

## **PARENTING**

Updated September/10

### **P 1**

#### **Annie Stories : helping young children meet the challenges of growing up /**

Doris Brett

**1997** New edition ISBN 0868066192

Therapeutic stories can help calm fears, boost self-confidence and communicate with your child about the emotions generated by the birth of a sibling, divorce, relaxation problems, the death of a loved one and other situations.

### **P 2**

#### **Raising responsible teenagers / Bob Myers**

**1996** ISBN 0864312024

Parents and teachers can help adolescents become considerate, achieving and responsible adults by understanding their teenager's personalities and their psychological, emotional and moral development, by appreciating their own parenting style (dominant, smothering or permissive) and by applying discipline methods (intervention, interaction and non-intervention) for negotiating boundaries, rules and limits.

### **P 3**

#### **Teaching your children to think / John Langrehr**

**1999** ISBN 1875857958

By developing creative and critical thinking, young students will learn how to better organise information. They can transfer these thinking skills to new situations in their school work and be helped to make decisions in their every day life.

### **P 4**

#### **Toddler taming : the guide to your child from one to four / Chris Green**

**1990** Revised edition ISBN 0868244341

Commonsense guide to child care and child rearing which recognises the importance of relationships and leads to more effective parenting.

### **P 5**

#### **I'm okay, you're a brat : freeing ourselves from the guilt-making myths of parenthood / Susan Jeffers**

**1999** ISBN 073360806X

Questions many fashionable myths and half truths that add to a parent's sense of inadequacy and guilt, and offers valuable survival tools to cope with it all.

### **P 6**

#### **Parenting teenagers in the 1990s / Bob Myers**

**1999** ISBN 0864311214

Encourages parents (and teachers, youth workers and probation officers) to take control of the 'parenting' situation by taking control of their own actions and reactions. Covers assertiveness, communication, decision-making, discipline and letting go of adolescents.

### **P 7**

#### **Split ends : teenage stepchildren / Ruth Webber**

**1996** ISBN 0864311745

Adolescents in step-families offer range of options for dealing with divided loyalties, access visits, relations with parents and step-parents, getting 'space', gaining freedom, and other relationship hassles.

P8

**Caring for your adolescent : ages 12 to 18** / Donald E Greydanus

**1997** ISBN 0192627775

Covers parenting issues (challenges, communication, discipline and family relationships), teenagers' physical, psychological, sexual and social changes and development , and their education and health problems.

P 9

**Bully busting : how to help children deal with teasing and bullying** / Evelyn M Field **1999** ISBN 1876451041

Children can be helped to overcome the damaging effects of teasing and bullying, and develop understandings and skills which can be used throughout their lives. Emotions, self-esteem, communication, assertiveness and developing a support network are covered.

P 10

**Self-esteem games : 300 fun activities that make children feel good about themselves** / Barbara Sher

**1998** ISBN 0471180270

Self-esteem games for children.

P 11

**Why can't I be the parent I want to be : end old patterns and enjoy your children** / Charles H Elliott and Laura L Smith

**1999** ISBN 1572241713

Common-sense parenting can be developed by understanding the effects of change, overcoming guilt, preparing action plans, changing ways of thinking, calming chaos, and improving behaviour inside families. Illustrated by stories of three families.

P 12

**Through the Rough Times: parenting with wit and wisdom in times of chaos and loss/** Barbara Coloroso

**2000** ISBN 0734401043

Practical advice for parents of children-from toddlers to teenagers-on how to use the very stuff of family life-chores, meal times, bedtime, sibling rivalry, allowances-to create a home environment in which children can develop their own sense of inner discipline.

P 13

**Parenting and Alcohol: helping to reduce the risks** / Christine Burrows and Sue Wright

**1998** ISBN 0858090546

Parents tell of their responses to alcohol issues within their family's own cultural context and how they help their adolescents reduce the risks associated with alcohol.

P 14

**Every kid : parenting your five to twelve year old** / Dr Brent Waters and Liz Kennedy

**1995** ISBN 0868244694

Gives an overview of the development of five to twelve year olds, the nature of family life and the pressures on children and parents.

P 15

**Who'd want to be a parent : the manual that should have come with the kids /** Dr John Irvine

**1999** ISBN 0732909295

The must-have manual on how to raise good kids and solve the inevitable behaviour problems in non-violent ways that are easy to understand and easy to use.

P 16

**The secret of happy children** / Steve Biddulph

**1995** 2<sup>nd</sup> revised edition ISBN 0207189455

Helps with child rearing and parent-child communication from babyhood to teens. Special sections include: Stopping tantrums before they start - Curing shyness in your children - Being a single parent: how to make it easier - Kids and TV - How to cure whingeing kids - Food and behaviour: it makes a huge difference - The skills of fathering - The ten minutes that can save your marriage.

P 17

**Passages through parenthood : real-life stories from Australian parents** / Anne Godfrey

**2000** ISBN 0734401094

The range of stories includes parents from a wide variety of backgrounds and family structures. Their children are toddlers and teenagers, adopted and foster children, and the happy outcome of fertility programs.

P 18

**The 7 worst things parents do** / John C Friel and Linda D Friel

**1999** ISBN 1558746684

'Baby your child', 'Put your marriage last', 'Push your child into too many activities', 'Ignore your emotional or spiritual life', 'Be your child's best friend', 'Fail to give your child structure', 'Expect your child to fulfill your dreams' are some errors in parenting that can be avoided by stopping the reinforcement of unwanted behaviour. Includes a parenting success story.

P 19

**The Encyclopaedia of Grandparenting/** Rosemary Dalton and Peter Dalton

**1990** ISBN 1558670041

Hundreds of ideas to entertain your grandchildren

P 20

**The Penguin guide to adolescent behaviour** / Sumati Ghoosh

**1999** ISBN 0140270523

For to parents who want to understand and help their teenagers through the physiological, psychological changes, the social pressures, attitudes and relationships that occur in adolescence.

P 21

**Easy parenting** / Ken and Elizabeth Mellor

**2001** ISBN 1877645114

Practical ways of expressing love for your children, helping them learn, encouraging their self-esteem, disciplining them, understanding their needs, communicating, and managing conflict between siblings are simply outlined.

P 22

**Raising resilient young people : a parent's guide** / Andrew Fuller

**2000** ISBN 1875783431

Issues discussed include building teenager's self-esteem, family living, protection, education, mental health, bullying and emotional matters, and arguments.

P 23

**Youth suicide prevention : information for parents /** Kerry Bidwell, Young People at Risk Program, West Moreton [Queensland]

**1997**

Incidence of suicide, reasons, warning signs, myths, protective factors, ways parents can help, and ways of improving communication are discussed.

P 24

**A good enough parent : the guide to bringing up your child /** Bruno Bettelheim  
**1987** ISBN 0500278334

This book on child rearing is divided into three sections - **parent and child** (early experiences, trusting intuition, parental relationship models, mothering and fathering, schooling, behaviour problems, communication, emotions, discipline, maturation and maintaining correct distance) – **developing selfhood** (identity development, play, assertiveness, dealing with problems) – **family, child, community** ('ideal' families, breast-feeding, adolescence, support, extended family, festivals, community 'beliefs' and religion).

P 25

**Angry kids, frustrated parents : practical ways to prevent and reduce aggression in your children /** Terry L. Hyland and Jerry Davis  
**1999** ISBN 1889322288

Contains descriptions of five levels of children's aggressive behaviours, how parents can stop them and prevent their recurrence and how parents can teach children problem-solving techniques which enable them to get what they want, and to build and repair relationships.

P 26

**Your baby and child /** Penelope Leach  
**1997** 3<sup>rd</sup> edition ISBN 014026325X

Information on child-rearing and the stages of child development is organised into five sections (newborn, settled baby, older baby, toddler and young child) for parents, carers and grandparents. Photographs.

P 27

**Mothers & Sons /** Jo Howard  
**2001** ISBN 0 7344 0186 8

Bringing up boys as a sole parent. Sole mothers are speaking out about their experiences and about their successes, struggles and strengths. The stories are not always happy success stories but they are stories of strength and resilience.

P 28

**The mother dance : how children change your life /** Harriet Learner PhD  
**1998** ISBN 0 7225 3810 3

This is a book about how a woman is changed when she becomes a mother – what it does to us and what it feels like from the inside. It is written from her dual perspective as both mother and psychologist.

P 29

**How to Help Children Through a Parent's Serious Illness /** Kathleen McCue  
**1994** ISBN 0312146191

Supportive, practical advice from a leading Child Life Specialist.

P 30

**The Divorce Helpbook for Kids /** Cynthia MacGregor  
**2001** ISBN 1886230390

Divorce is tough on kids. This down-to-earth guide helps with discussions of many topics troubling kids when their parents divorce.

P 31

**Calm Mother, Calm Child – calming techniques for you and your child** / Paul Wilson & Tania Wilson

**2001** ISBN 143000004

Parenthood can be one of life's greatest pleasures if you are relaxed enough to enjoy it. Contains techniques for calming, settling & reducing stress.

P 32

**The Complete Secrets of Happy Children** / Steve Biddulph & Shaaron Biddulph

**2003** ISBN 0732277221

Find out how to be a stronger, more loving, more definite, and more relaxed parent. You'll learn how to let go of old, negative approaches, and free up more energy to enjoy your kids and your life.

P 33

**The Bad Mother's Revenge** / Sonia Neale

**2000** ISBN 0 7333 1834 7

A consoling and hilarious take on motherhood from birth to the teenage years by a desperate housewife and mother of three.

P 34

**Considering Parenthood** / Cheri Pies

**1988** ISBN 0933216173

Because lesbians generally do not have children by accident, they are a group already aware that parenting involves information gathering. This book is filled with exercises that are both easy to do and instructive.

P 35

**Stop Treating Me Like A Child (But first can you lend me some money?)** / P.

Lieber, G. Murphy & A. Merkur Schwartz

**1995** ISBN 0806517050

Covers redefining the parental role, reducing dependency on each other, confronting the fear of losing the old relationship and more.

P 36

**Adolescence – A Guide for Parents** / Michael Carr-Gregg & Erin Shale

**2002** ISBN 1 876451 35 1

The skills, knowledge and strategies that parents need for young people now are clearly explained.

P 37

**Take Charge of ADHD - A Guide for Parents**

**2001** ISBN 1 7412 1901 9

An Australian reference for parents of children with Attention-Defecit/Hyperactivity disorder. The most current information on ADHD and its treatment with a list of both local and international support groups and further reading resources.

P 38

**101 Alternatives to Whacking a Child** / Children of Australia NAPCAN /

**2001** 0 646 20188 3

Compiled from childrens contributions and words. Children's views and opinions, values as individuals.

P 39

**Parenting When Your Child is an Adult** / Dale M Jacobs and Renee Gordon Jacobs

**2002** ISBN 1 84333 629 4

Explores the transitional stages and suggests positive ways to deal with potentially difficult issues

P 40

**Negotiating with your school: a practical guide for parents** / David West

**2001** ISBN 0 947277 81 1

A resource for parents, carers and advisers. Gives advice on simple steps to problem-solving with your child's school

P 41

**Attention Deficit Disorder- 'Only a mother could love him'** / Benjamin Polis

**2001** ISBN 1 74008 169 2

An autobiography written by a 19 year old boy with Attention Deficit Disorder

P 42

**Odd Girl Out: The hidden culture of aggression in Girls** / Rachel Simmons

**2002** ISBN 1 86395291 8

If your daughter has ever come home from school crying because her friends have decided to turn on her this book is for you. This book articulates the dynamics of this behaviour and shows us ways how to understand it and how to help our daughters.

P 43

**Going Alone** / Natascha Mirosh

**2002** ISBN 1 86436 765 2

A guide for women entering pregnancy without a partner. A guide that contains up to date information on procedures and facilities available to pregnant women and offers guidelines for coping with the emotional aspects of going through pregnancy and birth alone.

P 44

**Queen Bees and Wannabes** / Rosalind Wiseman

**1998** ISBN 0 7499 2364 4

Helping your daughter survive cliques, gossip, boyfriends and other realities of adolescence. Written in a down-to-earth style and packed with examples and tips, an invaluable guide for parents to empower their daughters and themselves.

P 45

**Little Angels** / Dr Tanya Byron and Sacha Baveystock

**2005** ISBN 0 563 51941 X

A guide to transforming your family life and having more fun with your children

P 46

**Raising Girls**/ Gisela Preuschoff

**2004** ISBN 1 876451 59 9

This book considers important issues for parents who are raising girls today. Includes issues such as: the key emotional and physical aspects of girl's development to babyhood to adolescence, the importance of fathers to daughters, understanding how self-esteem can reduce your daughter's fears, etc.

P 47

**Into Adulthood**/ Jean Edwards and Jenny English

**2005** ISBN 1 876451 63 7

A parent's guide to life with and 18 to 25 year old student. Also helps parents to understand and deal with what their children go through during the transition from late adolescence to adulthood, explaining the emotional and behavioural responses of students and parents to these changes.

P 48

**So Glad We Waited/** Lois Nachamie

**2000** ISBN 0 609 80346 8

This book provides an informative, practical and engaging walk through the many facets of parenthood later in life. Topics include: how to handle being sleep-deprived and premenopausal at the same time; how to find peers in the mommy world and more.

P 49

**Mother Guilt /** Itta Buttrose and Dr Penny Adams

**2005** ISBN 0 670 04151 3

Australian women reveal their true feelings about motherhood.

P 50

**Teen Stages/** Ken and Elizabeth Mellor

**2004** ISBN 1 876451 38 6

How to guide the journey to adulthood. Includes many ideas, techniques and approaches from parents who successfully raised their children.

P 51

**Helping Your Angry Child/** D G Nemeth, K P Ray, M M Schexnayder

**1999** ISBN 1 57224 312 0

Worksheets, fun puzzles, and engaging games to help you communicate better.

P 52

**P.E.T. Parent Effectiveness Training /** Dr Thomas Gordon

**2000** ISBN 0 609 80693 9

A useful book which offers step-by-step advice about how to raise children without conflicts and fighting.

P 53

**I Feel Scared When Mum and Dad Fight /** Tess Rowley and Rhiannon McLay

**2004** ISBN 0 9757162 0 4

This book addresses a range of feelings that a child may experience when there is family conflict or violence.

P 54a 2 copies

**What is Domestic Violence? English and Bosnian /** Jacqueline Reed

**2002** ISBN 0 9579272 3 1

This book helps to encourage children to discuss, with their non-abusing parent/caregiver or practitioner, the ways in which they have experienced domestic violence and to facilitate support for the child.

P 54b 2 copies

**What is Domestic Violence? English and Spanish /** Jacqueline Reed

**2002** ISBN 0 9579272 2 3

This book helps to encourage children to discuss, with their non-abusing parent/caregiver or practitioner, the ways in which they have experienced domestic violence and to facilitate support for the child.

P 54c 2 copies

**What is Domestic Violence? English and Vietnamese / Jacqueline Reed**

**2002** ISBN 0 9579272 0 7

This book helps to encourage children to discuss, with their non-abusing parent/caregiver or practitioner, the ways in which they have experienced domestic violence and to facilitate support for the child.

P 55

**Talking to Kids about Trouble / Dr Nora Duffield**

**1996** ISBN 1 86941 291 5

This is an interactive book for all caregivers and children to work through some of the most common issues together. There are clear discussions of “troubles” and straightforward strategies for dealing with them.

P 56

**When our Children Come Out: How to support gay, lesbian, bisexual and transgendered young people/ Maria Pallotta-Chiarolli**

**2005** ISBN 1 876451 44 0

Drawing on the experiences of young people, parents, teachers and youth workers from different socio-economic levels, the author has compiled a practical and moving guide for all those whose lives are affected when a young person comes out.

P 57

**Kid-wrangling / Kaz Cooke**

**2005** ISBN 0 670 04007 X

A funny, reassuring and practical book filled with a range of great solutions for you to choose from for babies, toddlers and pre-schoolers.

P 58

**Wits' End Before Breakfast! Confessions of a Working Mum / Emma Robertson**

**2005** ISBN 0 7344 0830 7

This book is for every working mum who worries if she are doing the right thing – and wonders how much longer she can keep on doing it!

P 59

**Disconnected: Why our kids are turning their backs on everything we thought we knew / Nick Barham**

**2006** ISBN 009189741 6

Nick Barham spent twelve months travelling around the United Kingdom talking to British children from all backgrounds and situations. This is his story of how different this generation is from those that have come before.

P 60

**The Lesbian Parenting Book / Dr Merilee Clunis PhD and G. Dorsey Green PhD**

**2003** ISBN 1 58005 090 5

This new edition of lesbian parenting covers a variety of topics, including how to get pregnant to coping with today's teenagers.

P 61

**He'll be OK. Growing gorgeous boys into good men / Celia Lashlie**

**2007** ISBN 0 7322 8450 3

A researcher and social commentator reveals what goes on inside the world of boys. Offers parents, especially mothers, practical and reassuring advice on raising their boys to become good, loving, articulate men.

P 62

**Children of the Lucky Country?** / Fiona Stanley, Sue Richardson and Morgot Prior  
**2005** ISBN 1 4050 3680 X

The lucky country has never been more prosperous. So why are some Australian children more disadvantaged than ever before? Incisively examines how we treat our children and sets out ways our society can fully realise their potential

P 63

**The Everything Parent's Guide to Children and Divorce** /Carl E Pickhardt  
**1995** ISBN 1 59337 418 6

A comprehensive guide to help you make informed, confident decisions to help their children make it through this difficult time.

P 64

**The Sex Lives of Australian Teenagers** / Joan Saunders  
**1996** ISBN 978 1 74166 512 3

Over a hundred responses to an anonymous online survey of Australian teenagers. A resource section is included to help teenagers and parents find information and support.

P 65

**Honey, we lost the kids: Rethinking childhood in the multimedia age/**

Kathleen McDonnell

**2006** ISBN 1 86403 305 3

Provides useful information for parents who worry about how the media influences and affects children. Includes video games, explicit pop songs, TV, film and the Internet.

P 66

**You're Wearing That ? : Understanding Mothers and Daughters in Conversation**

/ Deborah Tannen

**2006** ISBN 978-1-84408-406-7

With insights, dialogues and loving memories the author untangles the knots that mothers and daughters can get tied up in.

P 67

**Queen Bee Mums and Kingpin Dads/** Rosalind Wiseman

**2006** ISBN 0 7499 2692 9

A practical handbook on the social competition between parents. Explores how to deal effectively with the other adults (parents, teachers) who help create the reality of your child's world.

P 68

**The Anxiety Cure/** Elizabeth DuPont Spencer, Robert L DuPont, Caroline M.

DuPont

**2000** ISBN 0 471 26361 3 0

A reassuring guide to help adults and children understand how anxiety works, how to overcome the negative impacts and turn it into an opportunity for the whole family.

P 69

**Raising Girls** / Gisela Preuschoff

**2004** ISBN 1 876451 59 9

Includes stories from Australian families and encourages parents to recognise their daughter's special talents and counter the negative messages girls receive about their place in society.

P 70

**Children First** / Penelope Leach

**1994** ISBN 13579 10 81642

What society must do – and is not doing – for children today.

Challenging the simplistic nostalgia of the “family values” lobby, the author argues that society today leaves little time or space for children and no easy way for parents – especially women – to be both solvent, self respecting citizens and caring parents.

P 71

**The Heartache of Motherhood** / Joyce Nicholson

**1983** ISBN 0 14 006490 7

After 35 years of devoted marriage, the author left the family home to live – happily. A deeply personal account of her feelings motherhood, which for many women provides more heartache than joy.

P 72

**Why Children Can't Read** / Dianne McGuinness

**1997** ISBN 10 98765432

An optimistic book for parents who are worried that their child is not learning to read. Examines the construction of writing systems and how they can be taught. Includes research on programs that work for everyone.

P 73

**Boundaries With Kids** / Henry Cloud and John Townsend

**1998** ISBN 978 095868 6655

Practical information for parents with children of any age to help raise responsible, self-controlled and emotionally healthy kids.

P 74

**Help your Teenager Beat an Eating Disorder** / Lames Lock and Daniel Le Grange

**2005** ISBN 978 1 57230 908 1

A book to help parents learn why they need to act now, find out what research says about which treatments work, take charge of eating habits and exercise and put up a united family front to prevent relapses.

P 75

**If Your Adolescent Has Anxiety Disorder** / Edna B Foa and Linda Wasmer

Andrews

**2006** ISBN 978 0 19 518151 7

A resource for parents including information on anxiety disorders, getting diagnosis, the latest treatments, coping at home and at school and prevention strategies.

P 76

**Parenting After Separation** / Jill Burrett

**2002** ISBN 1 876451 37 8

A guide for parenting successfully from households. Shows how parents, despite the disappointment of separating, can continue their commitment to the children to ensure they thrive.

P 77

**The Transgender Child** / Stephanie Brill and Rachel Pepper

**2008** ISBN 978 1 57344 318 0

A handbook for parents and professionals based on research, which deals the unique challenges families face raising children who step outside of the pink or blue box.