Student Support Services Resources
General Resources for Academic, Social and Emotional Development

Online Resources:

Learning and Attention Issues- Understood.org
Parent Education Network (PEN)
Inside the ADD Mind
Children with ADD- CHADD
Child Mind Institute
International Dyslexia Association (IDA)
Learning Scientists: strategies for parents, students, teachers
Yale Center for Dyslexia and Creativity
Challenge Success
National Institute of Mental Health
Learning Disabilities Online
Girls Leadership
Kids Health

Print Resources:

Anxiety:

The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears,
Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children, by Reid Wilson and Lynn Lyons

Overcoming School Anxiety: How to Help Your Child Deal with Separation, Tests, Homework, Bullies, Math Phobia, and Other Worries, by Diane Peters

Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child’s Fears, Worries, and Phobias, by Tamar E. Chansky

My Anxious Mind: A Teen’s Guide to Managing Anxiety and Panic by Michael Tompkins and Katherine Martinez. This book is written for teens to help them take control of their anxious feelings by providing cognitive-behavioral strategies to tackle anxiety head-on and to feel more confident and empowered in the process.

Parenting in a Stressful World:

The Pressured Child: Freeing Our Kids from Performance Overdrive and Helping Them Find Success in School and Life, by Michael Thompson, Ph.D.

Hyper-Parenting: The Over-Scheduled Child, by Alvin Rosenfield, M.D.

The Hurried Child: Growing Up Too Fast Too Soon by David Elkind, Ph.D.

The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids, by Madeline Levine, Ph.D.


Perfectionism:

Letting Go of Perfect: Overcoming Perfectionism in Kids, Jill Adelson Ph.D. , Hope Wilson Ph.D.

What to Do When Good Enough Isn’t Good Enough: The Real Deal on Perfectionism: A Guide for Kids, by Thomas S. Greenspon Ph.D.
Perfectionism and Gifted Children, by Rosemary Callard-Szulgit

Raising Resilient Children:

Building Resilience in Children and Teens: Giving Kids Roots and Wings, by Kenneth Ginsburg, M.D.

Letting Go with Love and Confidence: Raising Responsible, Resilient, Self-Sufficient Teens in the 21st Century, by Kenneth Ginsburg M.D., Susan Fitzgerald

How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success, by Julie Lythcott-Haims

Teach Your Children Well: Parenting for Authentic Success, by Madeline Levine, Ph.D.

How Children Succeed: Grit, Curiosity and the Hidden Power of Character, by Paul Tough

The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children, by Wendy Mogel, Ph.D.

The Blessing of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers, by Wendy Mogel, Ph.D.

Siblings without Rivalry by Adele Faber and Elaine Mazlish. These authors provide a guide to preserving family peace and help arguing siblings to be more communicative with their parent’s support.

Friendships/Social Issues:

Best Friends, Worst Enemies: Understanding the Social Lives of Children by Michael Thompson, Ph.D. One of the best books written for parents about the highs and lows of children’s social experiences from early childhood on. It is an excellent resource, among the most useful a parent can have in his/her library. It normalizes and sheds light into the seemingly incomprehensible world of children’s friendships, and provides invaluable suggestions for how to help our children (and ourselves) cope with the fluctuations that accompany early relationships.

The Friendship Factor, by Dr. Ken Rubin. This book provides a behind the scenes look at the ways our children form relationships with peers based on more than 20 years of research about children’s friendships.
Mom, They're Teasing Me: Helping Your Child Solve Social Problems, by Michael Thompson, Ph.D. A practical, hands-on approach to supporting our kids through the ups and downs of the social world. Dr. Thompson's approach is warm and informative.

Why Good Kids Act Cruel: The Hidden Truth about the Pre-Teen Years by Carl E. Pickhardt

Sexuality:

Sex & Sensibility: The Thinking Parent's Guide to Talking Sense About Sex by Deborah Roffman

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children From Infancy to Middle School (2008 edition), by Deborah Haffner

So Sexy So Soon: The New Sexualized Childhood and What Parents Can Do to Protect Their Kids by Diane E. Levin, Jean Kilbourne. Discusses how children are being exposed to adult concepts of sexuality, through media and cultural influences, at younger and younger ages. The most surprising thing about this book is the clarity with which it defines the problem and then offers helpful how-to's to leave the reader with practical, real tools for addressing this issue with their own children.

The Romance of Risk: Why Teenagers Do the Things They Do, by Lynn Ponton, M.D.

Parenting Pre-Teens/ Teenagers:

How to Hug a Porcupine: Negotiating the Prickly Points of the Tween Years, by Julie A. Ross, M.A. This is a little gem of a book specifically about the middle school years and how to navigate them successfully. Hallelujah to have such a great resource for this particular time period! Parents of children in this age-group will likely find it true-to-life, at once entertaining and sobering, and helpful and concrete. It is a very valuable resource for parents with kids of this, and any age.

The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults, by Frances E. Jensen, MD and Amy Ellis Nutt

Curse of the Good Girl, by Rachel Simmons. She talks about how we (and our culture) teach girls to embrace a version of selfhood that limits their power and potential.

discusses the way boys think and shows parents, educators and coaches how to reach out and help boys overcome their most common yet difficult challenges.

**Getting to Calm, Cool-headed strategies for parenting tweens and teens** by Laura Kastner and Jennifer Wyatt. Provides a model and multiple examples of how to stay cool-headed when you are in conflict with your son or daughter. It describes the teenage brain and how it challenges their ability to think logically and how our own emotions get triggered and make it difficult to listen and discuss issues calmly.

**The Big Disconnect; Protecting Childhood and Family Relationships in the Digital Age** by Catherine Steiner-Adair. This books offers 'insights, and advice that can help parents achieve greater understanding, authority, and confidence as they come up against the tech revolution unfolding in their living rooms'.

**Uncommon Sense for Parents with Teenagers**, by Michael Riera, Ph.D.

**Field Guide to the American Teenager**, by Michael Riera, Ph.D.

**Staying Connected to Your Teenager: How to Keep Them Talking to You and How to Hear What They’re Really Saying**, by Michael Riera, Ph.D.

**Raising Cain: Protecting the Emotional Life of Boys**, by Michael Thompson & Dan Kindlon, Ph.D.

**Quiet: The Power of Introverts in a World That Can’t Stop Talking**, by Susan Cain

**Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead** by Brené Brown

**Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive**, by Daniel Siegel, M.D. and Mary Hartzell, M.E.d

**NurtureShock: New Thinking About Children**, by Po Bronson & Ashley Merryman

**Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents** by Christine Carter, Ph.D.

**Everyday Blessings: The Inner Work of Mindful Parenting**, by Myla and Jon Kabat-Zinn

**The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind**, by Daniel J. Siegel and Tina Payne Bryson
**Boundaries with Kids** by Dr. Henry Cloud. Dr. Cloud provides helpful strategies for supporting our children's development through the use of clear and consistent boundaries. His approach is user-friendly and concrete.

**Positive Discipline for Teenagers**, Jane Nelsen Ed.D., Lynn Lott

**Mindset: The New Psychology of Success**, by C. Dweck

**How To Talk So Kids Will Listen and Listen So Kids Will Talk**, by Amy Faber and Elaine Mazlish


**You and Your Adolescent: A Parent's Guide for Ages 10-20**, by Laurence Steinberg, PhD and Ann Levine


**Healthy Sleep Habits, Happy Child**, by Marc Weissbluth, M.D.

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**Parenting with Digital Devices**

**The Big Disconnect; Protecting Childhood and Family Relationships in the Digital Age by Catherine Steiner-Adair.** *This book offers "insights and advice that can help parents achieve greater understanding, authority, and confidence as they come up against the tech revolution unfolding in their living rooms.*

**UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World by Michele Borba, EdD.** *In this book, Michele Borba explains the importance of developing empathy in children who are growing up in an increasingly self-absorbed world.*

**Screenwise: Helping Kids Thrive (and Survive) in Their Digital World by Devorah Heitner.** *Screenwise offers a perspective on how to thoughtfully guide kids in the digital age. Many parents and educators worry that kids are addicted, detached, or distracted because of their digital devices. Digital Citizenship expert Devorah Heitner, however, believes that technology offers huge potential to our children--if parents help them.*

**Growing Up Social: Raising Relational Kids in a Screen-Driven World by Gary Chapman**
Media Moms & Digital Dads: A Fact-Not-Fear Approach to Parenting in the Digital Age by Yalda T. Uhls, PhD. Supported by academic research focused on technology, this book breaks down complex issues in a friendly, accessible fashion, making it a highly useful and, ultimately, reassuring read for anyone who worries about the impact that media might be having on young minds. Each chapter delves into a different issue related to kids and media so parents can easily find their particular issue of concern. Dr. Uhls ends each chapter with quick takeaways, in the form of tips and guidance for parents.

Wired Child. Reclaiming Childhood in a Digital Age by Dr. Richard Freed, Ph.D. Wired Child is a practical guide to building your child’s bond with family and fostering school success amid the allure of digital screens.

It’s Complicated: The Social Lives of Networked Teens by Danah Boyd