

This is a list of the South Davis “Lending Library “. These are wonderful resources that are available to parents/guardians, faculty & staff. If you are interested in borrowing a book, please circle it below/complete the form and return to Mrs. Hurley, School Nurse. When the book becomes available, she will send it home with your child. Please be aware of the due date so that others may also benefit from these resources.

Thank you!

The South Davis Wellness Team

Behavior

- The Crayon Box that Talked, by Shane DeRolf
- What Would You Do? A Kid's Guide to Tricky and Sticky Situations, by Linda Schwartz
- If You Had To Chose, What Would You Do?, by Sandra McLeod Humphrey
- The Ant Bully, by John Nickle
- The Berenstain Bears and the Bully, by Stan & Jan Berenstain
- Bullies & Victims: Helping your Child Through the Schoolyard Battlefield, by Suellen & Paula Fried
- Bullies are a Pain in the Brain, by Trevor Romain
- Bully on the Bus, by Carl W. Bosch
- How to Handle Bullies, Teasers, and Other Meanies, by Kate Cohen-Posey
- Simon’s Hook: A Story about Teases and Put-downs, by Karen Gedig Burnett
- Stop Picking on Me: A First Look at Bullying, by Pat Thomas
- I Didn’t Know I Was A Bully by M. Richards
- Sorry! By T. Ludwig
- Trouble Talk by T. Ludwig
- Too Perfect by T. Ludwig
- My Mouth is a Volcano by J. Cook
- What to do When Your Temper Flares by D. Huebner
- Learning to Stay Cool, Keep Cool by
- The Tiger in My Chest, (helping children to deal with anger) by Elaheh Bos

The Bully Free Library

- Bullies Are A Pain in the Brain, by Trevor Romain
- Cliques, Phonies & Other Baloney, by Trevor Romain
- Real Kids Taking the Right Risks, by Arlene Erlbach
- Hands Are Not for Hitting by Martine Agassi
- Words Are Not for Hurting, by Martine Agassi
- How to Take the Grrrrr Out of Anger, by E. Verdick & M. Lisovslas
- Growing Good Kids, by Deb & Jim Delise
- The Kids Guide to Working Out Conflicts, by Naomi Drew
- Hot Issues, Cool Choices: Facing Bullies, Peer Pressure, Popularity & Putdowns by S. McLeod Humphrey
- Alexander and the School Bully by Food Allergy & Anaphylaxis Network

Learning Differences

- Eggbert, The Slightly Cracked Egg, by Tom Ross and Rex Barron
- The Bad Case of Stripes by D. Shannon

- The Survival Guide for Kids with LD (Learning Differences), by Gary Fisher, Ph.D., and Rhoda Cummings, Ed.D.
- Thank you, Mr. Falker, Patricia Polacco
- Helping the Child Who Doesn't Fit In, S. Nowicki & M. Duke
- The Unmotivated Child (Helping your Underachiever Become a Successful Student) by N. Rathvon, Ph.D.
- I Read but I Don't Get it, Comprehension Strategies for Adolescent Readers by C. Tovani
- A Symphony in the Brain, the Evolution of the New Brain Wave Biofeedback by J. Robbins
- SOAR, Study Skills by S. Kreger, M.Ed

Parenting

- 10 Days to a Less Defiant Child by Jeffrey Bernstein, PhD
- 1-2-3 Magic: Effective Discipline for Children 2-12, (Book or DVD) by Thomas W. Phelan, Ph.D.
- Generation Risk: How to Protect your Teenager from Smoking and Other Dangerous Drugs, by Corky Newton
- Your Child: Emotional, Behavioral, and Cognitive Development from Birth through Preadolescence, by American Academy of Child & Adolescent Psychiatry
- Win the Whining War & Other Skirmishes, by Cynthia Whitman
- Cure Your Child with Food, the connection between Nutrition & Childhood Ailments, (including ADHD, ASD, Sleeplessness, Mood Disorder, Reflux) by K. Dorfman, MS, LND
- Raising Healthy Eaters, 100 Tips for Parents, by Henry Legere, MD
- How to Talk to Your Kids about Really Important Things, by C. Scheafer & T. Foy DiGeronimo
- Scream Free Parenting, Raising Your Kids by Keeping Your Cool, by H. Runkel
- Ending the Homework Hassle, by J. Rosemond
- The New Six Point Plan for raising Happy, Healthy Children, by J. Rosemond
- Real Boys, by M. Pipher
- Shrinkin', Stinkin' Thinkin'-A Guide to Raising Children's Self-Esteem, by M.A. Brittingham
- Active Parenting Today, by Michael H. Popkin, Ph.D.
- Helping Your Child Succeed in School, by Dorothy Rich
- How to Have a New Child by Friday, by Kevin Lehman
- Optimistic Outcomes: What Every Parent Wants & Every Child Needs by M. McKay
- The Military Family's Parent Guide for Supporting Your Child in School
- Boundaries with Kids by Dr. Henry Cloud
- The Power of Positive Parenting by Mitchell
- Raising Your Spirited Child by Mary Kucinka
- How to Talk so Your Kids Will Listen & so Kids Will Talk by Adele Faber
- The Seven Worst Things Parents do by John Friel
- Generation Risk by Corky Newton

Divorce

- Mindful Co-Parenting, A Child Friendly Path Through Divorce by J. Gais
- Divorce is Not the End of the World: Zoe's and Evan's Coping Guide for Kids, by Zoe & Evan Stern
- Co-Parents' Handbook of Divorce by K. Bonnell
- Putting Children First, Proven Parenting Strategies for Helping Children with Divorce by J. Pedro-Carroll

- Help! A Girl's Guide to Divorce and Stepfamilies, by American Girls Library Series
- Helping your Kids Cope with Divorce the Sandcastles Way, by M. Gary Neuman
- My Parents are Divorced , Too: A Book for Kids by Kids, by Melanie, Annie, and Steven Ford
- My Life Turned Upside Down but I Turned It Rightside Up, by Mary Field & Hennie Shore
- Dinosaurs Divorce, by Laurene Krasny & Marc Brown

Separation Anxiety

- The Kissing Hand, by Audrey Penn

Inspirational

- Have You Filled a Bucket Today?, by Carol McCloud
- Chicken Soup for the Kid's Soul: 101 Stories of Courage, Hope and Laughter
- Thank You, Mr. Falker, by Patricia Polacco
- The Lost Boy, A Foster Child's Search for the Love of a Family, by David Pelzer
- A Child Called It, a Child's Story of Survival, by David Pelzer

Feelings

- A Rainbow of Hope-stories & activities to help children cope with grief & loss, by Linda Hagler (topics include: moving, adoption, fire, new baby, divorce, dealing with bullies, foster care, death of parents, friend or pet)
- Children's Books by Adolph Moser :Truth-Control, Grief- Management, Anger-Control, Self-Esteem, Anti-Stress, Divorce-Survival
- Feelings, by Alik1
- Thanks for the Feedback, a story about accepting criticism & compliments by J. Cook
- The Feelings Book by Todd Parr (pre-K- kindergarten level)
- It's Okay to be Different by Todd Parr (pre-K- kindergarten level)
- I Was So Mad, by Mercer Mayer
- The Way I Feel, by Jonan Cain
- When I Care About Others, by Cornelia Maude Spelman
- How Do I Feel?, by Norma Simon
- Have You Filled A Bucket Today? By Carol McCloud
- When I Feel Scared by C. Spelman
- A Spot of Blue (helping children not to focus on worries) by Elaheh Bos

Coping/Life Skills/Self-Help

- 10 Mindful Minutes...giving our children social & emotional skills to reduce stress & anxiety by Goldie Hawn
- Peaceful Piggy Meditation, by K. Lee MacLean
- The 7 Habits of Healthy Kids by S. Covey
- Anxiety-Free Kids by B. Zucker, Psy.D.
- Helping Your Child Overcome Separation Anxiety or School Refusal by A. Eisen & L. Engler
- Helping Your Anxious Child, A Step by Step Guide for Parents by R.Rapee
- Stress Can Really Get on Your Nerves, by Trevor Roman & Elizabeth Verdick

- Be the Boss of your Stress, by Timothy Culbert
- Be the Boss of Your Sleep by Timothy Culbert
- Relaxation & Stress Reduction Workbook for Kids by L. Shapiro

- Good Night, Sweet Dreams, I Love You by P. Friman, Ph.D.
- What to Do When You Dread Your Bed, a Kid's Guide to Overcoming Sleep Problems by D. Huebner, Ph.D
- Girls: What's So Bad About Being Good? How to Have FUN, Survive the Preteen Years & Remain True to Yourself , by Harriet S. Mosatche
- Perfectionism-What's Bad About Being Too Good, by M. Adderholt & J. Goldbe
- What to do When You Worry Too Much by D. Huebner
- Arnie and His School Tool Simple Sensory Solutions that Build Success, by J. Veerendall
- Chemo Cat ,by Cathy Nilon (a book for children about diagnosis & treatment of a parent's cancer)
- Once Upon a Hopeful Night, (a resource for children of a parent with cancer) by Risa Sacks Yaffe
- When Someone You Love has Cancer, A Guide to Help Kids Cope by A. Lewis
- Our Mom has Cancer by A. Ackerman
- Nowhere Hair: Explains Cancer & Chemo to Your Kids by S. Glader
- What's Happening to Grampa?, by Maria Shriver (deals with aging/ Alzheimer's disease in a family)

Books that Support Children after Safety Drills

- I Will Keep You Safe & Sound (gr K) by Lori H. Haskins
- Safe Warm & Snug (gr K) by Stephen Swineburne
- Inch & Roly and the Very Small Hiding Place (K) by Melissa Wiley
- Bear Feels Scared (board book gr K-1)by Karma Wilson
- The Best Nest (gr 1-3) by Doris Mueller
- Over & Under the Snow (gr1-3) by Kate Messner
- Sometimes I'm Scared (gr1-3) by Jane Annunziata & Marc Nemiroff

Death

- I Miss You:A First Look at Death by P. Thomas
- The Invisible String by P. Karst
- Badger's Parting Gift by S. Varley
- The Next Place by Missing Smile:a Story about Coping with Loss of a Parent by J. Kaplan
- Water Bugs and Dragon Flies, Explaining Death to Young Children by D. Stickney
- When I Miss You by C. Speman
- The Next Place by W. Hanson
- When Dinosaurs Die: A Guide to Understanding Death, by Laurie Krasny Brown and Marc Brown
- Samantha Jane's Missing Smile (A story about Coping with the Loss of a Parent) by J. Kaplow
- A Child's View of Grief, A Guide for Caring Adults, by Alan D. Wolfelt, Ph.D.
- What's Heaven?, by Maria Shriver
- Why Did He Die? By Audrey Harris

Special Needs

- What to do When Your Brain Gets Stuck, A Kid's Guide to Overcoming OCD, by D. Huebner

- Tourette Syndrome & OCD Checklist by S. Connors
- Front of the Class, How Tourette Syndrome Made Me the Teacher I Never Had by B. Cohen
- The Hair Pulling “Habit” & You by Ruth Goldfinger
- Unspoken Words, A Child’s View of Selective Mutism, by S. Blum
- The Selective Mutism Treatment Guide, by R. Perednik
- Maya’s Voice, by Wen-Wen Chang
- The Word Speaking Diet, by T. Neely
- All Children Have Special Eyes by E. Glaser
- Nature’s Ritalin for the Marathon Mind, Nuturing Your ADHD Child with Exercise, by Stephan Putnam
- ADDITUDE –living well with attention deficit a magazine of advice & information for families touched by ADD
- ADHD & the Nature of Self Control, by Russ Buckley, PhD
- Taking Charge of ADHD, by Russ Buckley, PhD
- Learning to Feel Good & Stay Cool, Emotional Regulation for Kids with ADHD, by J. Glasser & K. Nadeau
- All About Attention Deficit Disorder by Thomas Phelan (author of 1-2-3 Magic, Effective Discipline for Children)
- All Dogs Have ADHD by Kathy Hoopman
- I Just Want to do it My Way, story about staying on task & asking for help! By J. Cook
- Everything Parent to Guide to Children with Juvenile Diabetes by M. McCarthy
- Kids First, Diabetes Second, Tips for Parenting a Child with Type 1 Diabetes by Leighann Calentine
- Special Kids in School, a set of children’s books dealing with chronic illness (Diabetes, Asthma, ADD, Food Allergies, Seizure Disorder, CP, Cystic Fibrosis, Tourette Syndrome, Autism, Cancer, Dyslexia, Down Syndrome, Arthritis, Depression, Hearing Impairment, Speech Disorders) The ABC’s of Asthma, by K. Gosselin
- Asperger’s Syndrome-a guide for parents & professionals, by Tony Attwood
- The Asperger’s AnswerBook, the Top 300 Questions Parents Ask, by Susan Ashley, Ph.D
- All Cats Have Asperger Syndrome by Kathy Hoopman
- My Friend has Autism by Amanda Tourville
- For Parents & Professionals: Autism by Katie Harrington
- My Friend has ADHD by Amanda Tourville
- My Friend has Dyslexia by Amanda Tourville
- My Friend has Down’s Syndrome by Amanda Tourville
- My Friend Isabelle by Eliza Woloson- friendship between a little boy & a child with Down’s Syndrome (appropriate for gr. K-1st)
- Taking Seizure Disorders to School by Kim Gosselin
- Helping a Child with Nonverbal Learning Disorder or Asperger’s Syndrome by Kathryn Stewart
- Helping the Child Who Doesn’t Fit In (Decipher the Hidden Dimensions of Social Rejection)by S. Nowicki, Ph.D.& M. Duke,Ph.D
- Educating Oppositional and Defiant Children by Nancy Hall
- All Kinds of Minds, (a student’s book about learning abilities & learning disorders), by Dr. Mel Levine
- The Out-of-Sync Child, Recognizing & coping with Sensory Processing Disorder By C. Kranowitz

The Unmovited Child

- Alexander, the Elephant Who Couldn't Eat Peanuts -DVD (A Food Allergy & Anaphylaxis Network Video)
- Zoo Allergy by Kim Gosselin
- Allergic Living Magazine (sample magazines with subscription info)
- What is Hemophilia?, Alexis the Prince who had Hemophilia, Joshua, the Knight of the Red Snake, by Lauren Kelley

American Girl Series

- What Would You Do? Quizzes About Real Life Problems
- The Feelings Book, The Care & Keeping of Your Emotions
- A Smart Girl's Guide to Sticky Situations, How to Tackle Tricky, Icky Problems & Tough Times
- The Care & Keeping of You, The Body Book for Girls
- The Care & Keeping of You 2, The Body Book for Older Girls (for girls 10 and older)
- Oops! The Manners Guide for Girls

Other

- In Our Mother's House, a story of a "non-traditional" family by Patricia Polacco
- Let's Talk About It: Step families by Fred Rogers
- The 36 Hour Day, a Family Guide to caring for People with Alzheimer Disease, Dementia & Memory Loss by N. Mace & P. Rabins
- Caring for a Person with Alzheimer's Disease from National Institute on Aging
- The Caregiver Help Book

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Date: _____ Parent's Name: _____

Child's Name: _____ Child's Teacher: _____

Book Title: _____

