

## ***Pro Grant Parent Library Titles***

### **Health and Fitness**

1. Sneaky Fitness
2. The Amazing Fitness Adventure For Your Kids
3. Good Food to Go (Healthy Lunches)
4. When a child has Diabetes
5. Optimum Nutrition for your Child's Mind
6. What's Happening to My Body for Boys
7. What's Happening to My Body for Girls
8. Boys Guide to becoming a teen
9. Girl's Guide to becoming a teen
10. It's So Amazing (What to expect in Puberty)
11. The American Dietetic Association's Guide to Healthy Eating for Kids
12. Family Power ( Weight Watchers)
13. Start Fresh: Your Child's Jump Start The American Dietetic Association Guide to Healthy Eating for Kids to Lifelong Healthy Eating
14. Family Power (Weight Watchers)

### **Mental Health**

1. Emotional and Behavioral Disorders
2. The Everything Parent's Guide to Children with OCD
3. My Child Has Autism - Now What?
4. Embracing Asperger's
5. The Gift of ADHD
6. Remembering Ritalin
7. What to do When you Worry too much (Anxiety)
8. Driven to Distraction (ADD)
9. Helping your Child with Selective Mutism
10. Parents guide to Children with Anxiety
11. Right Brained Child, Left Brained World

### **Family**

1. Parenting Through Divorce
2. Putting Children First (Divorce)
3. When My parents forgot to be friends
4. Mom's House Dad's house for kids
5. I Wished for you Adoption
6. Always my Child ( Parents Guide to Gay, Lesbian, Bisexual and Transexual Children)
7. Gay Children/Straight Parents

8. Sad isn't bad ( dealing with grief)
9. Gentle Willow ( Death)
10. How it feels to Have gay or lesbian parents
11. Kids Are Worth It!: Raising Resilient, Responsible, Compassionate Kids

## **Parenting**

1. Positive Discipline A-Z
2. Raising your Spirited Child
3. When your Kids Push Your Buttons
4. How to Hug a Porcupine (Parenting in the Tween Years)
5. You and Your Adolescent
6. Raising Cain (Emotional Health for Boys)
7. I'd Listen to my Parents if they'd just shut up
8. 4 Weeks to a Better Behaved Child - Breakthrough Discipline Techniques that Really Work
9. The Good Enough Child
10. The 10 Basic Principles of Good Parenting
11. You're Not The Boss Of Me: Brat-Proofing Your Four- To Twelve-Year-Old Child
12. 1-2-3 Magic: Effective Discipline For Children 2-12
13. 4 Weeks to a Better-Behaved Child: Breakthrough Discipline Techniques That Really Work
14. The Good Enough Child
15. The 10 Basic Principles of Good Parenting

## **Education**

1. How to help your child learn
2. The Shut Down Learner (Academically Discouraged Learners)
3. Meet the Teacher - How your Child Navigate elementary school
4. Help your child to read
5. Overcoming school anxiety
6. Smart but Scattered: The Revolutionary Executive Skills Approach to Helping Kids Reach Their Potential

## **Life Skills**

1. What to do when your temper flares
2. What to do when you worry too much
3. Unstoppable Me - 10 ways to sore through life
4. No Excuses - How what you say can get in your way?
5. Whole Brain Child
6. A Smart Girl's guide to knowing what to say (Finding the words to any situation)

7. Life Skills for kids
8. The Feelings Book - The care and Keeping of Emotions.
9. Chocolate me ( Self Esteem)
10. It's not what you got ( Financial health)
11. Money Smart Kids ( Financial health)
12. Don't be Shy - How to fit in, make friends and have fun even if you weren't born outgoing
13. 50 Rules Kids Won't learn in School - Real-World Antidotes to Feel Good Education
14. Boys! Shaping Ordinary Boys into Extraordinary Men
15. 21st Century Boys: How Modern Life is Driving Them off the RAils and How WE can GEt Them Back on Track
16. Building Confidence in Your Child
17. Me To We: Finding Meaning in a Material World
18. Last Child In The Woods-revised: Saving Our Children From Nature-deficit Disorder
19. No More Misbehavin: 38 Difficlt Behaviors and How to Stop Them
20. 50 Rules Kids Won't Learn in School: Real-World Antidotes to Feel-Good Education
21. Boys!: Shaping Ordinary Boys into Extraordinary Men (Revised & Updated)
22. Building Confidence in Your Child

### **Empathy / Kindness**

1. The golden rule - Do unto others as you would have them do unto you
2. If the world were a village
3. How full is your bucket for kids
4. A chance to shine
5. Who's in a family
6. One World many religions
7. Whoever You Are

### **Bullying**

1. Don't laugh at Me
2. Why Good Kids Act Cruel
3. Little Girls can be Mean
4. Queen Bees and Wannabees
5. Cyberbullying - Deal with it and Control, Alt, delete it