

## Other Topics of Interest

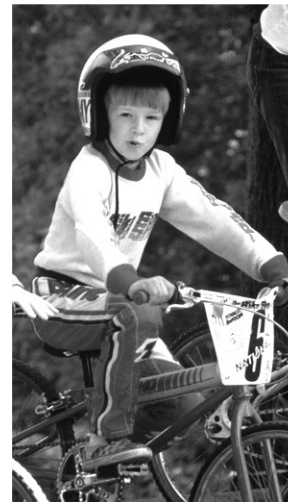
The NH Family Voices lending library also has titles available on the following topics. We may only have a few books on this topic and have not put them into bibliographies. Please call for more information.

Adoption/Foster Care	Hygiene
Appreciating Differences	Illiteracy
Arthritis	Immunization
Burns	Inclusion/Integration
Camp	Injury
Child Care	Limb Deficiency
Culture	Muscular Dystrophy
Dental	Nutrition/Diet/Recipes
Divorce	Ostomy
Going to the Doctor	Pain Control
Dwarfism	PKU
Dyslexia	Recreation/Activities/Play
Ears & Ear Infections	Scoliosis
Eating Disorders	Self-Esteem
Employment	Sensory Integration
Estate Planning	Siblings
Fathers	SIDS
Fetal Alcohol Syndrome	Sleep/Nightmares
Grandparents as Parents	Speech/Language
Head Lice	Tourette Syndrome
Hospitalization	Tracheostomy
House/Car Adaptations	Violence Prevention



## NH Family Voices Lending Library

## Books for Early Learning Ages 3 - 6



NH Family Voices  
Tel: 1-800-852-3345 Ext. 4525  
or (603) 271-4525  
<http://www.nhfv.org>

Books are sent through the mail, with a postage paid return envelope. For additional information call:  
1-800-852-3345 X4525

Children's books are marked with a ♥.

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### ***BOOKS TO HELP WITH EVERYDAY LIVING***

♥ Reiner, L.C.S.W., Annie

#### ***THE POTTY CHRONICLES, A Story to Help Children Adjust to Toilet Training***

Magination Press, 1991

This book expresses children's natural fears, letting them feel comfort and trust from knowing their experience is understood. Introduction for parents.

♥ Brooks, MD, Joae Graham

#### ***I'M A BIG KID NOW! A Book about Toilet Training***

Kimberly-Clark Corporation, 1989

Includes two stories; one for a boy and one for a girl. Separate section on "What Parents Should Know About Toilet Training."

♥ McGrath, Bob

#### ***UH OH! GOTTA GO! POTTY TALES FROM TODDLERS***

Barrons Educational Series, 1996

Kelly goes to the potty before bedtime, and Sunju is rapping to the potty beat. Fun for toddlers and comic relief for parents. Each of these episodes help to answer a variety of toilet training questions that will lead to a lively discussion with kids.

## **Topical Bibliographies available through NH Family Voices Lending Library**

- ♦ ADD/ADHD
- ♦ AIDS/HIV
- ♦ Allergy / Asthma
- ♦ Autism/PDD/Aspergers
- ♦ Behavior
- ♦ Blind/Visually Impaired
- ♦ Brain Conditions and Brain Injury
- ♦ Cancer
- ♦ Cardiac
- ♦ Cerebral Palsy
- ♦ Chronic Illness
- ♦ Cranial Facial/CL&P
- ♦ Cystic Fibrosis
- ♦ Deaf/Hard of Hearing
- ♦ Death/Loss
- ♦ Diabetes
- ♦ Differences
- ♦ Down Syndrome
- ♦ Early Education and Child Development
- ♦ Education
- ♦ Epilepsy
- ♦ General Health
- ♦ Genetics
- ♦ Hemophilia
- ♦ Learning Disabilities
- ♦ Mental Health
- ♦ Mental Retardation and Developmental Disabilities
- ♦ Physical Disabilities
- ♦ Prematurity
- ♦ Sexuality Issues
- ♦ Spina Bifida
- ♦ Teens and Transition
- ♦ Toilet Training

## **CHILDCARE**

♥ Brandt, Amy

### ***BENJAMIN COMES BACK***

Redleaf Press 2000

This chronicles young Benjamin's first experience with childcare and how he grows comfortable despite missing his mother. Colorful pictures. Text in both English and Spanish.

♥ Brandt, Amy

### ***WHEN KATIE WAS OUR TEACHER***

One of the childcare teachers is leaving.... The children list the things she has taught them and what they will miss. Text is in English and Spanish.

♥ Murkoff, Heidi

### ***WHAT TO EXPECT WHEN THE BABYSITTER COMES***

Harper Festival 2000

Angus the answer dog answers common questions a child may have about a babysitter for the first time. In a reassuring manner children are told what to expect when the sitter comes.

♥ Mills, Ph.D., Joyce C. & Crowley, Ph.D.,  
Richard J.

### ***SAMMY THE ELEPHANT & MR. CAMEL: A Story to Help Children Overcome Bedwetting While Discovering Self-Appreciation***

Sammy is a lovable elephant and Mr. Camel helps him out with his wetting and boosts his self-esteem.



♥ Gomi, Taro

### ***EVERYONE POOPS***

Kane/Miller Publishers, 1993

A child's intro that "everyone", including animals, poop.

♥ Cho, Shinta

### ***THE GAS WE PASS, A STORY OF FARTS***

Kane/Miller Book Publishers, 1994

An child's intro to a body function that is normal.

Gilpin, M.A., Michelle & Harris, RN, BSc.N, CRRN, Dorothy

### ***TOILET TRAINING WITH YOUR SPECIAL CHILD***

Carter's Printing of London, LTD. 1995

This booklet attempts to integrate a number of key issues, like constipation, night-time, etc. and to provide a basic overview of first steps etc.

Wheeler, Maria

### ***TOILET TRAINING FOR INDIVIDUALS WITH AUTISM & RELATED DISORDERS***

Future Horizons, 1998

Over 200 toilet training tips—addresses fear of sitting on the toilet, preventing repeated flushing, using toilet paper, washing hands, using unfamiliar facilities. More than 40 case examples and solutions.

Boheme, Patti MS, LCPC; Crissman, Mary BA & Hasselberg, Diane  
***VISUAL TOILET TRAINING***

Little Friends, Inc, 1999

This kit is a comprehensive approach to teach a child with special needs toileting. This kit comes with a toilet training manual, baseline chart, toilet chart and pictures to help a child learn a routine.

Faull, Jan, M.ED

***MOMMY I HAVE TO GO POTTY - A PARENTS GUIDE TO TOILET TRAINING***

RaeField - Roberts Publishers, 1996

Provides a step-by step approach to toilet training; from diapers to dry nights.

Starfield, Barbara MD, MPH

***BEDWETTING: A GUIDE FOR PARENTS***

Health Information Network, Inc., 1995

This booklet will help parents learn about bedwetting and answer frequently asked questions; for example, "What treatment plans should parents try?" and "What causes bedwetting."

♥ McGuire, Leslie

***BRUSH YOUR TEETH PLEASE***

Joshua Morris Publishing, Intervisual Books, 1993

A delightful, colorful pop-up book which demonstrates proper dental hygiene.

♥ Civardi, Ann

***GOING TO THE DENTIST***

Usborne Publishing, 2000

Delightful introduction to dealing with a new experience. This will help children understand what it's like to visit the dentist.

Heninger, Janet, PhD; Weiss, Sharon, M.ED

***FROM CHAOS TO CALM: EFFECTIVE PARENTING OF CHALLENGING CHILDREN WITH ADHD AND OTHER BEHAVIORAL PROBLEMS.***

Berkley Publishing Group: 2001

This practical guide offers tips to proactively parenting a child with ADHD, OCD, depression or other disorders which affect behavior, while avoiding common pitfalls. Tips for working with schools and finding professional help is also included.

Newlon, Irene Clouse

***S.K.I.T.: SUPPORT FOR KIDS IN TRANSITION***

This colorful books offers a simple, but comprehensive set of activities to support children ages 1-3 through transitions such as divorce, moving, unemployment.

Durkin, Lyons Lisa

***PARENTS AND KIDS TOGETHER***

Warner Books, 1986

Full of creative ideas and activities to make of time spent together. Includes tips on organization as well.

Weston, Denise Chapman, MSW and Mark S. MSW

***PLAYFUL PARENTING: TURNING THE DILEMMA OF DISCIPLINE INTO FUN AND GAMES***

G.P. Putnam's Sons, 1993

Offers unique activities to help parents deal with a wide range of behavior problems. Uses proven techniques based on the principle that children learn best through play. Fun and games address day-to-day discipline issues that disrupt family harmony.

Kurcinka, Mary Sheedy MA

***RAISING YOUR SPIRITED CHILD: A GUIDE FOR PARENTS WHOSE CHILD IS MORE INTENSE, SENSITIVE, PERCEPTIVE, PERSISTENT OR ENERGETIC***

Harpercollins Publishers, Inc. 1991

A refreshing positive approach to parenting spirited, often called "difficult" children. Filled with personal insight, authoritative advice and lively examples. Offer parents the kind of emotional support and proven strategies they crave.

Turecki, Stanley MD with Tonner, Leslie

***THE DIFFICULT CHILD***

Bantam Books, 1985, 1989

How to help and cope with the difficult child offers compassionate and practical advice for parents of hard-to-raise children. Shows how to manage conflict situations, make discipline more effective, make the most of the child's positive potential and more.

Weinhouse, Don PhD & Weinhouse, Marilyn MA

***LITTLE CHILDREN, BIG NEEDS: PARENTS DISCUSS RAISING YOUNG CHILDREN WITH EXCEPTIONAL NEEDS***

University Press of Colorado, 1994

Candid interviews with families having children with a wide range of disabilities. Provides interesting advice, resources and support for families facing complex challenges.

Downey, Martha Kate

***IF YOU'VE EVER WANTED TO CRAWL IN THE CLOSET WITH AN OREO... TIPS FOR PARENTING A CHILD WITH SPECIAL NEEDS***

Potential Unlimited Publishing; 2000

Full of tips for coping with stress of raising a child with special needs. A healthy dose of reality and humor!

♥ Berenstain, Stan & Jan

***THE BERENSTAIN BEARS VISIT THE DENTIST***

Random House, Inc., 1981

Sister and brother get some needed dental attention.

♥ Lewis, Sonya D. & Thomas, Donna, C.

***RONALD MCDONALD'S CAMP FUN-TO-BRUSH***

Mercury Printing, 1991

A booklet for young children about oral hygiene.

♥ Rice, Judith Anne

***THOSE ICKY STICKY SMELLY CAVITY-CAUSING BUT... INVISIBLE GERMS***

Redleaf Press, 1997

This book will help your child get a strong start on good tooth brushing habits. They will delight in the imaginative illustrations of the germs that cause cavities and thrilled at how simply they can brush them away. (Bilingual) Ages 5-8.

♥ Berenstain, Stan & Jan

***THE BERENSTAIN BEARS - IN THE DARK***

Random House, Inc. 1982

When brother bear brings a spooky book home from the library, bedtime and the dark become ominous and threatening to sister bear.

♥ Marcus, Irene Wineman & Paul, PhD

***SCARY NIGHT VISITORS: A STORY FOR CHILDREN WITH BEDTIME FEARS***

Gareth Stevens Publishers, 1993

Aids parents in helping their children master bedtime fears through insight into projected anger and magical expectations. Parents and professionals will find this book an engaging tool to help deal with this common troubling childhood problem.

♥ Lobby, Ted, MSW

***JESSICA AND THE WOLF***

Gareth Stevens Publishers, 1993

Jessica's parents help her solve her problem of a recurring bad dream. A story well crafted for the purpose of helping children develop and draw upon their own internal resources for mastering disturbing thoughts, fantasies and fears.

♥ Berenstain, Stan & Jan

***THE BERENSTAIN BEARS AND THE BAD DREAM***

Random House, Inc. 1988

After viewing a scary movie about the space grizzlies, brother bear has a nightmare.

Barlin, Anne Lief & Kalev, Nurit

***GOODNIGHT TOES! BEDTIME STORIES, LULLABIES AND MOVEMENT GAMES***

Princeton Book Company, 1993

This book is especially aimed at anyone involved with children ages 3-10. Supplies creative movement games and activities for children and parents or caregivers to do together, all with the aim of calming, relaxing and teaching children to enjoy bedtime.

Huntley, Rebecca

***THE SLEEP BOOK FOR TIRED PARENTS: HELP FOR SOLVING CHILDREN'S SLEEP PROBLEMS***

Parenting Pres, Inc. 1991

You will gain a solid base of information about children's sleep and the problems that can develop. Gives typical problems and identifies issues that concern parents. There are suggestions and problem solving tips to try.

Burklow, Brad MS

***PARENT'S SOLUTION TO A PROBLEM CHILD***

Blue Bird Publishing, 1995

This books shows a comprehensive system designed to help parents achieve long-term positive effects that children may benefit from for a lifetime. It is a simple, yet effective, two step program that changes behaviors in children, then instills long term values.

***PARENTING***

♥ Glassman, Peter

***MY WORKING MOM***

Morrow Junior Books; 1994

This charming story tells what it is like to have a working Mom, who in this case is a witch. Sometimes Mom has to rush off to meetings or makes weird dinners, but he loves her just the way she is.

Crary, Elizabeth

***WITHOUT SPANKING OR SPOILING, A PRACTICAL APPROACH TO TODDLER AND PRESCHOOL GUIDANCE***

Parenting Press, Inc., 1993

Pulling together the best from child guidance philosophies, this book has examples and exercises that will help parents with discipline and overcoming behavior problems in their child.

Gardner, Richard A MD

***UNDERSTANDING CHILDREN***

Jason Aronson, Inc., 1973, 1994

A gold mine of information for parents which will help them to understand what is going on in the minds of their children. Not an idealization of family life but rather a humane and honest way of dealing with all the facts of current social and family life.

Hyland, Terry L and Davis, Jerry, PhD

***ANGRY KIDS FRUSTRATED PARENTS: PRACTICAL WAYS TO PREVENT AND REDUCE AGGRESSION IN YOUR CHILDREN***

Boys Town Press, 1999

This book discusses five levels of aggressive behaviors.

Through a technique known as "crisis teaching" one learns how to calmly teach a child self-control and discourage further negative behaviors.

McCoy, Elin

***WHAT TO DO.. WHEN KIDS ARE MEAN TO YOUR CHILD***

Readers Digest Book, 1997

Answers questions regarding bullying and rejection and offers age-based suggestions for teaching kids to manage behavior.

Greene, Ross W., PhD

***THE EXPLOSIVE CHILD: A NEW APPROACH FOR UNDERSTANDING AND PARENTING EASILY FRUSTRATED "CHRONICALLY INFLEXIBLE" CHILDREN***

Harper Collins, 1998

Dr. Greene explains why strategies which work for children are not effective for those children who are chronically explosive and provides a systematic approach. Lots of family's stories to highlight this approach.

Adderholdt, Miriam, PhD, and Goldberg, Jan

***PERFECTIONISM: WHAT'S BAD ABOUT BEING TOO GOOD?***

Free Spirit Publishing, 1999

This book helps identify perfectionist tendencies, the reasons for them as well as ways to ease up and get it under control.

Durand, Mark V.

***SLEEP BETTER - A GUIDE TO IMPROVING SLEEP FOR CHILDREN WITH SPECIAL NEEDS***

Paul H. Brooks 1998

This book is built on a solid foundation of research, but written clearly, without jargon. Doesn't "sell" a particular method or program as the cure-all. He describes a number of different methods, giving the pros & cons of each, so that parents can make an informed decision about what is likely to work with their child.

***BOOKS ON GENERAL HEALTH, ILLNESS & NUTRITION***

♥ Berenstain, Stan & Jan

***THE BERENSTAIN BEARS GO TO THE DOCTOR***

Random House, Inc., 1981

Dr. Grizzly give the cubs a regular checkup.

♥ Strong, Stacy

***GOING TO THE DOCTOR***

Simon & Schuster, 1991

Going to the doctor can be fun! Find out what it's like in this action packed pop-up book. Pull tabs, changing pictures, lift up flaps help explain what happens at the doctor's office.

♥ Civardi, Anne

***GOING TO THE DOCTOR***

Usborne Publishers, 2000

Simple text and colorful humorous illustrations introduce children to a visit to the doctor.

♥ Lansky, Vicki

***KOKO BEARS BIG EARACHE—PREPARING YOUR CHILD FOR EAR TUBE SURGERY***

Book Peddlers, 1990

A story for children. Many useful tips for parents around having ear drum tubes placed.

♥Lansky, Vicki

***KOKO BEARS BIG EARACHE—PREPARING YOUR CHILD FOR EAR TUBE SURGERY***

Book Peddlers, 1990

A story for children and many useful tips for parents around having ear drum tubes placed.

♥ Pace, Betty

***CHRIS GETS EAR TUBES***

Kendall Green Publishing, Gallaudet University Press, 1987

Written so a young child can understand about getting ear tubes put into their ears. Describes the experience of a young boy whose chronic ear infections are affecting his hearing, until he goes into the hospital for a simple operation.

♥Riccio, Nina

***BANISH THE STINKIES***

The Creative Attic, 1997

Grub is filthy, and so is his room. In this story the kid detectives learn about hygiene. This book is a humorous and informative way to teach children about the importance of being clean and brushing their teeth.

♥ Riccio, Nina

***INVESTIGATE A VIRUS***

The Creative Attic, 1997

Totentown has the flu! The kid detectives learn about germs and the immune system. Will they beat Nick and his sneaky germs? Teaches children about preventing the spread of germs.

♥Maccarone, Grace

***ITCHY ITCHY CHICKEN POX***

Scholastic Inc., 1992

This peppy rhyme presents the humorous side of having chicken pox.

Frankel, Fred PhD

***GOOD FRIENDS ARE HARD TO FIND - HELPING YOUR CHILD FIND, MAKE AND KEEP FRIENDS AND ALSO DEAL WITH TEASING, BULLYING, MEANNESS, & STORMY RELATIONSHIPS***

Perspective Publishing, 1996

Step-by-step method for parents to help their 5-12 year olds make friends and solve problems with other kids. Good reading for parents of children with ADD/HD and Oppositional Defiant Disorder.

Moyes, Rebecca

***INCORPORATING SOCIAL GOALS IN THE CLASSROOM - A GUIDE FOR TEACHERS AND PARENTS OF CHILDREN WITH HIGH FUNCTIONING AUTISM AND ASPERGERS SYNDROME.***

Jessica Kingsley Publishers, 2001

Practical hands on advice for addressing social goals within the classroom setting - appropriate methods for children with social skills deficits who do not have an autism spectrum disorder.

Swallow, Ward, K.

***THE SHY CHILD: HELPING CHILDREN TRIUMPH OVER SHYNESS***

Philip Lief Group, 2000

This insightful books helps parents recognize the good side of shyness and to address the problems in a step-by-step manner. Scriptwriting, role-playing and rehearsing are used.



Pantley, Elizabeth

***KIDS COOPERATION: HOW TO STOP YELLING,  
NAGGING, PLEADING AND GET KIDS TO COOPERATE***

New Harbinger Publications, 1996

Punishment vs. discipline, self-esteem, handling anger and ways to keep the peace.

Bloomquist, Michael L.

***SKILLS TRAINING FOR CHILDREN WITH BEHAVIOR  
DISORDERS: A PARENT AND THERAPIST GUIDE BOOK***

Guilford Press, 1996

Targets typical problem areas for children with moderate to severe behavior disorders and provides background information, step-by-step instructions and many useful worksheets and concrete examples to assist parents and therapists in skills training.

Crary, Elizabeth

***HELP! THE KIDS ARE AT IT AGAIN!***

Parenting Press, 1997

Tips to help parents teach children how to get attention without whining, deal with feelings, respect boundaries and solve problems. Easy to understand, real life examples.

Ricker, Audrey, PhD & Crowder, Carolyn, PhD.

***BACKTALK - 4 STEPS TO ENDING RUDE BEHAVIOR IN  
YOUR KIDS***

Simon & Schuster, 1998

Two experts in the field of child behavior share their simple and specific four-step program for ending back talk and restoring balance in relationships between parents and children.

♥ Rice, Judith

***THOSE MEAN NASTY DIRTY DOWN RIGHT DISGUSTING  
BUT.. INVISIBLE GERMS***

Redleaf Press, 1989

A little girl, who accumulates germs on her hands during her busy day, defeats them by washing her hands before meals.

♥ Brown, Marc

***ARTHUR'S CHICKEN POX***

Little, Brown and Company, 1994

Author get the chicken pox and worries that he won't be able to go to the circus. This story also touches on his sister's jealousy of the attention he gets from his grandmother.

♥ Rosenberry, Vera

***WHEN VERA WAS SICK***

Henry Holt and Company, 1989

Any child who has been stuck in bed with the chicken pox will be able to relate to Vera.. Who is covered with itchy spots! Simple reassuring story which ends with Vera returning to health and going out to play.

♥ Caffrey, Donna

***YIKES LICE!***

A light way to talk to children about head lice. Rhyming verses describe how one little girl gets head lice and how she and her parents get rid of them. Notes on each page provide factual information on head lice. Ages 4-10.

♥ Gordon, Melanie Apel

***LETS TALK ABOUT HEAD LICE***

The Rosen Publishing Group, 1998

Written for young children this discusses how you get head lice and how it's treated and how to prevent it.

♥ Rice, Judith Anne

***THOSE ITSY-BITSY TEENY-TINY-NOT-SO-NICE  
HEAD LICE***

Redleaf Press, 1998

Join Billy as he discovers that he has contracted head lice. Follow him as he learns about how head lice are spread, commonly used methods for getting rid of lice and ways to prevent the spread and re-infestation. Ages 5-10.

♥ Yagyu, Genichiro

***THE HOLES IN YOUR NOSE***

Kane/Miller Book Publishing, 1994

This explains to children the purpose and function of the nose.

♥ Ziefert, Harriet

***YOU CAN'T TASTE A PICKLE WITH YOUR EAR***

Blue Apple Books, 2002

This simple story provides a description of the five senses in a colorful, humorous way. Ages 4-7

♥ Cole, Joanna

***YOU CAN'T SMELL A FLOWER WITH YOUR EAR***

Grosset & Dunlap, 1994

Simple, sometimes funny explanations of the five senses. For children in grades 1-3.

♥ Showers, Paul

***THE LISTENING WALK***

Harper Collins Publishing, 1991

A little girl and her dad take a walk together and she listens to all the different sounds around her. A good book to talk about our sense of hearing. Ages 3-7.

Adams, Christine, PhD & Fruge, Ernest, PhD

***WHY CHILDREN MISBEHAVE AND WHAT TO DO ABOUT IT***

New Harbinger, Inc., 1996

Understanding why a child acts out or misbehaves leads to ways to change the behaviors. This book explores things like temper tantrums, not sharing, lying, bad language, interrupting, teasing and more.

Clarke, Jean Illsley

***TIME-IN: WHEN TIME-OUT DOESN'T WORK***

Parenting Press, Inc, 1999

The "Time-In" process helps you "get through" to your children. This process can prevent many problems because it is an overall approach that teaches children how to be competent, to think and to succeed.

Phelan, Thomas W. PhD

***1-2-3 MAGIC: TRAINING YOUR CHILDREN TO DO WHAT YOU WANT! (Book and Video available)***

Child Management, Inc., 1995

Addresses the difficult task of child discipline with humor, keen insight and proven experience. Provides easy to follow steps for disciplining children 2-12 without yelling, arguing or spanking. Discusses a method of managing a child with ADD.

McCarney, Stephen B. EdD., and Bauer, Angela M. MED

***THE PARENT'S GUIDE: SOLUTIONS TO TODAY'S MOST COMMON BEHAVIOR PROBLEMS***

Hawthorne Educational Services, 1989

Practical and realistic, with solutions that really work and that are quick and easy. Offers a variety of possible solutions to common problems.

♥ Zimmerman, Tracy & Shapiro, Lawrence, PhD  
***SOMETIMES I FEEL LIKE I DON'T HAVE ANY FRIENDS  
(BUT NOT SO MUCH ANYMORE)***

Childswork/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.

♥ Mahherseng, Katherine  
***TELLING ISN'T TATTLING***

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.

♥ 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.

Stone, Jeannette Galambros  
***A GUIDE TO DISCIPLINE***

National Association for the education of Young Children, 1969, 1994

This is a book about teaching young children to respect themselves and others and to show that respect. It explores ways of having control of children in a variety of settings. This book is not about punishment of children.

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

***MY THUMB AND I: A PROVEN APPROACH TO STOP  
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!

♥ Kohl, Maryann and Potter, Jean  
***COOKING ART - EASY EDIBLE ART FOR YOUNG  
CHILDREN***

Gryphon House; 1997

Transform the kitchen into an artist's studio with these edible art experiences. This book combines the familiar area of art exploration with the fascinating world of cooking.

♥ Hoberman Mary Ann  
***THE SEVEN SILLY EATERS***

Gulliver Books; 1997

Humorous story of a family full of picky eaters who unexpectedly learn a lesson in cooperation.

♥ Ferreira, Nancy J.  
***LEARNING THROUGH COOKING: A COOKING PROGRAM  
FOR CHILDREN TWO TO TEN***

R&E Publishers; 1982

Cooking can be educational as well as fun. Through cooking children are introduced to a whole new world of sensations and learn manual dexterity and social skills. Kids will love the recipes.

♥ Nicole Smith

***ALLIE THE ALLERGIC ELEPHANT***

Jungle Communications; 2002

Allie the Elephant, who is allergic to peanuts, helps children learn about food allergies and how to be a good friend when you can't share snacks.

♥ Weiner, Ellen

***TAKING FOOD ALLERGIES TO SCHOOL***

JaJo Books; 1999

This book provides an explanation of Jeffrey's food allergies and how they make him feel while also pointing out how he is like his classmates. Tips for teachers and a recipe for allergy free pizza are included. (Ages 5-10).

♥ Hollerorth, Hugo J. and Kaplan, Debra

***EVERYONE LIKES TO EAT - HOW CHILDREN CAN EAT MOST OF THE FOODS THEY ENJOY AND STILL TAKE CARE OF THEIR DIABETES***

This is a fun and highly educational book that shows most children how they can eat and still control their diabetes. From the Joslin Diabetes Center, this guide is full of puzzles, activities and problem solving exercises.

♥ Kruszka, Bonnie

***EATING GLUTEN-FREE WITH EMILY: A STORY FOR CHILDREN WITH CELIAC DISEASE***

Woodbine House 2004

A simple story about 5 year old Emily who is newly diagnosed with Celiac Disease. Colorful and positive.

♥ 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.

♥ Sobel, Marla

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

Childsworld/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)

♥ 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.

♥ Murrell, Daine

***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.

♥ 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)

♥ 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."

♥ 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.

♥ 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.

♥ 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.

O'Brien-Palmer, Michelle

***SENSE-ABILITIES: A FUN WAY TO EXPLORE THE SENSES***

Chicago Review Press, 1998

Fun, sensory exploration activities for children ages 4-8.

Mayer, Gloria, RN & Kuklierus, Ann, RN

***WHAT TO DO WHEN YOUR CHILD GETS SICK  
QUE HACER CUANDO SU NINO SE ENFERME***

Institute For Healthcare Advancement; 1999

This book is simple and in straight forward language with many charts and handy ways to keep records. Entirely in Spanish.

Keene, Nancy

***WORKING WITH YOUR DOCTOR: GETTING THE HEALTH-CARE YOU DESERVE***

O'Reilly, 1998

This book provides tips on choosing a physician, communicating your needs. Includes info on researching medical literature, working with insurance and resolving problems.

Paradise, Jack L. MD

***TONSILS AND ADENOIDS: A GUIDE FOR PARENTS***

Health Information Network, Inc. 1995

Learn about tonsils and adenoids and get answers to frequently asked questions including, "When should tonsils or adenoids be removed?" and "What are the symptoms of tonsillitis and adenoiditis?"

Maternal and Child Health Bureau

***BRIGHT FUTURES IN PRACTICE: ORAL HEALTH***

National Center for Education in Maternal and Child Health, 1997

While focusing on oral health, this book encourages all health professionals to work together as partners in prevention.

Bluestone, Charles, MD & Stool, Sylvan, MD  
***EARACHE IN CHILDREN: A GUIDE FOR PARENTS***

Health Information Network; 1995

Written to help parents learn about earaches in children and to provide answers to frequently asked questions.

Barness, Lewis A. MD  
***FEEDING YOUR CHILD - NEWBORN TO TODDLER - A GUIDE FOR PARENTS***

Health Information Network; 1995

Will help parents give their babies a good start in life by encouraging the child to develop good eating habits very early. Provides answers to frequently asked questions on topics such as breast feeding vs. bottle feeding, tips for feeding toddlers and more.

Satter, Ellyn RD. ACSW  
***HOW TO GET YOUR CHILD TO EAT... BUT NOT TOO MUCH***

Bull Publishing Company; 1987

This book assist in understanding eating patterns and behaviors at different stages of a child's life, from infants to teenagers.

Sears, William, MD & Sears, Martha, RN  
***THE FAMILY NUTRITION BOOK: EVERYTHING YOU NEED TO KNOW ABOUT FEEDING YOUR CHILDREN -FROM BIRTH THROUGH ADOLESCENCE***

Little, Brown and Company; 1999

This comprehensive book covers the six essential nutrient groups required for good health. It offers advice on feeding picky eaters, reading food labels, packing nutritious lunches and weight control.

## ***BOOKS ON FEELINGS AND BEHAVIOR***

♥ Krueger, David W. MD  
***WHAT IS A FEELING?***

Parenting Press, 1993

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

♥ Brandenberg, Alik  
***FEELINGS***

Mulberry Books, 1986

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

♥ 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.

♥ 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.