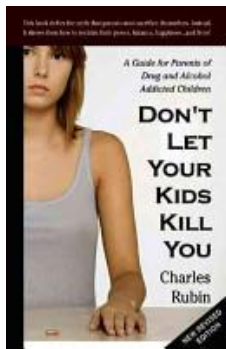


## Parenting Bibliography

This bibliography lists the resources available at the William Potoroka Memorial Library at the Addictions Foundation of Manitoba. While many of the resources available are related to addiction, there are also resources about parenting styles, preventative parenting, etc.

### **Families dealing with addiction:**



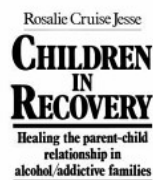
### **Don't let your kids kill you : a survival guide for parents of drug and alcohol addicted children**

**Author:** Rubin, Charles

**Call number:** HV 5132/.R83/2008

"When kids turn to substance abuse, parents also become victims as they watch their children transform into irrational and antisocial individuals. This harrowing scenario finds parents buckling beneath the stress - often with catastrophic consequences: divorce, career upsets, breakdowns...and worse. Don't let your kids kill you is a landmark work that dares focus on the plight of the confused, distressed parent and not the erring child. It sets aside any preconceived ideas that parents are to blame for what is essentially a full-blown global crisis. Drawing on interviews with parents who've survived the heartbreak of kids on drugs, combined with his own experience, Charles Rubin provides practical advice on how parents can help themselves and their families by first attending to their own needs". Book jacket.

This book defies the myth that parents must sacrifice themselves. Instead, it shows them how to reclaim their power, balance, happiness..and lives!



### **Children in recovery : healing the parent-child relationship in alcohol/addictive families**

**Author:** Jesse, Rosalie Cruise

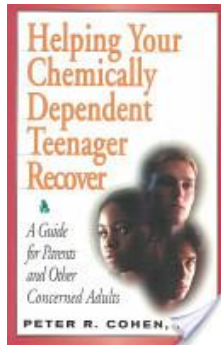
**Call number:** RJ 506/.P63/J47/1989

Examines the development and therapeutic needs of children from alcoholic/addictive families

## **A Parent's survival guide : how to cope when your kid is using drugs**

**Author:** Hodgson, Harriet W.

**Call number:** HV 5824/.Y68/H626/1986



## **Helping your chemically dependent teenager recover: a guide for parents and other concerned adults**

**Author:** Cohen, Peter R.

**Call number:** HV 5824/.Y68/C62/1991

*Helping Your Chemically Dependent Teenager Recover* is written for the parent whose child has serious problems with alcohol or other drugs. It recognizes that both teenager and parent need to recover from the disease of chemical dependence. This book encourages readers to educate themselves about recovery, work hard and take new risks, and experience being successful as parents. Helping a teenager recover from chemical dependence is one of the most loving things a parent can do. This book provides a step-by-step guide on how to do it.

### *Helping Your Chemically Dependent Teenager Recover*

Describes teenage recovery as a slow but steady process of growth and change unique to the developing adolescent.

Outlines four stages of recovery: crisis control, stability and structure, consistency and balance, and attachment.

Details problems faced by both teens and parents at each recovery stage.

Explains tasks to accomplish that lead teens and parents through each recovery stage.

Empowers parents to help their teenager recover and to find personal relief from the pain of their child's chemical dependence.

Parents seeking clear information about their teenager's chemical dependence, its effects, and the recovery process will find this book an informative and invaluable guide.

## **Setting limits : parents, kids, and drugs**

**Author:** LaFountain, William L.

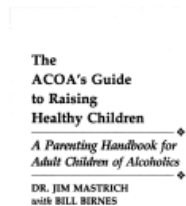
**Call number:** BF 723/.P25/L34/1982

## **Children of alcoholics : a guide for parents, educators, and therapists**

**Author:** Ackerman, Robert J.

**Call number:** HV 5132/.A25/1987

Children of Alcoholics remains the definitive source for parents, family counselors, therapists, alcoholism professionals, and concerned teachers because it offers specific suggestions and strategies for defusing domestic tensions and helping children cope.



## **The ACOA's guide to raising healthy children: a parenting handbook for adult children of alcoholics**

**Author:** Mastrich, Jim and Birnes, William J.

**Call number:** HV 5132/.M365/1988



Parenting is a difficult task for anyone. For the adult children of alcoholics, it can be next to impossible. But now ACOAs have their own child-raising guide.

Dr. Mastrich shows readers how to end the cycle of alcoholism by being a confident parent.

## **Easy does it, mom: parenting in recovery**

**Author:** Joy, Barbara

**Call number:** HQ 755.86/.J69/2009



Every mom wants to succeed. Every child also wants to succeed. In Easy Does It, Mom, Barbara Joy provides moms with positive encouragement, knowledge, and tools they can begin using immediately as they continue their recovery and move toward being the best moms they can be. Joy relies on experts with degrees and experts with "mom" behind their name. For more

than ten years, Barbara Joy has worked with moms in recovery from alcoholism and other addictions. She knows what works. Here she includes real-life stories and strategies from the moms and children she works with. The reader is guided by a professional and encouraged and inspired by moms who have "been there, done that." Because moms in recovery feel more safe and secure in a familiar and consistent environment, each chapter begins with an encouraging saying and ends with a writing activity plus between four to eight clear and concise keys are presented in the chapter - an at-a-glance tools reference section.

Contents: Who do you want to be? -- Values, traditions, and rituals -- Good-bye guilt and shame, hello pride and peace -- Handling anger: mine and my child's -- Forgiving and letting go --

Building healthy self-esteem -- Discovering your priorities -- Gratitude and acknowledgment --  
The power of play and laughter -- Taking care of yourself -- Continuing your journey

## **Parenting styles of substance abusers**

**Author:** Barry, Wendy, White, Douglas R., and Yoast, Richard A.

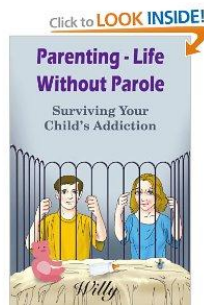
**Call number:** HV 5132/.B375/1992



## **The Parent communication project: a longitudinal of the effects of parenting skills in children's use of alcohol**

**Author:** Shain, Martin, Suurvali, Helen, and Kilty, Heather Lee

**Call number:** HV 5135/.S52/1980

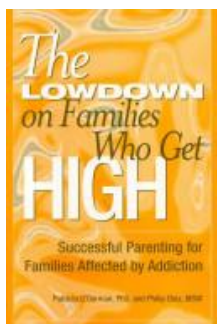


## **Parenting - life without parole: surviving your child's addiction**

**Author:** Willy

**Call number:** HV 5801/.W56/2004

The Department of Health and Human Services estimates that there are 14 million Americans who use illegal drugs and perhaps 17 million Americans who are alcoholics or abuse alcohol. Shrapnel from each abuser's actions impact the lives of countless family members, friends, and acquaintances significantly raising the toll attributable to this national crisis. While there are a variety of programs geared to addressing the needs of the abuser and getting them on the road to recovery, too often the family and friends are left to fend for themselves. "Parenting-Life Without Parole" provides both a practical and Christian based perspective on how those impacted by the abuser's choices can learn to cope with the multitude of challenges they are facing. (Book cover)



## **The lowdown on families who get high: successful parenting for families affected by addiction**

**Author:** Oliver-Diaz, Philip, 1948- and O'Gorman, Patricia.

**Call number:** HV 5132/.O46/2004

Lowdown is an easy-to-use book on a complex subject: how to break the cycle of addiction in high-risk families. Used in conjunction with the 12 steps AA, it

shows that being a parent or caregiver and being in recovery can be a win/win situation.

Contents:

The impact of addiction --

Parenting with an addict in the house --

If you are a recovering addict and a parent --

Children of active addicts : a chapter for caregivers --

A child's view of recovery --

For parents and caregivers who are adult children of addicts --

Parenting through addiction and recovery --

The 12-step approach of parenting --

Parenting as a team/ parenting alone --

Preparing for birth and parenting the infant --

Parenting the toddler and preschool child --

Parenting the school-age child --

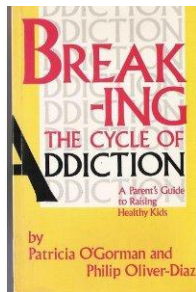
Parenting the adolescent --

When to seek professional help --

For professionals and other helpers --

The lowdown on substance abuse, child welfare, and the law --

Engaging families and caregivers affected by substance abuse



## **Breaking the cycle of addiction: a parent's guide to raising healthy kids**

**Author:** O'Gorman, Patricia A. and Oliver-Diaz, Philip, 1948-

**Call number:** HV 5132/.O46/1987



## **Art therapy activities : a practical guide for teachers, therapists and parents**

**Author:** Stack, Pamela J.

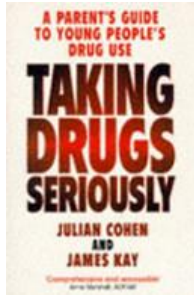
**Call number:** RC 489/.A7/S7/2006

The author provides step-by step instructions for over forty art activities focusing on important therapeutic concepts including awareness, acceptance, choices, self-pity, and conflict. The book is an excellent resource for art therapists, teachers, social workers, and anyone wishing to encourage a child's creative expression.

## **Two-way street : parents, kids and drugs = Dans les deux sens : les parents, les enfants & les drogues**

**Corporate:** Royal Canadian Mounted Police and Alberta Alcohol and Drug Abuse Commission

**Call number:** HV 5824/.Y68/T88/1992



## **Taking drugs seriously : a parent's guide to young people's drug use**

**Author:** Cohen, Julian and Kay, James

**Call number:** HV 5824/.Y68/C64/1994

## **Help! for kids and parents about drugs**

**Author:** Clarke, Jean Illsley

**Call number:** HV 5824/.C45/C52/1993

Explains how to set an example for one's children, reinforce positive values, counteract peer pressure, and find community support groups

## **Methamphetamines : a guide for parents and other caregivers**

**Corporate:** National Clearinghouse for Alcohol and Drug Information

**Call number:** HV 5822/.A5/M47/1999

## **Keeping promises : the challenge of a sober parent**

**Author:** Porterfield, Kay Marie

**Call number:** HV 5132/.P68/1984

"Previously published as Family strangers"--cover.

GROWING UP  
ADDICTED

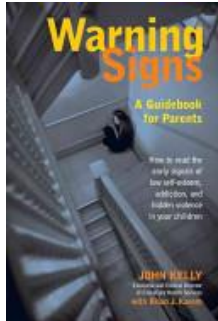
Why Our Children  
Abuse Alcohol and Drugs  
and What We Can Do About It  
STEPHEN ARTERBURN

A Random House Book  
Random House, New York  
THE PRINCIPAL STATE UNIVERSITY  
EDMUNDSVILLE, KY 40321-0000

## **Growing up addicted : why our children abuse alcohol and drugs and what we can do about it**

**Author:** Arterburn, Stephen, 1953-

**Call number:** HV 5133/.A78/1987



## **Warning signs : a guidebook for parents : how to read the early signals of low self-esteem, addiction, and hidden violence in your kids**

**Author:** Kelly, John. and Karem, Brian J.

**Call number:** RC 533/.K45/2002

Addiction counselor John Kelly has uncovered what he believes to be the common cause of all addictions and destructive behavior: low self-esteem experienced during childhood or adolescence. In "Warning Signs," Kelly explores the causes of the underlying low self-esteem and alerts parents to the early warning signs that can signal someone is on the road to addiction or violent behavior.

## **What parents need to know about marijuana**

**Call number:** HV 5822/.M3/W53/1983

## **Parents, peers, and pot**

**Author:** Manatt, Marsha

**Call number:** HV 5822/.M3/M255/1979

## **Parents, peers, and pot II : parents in action**

**Author:** Manatt, Marsha

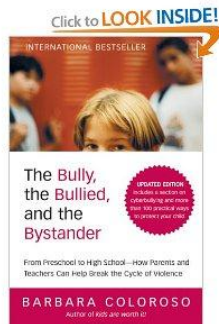
**Call number:** HV 5822/.M3/M255/1983

## **Talk it out : a parent's guide to kids and smoking**

**Distributor:** Saskatchewan Health

**Call number:** HV 5745/.T3/2000

## **Bullying:**



### **The Bully, the bullied, and the bystander: from pre-school to high school: how parents and teachers can help break the cycle of violence**

**Author:** Coloroso, Barbara

**Call number:** BF 637/.B85/C4/2002

This is an extremely helpful book that both parents and teachers can use to deal with bullying, an aspect of school that the author feels "is a life-and-death issue that we ignore at our children's peril." Starting with a bottom-line assumption that "bullying is a learned behavior," Coloroso (Parenting Through Crisis) wonderfully explains not only the ways that the bully, the bullied and the bystander are "three characters in a tragic play" but also how "the scripts can be rewritten, new roles created, the plot changed." For each of the three "characters," she breaks down the behavior that defines each role, analyzes the specific ways that each character can have their behaviors changed for the better, and suggests a range of methods that parents and educators can use to identify bullying behavior and deal with it effectively. The book also provides excellent insights into behaviors related to but not always recognized as bullying, such as cliques, hazing, taunting and sexual bullying. And while there have been numerous books about bullies, this volume is perhaps best for its sections on the "bystander," the person whose behavior is too often overlooked or excused. Coloroso's emphasis on aikido-related defensive skills do not sufficiently address the issue of what a child is to do when physical force is necessary to stop a bully, but overall this is an important look at the ways that bullied children can affirm their dignity and self-worth.

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## **FASD / Substance abuse during pregnancy:**

### **Living with FASD : a guide for parents**

**Author:** Graefe, Sara

**Call number:** RG 629/.G72/2003

### **Fetal alcohol syndrome/effects : parenting children affected by fetal alcohol syndrome - a guide for daily living**

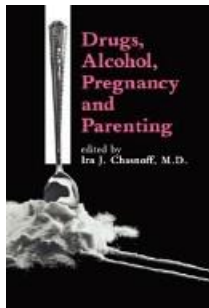
**Author:** Shaskin, Rana

**Call number:** RG 629/.F45/S52/1994

### **Living with prenatal drug exposure : a guide for parents**

**Author:** Cowan, Lissa,

**Call number:** RJ 520/.P74/C68/2003



### **Drugs, alcohol, pregnancy and parenting**

**Editor:** Chasnoff, Ira J.

**Call number:** RG 580/.D76/D797/1988

### **Reaching out : a handbook for parents, teachers and others who live and work with children affected by fetal alcohol syndrome and fetal alcohol effects**

**Author:** Davis, Diane

**Call number:** RG 629/.F45/D38/1992

**Fetal alcohol syndrome/effects: booklet 2: parenting children (0-12 years) affected by fas/e**

**Author:** Dubenski, Nykola

**Call number:** RG 629/.F45/F473/1996/v.2

**Fetal alcohol syndrome/effects: booklet 3: parenting suggestions for adolescents affected by FAS/E**

**Author:** Dubenski, Nykola

**Call number:** RG 629/.F45/F473/1997/v.3

**Fetal alcohol syndrome/effects: parenting children affected by fetal alcohol syndrome - a guide for daily living**

**Author:** Shaskin, Rana

**Call number:** RG 629/.F45/S52/1994

**Parenting children affected by fetal alcohol syndrome: a guide for daily living**

**Editor:** Graefe, Sara

**Call number:** RG 629/.F45/P37/1998

This book will help parents of FAS/FAE children and professionals find information and education, support and understanding, as well as referrals and services.

**Strategies for parenting children with FASD**

**Publisher:** The Society for The Coalition of Rural Representatives from Breton and Buck Creek, Brighter Futures

**Call number:** RG 629/.F45/S87/1999

**Parenting children who have been prenatally exposed to drugs or alcohol: a handbook for foster and adoptive parents'**

**Author:** Bauer, Anne M.

**Call number:** RG 629/.F45/P37/1990

## **Simon says... : a book about Fetal Alcohol Syndrome for kids, parents & teachers**

**Author:** McFarlane, Heather.

**Call number:** CHI/RG 629/.F45/M34/2002

This book is intended to help kids, who may or may not have FASD to understand more about the condition.

## **FAS : parent and child**

**Author:** Morse, Barbara A. and Weiner, Lyn

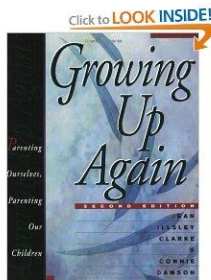
**Call number:** RG 629/.F45/M67/1993

## **Self parenting:**

## **Self-parenting 12-step workbook : windows to your inner child**

**Author:** O'Gorman, Patricia A. and Oliver-Diaz, Philip, 1948-

**Call number:** HV 5132/.O54/1990



## **Growing up again: parenting ourselves, parenting our children**

**Author:** Clarke, Jean Illsley and Dawson, Connie

**Call number:** HQ 755.8/.C55/1989

As time-tested as it is timely, the expert advice in this book has helped thousands of readers improve on their parenting practices. Now, substantially revised and expanded, *Growing Up Again* offers further guidance on providing children with the structure and nurturing that are so critical to their healthy development--and to our own.

Jean Illsley Clarke and Connie Dawson provide the information every adult caring for children should know--about ages and stages of development, ways to nurture our children and ourselves, and tools for personal and family growth. This new edition also addresses the special demands of parenting adopted children and the problem of overindulgence; a recognition and exploration of prenatal life and our final days as unique life stages; new examples of nurturing, structuring, and discounting, as well as concise ways to identify them; help for handling parenting conflicts in blended families, and guidelines on supporting children's spiritual growth.

## **Growing up with my children : reflections of a less-than-perfect parent**

**Author:** Walker, Ellen

**Call number:** HQ 755.85/.W35/1988

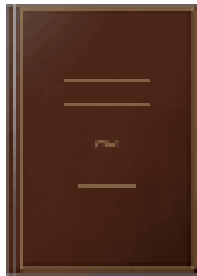


## **12 steps to self-parenting for adult children of alcoholics**

**Author:** Oliver-Diaz, Philip, 1948- and O'Gorman, Patricia A.

**Call number:** HV 5132/.O54/1988

If you are the child of an alcoholic or an adult who has experienced trauma in childhood, you can give yourself a second chance for intimacy, fulfillment and joy by self-parenting. 12 Steps to Self-Parenting, based on the 12 Steps of Alcoholics Anonymous, will guide you to nurture your inner child so that it may grow into healthy self acceptance.



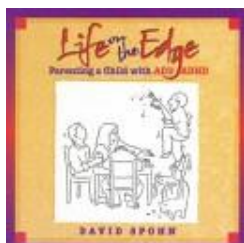
## **Healthy parenting: an empowering guide for adult children**

**Author:** Woititz, Janet Geringer

**Call number:** HQ 755.8/.W64/1992

Details the contrasts between a healthy family and an unhealthy one and offers survivors of emotionally or physically abusive families practical advice for parenting without repeating the mistakes of the past

## **ADD/ADHD:**



## **Life on the edge: parenting a child with ADD/ADHD**

**Author:** Spohn, David

**Call number:** RJ 506/.H9/S66/1998

Life with a child with attention deficit disorder (ADD) or attention deficit hyperactivity disorder (ADHD) may be tough, but take it from one who's

been there: It can also be full of all the love, humor, and light that a parent might hope for. In this gentle, lighthearted, down-to-earth book, David Spohn uses his own experiences to help others make it through the stresses and chaos and heartbreak that raising a child with ADD/ADHD can entail-and to help them come through whole and happy and sane. From the new vocabulary and friends who come along with a diagnosis of ADD/ADHD, to questions touching on everything from Ritalin to sibling rivalry to schooling to going out in public, *Life on the Edge* offers honest, practical, caring support-and a healthy dose of good humor-for parents of children with ADD/ADHD.

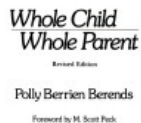
## **Different approaches to parenting:**

### **KishawehoteseWIN: a native parenting approach**

**Author:** Bruyere, Jocelyn Wilson

**Call number:** E 78/.C2/B6/1983

The Nee-Nah-Win Project to produce this manual was sponsored and administered by the Manitoba Public Health Association ... in cooperation with the Indian and Métis Friendship Centre.



### **Whole child/whole parent**

**Author:** Berends, Polly Berrien

**Call number:** HQ 769/.B515/1987

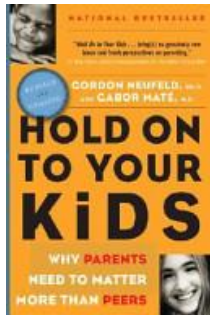


M.Scott Peck says in his foreword of this book, "The best book I know on the psychology of child raising... because it reveals the essence of what human beings are all about." This book complements the teachings of Magda Gerber and Maria Montessori and urges parents to slow down and "follow the child". It is also a valuable resource for Infant Educators.

### **A Job description for parents**

**Author:** Wilmes, David J.

**Call number:** HQ 775.8/.W537/1991

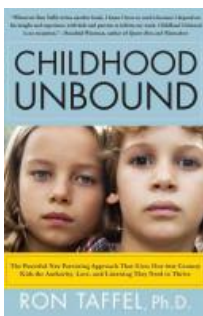


## **Hold on to your kids: why parents need to matter more than peers**

**Author:** Neufeld, Gordon and Mate, Gabor

**Call number:** HQ 755.8/.N477/2005

A psychologist with a reputation for penetrating to the heart of complex parenting issues joins forces with a physician and bestselling author to tackle one of the most disturbing and misunderstood trends of our time -- peers replacing parents in the lives of our children. Dr. Neufeld has dubbed this phenomenon peer orientation, which refers to the tendency of children and youth to look to their peers for direction: for a sense of right and wrong, for values, identity and codes of behaviour. But peer orientation undermines family cohesion, poisons the school atmosphere, and fosters an aggressively hostile and sexualized youth culture. It provides a powerful explanation for schoolyard bullying and youth violence; its effects are painfully evident in the context of teenage gangs and criminal activity, in tragedies such as in Littleton, Colorado; Tabor, Alberta and Victoria, B.C. It is an escalating trend that has never been adequately described or contested until Hold On to Your Kids. Once understood, it becomes self-evident -- as do the solutions. Hold On to Your Kids will restore parenting to its natural intuitive basis and the parent-child relationship to its rightful preeminence. The concepts, principles and practical advice contained in Hold On to Your Kids will empower parents to satisfy their children's inborn need to find direction by turning towards a source of authority, contact and warmth. Something has changed. One can sense it, one can feel it, just not find the words for it. Children are not quite the same as we remember being. They seem less likely to take their cues from adults, less inclined to please those in charge, less afraid of getting into trouble. Parenting, too, seems to have changed. Our parents seemed more confident, more certain of themselves and had more impact on us, for better or for worse. For many, parenting does not feel natural. Adults through the ages have complained about children being less respectful of their elders and more difficult to manage than preceding generations, but could it be that this time it is for real?-- from Hold On to Your Kids From the Hardcover edition.



## **Childhood unbound: the powerful new parenting approach that gives our 21st century kids the authority, love, and listening they need**

**Author:** Taffel, Ron

**Call number:** HQ 755.8/.T33/2009

Identifies the challenges facing parents as they raise their children in the early twenty-first century, and describes a parenting approach designed to encourage the good in kids of all ages, while steering them away from the bad.

Contents: 1 Parenting in the Post-Boomer Era: The Thrills and Challenges of Modern Child

Rearing 1 --

2 "Oh, the Things I Have Seen": Why Kids Are the Way They Are-The Great Unraveling 18 --

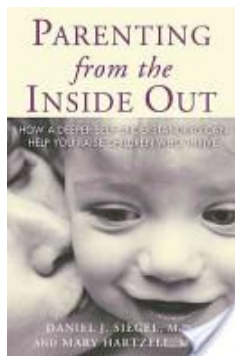
3 The Sun Always Rises: Hope in a New Age of Child Rearing 53 --

4 Engagement through Loving: Parental Love that Brings Out the Best in Today's Kids-and Us 83 --

5 Engagement through Limiting: Crystal-Clear Wisdom to Guide Children and Teens-In a World Without Limits 134 --

6 Engagement through Listening: These Kids Talk to Everyone-Helping Them Talk More to Parents 185 --

7 Engagement through Community: Rebuilding the Village-Twenty-First-Century Style 240.



### **Parenting from the inside out: how a deeper self-understanding can help you raise children who thrive**

**Author:** Siegel, Daniel J. and Hartzell, Mary

**Call number:** HQ 755.8/.S53/2003

In *Parenting from the Inside Out* child psychiatrist Daniel J. Siegel, M.D., and early childhood educator Mary Hartzell, M. Ed., explore the extent to which our childhood experiences actually do shape the way that we parent.

Drawing upon stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories that will help them raise compassionate and resilient children.

In this book, Siegel and Hartzell present a unique perspective on the "art and science" of building nurturing relationships with our children. Born out of a series of workshops for parents that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's thirty years of experience as a child development specialist and parent educator, *Parenting from the Inside Out* guides parents through creating the necessary foundations for a loving and secure relationship with their children. (Book cover)

### **Retrospective : a parent's guide to youth culture : building bridges between generations**

**Corporate:** United States. Center for Substance Abuse Prevention

**Call number:** HV 4999/.Y68/R48/2001

## **One parent / divided families:**

### **Parenting on your own: a handbook for one-parent families**

**Author:** Manitoba Women's Advisory Council

**Call number:** HQ 759.915/.P37/2002

The Manitoba Women's Advisory Council advises the Manitoba government on issues concerning the status of women. This guide is to advise single parents of their rights and to list the services and supports that are available in the community.

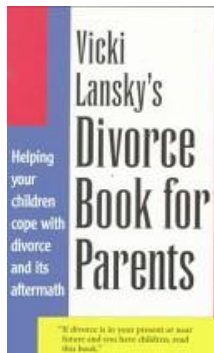


### **Families apart: ten keys to successful co-parenting**

**Author:** Blau, Melinda

**Call number:** HQ 775.8/.B59/1984

A guide to raising children in the wake of a divorce shows readers how to communicate effectively and offers insights into the attitudes necessary to sidestep the inevitable pitfalls during the period of transition.



### **Vicki Lansky's divorce book for parents : helping your children cope with divorce and its aftermath**

**Author:** Lansky, Vicki

**Call number:** HQ 777.5/.L36/1996

No matter what their age, children whose parents are divorcing need reassurance, security and love to get through this painful period. Drawing on her own and others' experiences, as well as the expertise of professionals, Lansky gives parents age-specific advice on what reactions to expect from their kids and tips to cope with divorce realities.

### **Because life goes on: helping children and youth live with separation and divorce: a guide for parents**

**Author:** Joubert, Natacha, 1957- , Guy, Kathleen and Canada. Health Canada

**Call number:** HQ 777.5/.J68/2001

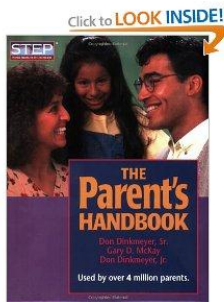
This publication is intended to reach out to Canadian families in need of information and resources to help their children to live through the process of separation and divorce. It is also designed to assist professionals in such field as social services, health, justice and education, in their work with children and their parents.

## **Parenting pre-teens and teenagers:**

### **Coping with teenage depression : a parent's guide**

**Author:** McCoy, Kathleen

**Call number:** RJ 506/.D4/M32/1982

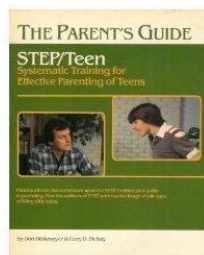


### **The Parent's handbook: STEP systematic training for effective parenting**

**Author:** Dinkmeyer, Don and McKay, Gary D.

**Call number:** HQ 769/.D55/1989

Offers parents a realistic and practical approach to meeting the challenges of raising children today. Teaches effective and enjoyable ways to relate to children.



### **STEP/Teen: systematic training for effective parenting of teens; the parent's guide**

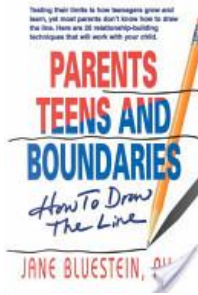
**Author:** Dinkmeyer, Don and McKay, Gary D.

**Call number:** HQ 755/.D55/1983

### **Helping your children navigate their teenage years : a guide for parents**

**Corporate:** White House Council on Youth Violence

**Call number:** HQ 799.15/.H445/2000



## **Parents, teens, and boundaries**

**Author:** Bluestein, Jane

**Call number:** HQ 799.15/.B58/1993

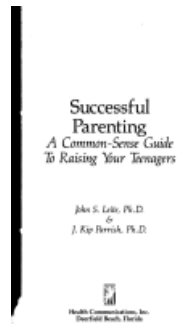
How you set boundaries with your teens is among the most important aspects of your parent-child relationship. Unfortunately, this ability does not come automatically with parenthood. Here Jane Bluestein, a former teacher and counselor, looks at 20 relationship-building techniques all parents can use to set limits with their teens. You'll learn the essential arts of loving, motivating, accepting, negotiating, respecting, acknowledging, communicating, supporting, empowering, trusting . . . and much more.

These practical strategies for boundary setting will enable you to avoid conflict, resolve problems and establish a foundation of mutual love and respect. As a result of learning to set healthy boundaries, you may actually begin to enjoy your children's teen years!

## **Ready or not! parenting a pre-teen**

**Author:** Canada. Health and Welfare Canada

**Call number:** HV 5824/.C45/R43/1990

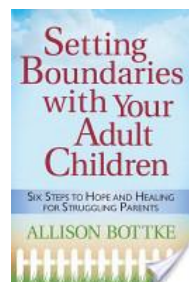


## **Successful parenting: a common sense guide to raising your teenagers**

**Author:** Leite, John S. and Parrish, J. Kip

**Call number:** HQ 799.15/.L45/1991

Successful Parenting is a provocative book that focuses on how to become a successful parent rather than how to control adolescent behavior or produce perfect children. More practical rather than theoretical, this book deals with behavior, specifically, what parents can do to provide a healthy environment and consequences for adolescent behavior that teach and discipline rather than demand and punish.



## **Setting boundaries with your adult children: six steps to hope and healing for struggling parents**

**Author:** Bottke, Allison

**Call number:** BV 4529/.B675/2008

This important and compassionate new book from the creator of the successful God Allows U-Turns series will help parents and grandparents of the many adult children who continue to make life painful for their loved ones.

Writing from firsthand experience, Allison identifies the lies that kept her, and ultimately her son in bondage—and how she overcame them. Additional real life stories from other parents are woven through the text.

A tough–love book to help readers cope with dysfunctional adult children, *Setting Boundaries with Your Adult Children* will empower families by offering hope and healing through S.A.N.I.T.Y.—a six–step program to help parents regain control in their homes and in their lives.

## Video game overuse:



### **Video games & your kids : how parents stay in control**

**Author:** Cash, Hilarie and McDaniel, Kim

**Call number:** HQ 784/.V53/C37/2008

Video Games & Your Kids is for parents who are worried that their children may be spending too much time playing video games. Based on research and the authors' clinical experience, the book explains what gaming addiction is, how much gaming is too much, and the affects gaming has on the body and brain. The authors give gaming advice on each stage of life; birth-2 years, ages 2-6, elementary school years, adolescence, and adult children still living at home. Where there is a problem, the authors provide parents with tools that will help the them successfully set appropriate limits for their children.

Contents: What is gaming addiction? -- Effects of gaming on the body and brain -- Setting limits: it's just a game -- Infants and toddlers (birth to 2 years old) -- Early childhood (ages 2-6) -- Elementary school years -- Adolescence -- Adult children addicted to gaming -- The formal intervention option

This book provides both information and action plan for families affected by video game worries. For others, it should serve as a large red flag signaling the importance of awareness and prevention of an insidious sickness among our children.



### **Video game play and addiction: a guide for parents**

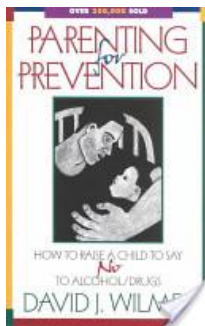
**Author:** Dini, Kourosh

**Call number:** HQ 784/.V53/D56/2008

This book will help parents to gain an understanding of the allure of video games, see how video games can provide positive growth, learn what to consider in assessing for addiction or problematic play, understand the draw of community and social networking within game worlds, consider the future of society and video games.

Targeted to parents who want to know what's safe and what isn't for their children, Video Game Play and Addiction contains the information you need to help you navigate the twenty-first century world of video games.

## **Prevention:**



### **Parenting for prevention**

**Author:** Wilmes, David J.

**Call number:** HV 5824/.C45/W55/1988

Here's a book that every adult concerned about kids will want to read. The author convincingly argues that parents are the ones who not only can but also must take the lead in preventing their kids from getting mixed up with alcohol and other drugs. *Parenting for Prevention* shows them exactly what to do and how to do it.

The theme is prevention, but the approach is thoroughly positive. You'll find no threats or warnings here, no long list of don'ts. Instead, this book says, in effect: If you really want to prevent your kids from getting involved with alcohol or other drugs, here's the way to do it. Teach them these life skills.

### **Don't panic : a parent's guide to understanding and preventing alcohol and drug abuse**

**Author:** Peele, Stanton.

**Call number:** HV 5824/.Y68/P44/1983

### **Growing up drug free : a parent's guide to prevention**

**Corporate:** U.S. Department of Education.

**Call number:** HV 5808/.G76/1989

## **Preventing drug use among children and adolescents : a research-based guide for parents, educators, and community leaders**

**Corporate:** NIDA

**Call number:** HV 5824/.Y68/R47/2003

## **Parents getting a head start against drugs : activity book**

**Author:** Carter, Sylvia and Oyemade, Ura Jean

**Call number:** HV 5825/.C377/1993

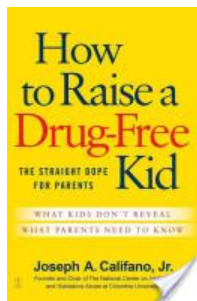
## **Keeping youth drug-free: a guide for parents, grandparents, elders, mentors, and other caregivers**

**Producer:** U.S. Department of Health and Human Services

**Call number:** HV 5824/.Y68/K447/1997

This booklet is divided into five sections to address reasons young people give for using marijuana, alcohol, and tobacco: to feel grown up, to fit in, to relax and feel better, to take risks, and to satisfy curiosity.

Keeping youth drug-free provides caregivers with guidelines to help them do just so. It is targeted to parents and guardians of 7- to 13 year olds, but the materials and exercises can also work for other age groups.



## **How to raise a drug-free kid : the straight dope for parents**

**Author:** Califano, Joseph A. Jr.

**Call number:** HV 4999/.C45/C34/2009

The book offers advice and information on how to prepare your child for the crucial decision-making moments and on many of the most daunting parenting topics, including:

When and how to talk to your kids about drugs and alcohol

How to respond when your kid asks "Did you do drugs?"

How to know when your child is most at risk

How to prepare your teen for the freedoms and perils of college.

Contents:

Take a hands-on approach to parenting --  
Talk to your kids about smoking, drinking, and drugs --  
Eat meals together-dinner makes a difference --  
What drugs are likeliest to tempt your teen? --  
For your teen, availability is the mother of use --  
At what times is my child at increased risk of drug use? --  
In what circumstances is my child at increased risk of drug use? --  
How can I make my home a safe haven? --  
What you should know about the differences between boys and girls --  
What's the relationship between alcohol, drugs, and sexual activity? --  
How can I mitigate the media's influence? --  
How can I protect my kids at school? --  
How can I prepare my kids for college? --  
The signs of use-what to do if you see them.

**Drugs : what your kid should know ; a parent handbook**

**Author:** Hindmarsh, K. Wayne

**Call number:** HV 5824/.Y68/H55/1989

**What, when & how to talk to children about alcohol & other drugs : a guide for parents**

**Author:** Milgram, Gail Gleason

**Call number:** HV 4999/.Y68/M549/1983

**Together we can : a parent's guide to substance abuse prevention**

**Corporate:** The Junior League of Greater Vancouver

**Call number:** HV 4999/.Y68/T64/1990

**Keeping your kids drug-free : a how-to-guide for parents and caregivers // Proteja a sus hijos de las drogas : una guia para los padres**

**Corporate:** National Youth Anti-Drug Media Campaign

**Call number:** HV 5824/.Y68/S844/2002

**Understanding inhalant users : an overview for parents, educators, and clinicians**

Corporate: Texas Commission on Alcohol and Drug Abuse

Call number: HV 5831/.U53/1997

**Preventing inhalant abuse: resources for parents, community members, and youth**

Corporate: Colorado Inhalant Abuse Program

Call number: RC 568/.S64/200?

This manual includes a number of resources for trainers who lead groups in inhalant abuse prevention

**Success stories from drug-free schools : a guide for educators, parents & policymakers**

Corporate: U.S. Department of Education.

Call number: HV 5808/.S942/1991

**Keeping your kids drug-free : a how-to-guide for parents and caregivers // Proteja a sus hijos de las drogas : una guia para los padres**

Corporate: National Youth Anti-Drug Media Campaign

Call number: HV 5824/.Y68/S844/2002

**Kids & drugs : prevention education for parents : parent's handbook**

Author: Golinoski, Darlene and Pappé, Valerie

Call number: HV 5824/.C45/G64/1984/v.3

**Kids & gangs : what parents and educators need to know/ Ann W. Lawson**

Author: Lawson, Ann W.

Call number: HV 6439/.U7/S265/1994

## **What, when & how to talk to children about alcohol & other drugs : a guide for parents**

**Author:** Milgram, Gail Gleason

**Call number:** HV 4999/.Y68/M549/1983

## **Parent training is prevention : preventing alcohol and other drug problems among youth in the family**

**Corporate:** United States. Office for Substance Abuse Prevention. Division of Community Prevention and Training

**Call number:** HV 5824/.Y68/P37/1991

## **Marijuana : facts parents need to know**

**Corporate:** National Institutes of Health (U.S.)

**Call number:** HV 5822/.M3/M375/1995

## **Audio-Video:**

### **The Next STEP: effective parenting through problem solving**

**Producer:** American Guidance Service, Inc.

**Call number:** KIT/HQ 755.85/.N487/1987

"The next STEP " is based on the concepts and skills presented in STEP and STEP/Teen. In this program, parents refine their understanding of the material in the basic programs and learn to use their STEP skills more effectively. They also learn new concepts and skills designed to increase their self-awareness and help them further improve their relationships with their children.

### **For parents too! healthy choices [videorecording]**

**Call number:** VTR/HQ 755.5/.J8/1992/v.2

Narrated by Katheryn Nelson, parent educator. This video deals with "risk factors", conditions that are associated with drug use. In other words, kids who use drugs often have certain things in common. This program identifies some risk factors and explores ways in which your children can protect themselves against these risks.

## **Parenting for prevention : how to stop enabling and start empowering kids**

**Producer:** Hazelden

**Call number:** VTR/HQ 755.85/.P3/1997/V.1

You'll learn:

- What parental enabling is and how it can hurt your child
- How to identify some common parental behaviors that lead to enabling
- Whether you might be enabling your child
- How to empower your child

## **Parenting for prevention : how to set limits for kids**

**Producer:** Hazelden

**Call number:** VTR/HQ 755.85/.P3/1997/V.2

You'll learn:

- How to set clear limits
- How to set reasonable limits according to age, trust level, and basic needs
- Why limits should be set in advance and checked for compliance
- How to respond when your child tests the limits

## **Parenting for prevention : how to enforce consequences when kids violate limits**

**Producer:** Hazelden

**Call number:** VTR/HQ 755.85/.P3/1997/V.3

You'll learn:

- How to enforce consequences that are reasonable and related to the violation
- How to enforce consequences calmly, respectfully, and without anger
- What to avoid when enforcing consequences

## **Parenting for prevention : communicating : how to confront kids when they're doing wrong, how to encourage kids when they're doing right**

**Producer:** Hazelden

**Call number:** VTR/HQ 755.85/.P3/1997/V.4

You'll learn:

- To identify some ineffective communication styles of parents
- How to communicate effectively with your child through active listening
- How to confront your child's negative behavior
- How to encourage your child's positive behavior

## **Parenting for prevention : how to teach kids to handle anger without violence**

**Producer:** Hazelden

**Call number:** VTR/HQ 755.85/.P3/1997/V.5

You'll learn how to teach your child to use the A-B-C-D method to handle anger:

- Be AWARE of angry feelings
- BACK OFF and sort out what is really happening
- CHECK OUT CHOICES and the CONSEQUENCES of each choice
- DEDIDE AND DO the safest thing

## **Parenting for prevention : how to teach kids to resolve conflicts without violence**

**Producer:** Hazelden

**Call number:** VTR/HQ 755.85/.P3/1997/V.6

You'll learn how to teach your child to use the 3 T's method for resolving conflicts:

1. Think about the conflict
2. Talk about the conflict
3. Try to work it out

## **Keeping your kids tobacco, alcohol, and drug free : what can parents do? [videorecording]**

**Producer:** TV Interactive

**Call number:** VTR/HQ 755.85/.K3/199-

In this video parents gain expert advice on how to keep their children free from substance abuse. Host Mark Hamill guides viewers through this film that describes resources for parents, gives tips from health care professionals, offers testimonials from teenagers and adults, and features recording artist/musician and parent Richard Marx, who shares his concern about his children's future. The program is rich in up-to-date facts and practical information about communicating and being involved with children.

## **Alcohol and the teenage brain: a video guide for parents and professionals [DVD]**

**Producer:** Human Relations Media, Inc.

**Call number:** DVD/QP 801/.A3/A43/2004

This no-nonsense, straightforward video presents the latest research about how alcohol impairs the growing adolescent brain. The context is delivered by neuroscientist and researcher Scott Swartzwelder Ph.D. of Duke University whose groundbreaking research will be a wake up call for parents, school administrators and substance abuse professionals who want to learn more about the damaging effects of alcohol on teens. Swartzwelder explains that ten years ago researchers used to believe that the brain was finished developing at birth. Now scientists know that the brain is growing and developing through adolescence and into one's early twenties. The research has further shown that adolescents experimenting with alcohol and binge drinking are literally putting their futures at risk by compromising the full potential of their brains to learn, conceptualize and prepare for college and the workplace.

## **Parenting with FASD: challenges, strategies and supports**

**Distributor:** School of Social Work, University of Victoria, FAS/E Support Network of BC

**Call number:** DVD/RG 629/.F45/P3/2005

Featuring four adults living and parenting with Fetal Alcohol Spectrum Disorder, this video focuses on some of the parenting-related experiences and challenges faced by people with FASD. Highlighted as well are strategies, suggestions and resources found to promote positive parenting.

## **Parenting with humor**

**Producer:** The Humor Potential, Inc.

**Call number:** VTR/HQ 755.8/.P37/1993

Teaches parents ways to incorporate more joy and humor into parenting on a daily basis through the use of humor and choice.



## **Alcohol and the teenage brain: a video guide for parents and professionals [DVD]**

**Producer:** Human Relations Media, Inc.

**Call number:** DVD/QP 801/.A3/A43/2004

This no-nonsense, straightforward video presents the latest research about how alcohol impairs the growing adolescent brain. The context is delivered by neuroscientist and researcher Scott Swartzwelder Ph.D. of Duke University whose groundbreaking research will be a wake up call for parents, school administrators and substance abuse professionals who want to learn more about the damaging effects of alcohol on teens. Swartzwelder explains that ten years ago researchers used to believe that the brain was finished developing at birth. Now scientists know that the brain is growing and developing through adolescence and into one's early twenties. The research has further shown that adolescents experimenting with alcohol and binge drinking are literally putting their futures at risk by compromising the full potential of their brains to learn, conceptualize and prepare for college and the workplace.

## **Setting rules and limits [videorecording]**

**Producer:** Hazeldon

**Call number:** VTR/HQ 755.85/.S4/1995

This video teaches parents how to create or re-establish boundaries and rules. It addresses how to set limits, establish consequences, and enforce rules. Setting Rules and Limits also demonstrates how to set personal limits and act as a good role model for children.

## **Spotting substance abuse in teens : a video guide for parents & teachers [Videorecording]**

**Distributor:** GWC, Inc.

**Call number:** VTR/HV 5824/.A33/S6/2005

For parents, educators or bosses, this video presents things to watch for that indicate drug and alcohol use in teenagers. Viewers learn to recognize the signs and are shown what decisions have to be made and what their next step should be.

**Being aware, taking care : information guide for parents, counsellors, youth agencies, teachers and police : addressing the dangers of street life and exploitation of youth in the sex trade.**

**Author:** Madsen, Colette,

**Call number:** KIT/HQ 149/.B45/200-

Includes 2 video tapes and 3 guides in 1 binder

Designed to provide parents, teachers, counsellors, youth workers, police, youth and community members with information, ideas and resources for developing short and long term strategies to address the sexual exploitation of children and youth in our communities. Any part of the guides can be copied and distributed. In addition, each guide contains specially designed pages for use as handouts and overheads.

**The family game: a situational approach to effective parenting**

**Producer:** Addison-Wesley Pub

**Call number:** CASS HQ 772/.H45/1979

**How to talk about alcohol: a program for parents of preteens**

**Producer:** Seagram Canada

**Call number:** CASS HV 4999/.Y68/H68/1992

1 tape + 1 booklet

The handbook and audiocassette are designed to help parents become more responsive to their children on issues regarding alcohol, communicating their values and expectations, and become more effective in teaching their children to handle difficult situations.