



Parent Resource Library

Listing of Materials
Located at Lakeview Middle School
Media Center
300 S. 28th Street

For more Information, Please Contact:

Margaret Lincoln

mlincoln@lakeviewspartans.org

or

Jim Owen

jowen@lakeviewspartans.org



Parent Resource Library - *Reproductive Health and Body Image*

The Body Image Workbook: An 8-Step Program for Learning to Like Your Looks by Thomas F. Cash Ph. D

This book offers help to those who are dissatisfied with their appearance. Included are worksheets that explore the reader's opinion of their image. Each chapter forces the reader to reevaluate ideas about appearance.

Body Talk: Straight Facts on Fitness, Nutrition & Feeling Great about Yourself! by Ann Douglas & Julie Douglas

This book offers straightforward information on health for a younger female audience. The subjects covered in this title range from aspects of life during adolescence to explaining the development of young adulthood for girls.

The Care & Keeping of Me: The Body Book Journal by American Girl

A companion to *The Care & Keeping of You, the Body Book Journal* is a spiral-bound workbook for girls to keep track of their health. It includes worksheets and mini-quizzes to help girls understand their body and help develop their personality.

The Care & Keeping of You: The Body Book for Girls by American Girl

Directed at preteen girls, this guide provides help in dealing with everything from pimples to braces; the main focus is to help girls develop into young women without feeling awkward.

Chicken Soup for the Parent's Soul by J. Canfield, M. V. Hansen, K. Kirkberger, and R. Aaron

Developed to appeal to all types of parents, this Chicken Soup edition contains stories from celebrities and other parents, on topics such as special moments, a mother's love, a father's love, and overcoming obstacles that come with raising a child. By sharing experiences, this book offers inspiration and guidance through some of the most influential times.

Difference A Father Makes: Calling Out the Magnificent Destiny in Your Children by Tandy McGlasson, ed.

The Difference a Father Makes uses humor and inspiration to provide methods on maximizing the experience as a father. It illustrates the importance of a father in raising a child.

A Fine Young Man: What Parents, Mentors, and Educators Can do to Shape Adolescent Boys into Exceptional Men by Michael Gurian

Building on his first guide, *The Wonder of Boys*, focuses on the development of an adolescent male. He writes about the need of parents and elders in the lives of young men even though they might appear to be self-sufficient.

From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children 2nd Edition by Debra W. Haffner

This book provides assistance to parents with children becoming curious about sexuality to help them through each stage of sexual education. It helps the reader decide what values are important and how to teach those values appropriately.



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Girl Stuff: A Survival Guide to Growing Up by Margaret Blackstone & Elissa Haden

This guide for girls explains both the physical and psychological aspects of growing up. It covers everything from body and hormonal changes, to self-protection, to the emotions one might experience as an adolescent.

Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too! 2nd Edition by Kathy J. Kater

With objectives, background research, and discussion questions, this book will help parents teach their children to develop an identity based on inner strengths not appearance, understand normal weight gain during puberty, respect genetic diversity of body size and shape, and develop incentives for healthy eating habits and active lifestyles.

Intuitive Eating: A Revolutionary Program that Works by Evelyn Tribole, M.S., R.D. & Elyse Resch M.S., R.D., F.A.D.A.

This revised and updated guide presents a nutrition program that focuses on nurturing rather than starving the body as a way to lose weight and lead a healthy lifestyle. This dieting program focuses on rediscovering the joys of eating and rebuilding body image.

Making Weight: Men's Conflicts with Food, Weight, Shape and Appearance by A. Adnersen, M.D., L. Cohn, M.A.T., & T. Holbrook, M.D.

This book describes some of the weight-related problems that plague modern men, explores the differences between men and women as they relate to weight, explores the attraction between the sexes, looks at concerns about appearance, discusses biology and genetics, and offers recommendations for healthy living.

"Mom, I Feel Fat!": Becoming Your Daughter's Ally in Developing a Healthy Body Image by Sharon A. Hersh

In this guide for mothers, Hersh covers the importance of helping a child to develop a healthy body image and how to get through the tough spots of body image in adolescence. She writes about the mental health of teens and the development of eating disorders.

More Speaking of Sex: What Your Children Need to Know and When They Need to Know It by Meg Hickling

Hickling's book helps parents coast through the stages of sexual education with children. It discusses the steps that children make to become sexually aware and teaches parents how to help them through it.

'My Body, My Self' for Boys: A Workbook for Preteens and Teens by Lynda Madaras & Area Madaras

A fact-filled and fun workbook created especially for 8- to 15-year-old boys as the companion to the "What's Happening To My Body?" Book for Boys. Packed with drawings, cartoons, games, checklists, quizzes, and innovative exercises, this helpful workbook includes special sections on the body, body image, height, weight, growing size and shape, hair, voice changes, perspiration, pimples, reproductive organs, sexuality, emotional problems of puberty, diet, and health.



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'My Body, My Self' for Girls: A Workbook for Preteens and Teens by Lynda Madaras & Area Madaras

Fact-filled and fun-filled, this journal/activity book includes letters from kids to answer the questions girls ages 9 to 15 have about growing up. Illustrated with drawings, cartoons, and photos, this workbook includes quizzes, exercises, and checklists. It also discusses suggestions for keeping a diary, illustrations and diagrams for the developing female, and personal anecdotes about different feelings girls have about physical changes.

Real Kids Come in All Sizes: 10 Essential Lessons to Build Your Child's Body Esteem by Kathy Kater

This practical guide teaches parents how to help children maintain self esteem in the way they look and make healthy choices a routine part of their lives. Lessons include eating well and staying active, accepting size diversity in everyone, being comfortable with developing bodies, and resisting the damaging messages of society.

Respect. Self. Value. People: Middle School Student Lesson and Activity Guide by Tamara Pryor Ph. D. and Jana Konek

In this workbook, young teens will work at developing important characteristics and developing different parts of themselves emotionally. Chapters focus on self-esteem, identity, competency, body image, emotions, and role models. This step-by-step guide is perfect for developing a well-rounded teenager.

Seven Things Your Teenager Won't Tell You: And How to Talk About them Anyway by Jenifer Marshall Lippincott & Robin M. Deutsch, Ph. D.

This book provides insights to show parents how to identify the seven features of adolescent thinking through language and behavior. This book provides not only the understanding that is essential to effective and supportive communication, but also helpful examples of how to put that understanding into practice.

Sexuality: Your Sons and Daughters with Intellectual Disabilities by Karen Melberg Schwier & Dave Hingsburger

This book teaches parents how to interact with their children in a way that increases self-esteem, encourages appropriate behavior, empowers them to recognize and respond to abuse, and enables them to develop life long relationships. Parents share with the reader the joys and challenges of raising a child with an intellectual disability by offering helpful advice and practical strategies.

Shapesville by Andy Mills & Becky Osburn

In the small town of Shapesville, five friends: red rectangle Robbie, yellow circle Cindy, blue square Sam, orange diamond Daisy, and green triangle Tracy, discuss what makes each of them unique. With simple rhyming and bright illustrations, the characters show that it's not the size or shape of a person that is important, but heart that makes the difference.

Speaking of Sex: What Your Children Need to Know and When They Need to Know It by Meg Hickling, R.N.

Expanding on her previous title More Speaking of Sex, the author discusses the stages of sexual development in more depth. Hickling provides guidance for the parent who is seeking out help in discussing sexual education with children.



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Ten Talks Parents Must Have With Their Children about Sex and Character by Pepper Schwartz & Dominic Capello

This book offers helpful information about early conversations that parents need to have with their children. The authors stress the importance of starting small talks while the child is in preschool before learning about it from other children in kindergarten.

"What's Happening to Me?": An Illustrated Guide to Puberty by Peter Mayle

This informative guide covers the basics of emotional and physical development through the different aspects of puberty. Paired with general illustrations, it is interactive and fun without giving too much detail about topics at a higher maturity level.

The 'What's Happening to My Body?' Book for Boys: A Growing Up Guide for Preteens and Teens by Linda Madaras & Area Madaras

As a result of many reader letters, this popular title has been revised to include more details about boys and puberty. The third edition of Madara's book discusses everything from the growth of body hair to vocal changes.

The 'What's Happening to My Body?' Book for Girls: A Growing Up Guide for Preteens and Teens by Linda Madaras & Area Madaras

The female version of their book for boys, the Madaras cover the same topic of puberty for girls who are skeptical about the process. Including information about menstruation, pimples, body hair, and emotional changes among other topics, this guide will be of assistance to girls and parents.

The Wonder of Boys: What Parents, Mentors, and Educators Can Do to Shape Boys into Exceptional Young Men by Michael Gurian

Gurian insists that the differences between boys and girls need to be accounted for and encouraged in order to raise healthy, happy boys. He discusses the competitive, aggressive, and risk-taking nature of the male species. He claims that it is the duty of parents to manage, and not change, the way boys behave.

The Wonder of Girls: Understanding the Hidden Nature of Our Daughters by Michael Gurian

Therapist and father of two, Gurian, explores the unique aspects of girls' emotional, social and physical development by examining how biology impacts behavior.



Parent Resource Library – *Parenting Self-Help*

It's Better to Build Boys than Mend Men by S. Truett Cathy

Filled with stories illustrating principles such as discipline, trust, generosity, and peer pressure, this book lays out a simple model for adults attempting to reach out to youth. It challenges the reader to allow God to work through each person to change the life of a child.

Letters from Dad: Unlock the Secret to Leaving a Lasting Legacy for Your Children and Grandchildren by Greg Vaughn & Fred Holmes

This book helps fathers and grandfathers leave something of value and love to the ones they'll leave behind. Vaughn illustrates the importance of writing to loved ones so that they will have something special by which to remember them.

What a Difference a Daddy Makes: The Indelible Imprint a Dad Leaves on His Daughter's Life by Dr. Kevin Leman

This book provides moving and humorous stories about the author's experiences as a father, combined with the latest research on the importance of an involved father in the life of his daughter.

Love and Logicisms by Jim Fay and Dr. Charles Fay

This book provides 100 mind-bending truths that can enhance your understanding and tug at both heart and mind – with the power to change lives for the better!

Parenting With Love & Logic by Foster W. Cline, M.D., and Jim Fay

This updated and expanded book edition of *Parenting With Love & Logic* offers effective parenting strategies with out the power struggles. You can learn to raise kids who are self-confident, motivated and ready for the real world!

Allowing Kids to Choose Success (CDs) by Foster W. Cline, M.D.

Dr. Cline gives six tools that are essential for your child to succeed.

Angry and Oppositional Students: Calming Classrooms with Love and Logic (CDs) by Dr. Charles Fay

Dr. Fay provides a positive, yet powerful approach to preventing school violence and a way to work towards long-term solutions rather than temporary bandages.

Avoiding Power Struggles with Kids by Jim Fay & Foster Cline, M.D.

Control is an interesting thing. It's like love...the more we give away, the more we get back!

Developing Character in Teens (CD) by Jim Fay

Jim Fay helps make your dreams reality (send you child into the world prepared to make positive contributions) with warmth and humor.



Parent Resource Library – *Parenting Self-Help*

Four Steps to Responsibility (CDs) by Jim Fay

Jim Fay provides techniques to lead children to responsible decision-making.

Hormones and Wheels (CDs) by Jim Fay

Parent survival tips for those chaotic teen years.

52 Ways to Protect your Teen – Guiding Teens to Good Choices and Success by Susie Vanderlip, CSP *iParenting Media Award Winner

This book helps you understand the world from the eyes and emotions of teens, and learn down to earth strategies to build strong, connecting relationships. – Janice Christopher, Ed.D Assistant superintendent, Monogalia County School District (companion DVD with book)

NO! Why Kids – of All Ages - Need to Hear It and Ways Parents Can Say It by David Walsh, PhD

A comprehensive guide that gives sound, practical advice that will help parents raise considerate, motivated children who will succeed in school, jobs and life.

Cyber-Safe Kids, Cyber-Savvy Teens by Nancy E. Willard

Helping Young People Learn to Use the Internet Safely and Responsibly

My Space Unraveled by Larry Magid and Anne Collier

A Parent's Guide to Teen Social Networking from the Director's of BlogSafety.com

The Essential 55 and The Essential 55 Companion Workbook by Ron Clark

This book shares an award winning educator's rules for discovering the successful student in every child.



Parent Resource Library - *Health*

Healthier at Home by Don R. Powell, Ph.D., and the American Institute for Preventive Medicine

The Proven guide to self-care and being a wise health consumer



Parent Resource Library – *Exercise and the Brain*