

Dear Parents,

The counselors and library staff of Los Osos Middle School have established a new parent library just for you. The collection is comprised of books, audio tapes, pamphlets, and videos on a wide variety of parenting, family, and education-related topics. We encourage you to visit the library and borrow as many items as you'd like. Please feel free to contact us in the counseling department or library should you have any questions.

Vickie Rabourn, Librarian
Sandi Pardini, Counselor
Kitrina Zehrung, Counselor

PARENT LIBRARY TITLES

Books

<u>Author</u>	<u>Title</u>
Ackerman, Marc J.	Does Wednesday Mean Mom's House or Dad's? Parenting Together While Living Apart
Anderson, Joan	Getting Unplugged: Take Control of Your Family's Television, Video Game, and Computer Habits
Barkley, Russell A.	Taking Charge of ADHD
Barry, Patricia, et al.	Fathers and Mothers
Bassoff, Evelyn	Cherishing Our Daughters: How Parents Can Raise Girls to Become Strong and Independent
Bayard, Robert T.	How to Deal with Your Acting-Up Teenager
Benson, Peter L., et al.	What Kids Need to Succeed: Proven, Practical Ways to Raise Good Kids
Bettleheim, Bruno	A Good Enough Parent: A Book on Child Rearing
Blau, Melinda	Families Apart: Ten Keys to Successful Co-parenting
Blustein, Jane	Parents, Teens, and Boundaries: How to Draw the Line
Bodenhamer, Gregory	Back in Control: How to Get Your Children to Behave
Bodenhamer, Gregory	Parent in Control
Buntman, Peter H. and Eleanor M. Saris	How to Live With Your Teenager: A Survivor's Handbook for Parents
Caron, Ann F.	Strong Mothers Strong Sons: Raising Adolescent Boys in the 90's
Carr, Tom	A Parents Blueprint
Clark, Barbara	Growing up Gifted
Covey, Stephen R.	The 7 Habits of Highly Effective Families: Building a Beautiful Family Culture in a Turbulent World
Craig, Judi	"You're Grounded Till You're Thirty!": What Works - and What Doesn't - in Parenting Today's Teens
Cretcher, Dorothy	Steering Clear: Helping Your Child through the High-risk Drug Years
Dacey, John S. and Alex J. Packer	The Nurturing Parent: How to Raise Creative, Loving, Responsible Children
Doucette-Dudman, Deborah	Raising Our Children's Children
Dreikurs, Rudolph	Children: the Challenge
Duncan, T. Roger and Darlene Duncan	You're Divorced, But Your Children Aren't
Elkind, David	The Hurried Child: Growing Up Too Fast Too Soon
Erikson, Erik H.	Childhood and Society

Faber, Adele	Siblings Without Rivalry: How to Help Your Children Live Together so You Can
Fontana, Vincent J.	Somewhere a Child Is Crying: Maltreatment - Causes and Prevention
Ford, Judy	Wonderful Ways to Love a Teen...Even When It Seems Impossible
Galbraith, Judy and Jim Delisle	Gifted Kids' Survival Guide
Gardner, Richard A.	The Parents Book about Divorce: Practical Advice for Separating and Divorced Parents
Gardner, Richard A.	The Boys and Girls Book about Stepfamilies
Giannetti, Charlene C. & Margaret Sagarese	Parenting 911: How to Safeguard and Rescue Your 10- to 15-Year Old from Substance Abuse, Depression, Sexual Encounters, Violence, Failure in School, Danger on the Internet, and Other Risky Situations
Giannetti, Charlene C.	The Roller-Coaster Years: Raising Your Child Through the Maddening Yet Magical Middle School Years
Ginott, Haim G.	Between Parent and Child: New Solutions to Old Problems
Ginott, Haim G.	Between Parent and Teenager: How to Communicate with Your Teenager
Glenn, H. Stephen and Jane Nelson	Raising Self-reliant Children in a Self-indulgent World: Seven Building Blocks for Developing Capable Young People
Goleman, Daniel	Emotional Intelligence: Why It Can Matter More Than I.Q.
Gordon, Thomas	P.E.T. Parent Effectiveness Training: The Tested New Way to Raise Responsible Children
Gottman, John; Joan DeClaire	The Heart of Parenting: Raising an Emotionally Intelligent Child
Gurian, Michael	The Wonder of Boys
Halsted, Judith Wynn	Some of My Best Friends Are Books: Guiding Gifted Readers from Pre-School to High School
Hendricks, Gay	The Second Centering Book: More Awareness Activities for Children, Parents, and Teachers
Jantz, Gregory	Hope, Help, & Healing for Eating Disorders: A New Approach to Treating Anorexia, Bulimia, & Overeating
Jarratt, Claudia Jewett	Helping Children Cope with Separation and Loss
Joslin, Karen Renshaw and Mary Bunting Decher	Positive Parenting Your Teens: The A to Z Book of Sound Advice and Practical Solutions
Kerr, Barbara A.	Smart Girls: A New Psychology of Girls, Women and Giftedness
Kidder, Rushworth M.	How Good People Make Tough Choices: Resolving the Dilemmas of Ethical Living
Kurcinka, Mary Sheedy	Raising Your Spirited Child: a Guide for Parents Whose Child Is More Intense, S Persistent, Energetic
Leach, Penelope	Your Growing Child: From Babyhood Through Adolescence
Leman, Kevin	Bringing Up Kids Without Tearing Them Down
Mandel, Harvey P.	Could Do Better: Why Children Underachieve and What to Do about It
McIntire, Roger W.	Teenagers and Parents: Ten Steps for a Better Relationship
Middelton-Moz, Jane	Children of Trauma
Miller, Alice	Prisoners of Childhood: the Drama of the Gifted Child and the Search for the Tru
Miller, Alice	The Drama of the Gifted Child: the Search for the True Self
Murray, Katherine	Working Parents' Handbook: How to Succeed at Work, Raise Your Kids, Maintain a Home, and Still Have Time for You
Nelson, Jane	Positive Discipline: A Warm, Practical, Step-by-step Sourcebook for Parents and Teachers

Nelson, Jane and Lynn Lott	Positive Discipline for Teenagers: Resolving Conflicts with Your Teenage Son or Daughter
Piirto, Jane	Understanding Those Who Create
Pipher, Mary	Reviving Ophelia: Saving the Selves of Adolescent Girls
Pipher, Mary	Hunger Pains: The Modern Woman's Tragic Quest for Thinness
Pipher, Mary	The Shelter of Each Other: Rebuilding Our Families
Pollack, William	Real Boys: Rescuing Our Sons from the Myths of Boyhood
Quindlen, Anna	Black and Blue
Riera, Michael	Uncommon Sense for Parents with Teenagers
Rimm, Sylvia B.	Why Bright Kids Get Poor Grades: And What You Can Do about It
Rosner, Jerome	Helping Children Overcome Learning difficulties: A Step-by-step Guide for Parents and Teachers
Sacker, Ira M.	Dying to Be Thin: Understanding and Defeating Anorexia Nervosa and Bulimia...
Satir, Virginia	Helping Families to Change
Smith, Sally L.	Succeeding Against the Odds
Strong, Marilee	Bright Red Scream
Thomas, Marlo, ed.	Free to Be...a Family
Toughlove International	Toughlove: The York's Personal Story, and an Explanation of the Toughlove Philosophy
Toughlove International	Toughlove Solutions: About Toughlove Families, Kids, and Professionals
Trelease, Jim	The Read-Aloud Handbook
Tyson, Janet N.	Common Threads of Teenage Grief
Walker, Sally Yahnke	Survival Guide for Parents of Gifted Kids
Webb, James T.	Gifted Parent Groups: The SENG Model
Webb, James T.	Guiding the Gifted Child: A Practical Source for Parents and Teachers
Wolf, Anthony E.	Get Out of My Life, but First Could You Drive Cheryl and Me to the Mall? A Parent's Guide to the New Teenager
Wolf, Melissa	Parenting Online: The Best of the Net for Moms and Dads

Audio Tapes

<u>Author</u>	<u>Title</u>
Canfield, Jack	Self-Esteem in the Classroom
Canfield, Jack	Self-Esteem: The Key to Success
Covey, Stephen R.	How to Develop a Family Mission Statement
Covey, Stephen R.	The 7 Habits of Highly Effective Families: Building a Beautiful Family Culture in a Turbulent World
Gardner, Richard A.	Dr. Gardner Talks to Boys and Girls about Divorce
Glenn, H. Stephen	Bridging Troubled Waters: Bridging the Gap Between Adults and Adolescents
Gottman, John; Joan DeClaire	The Heart of Parenting: Raising an Emotionally Intelligent Child
Gurian, Michael	The Wonder of Boys
Learning Potentials	Imagine That: A Program to Improve Self Image
Pipher, Mary	Reviving Ophelia: Saving the Selves of Adolescent Girls
Thomas Jefferson Research Center	Parenting for the 21 st Century

Channing L. Bete Co., Inc.	What Everyone Should Know about Alcohol and Health
Channing L. Bete Co., Inc.	What Everyone Should Know about Child Abuse
Channing L. Bete Co., Inc.	What Everyone Should Know about Child Safety
Channing L. Bete Co., Inc.	What Everyone Should Know about Depression
Channing L. Bete Co., Inc.	What Everyone Should Know about Family Violence
Channing L. Bete Co., Inc.	What Everyone Should Know about Sexual Abuse of Children
Channing L. Bete Co., Inc.	What Kids Should Know about Divorce
Channing L. Bete Co., Inc.	What Kids Should Know about Parents and Drinking
Channing L. Bete Co., Inc.	What You Should Know about Alcohol on Campus
Channing L. Bete Co., Inc.	What You Should Know about Disciplining Your Child
Channing L. Bete Co., Inc.	What You Should Know about Mental Illness in the Family
Channing L. Bete Co., Inc.	What You Should Know about Stress and Your Child
Drug Education Center	Alcohol
Drug Education Center	Amphetamines
Drug Education Center	Barbiturates
Drug Education Center	Hallucinogens
Drug Education Center	Inhalants
Drug Education Center	Marijuana
Drug Education Center	P.C.P.
Hazelden Educational Materials	A Look at Cross-addiction
Hazelden Educational Materials	Alcoholism: A Merry-go-round Named Denial
Hazelden Educational Materials	Codependency, a Second Hand Life
Hazelden Educational Materials	Emotional Maturity
Hazelden Educational Materials	Hope for Young People with Alcoholic Parents
Hazelden Educational Materials	I Can't Be an Alcoholic because...
Hazelden Educational Materials	Letting Go of the Need to Control
Hazelden Educational Materials	Recovery for the Whole Family
Hiatt, Jane	Talking with Your Child about AIDS
Hiatt, Jane	Talking with Your Young Child about Sex
Natl. Comm. for Prevention of Child Abuse	Emotional Abuse: Words <i>Can</i> Hurt
Natl. Comm. for Prevention of Child Abuse	Emotional Maltreatment of Children
Natl. Comm. for Prevention of Child Abuse	I Hear You
Natl. Comm. for Prevention of Child Abuse	Physical Child Abuse
Natl. Comm. for Prevention of Child Abuse	Physical Neglect
Natl. Comm. for Prevention of Child Abuse	When School's Out and Nobody's Home
Rain, Patricia	Talking with Your Daughter about Birth Control
SLO County Drug and Alcohol Program	Parenting Packet: Drugs and Alcohol
SLO County Drug and Alcohol Program	Parenting Packet: Drugs and Alcohol
Social Issues Resources Series, Inc.	Family: 1983-1987
Stang, Lucas	Talking with Your Child about Death

Stang, Lucas	Talking with Your Child about Prejudice
Stang, Lucas	Talking with Your Teenager about AIDS
Stang, Lucas	Talking with Your Teenager about Drugs
Stang, Lucas	Talking with Your Teenager about Sexual Responsibility
U.S. Department of Education	Growing Up Drug Free: A Parent's Guide to Prevention

Videos

<u>Author/Producer</u>	<u>Title</u>
American Association of University Women Educational Foundation	Girls in the Middle: Working to Succeed in School
Barkley, Russell A.	ADHD: What Can We Do?
Barkley, Russell A.	ADHD: What Do We Know?
California Attorney General	Drugs and Youth: The Challenge
California Attorney General	Drug Free Kids: A Parent's Guide
Canfield, Jack	Self-Esteem: Loving and Empowering Yourself
Glenn, H. Stephen	Bridging Troubled Waters : Bridging the Gap Between Adults and Adolescents
Olney, Claude	Where There's a Will There's an...A: How to Get Better Grades in Grade School
Practical Parenting Series	Adolescence
Practical Parenting Series	Blended Families: Yours, Mine, and Ours
Practical Parenting Series	Single Parenting
Rogers, Bill	Positive Correction
Thomas Jefferson Research Center	Parenting for the 21 st Century

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