

MPAC Parenting Library

Academics

Awesome Activities to Help Reluctant Writers Succeed by Perdita Finn
Eyeopeners II: Children's Books About the World... by Beverly Kobrin
Families at School: A Handbook for Parents by Adele Thomas, et al
Math Doesn't Suck by Danica McKellar
Math Magic for Your Kids by Scott Flansburg
Miseducation: Preschoolers at Risk by David Elkind
Overcoming Dyslexia by Sally Shaywitz
Raising Lifelong Learners by Lucy Calkins & Lydia Bellino
The Read-Aloud Handbook by Jim Trelease
Reading for Families by Achieve BC
Reading Magic by Mem Fox
Reading Strategies: A Parent's Guide by Susan Reed & Jennifer Ferguson
Teaching the Fun of Math: Grades 3-8 by Janice VanCleave

Autism & ADD

The Autism Revolution by Dr. Martha Herbert & Karen Weintraub
The Curious Incident of the Dog in the Night-Time by Mark Haddon
Driven to Distraction by Edward M. Hallowell & John J. Ratey
Life, Animated: A Story of Sidekicks, Heroes, & Autism By Ron Suskind
The Spark: A Mother's Story of Nurturing Genius by Kristine Barnett
Ten Things Every Child With Autism Wishes You Knew by Ellen Notbohm & Veronica Zysk

Behaviour

The Big Book of Parenting by Michele Borba
Boy Smarts: Mentoring Boys for Success at School by Barry MacDonald
Children in Crisis: Support for Teachers & Parents by Fran Newman
Help Your Child to Succeed by Bill Lucas & Alistair Smith
Kids, Parents, & Power Struggles by Mary Sheedy Kurcinka
No More Misbehavin' by Michele Borba
Parenting With Humour by Loretta La Roche
Questions Children Ask & How to Answer Them by Dr. Miriam Stoppard
Teaching Your Children Responsibility by Linda & Richard Eyre
Unconditional Parenting by Alfie Kohn
What Every 21st Century Parent Needs to Know by Debra W. Haffner

Blended Families

Because Life Goes On... by Health Canada
Don't Fall Apart on Saturdays by Adolph Moser
Strengthening Your Stepfamily by Elizabeth Einstein & Linda Albert

Emotions

Dealing with Disappointment by Elizabeth Crary
Don't Despair on Thursdays: The Children's Grief-Management Book by Adolph Moser
Emotions! by Mary Lamia, PhD
Free the Children by Craig Kielburger
How to Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Fabe, et al
How to Talk to Children About Really Important Things by Charles Schaefer

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- Emotions (con't)** [Kids are Worth It!](#) by Barbara Coloroso
[Lessons from a Street Kid](#) by Craig Kielburger
[Lifetimes -- The Beautiful Way to Explain Death to Children](#) by Bryan Mellonie & Robert Ingpen
[Self-Reg](#) by Dr. Stuart Shanker
[Smart Girl's Guide to Liking Herself -- Even on the Bad Days](#) by American Girl
- Health** [BC Health Guide](#) by BC Ministry of Health
[The Cooperative Sports & Games Book](#) by Terry Orlick
[The Care & Keeping of You: The Body Book for Girls](#) by Valerie Schafer
[Healthy Eating for Kids](#) by Anita Bean
[Help for Eating Disorders](#) by Dr. Debra K. Katzman & Lenora Pinhas
[iMinds: How Cell Phones, Computers, Gaming, and Social Media Are Changing Our Brains, Our Behaviour, and the Evolution of the Species](#) by Mari K. Swingle
[Not Buying It: Stop Overspending and Start Raising Happier, Healthier, More Successful Kids](#) by Brett Graff
[Raising Happy, Healthy, Weight-Wise Kids](#) by Judy Towes & Nicole Parton
[Staying Safe Online](#) by Louie Stowell
[A Strategy for Combating Childhood Obesity & Physical Inactivity In BC](#) by Legislative Assembly of BC
[Talk Sex Today](#) by Saleema Noon & Meg Hickling
- Mindfulness** [10 Mindful Minutes](#) by Goldie Hawn with Wendy Holden
[The Anxiety Workbook for Teens](#) by Lisa M. Schab
[Generation Stressed](#) by Michele Kambolis
[Helping Your Anxious Child](#) by Ronald Rapee, et al
[I am Yoga](#) by Susan Verde
[The Kid's Guide to Taming Worry Dragons](#) by Sandra Clark, et al
[Taming Worry Dragons](#) by E. Jane Garland & Sandra L. Clark
- Peer Relationships** [8 Keys to End Bullying](#) by Signe Whitson
[Cliques, Phonies, & Other Baloney](#) by Trevor Romain
[Kids Can Cooperate: A Practical Teaching Guide to Problem-Solving](#) by Elizabeth Crary
[Masterminds & Wingmen](#) by Rosalind Wiseman
[Nobody Likes Me, Everybody Hates Me: The Top 25 Friendship Problems & How to Solve Them](#) by Michele Borba
[Odd Girl Speaks Out: Girls Write About Bullies, Cliques, Popularity, and Jealousy](#) by Rachel Simmons
[Queen Bees & Wannabes](#) by Rosalind Wiseman
[Stand Up for You and Your Friends: Dealing with Bullies and Bossiness and Finding a Better Way](#) by American Girl