

Suggested Books on Parenting:

Daniel Siegel, The Whole-Brain Child: Parenting from the Inside Out

Julia A. Ross, How to Hug a Porcupine: Negotiating the Prickly Points of the Tween Years.

Adele Faber and Elaine Mazlish, How to Talk so Kids will Listen and Listen so Kids Will Talk.

Adele Faber and Elaine Mazlish, Siblings without Rivalry.

Ross Greene, The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, ‘Chronically Inflexible’ Children

Lynda Madaras, The ‘What’s Happening to my Body’: Book for Boys, or Book for Girls.

Attention Deficit Disorder & Attention Deficit Hyperactivity Disorder:

David Hallowell and John Ratey, Driven to Distraction

Kate Kelly and Peggy Ramundo, You Mean I’m Not Lazy, Stupid or Crazy?!

Sari Solden, Women with Attention Deficit Disorder.

Patricia Quinn and Judith Stern, Putting on the Brakes and The “Putting on the Brakes” Activity Book for Young People with ADHD

Obsessive Compulsive Disorder:

Michael A. Tompkins, OCD: A Guide for the Newly Diagnosed

Dawn Huebner, What to Do When Your Brain Gets Stuck: A Kid’s Guide to Overcoming OCD