

# Recommended Books

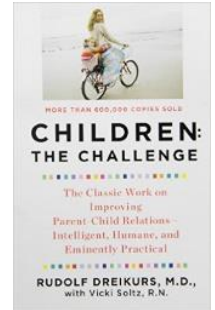
CHOC CHILDREN'S PSYCHOLOGY DEPARTMENT

## PARENTING STRATEGIES

### **Children: The Challenge: The Classic Work on Improving Parent-Child Relations-- Intelligent, Humane & Eminently Practical (Plume) | December 26, 1991**

by Rudolf Dreikurs and Vicki Stolz

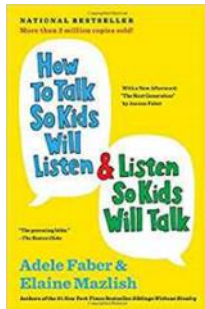
[https://www.amazon.com/Children-Challenge-Improving-Parent-Child-Relations-Intelligent/dp/0452266556/ref=sr\\_1\\_1?ie=UTF8&qid=1518227192&sr=8-1&keywords=children+the+challenge](https://www.amazon.com/Children-Challenge-Improving-Parent-Child-Relations-Intelligent/dp/0452266556/ref=sr_1_1?ie=UTF8&qid=1518227192&sr=8-1&keywords=children+the+challenge)



### **How to Talk So Kids Will Listen & Listen So Kids Will Talk | February 7, 2012**

By Adele Farber and Elaine Mazlish

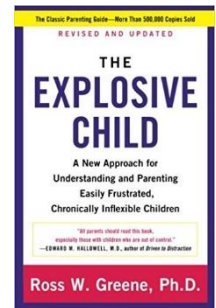
[https://www.amazon.com/How-Talk-Kids-Will-Listen/dp/1451663889/ref=sr\\_1\\_1?ie=UTF8&qid=1518227311&sr=8-1&keywords=how+to+listen+so+kids+will+talk+and+talk+so+kids+will+listen](https://www.amazon.com/How-Talk-Kids-Will-Listen/dp/1451663889/ref=sr_1_1?ie=UTF8&qid=1518227311&sr=8-1&keywords=how+to+listen+so+kids+will+talk+and+talk+so+kids+will+listen)



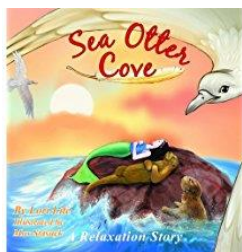
### **The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children | May 20, 2014**

by Ross W. Greene, PhD

[https://www.amazon.com/Explosive-Child-Understanding-Frustrated-Chronically/dp/0062270451/ref=pd\\_bxgy\\_14\\_2?encoding=UTF8&pd\\_rd\\_i=0062270451&pd\\_rd\\_r=K17N0PH3GEVW34SJZ7T6&pd\\_rd\\_w=IEEV2&pd\\_rd\\_wg=nqyxS&psc=1&refRID=K17N0PH3GEVW34SJZ7T6](https://www.amazon.com/Explosive-Child-Understanding-Frustrated-Chronically/dp/0062270451/ref=pd_bxgy_14_2?encoding=UTF8&pd_rd_i=0062270451&pd_rd_r=K17N0PH3GEVW34SJZ7T6&pd_rd_w=IEEV2&pd_rd_wg=nqyxS&psc=1&refRID=K17N0PH3GEVW34SJZ7T6)



## STRESS REDUCTION BOOKS FOR SCHOOL AGE CHILDREN



### **Sea Otter Cove: Introducing relaxation breathing to lower anxiety, decrease stress and control anger while promoting peaceful sleep | December 24, 2012**

By Lori Lite and Max Stasuyk

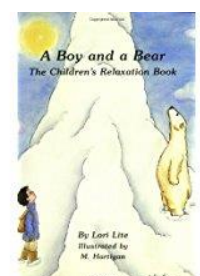
[https://www.amazon.com/s/ref=nb\\_sb\\_noss\\_2?url=search-alias%3Daps&field-keywords=Lori+Lite](https://www.amazon.com/s/ref=nb_sb_noss_2?url=search-alias%3Daps&field-keywords=Lori+Lite)

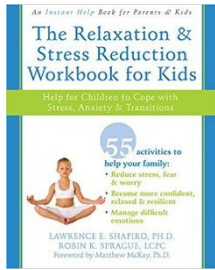
### **A Boy and A Bear: The Children's Relaxation Book**

By Lori Lite

*This book is for young children, pre-school – first grade*

[https://www.amazon.com/s/ref=nb\\_sb\\_noss\\_2?url=search-alias%3Daps&field-keywords=Lori+Lite](https://www.amazon.com/s/ref=nb_sb_noss_2?url=search-alias%3Daps&field-keywords=Lori+Lite)





## The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) | February 2, 2009

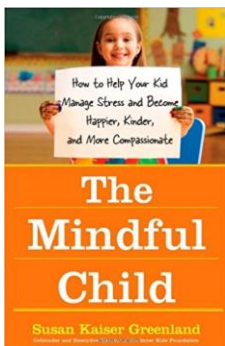
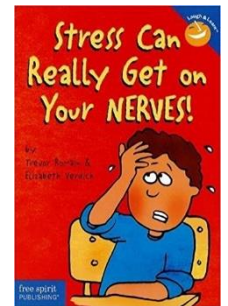
by Lawrence E. Shapiro, PhD and Robin K. Sprague

[https://www.amazon.com/Relaxation-Stress-Reduction-Workbook-kids/dp/1572245824/ref=sr\\_1\\_1?ie=UTF8&qid=1520290820&sr=8-1&keywords=stress+reduction+children](https://www.amazon.com/Relaxation-Stress-Reduction-Workbook-kids/dp/1572245824/ref=sr_1_1?ie=UTF8&qid=1520290820&sr=8-1&keywords=stress+reduction+children)

## Stress Can Really Get on Your Nerves! (Laugh & Learn®) | January 15, 2005

By Trevor Romain and Elizabeth Verdick

[https://www.amazon.com/Stress-Really-Nerves-Laugh-Learn%2%AE/dp/1575420783/ref=sr\\_1\\_20?s=books&ie=UTF8&qid=1520299728&sr=1-20&keywords=books+on+stress+for+children#reader\\_157542078](https://www.amazon.com/Stress-Really-Nerves-Laugh-Learn%2%AE/dp/1575420783/ref=sr_1_20?s=books&ie=UTF8&qid=1520299728&sr=1-20&keywords=books+on+stress+for+children#reader_157542078)



## The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate | May 4, 2010

by Susan Kaiser Greenland

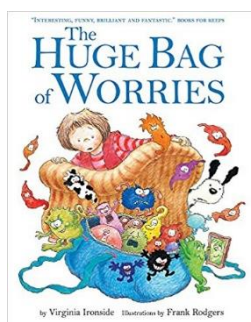
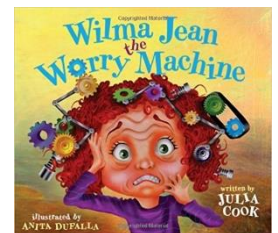
[https://www.amazon.com/Mindful-Child-Manage-Happier-Compassionate/dp/1416583009/ref=sr\\_1\\_17?s=books&ie=UTF8&qid=1520299938&sr=1-17&keywords=books+on+stress+for+children](https://www.amazon.com/Mindful-Child-Manage-Happier-Compassionate/dp/1416583009/ref=sr_1_17?s=books&ie=UTF8&qid=1520299938&sr=1-17&keywords=books+on+stress+for+children)

## TALKING ABOUT WORRIES WITH SCHOOL AGE KIDS

### Wilma Jean the Worry Machine | January 15, 2012

by Julia Cook and Anita DuFalla

[https://www.amazon.com/Wilma-Jean-Worry-Machine-Julia/dp/1937870014/ref=sr\\_1\\_9?s=books&ie=UTF8&qid=1520290945&sr=1-9&keywords=Book+of+worries](https://www.amazon.com/Wilma-Jean-Worry-Machine-Julia/dp/1937870014/ref=sr_1_9?s=books&ie=UTF8&qid=1520290945&sr=1-9&keywords=Book+of+worries)



### The Huge Bag of Worries | January 6, 2011

by Virginia Ironside

[https://www.amazon.com/Huge-Bag-Worries-Virginia-Ironside/dp/0340903171/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1520299528&sr=1-1&keywords=Bag+of+worries](https://www.amazon.com/Huge-Bag-Worries-Virginia-Ironside/dp/0340903171/ref=sr_1_1?s=books&ie=UTF8&qid=1520299528&sr=1-1&keywords=Bag+of+worries)