Parents & Kids)*.

Health Care for Your Child

- Sears, William, et al. (2011). *The Portable Pediatrician: Everything You Need to Know About Your Child's Health*.
- Schmitt, Bartone. (2005). *Your Child's Health: The Parents' One-Stop Reference Guide to: Symptoms, Emergencies, Common Illnesses, Behavior Problems, and Healthy Development*.
- Kids.gov: Health and Safety Issues (http://www.kids.gov/k_5/k_5_health_issues.shtml)

Stress Management for Parents

- Johnson, Jeff. (2007). *Finding Your Smile Again: A Child Care Professional's Guide to Reducing Stress and Avoiding Burnout*.
- Leman, Kevin. (2011). *Stopping Stress before It Stops You: A Game Plan for Every Mom*.
- TalkLine Family Support Center. 415-444-KIDS (<http://www.talklineforparents.org/>)