

# NDBP's Recommended Books

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## **For Children**

### **Anxiety**

- Alexander and the Terrible, Horrible, No Good, Very bad Day, by Viorst and Cruz
- Up and Down the Worry Hill, by Aureen Pinto-Wagner
- Wemberly Worried, by Henkes
- When My Worries Get Too Big, by K. D. Buron

### **Attention-Deficit Hyperactivity Disorder (ADHD)**

- Mrs. Gorski, I think I Have the Wiggle Fidgets, by Barbara Esham
- My Mouth is a Volcano, by Julia Cook
- Putting on the Brakes, by Patricia Quinn and Judith Stern

### **Autism Spectrum Disorders (ASD)**

- Autism and Me: Sibling Stories, by Ouisie Shapiro and Steven Vote
- Cats Have Asperger Syndrome, by Kathy Hoopmann
- Rules, by Cynthia Lord
- Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism, by Mary Wrobel

### **Cerebral Palsy (CP)**

- Ceana has CP, by C. Fran Card

### **Fetal Alcohol Spectrum Disorder (FASD)**

- Little Heroes #1: FASD, by Ira J. Chasnoff, M.D.

### **Health**

- The Care and Keeping of You: The Body Book for Girls
- Taking Care of Myself: A Hygiene, Puberty and Personal Curriculum for Young People with Autism, by Mary Wrobel
- Making Sense of Sex: A Forthright Guide to Puberty, Sex, and Relationships for People with Asperger's Syndrome, by Sarah Attwood

### **Tics and Tourette Syndrome**

- I Can't Stop! A Story about Tourette Syndrome, by Holly Niner

## **For Parents and Caregivers**

### **Anxiety**

- Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias, by Tamar Chansky, Ph.D.
- Growing Up Brave, by Dr. Donna Pincus
- Help for worried kids: How your child can conquer anxiety and fear, by C.G. Last
- Helping Your Anxious Child, by Ron Rapees
- What to do When your Child has Obsessive-Compulsive Disorder: Strategies and Solutions, by Aureen Pinto Wagner
- Worried No More: Help and Hope for Anxious Children, by Aureen Pinto Wagner

### **Attention Deficit-Hyperactivity Disorder (ADHD) and Executive Functioning Disorders**

- No More Meltdowns, by Jed Baker
- Raising Your Spirited Child, by Mary Sheedy Kurcinka
- Smart, but Scattered: The Revolutionary Executive Skills Approach to Helping Kids Reach their Potential, by Peg Dawson and Richard Guare
- Taking Charge of ADHD, by Russell Barkley
- The Everything Parent's Guide to ADHD in Children, by C. Jacobs and I. Wendel

### **Autism Spectrum Disorders (ASD)**

- 10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior, by Jeffrey Bernstein
- Asperger's...What Does It Mean To Me?: Structured Teaching Ideas for Home and School, by Catherine Faherty
- Making Sense of Sex: A Forthright Guide to Puberty, Sex, and Relationships for People with Asperger's Syndrome, by Sarah Attwood
- Taking the Mystery Out of Medications in Autism/Asperger Syndrome: a Guide for Parents and Non-Medical Professionals, by Luke Tsai
- The Feelings Book: the Care & Keeping of Your Emotions, by Lynda Madison and Norm Bendell
- Vaccinating Your Child: Questions and Answers for the concerned parent, by Sharon G. Humiston and Cynthia Good

## **Behavior and Emotional Regulation**

- 10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior, by Jeffrey Bernstein
- How to Talk So Kids Will Listen & Listen So Kids Will Talk, by Adele Faber and Elaine Mazlish
- Is it just a Phase? How to tell childhood phases from more serious problems, by Swedo and Leonard
- Parenting with Positive Behavior Support: A Practical Guide for Resolving Your Child's Difficult Behavior, by Hieneman, Childs, and Sergay
- The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children, by Ross W. Greene
- The Kazdin Method for Parenting the Defiant Child, by Kazdin and Rotella
- The Zones of Regulation, by Leah M. Kuypers
- What to do when you worry too much: A kid's guide to overcoming anxiety American Psychological Association, by D. Heubner

## **Cerebral Palsy (CP)**

- Cerebral Palsy: A Complete Guide for Care Giving, by Freeman Miller, Steven Bachrach, and Sieglinde Martin
- Children with Cerebral Palsy, A Parents Guide, by Elaine Geralis
- Coping With Cerebral Palsy: Answers to Questions Parents Often Ask, by Jay Schleickorn
- I Raise My Eyes To Say Yes (Cerebral Palsy Biography), by Ruth Sienkiewicz-Mercer and Steven Kaplan
- Keys to Parenting a Child with Cerebral Palsy, by Jane Faulkner Leonard, Sherri Cadenhead, and Margaret Myer
- Teaching Motor Skills to Children with Cerebral Palsy and Similar Movement Disorders, by Sieglinde Martin

## **Fetal Alcohol Spectrum Disorders (FASD)**

- Fantastic Antone Grows Up: Adolescents and Adults with Fetal Alcohol Syndrome, by Judith Kleinfeld
- Fantastic Antone Succeeds: Experiences in Educating Children with Fetal Alcohol Syndrome, by Judith Kleinfeld

- Trying Differently Rather than Harder: Fetal Alcohol Spectrum Disorders, by Diane Mablín

### **Feeding Disorders**

- How to Get Your Kid to Eat . . . But Not Too Much, by Ellyn Satter
- Just Take a Bite: Easy, Effective Answers to Food Aversions and Eating Challenges, by Lori Ernsperger and Tania Stegen-Hanson

### **Sleep**

- Sleep Better: A Guide to Improving Sleep for Children with Special Needs, by V. Mark Durand
- Solve Your Child's Sleep Problems, by Richard Ferber
- Solving Sleep Problems in Children with Autism Spectrum Disorder - A guide for frazzled families, by Terry Katz, Ph.D., and Beth Malow, M.D., M.S.
- Take Charge of Your Child's Sleep: The All-in-One Resource for Solving Sleep Problems in Kids and Teens, by Judith Owens and Jodi Mindell

### **Toilet Training**

- Toilet Training for Individuals with Autism and Related Disorders, by Maria Wheeler

### **Vaccinations**

- Vaccinating Your Child: Questions and Answers for the concerned parent, by Sharon G. Humiston and Cynthia Good

## **For Professionals and Educators**

### **Anxiety Disorders**

- Worried No More: Help and Hope for Anxious Children, by Aureen Pinto Wagner

### **Behavior and Emotional Regulation**

- Building Positive Behavior Support in Schools: Functional Behavioral Assessment, by Croone and Horner
- No More Meltdowns, by Jed Baker
- Unstuck and On Target! An Executive Function Curriculum to Improve Flexibility for Children with Autism Spectrum Disorders, Research Edition, by L. Cannon and Colleagues

### **Cerebral Palsy (CP)**

- A Team Approach, by John Dormans and Louis Pelligrino, Ed.S.

### **Intellectual Disability (ID)**

- Health and Problem Behavior Among People With Intellectual Disabilities, by M. E. May and C. H. Kennedy