

## **Resources for Parents**

### **Books:**

- Boys Adrift (Sax, 2009)
- Connected Parenting: Set Loving Limits and Build Strong Bonds with Your Child for Life (Kolari, 2010)
- Girls on the Edge (Sax, 2011)
- Keys to Parenting Your Anxious Child (Manassis, 1996)
- Screen-Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices (Gold, 2014)
- Taking Charge of ADHD: The Complete, Authoritative Guide for Parents (Barkley, 2013)
- The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children (Greene, 2010)
- The Whole Brain Child (Siegel & Payne-Bryson, 2012)
- Your Defiant Child: Eight Steps to Better Behavior (Barkley & Benton, 2013)

### **Web-based resources:**

#### ***Anxiety, Depression & Other Emotional Difficulties***

Canadian Mental Health Association: <http://www.cmha.ca/mental-health/your-mental-health/youth/>

Education and resources for parents: <http://www.teenmentalhealth.org>

Resources for parents and children: <http://www.kidsmentalhealth.ca>

#### ***Learning Disabilities and Academic Problems***

Resources and learning opportunities for kids with special needs: <http://www.snow.idrc.ocad.ca/>

Learning Disability Association of Ontario <http://www.ldao.ca>

### **Crisis support:**

- Kid's Help Phone - <http://kidshelpphone.ca>

For more information, helpful resources, and access to professional help, visit our website:

**[www.mindfullivingcentre.ca](http://www.mindfullivingcentre.ca)**

