

Parent Resource Lending Library

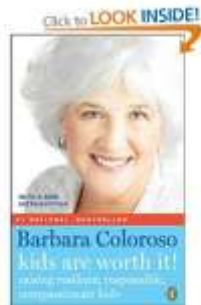


Everyday help for introducing your baby's first foods, with more than 50 all-new recipes

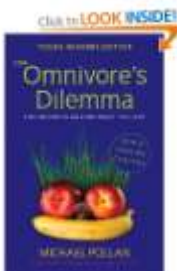
Expert advice on how to wean your baby onto his first foods, with more than 50 new recipes, from purées to family meals



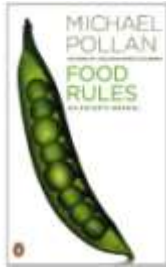
How can parents recognize anxieties that affect their child's happiness and well being, and how can they help their child overcome them? An experienced child psychiatrist answers this important two-part question by describing various anxiety-caused behavior patterns and advising parents on ways to help their child within the context of both family and school environments.



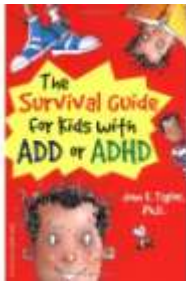
this parenting classic is set to teach a new generation of parents the importance of treating kids with dignity and respect. Rejecting the "quick fix" solutions of punishment and reward, Barbara uses everyday family situations



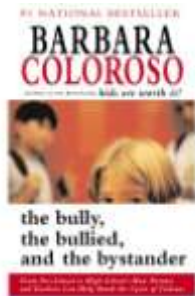
In a smart, compelling format with updated facts, plenty of photos, graphs, and visuals, as well as a new afterword and backmatter, *The Omnivore's Dilemma* serves up a bold message to the generation that needs it most: It's time to take charge of our national eating habits—and it starts with you.



Eating doesn't have to be so complicated. In this age of ever-more elaborate diets and conflicting health advice, *Food Rules* brings welcome simplicity to our daily decisions about food.



In kid-friendly language and a format that welcomes reluctant and easily distracted readers, *The Survival Guide for Kids with ADD or ADHD* helps kids know they're not alone and offers practical strategies for taking care of oneself, modifying behavior, enjoying school, having fun, and dealing (when needed) with doctors, counselors, and medication. Includes real-life scenarios, quizzes, and a special message for parents.



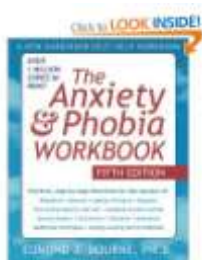
Barbara Coloroso gives parents, caregivers, educators—and most of all, kids—the tools to break the cycle of violence.



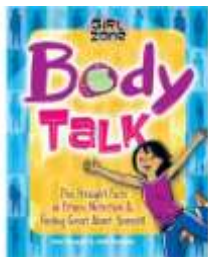
Childhood is a pivotal time for good nutrition. Organs and blood streams nurtured with junk food cannot build a foundation for good health and longevity as an adult. Drs. Joseph Mercola and Ben Lerner believe profound inactivity, addiction to electronic media, and diets of super-sized fast food and sugar-laden beverages have created a national emergency. *Generation XL* is a clarion call and a detailed guide to giving your child a vibrant, successful future and a healthy, wholesome, invigorating youth.



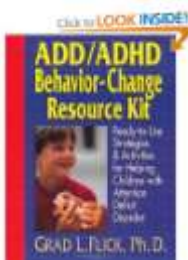
All parents face the same challenges when it comes to their children's safety: whom to trust, whom to distrust, what to believe, what to doubt, what to fear, and what not to fear. In this empowering book, Gavin de Becker, the nation's leading expert on predicting violent behavior and author of the monumental bestseller **The Gift of Fear**, offers practical new steps to enhance children's safety at every age level, giving you the tools you need to allow your kids freedom without losing sleep yourself. With daring and compassion, he shatters the widely held myths about danger and safety and helps parents find some certainty about life's highest-stakes questions



The Anxiety and Phobia Workbook has already helped over one million readers make a full and lasting recovery from generalized anxiety disorder, social anxiety, specific phobias, panic attacks, obsessive-compulsive disorder, and other anxiety-related issues. Packed with the most effective skills for assessing and treating anxiety,



Award-winning author Ann Douglas and her daughter Julie provide girls with funny, frank information on eating disorders, fad diets and more. Ages 9-13.



For teachers, counselors and parents, this comprehensive new resource is filled with up-to-date information and practical strategies to help kids with attention deficits learn to control and change their own behaviors and build the academic, social, and personal skills necessary for success in school and in life.



During the course of her work with troubled children in a wide range of clinical settings, Lynne realized that there was a need for more child-focused, therapeutic material to assist therapists, teachers, and parents in their work with children. Lynne's Felt Feeling series of therapeutic children's books was written to address this need.



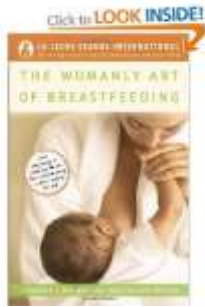
For many women, the emotional aspects of pregnancy are far more taxing than the physical ones. There's no shortage of studies into the health of the foetus and the physical state of its incubator. But how women FEEL during pregnancy is largely ignored.



From the first positive test, to the first time seducing your pregnant partner, to the first push, to the first week home following the birth, Dad's Pregnant Too! exposes and explores everything an expectant dad needs to know

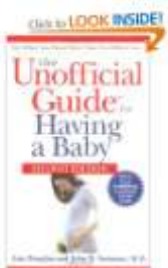


How do you raise amazing children? How do you teach them to be kind and honest, insightful and inquisitive, athletic and curious, loving and thoughtful? How do you give your child the courage to be a good sport, a good sibling, a good friend, a good person?



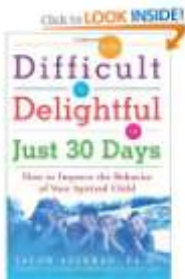
your baby.

It's no secret that breastfeeding is the normal, healthy way to nourish and nurture



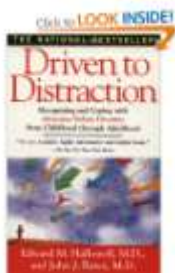
make now will affect your baby's health long after it is born

Having a baby is one of life's most joyous-and overwhelming-events. The choices you



daily tantrums, tearful tirades, and other troublesome behavior

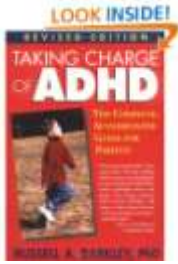
If you're the parent of a difficult child, you understand the frustrations of dealing with



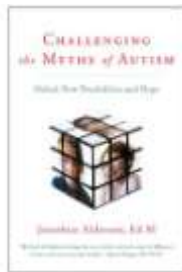
Through vivid stories of the experiences of their patients (both adults and children), Drs. Hallowell and Ratey show the varied forms ADD takes -- from the hyperactive search for high stimulation to the floating inattention of daydreaming -- and the transforming impact of precise diagnosis and treatment.

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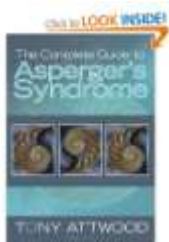
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the book empowers parents by arming them with the knowledge, expert guidance, and confidence they need.



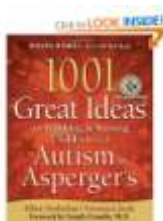
How many times have you heard that people with autism lack creativity? That they reject affection or suffer from mental retardation? As the number of children diagnosed with autism surges, researchers and educators are racing to define the amorphous nature of this spectrum disorder and its wide range of symptoms



the definitive handbook for anyone affected by Asperger's syndrome



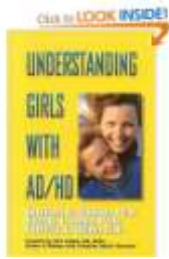
Puberty can be especially tough when young people have autism or other special needs



present parents and educators with over 1800 ideas try-it-now tips, eye-opening advice, and grassroots strategies



Parents of young children--ages 18 months to 5 years--recently diagnosed with autism, face the critical decision of which educational treatment program to choose for their child.



A ground-breaking book on the needs and issues of girls with attentional problems: why they are often undiagnosed, how they are different from boys, and what their special needs are in school, in their social world and at home.