

NH Family Voices Lending Library

Books for Children On Behavior



NH Family Voices
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NH Family Voices has the following books in the lending library.

Books can be requested by phone or via the website, and are sent through the mail, with a postage paid return envelope.

♥ Lachner, Dorothea

ANDREW'S ANGRY WORDS

North-South Books, 1995

When Andrew's sister trips and sends all his toys flying, Andrew lets loose a lot of nasty words that start to spread from person to person creating trouble wherever they go.

♥ Whitehouse, Eliane & Pudney, Warwick

A VOLCANO IN MY TUMMY- HELPING CHILDREN HANDLE ANGER

New Society Publishers, 1996

This book is about helping 6 to 15 year olds handle their anger so they can live successfully, happily and nonviolently with motivation, without fear and with good relationships. Filled with activities, this book is an excellent resource for anyone.

♥ Huebner, Dawn PhD

WHAT TO DO WHEN YOUR TEMPER FLARES: A KID'S GUIDE TO OVERCOMING PROBLEMS WITH ANGER

Magination Press, 2008

A great workbook for kids. Explains anger is like a fire, ready to flare. Teaches children about having "cool thoughts" and how to get the energy out safely. Has reproducible worksheets, good examples and activities that will keep children engaged in learning to control their anger.

♥ Drescher, Joan

THE MOON BALLOON - A JOURNEY OF HOPE AND DISCOVERY FOR CHILDREN AND FAMILIES

Association for the Care of Children's Health, 1996

A special interactive book that helps children express their feelings honestly and openly.

♥ Berenstain, Stan & Jan

THE BERENSTAIN BEARS GET IN A FIGHT

Random House, Inc., 1982

After causing a family commotion when they fight each other, the Berenstain cubs learn that sometimes even the best of friends don't get along.

♥ ***STOP BULLYING NOW! TAKE A STAND. LEND A HAND***

US Dept of Health and Human Services/ HRSA

This DVD contains 12 animated webisodes depicting a group of characters at school who experience bullying, and how they resolve it. Also includes five television and two radio public service announcements and video workshops.

♥ Cook, Julia

MY MOUTH IS A VOLCANO!

Courage to Change, 2005

Louis always interrupts. When he has something to say, his ideas rumble and push their way right out of his mouth, just like a volcano. He learns a lesson about waiting his turn when others begin to interrupt him. (ages 4 and up)

♥ Cook, Julia

A BAD CASE OF TATTLE TONGUE

Courage to Change, 2006

No one likes Josh "the tattler". One night Josh wakes up to find his tongue covered in spots. This story helps children to understand what and when to tell, and what is just tattling. (ages 4 and up)

♥ Phelan, Thomas W PhD & Lewis, Tracy M BA

1-2-3 MAGIC FOR KIDS: HELPING CHILDREN UNDERSTAND THE RULES

Parent Magic Inc., 2008

A new book designed to help parents explain 1-2-3 Magic to their children. The book is presented from the child's point of view, and includes games, puzzles, and lots of illustrations.

We have the companion book and DVD for parents that goes with this title.

♥ Berenstain, Stan & Jan

THE BERENSTAIN BEARS AND THE TROUBLE WITH FRIENDS

Random House, 1986

Lonely without anyone her age to play with, sister bear is delighted when a new girl moves into the house down the road.

♥ Emberley, Ed & Miranda, Anne

GLAD MONSTER SAD MONSTER: A BOOK ABOUT FEELINGS

Scholastic Books, 1997

This simple, colorful book helps children to understand and discuss feelings more openly. Fold out mask on each page. Feelings addressed are glad, sad, loving, worry, being silly and being angry.

♥ Lite, Lori

A BOY AND A BEAR - THE CHILDREN'S RELAXATION BOOK

Specialty Press, Inc., 1996

A boy and a polar bear that enjoy a friendship together learn to relax together. Good relaxation technique for children.

♥ Johnson, Lee and Kaiser, Sue

IF I RAN THE FAMILY

Free Spirit Publishing, 1992

Told in simple rhymes and beautiful illustrations, this book is a warm, wise parable for today. Children will enjoy imagining what it would be like to make the rules.

♥ Mahherseng, Katherine

TELLING ISN'T TATTLING

Parenting Press, 1995

This book helps children learn when to tell an adult they need help, when to deal with problems themselves. It also helps adults to learn when to pay attention to kids' requests for help. Recommended for ages 7-12.

♥ Berenstain, Stan & Jan

THE BERENSTAIN BEARS GET THE GIMMIES

Random House, Inc., 1988

Gran and Gramps come up with a plan to help selfish brother and sister bear get rid of a bad case of the "galloping greedy gimmes."

♥ Shapiro, Lawrence E. PhD

SOMETIMES I LIKE TO FIGHT, BUT I DON'T DO IT MUCH ANYMORE: A SELF-ESTEEM BOOK FOR CHILDREN WITH DIFFICULTY IN CONTROLLING THEIR ANGER

Center for Applied Psychology, Inc. 1995

Tells the story of Douglas, whose aggressive play and roughhousing turns into a more serious problem in controlling his anger. Designed to be read by children with similar problems to help them see that there are ways that they can learn to understand their anger and redirect their need to fight.

♥ Gardner, Richard MD

THE GIRLS & BOYS BOOK ABOUT GOOD AND BAD BEHAVIOR

Creative Therapeutics, 1990

Designed for use by both parents and children, this book discusses issues affecting desirable human behavior. There are chapters on self-esteem, pleasure and pain, shame, guilt, sympathy, and love.

♥ Mayer, Carol A. MS, CCC/SP&COM; Brown, Barbara E & Brown, Ashley C.

MY THUMB AND I: A PROVEN APPROACH TO STOP A THUMB OR FINGER SUCKING HABIT FOR AGES 6-10

Chicago Spectrum Press/Thumbco, Inc., 1997

A proven approach to understanding and controlling the habit in 10 easy steps. Includes progress charts to record progress and activities to do and have fun along the way. Increase self esteem and have healthy teeth, trust yourself, you can do it!

♥ Berenstain, Stan & Jan

THE BERENSTAIN BEARS FORGET THEIR MANNERS

Random House, Inc., 1985

Mama bear comes up with a plan to correct the bear family's rude behavior.

♥ Verdick, Elizabeth

TEETH ARE NOT FOR BITING

Free Spirit Publishing, 2003

Designed for young children, this simple, colorful story shows that biting hurts, and it is not what teeth are for. Includes tips for parents and caregivers.

♥ Verdick, Elizabeth

WORDS ARE NOT FOR HURTING

Free Spirit Publishing, 2004

Designed for young children, this simple book shows how words are used, and that some are kind, and some are not. Includes tips for parents and caregivers.

♥ McIntryre, Tom PhD

THE BEHAVIOR SURVIVAL GUIDE FOR KIDS: HOW TO MAKE CHOICES AND STAY OUT OF TROUBLE

Free Spirit Publishing, 2003

Written for children ages 9-14, this book is full of strategies and advice for kids with behavior problems, so that they can learn to help themselves. Resources for parents & teachers included.

♥ Ditta-Donahue, Gina

JOSH'S SMILEY FACES: A STORY ABOUT ANGER

Magination Press, 2003

When Josh is angry, he throws things and hits. With the use of a chart with smiley faces, Josh starts to learn other ways to express himself, and get along with others. (ages 3-6)



♥ Moss, Peggy

SAY SOMETHING

Tilbury House Publishers, 2004

Beautifully illustrated, simple story, depicting a student's struggle with witnessing teasing at school, and being teased herself. Story message is "making a choice to make a difference."



♥ Cohen-Posey, Kate

HOW TO HANDLE BULLIES, TEASERS AND OTHER MEAN-IES

Rainbow Books, 1995

Talks about the reasons some children bully and tease, and provides dozens of examples and practice exercises to teach children how to respond.

♥ Cooper, Scott

SPEAK UP AND GET ALONG! LEARN THE MIGHTY MIGHT, THOUGHT CHOP, AND MORE TOOLS TO MAKE FRIENDS, STOP TEASING, AND FEEL GOOD ABOUT YOURSELF

Free Spirit Publishing, 2005

Written by an anti-bullying advocate, this book is full of tools to help kids get along. Tips on expressing feelings, starting and joining conversations, resolving conflicts, ending teasing, staying calm and relaxed. Great for upper elementary school.

♥ Depino, Catherine

BLUE CHEESE BREATH AND STINKY FEET: HOW TO DEAL WITH BULLIES

Magination Press, 2004

Steve has to do something about Gus, the name-calling bully. When he tells his parents what is going on, they come up with a plan to take care of Gus and end his name calling ways. (ages 6-12)

♥ Berenstain, Stan & Jan

THE BERENSTAIN BEARS TROUBLE AT SCHOOL

Random House, Inc., 1986

When brother bear returns to school after being out sick, he gets into a mess that gets worse and worse until Gramps gives him some advice.

♥ Cossi, Olga

THE GREAT GETAWAY

Gareth Stevens Children's Books, 1991

Two young sisters decide that while running away can be adventurous, it is much more fun to come home. Share the surprise and delight of these resourceful girls when they safely reach their destination.

♥ Hilton, Nette

ANDREW JESSUP

Ticknor & Fields, 1992/1993

Andrew's best friend is very disappointed when Andrew moves away, but the situation changes when a girl moves into Andrew's old house.

♥ Wojciechowski, Susan

BEANY AND THE MEANY

Candlewick Press, 2005

Beany's best friend picks someone else as a partner for a project, leaving Beany with the class bully. How will Beany handle it?

♥ Cain, Barbara

I DON'T KNOW WHY... I GUESS I'M SHY

Magination Press, 2000

Sammy Samson is too shy to speak to anyone, until his puppy is missing. He discovers that his shyness doesn't have to prevent him from making friends.

♥ Lamb-Shapiro, Jessica

***SOMETIMES I DON'T LIKE TO TALK
(BUT SOMETIMES I CAN'T KEEP QUIET)***

Childsworks/Childsplay, 2002

This book addresses the common childhood problem of shyness. It tells the story of how as "quiet as a mouse" Emmy learns to participate in school with the help of patient adults. Simple language and humorous illustrations. (Ages 5-10)

♥ Moss, Peggy & Tardif, Dee Dee

OUR FRIENDSHIP RULES

Tilbury House Publishers, 2007

Alexandra learns a good lesson about friendship when she tells her best friend Jenny's secret to the new "cool" girl in school, in hopes of being her friend.

♥ Huebner, Dawn PhD

***WHAT TO DO WHEN BAD HABITS TAKE HOLD: A KID'S
GUIDE TO OVERCOMING NAIL BITING AND MORE***

Magination Press, 2009

Nail biting, thumb sucking.. How does one stop a habit? Lots of kids have habits they want to break. This book uses lots of examples, provides step-by-step instructions on how to break those pesky habits.

♥ Flanagan Burns, Ellen

***NOBODY'S PERFECT: A STORY FOR CHILDREN ABOUT
PERFECTIONISM***

Magination Press, 2009

Sally is a perfectionist, and if she can't be the best, she feels like a failure. She procrastinates, won't try new things. With the help of her teachers and her mother, Sally learns that making mistakes is part of learning. (ages 8-12)

♥ Sobel, Marla

***THE PENGUIN WHO LOST HER COOL: A STORY ABOUT
CONTROLLING YOUR ANGER.***

Childswork/Childsplay, 2000

While Penelope penguin is a good student, diver, and friend, she has difficulty managing her anger. Penelope learns a simple technique to keep her cool, which helps her to keep her friends and participate in a diving contest. (ages 5-10)

♥ Goldberg, Pamela M. & Winston-Macauley, Marnie

***MEET MELLY: HER COLOR IS MAD: A GROUND BREAKING
WORKBOOK TO HELP CHILDREN MASTER THEIR MOODS***

Camp Make Believe / 1st Book, 2003

A workbook for parents / professionals to use with school aged children at home, or in groups. The stories and talking points help to identify feelings and behaviors, and offer tips to address them.

♥ Murrell, Diane

TOBIN LEARNS TO MAKE FRIENDS

Future Horizons Inc., 2001

Tobin the train learns about some of the things which might make it difficult to make and keep friends, such as shouting, crowding, not being kind. This colorful book would be very appropriate for young children or children with cognitive disabilities.

♥ Jackson, J.S.

***BYE-BYE BULLY!: A KID'S GUIDE FOR DEALING WITH
BULLIES***

One Caring Place / Abbey Press, 2003

This book covers the who, what and whys of bullying, and how to stop them. The elf characters learn how to assert and protect themselves and know when to ask for help. (ages 4-7)

♥ Romain, Trevor

BULLIES ARE A PAIN IN THE BRAIN

Free Spirit Publishing, 1997

Jokes and cartoons address ways to deal with bullies, and explains why bullies act like they do. Great for children in mid to upper elementary school. Includes a section for parents and teachers.

♥ Agassi, Martine PhD

HANDS ARE NOT FOR HITTING

Free Spirit Publishing, 2000

This book reinforces the good things hands can do, such as waving, sharing, clapping. Also includes a section for adults with ideas to talk about to reinforce the concept that violence is never OK.

♥ Zimmerman, Tracy & Shapiro, Lawrence, PhD

***SOMETIMES I FEEL LIKE I DON'T HAVE ANY FRIENDS
(BUT NOT SO MUCH ANYMORE)***

Childsworld/Childsplay, 1996

Mark, a fourth grader, talks about not having many friends a few months ago and how that felt. He talks about learning to cooperate, listen and be polite, and how that helped him to make friends. Simple story. Appropriate for ages 5-10.

♥ Lamb-Shapiro, Jessica

***THE HYENA WHO LOST HER LAUGH: A STORY ABOUT
CHANGING YOUR NEGATIVE THINKING***

Childsworld/Childsplay, 2000

Hillary the Hyena was very popular, and everyone loved to hear her laugh. When difficult things happen, Hillary stops laughing. In the story Hillary learns how to control her negative thoughts and restore her laugh.

♥ Leventhal-Belfer, Laurie

***WHY DO I HAVE TO? A BOOK FOR CHILDREN WHO FIND
THEMSELVES FRUSTRATED BY EVERYDAY RULES***

Jessica Kingsley Publishers, 2008

This book nicely explains the rules behind everyday situations (such as why someone should listen in class even if he knows what they are talking about). Provides an explanation of how / why someone should follow those rules.

♥ Williams, Mary

COOL CATS, CALM KIDS

Impact Publishers, 1998

This book uses cats and their lifestyles to present techniques to help young people deal with stress.

♥ Lite, Lori

SEA OTTER COVE: A RELAXATION STORY

Lite Books, 2008

Children will love to practice "belly breathing" with the playful sea otters and a mermaid. Belly breathing is an effective self-calming method that can help to lower stress, anxiety, and help with falling asleep.

♥ Millman, Dan

SECRET OF THE PEACEFUL WARRIOR

H.J. Kramer, Inc., Starseed Press, 1991

An old man named Socrates shows Danny that the best way of dealing with a bully is the way of the peaceful warrior, through courage and love. An inspirational story that sheds new light on an age-old issue faced by all children.



♥ Brandenburg, Aliko

FEELINGS

Mulberry Books, 1986

A simple story illustrating a variety of situations and how someone might feel in them.

♥ Cain, Janan

THE WAY I FEEL

Parenting Press, Inc., 2000

Colorful pictures and simple text help to connect words—such as sad, disappointed, frustrated, shy, angry, excited, silly, scared, bored, happy and proud—to feelings.
(ages 2-8)

♥ Cook, Julia

PERSONAL SPACE CAMP

Courage to Change, 2006

Louis loves outer space, but doesn't understand personal space. His principal invites him to "personal space camp", where he learns about not invading other people's space in very creative ways.

♥ DeBell, Susan PhD

HOW DO I STAND IN YOUR SHOES? A STORY & WORK-SHEETS ABOUT EMPATHY (GRADES K-4)

Youthlight, Inc., 2006

Miranda has no patience with others in her class, and can't understand why everyone can't be as smart and talented as she is. Her teacher suggests she try to "stand in their shoes". After searching for shoes, her neighbor explains what it really means.

♥ Berenstain, Stan & Jan

THE BERENSTAIN BEARS AND THE IN CROWD

Random House, 1989

A rich new cub named, Queenie McBear, teases sister bear and steals her double-dutch partners away before the big tournament.

♥ Kaufman, Gershen PhD; Raphael, Lev PhD; Espeland, Pamela

STICK UP FOR YOURSELF! EVERY KID'S GUIDE TO PERSONAL POWER AND POSTIVE SELF-ESTEEM

Free Spirit Publishing, 1990

Using simple words and real life examples, this book shows children how to stand up for themselves in ways that will not get them into trouble, or put others down.

♥ Webster-Doyle, Terrence

WHY IS EVERYBODY ALWAYS PICKING ON ME: A GUIDE TO HANDLING BULLIES—FOR YOUNG PEOPLE

Atrium Society, 1991, 1995

Stories and activities show how to resolve conflicts nonviolently. Constructive ways for young people to peacefully confront hostile aggression. Recommended for grades 4-9.

♥ Penn, Audrey

THE KISSING HAND

Child Welfare League of America, Inc., 1993

When Chester the raccoon is reluctant to go to kindergarten for the first time, his mother teaches him a secret way to carry her love with him. Wonderful for a child entering school, going to camp.

♥ Krueger, David W. MD

WHAT IS A FEELING?

Parenting Press, 1993

Simple pictures and text are used to demonstrate various feelings, to assure children that whatever the feeling, it belongs to them.

♥ Mundy, Michaelene

MAD ISN'T BAD

Abbey Press, 1999

This colorful book assures children that getting angry sometimes doesn't make you bad, and offers tips for anger management. Perfect for young children through second grade.