

**Hirsch Pediatrics Reading/Resource List  
Updated May 6, 2011**

<b>** MUST HAVE BOOK for ALL PARENTS **</b>	<p><b>Healthy Sleep Habits, Happy Child</b> by Marc Weissbluth, M.D. (503 pages, \$14.95) Note: Dr. Weissbluth is a pediatrician and leading authority in the field of children's sleep. He believes that healthy sleep affects the overall health of the child. He helps parents recognize their child's natural sleep cycles and focuses on the five components of healthy sleep. <b>I strongly recommend reading the relevant sections of this book (i.e. newborn sleep) <u>prior</u> to or within a few weeks after the birth of your baby.</b></p>
---	---

<b>SPECIFIC BEHAVIOR / DEVELOPMENT TOPICS</b>	
<b>ADD/ADHD</b>	<p><b>Learning to Slow Down and Pay Attention: A Book for Kids about ADHD</b> by Kathleen Nadeau and Ellen Dixon (96 pages, \$12.95); Note: reading level for ages 4-11</p> <p><b>Taking Charge of ADHD: The Complete, Authoritative Guide for Parents</b> by Russell Barkley (321 pages, \$19.95)</p> <p><b>Late, Lost, and Unprepared: A Parents' Guide to Helping Children with Executive Functioning</b> by Joyce Cooper-Khan and Laurie Dietzel (232 pages, \$19.95)</p>
<b>ANXIETY</b>	<p><b>Helping Your Anxious Child: A Step-By-Step Guide for Parents</b> by Sue Spence et al. (160 pages, \$15.95)</p> <p><b>Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias</b> by Tamar Chansky (320 pages, \$14.99)</p>
<b>AUTISM</b>	<p><a href="http://www.AutismSpeaks.org">www.AutismSpeaks.org</a> <b>100 Day Kit and Asperger Syndrome</b> and <b>High Functioning Autism Tool kit</b></p> <p><a href="http://www.RethinkAutism.com">www.RethinkAutism.com</a></p> <p><a href="http://www.POAC.net">www.POAC.net</a></p>
<b>BEHAVIOR (Explosive)</b>	<p><b>The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children</b> by Ross Greene (320 pages, \$13.95)</p>
<b>BEHAVIOR (Typical)</b>	<p><b>1 - 2 - 3 Magic</b> by Thomas W. Phelan, Ph.D. (208 pages, \$14.95); Note: Discusses a simple and effective strategy for managing behavior and effective disciplining techniques for children age 2 and older. There is also a website (<a href="http://www.parentmagic.com">www.parentmagic.com</a>) and a video (120 minutes).</p>
<b>DEPRESSION</b>	<p><b>The Optimistic Child: Proven Program to Safeguard Children from Depression &amp; Build Lifelong Resilience</b> by Martin Seligman, PhD (352 pages, \$14.00)</p>
<b>DEATH/DYING</b>	<p><b>Raising an Emotionally Healthy Child When a Parent is Sick</b> by Paula Rauch (224 pages, \$16.95)</p> <p><b>Facing Cancer: A Complete Guide for People with Cancer, Their Families, and Caregivers</b> by Theodore Stern (456 pages, \$24.95)</p> <p><b>The Fall of Freddie the Leaf: A Story Of Life For All Ages</b> by Leo Buscaglia (32 pages, \$12.95 ), Note: written at reading level for ages 4 - 8</p> <p><b>The Tenth Good Thing About Barney</b> by Juith Viorst (32 pages, \$4.99 ), Note: written at reading level for ages 4 - 8</p> <p><b>Great Answers to Difficult Questions About Death: What Children Need to Know</b> by Linda Goldman (112 pages, \$14.95)</p> <p><b>Healing the Hurt, Restoring the Hope</b> by Suzy Yehl Marta (340 pages, \$16.95)</p> <p><a href="http://www.wellnesscommunitydc.org">www.wellnesscommunitydc.org</a> DC based cancer support group</p> <p><a href="http://www.candlelighters.org">www.candlelighters.org</a> American Childhood Cancer Organization</p> <p><a href="http://www.wendtcenter.org">www.wendtcenter.org</a> The Wendt Center for Loss and Healing</p>
<b>DIVORCE</b>	<p><b>The Good Divorce: Keeping Your Family Together When Your Marriage Falls Apart</b> by Contance Ahrons, PhD (301 pages, \$14.00)</p>

<b>EATING (PICKY)</b>	<p><b>Child of Mine: Feeding with Love and Good Sense</b>  by Ellyn Satter (535 pages, \$16.95); Note: Discusses feeding issues for infants and young children in this book. She helps parents develop a system for meal time that aims to prevent picky eating and power struggles.</p>
<b>LEARNING DISABILITIES</b>	<p><a href="http://www.idonline.org">www.idonline.org</a></p>
<b>SENSORY</b>	<p><b>The Out-of-Sync Child: Recognizing and Coping with Sensory Integration Disorder</b>  by Carol Stock Kranowitz, MA (352 pages, \$14.95)</p>
<b>SOCIAL DIFFICULTIES</b>	<p><b>My Social Stores Book</b>  by Carol Gray (141 pages, \$18.95); Note: written for children age 2 - 6</p> <p><b>Navigating the Social World: A Curriculum for Individuals with Asperger's Syndrome, High Functioning Autism, and Related Disorders</b>  by Jeanette McAfee (354 pages, \$49.95)</p> <p><b>Asperger's Syndrome: A Guide for Parents and Professionals</b>  by Tony Atwood (224 pages, \$18.95)</p> <p><b>The Unwritten Rules of Social Relationships: Decoding Social Mysteries Through the Unique Perspectives of Autism</b>  by Temple Grandin (383 pages, \$24.95)</p> <p><b>Nobody Likes Me, Everybody Hates Me: The Top 25 Friendship Problems and How to Solve Them</b>  by Michele Borba (336 pages, \$14.95)</p>
<b>OTHER RESOURCES</b>	<p><b>Straight Talk on Psychiatric Medications for Kids</b>  by Timothy E. Wilens, M.D. (280 pages, \$15.95)</p> <p><a href="http://www.SchoolPsychiatry.org">www.SchoolPsychiatry.org</a>  <a href="http://www.ParentsMedGuide.org">www.ParentsMedGuide.org</a></p>