

Cascades Parent Library Resources

https://books.google.ci/books?id=YDtf0Qko1cEC&hl=fr&source=gbs_navlinks_s

Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors

By Pat Harvey ACSW LCSW-C, Jeanine Penzo LICSW

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless.

Other parents may have told you that it's just a phase or that your child needs discipline. In reality, your child may have emotion dysregulation, a tendency to react intensely to situations other children take in stride. *Parenting a Child Who Has Intense Emotions* is an effective guide to de-escalating your child's emotions and helping your child express feelings in productive ways. You'll learn strategies drawn from dialectical behavior therapy (DBT), including mindfulness and validation skills, and practice them when your child's emotions spin out of control. This well-researched method for managing emotions can help your child make dramatic emotional and behavioral changes that both of you will be proud of.

<https://confidentparentsconfidentkids.files.wordpress.com/2015/08/smart-parents-parenting-for-powerful-learning1.png>

Smart Parents: Parenting for Powerful Learning

Bonnie Lathram, Carri Schneider and Tom Vander Ark

What an honor it is to be a contributor to this book. Packed with helpful guidance from more than 60 parents who are also experts in learning and/or education, this book will support Moms and Dads who recognize learning as core to their purpose. It prepares parents for powerful and significant contributions to our children's learning with practical tips that can be used immediately.

Making Grateful Kids: A Scientific Approach to Help Youth Thrive

by Jeffrey Froh, Giacomo Bono

Jeffrey J. Froh and Giacomo Bono introduce their most compelling research, announce groundbreaking findings and share real-life stories from adults and youth to show parents, teachers, mentors and kids how to achieve greater life satisfaction through gratitude. They offer many simple strategies for building habits of gratitude into day to day life and provide compelling evidence for its importance.

[*Parenting Without Power Struggles: Raising Joyful, Resilient Kids While Staying Cool, Calm and Connected*](#)

by Susan Stiffelman

Stiffelman shows you how to awake your child's natural instincts to cooperate by being the confident parent your child needs, teaching you how to parent from a place of strong, durable connection and helping your child navigate the challenging moments of growing up. This is an excellent resource for any parents but particularly for those who find themselves in power struggles with their children.

[*The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate*](#)

by Susan K. Greenland

This book offers a step-by-step process of mental training with tools. It shows parents how to teach their children to better respond to stressful life circumstances and guides them to become more thoughtful, resilient and empathetic.

[*Positive Discipline*](#)

by Jane Nelsen

An easy to read guide, Jane Nelsen coaches parents and teachers to be firm and kind, so that any child from toddler to teenager can learn creative cooperation and self-discipline with no loss of dignity.

[*Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems*](#)

by Jane Nelsen, H. Stephen Glenn, Lynn Lott

Written as a quick reference guide, this book will teach you methods for raising a child who is responsible, respectful and resourceful by finding practical solutions to parenting challenges such as bedtime hassles, school problems, whining and so much more.

Books by Dr. Ross Greene:

Raising Human Beings

These days, the guidance on how to raise kids is so ubiquitous and so incongruous that it's hard to know what's right and wrong, what's important and what's not, what to prioritize and what to let slide, and how best to respond when a child isn't meeting expectations. Parents feel pressured to prepare their kids for the harsh realities of The Real World while also allowing them to explore who they are and forge their own path, all against the backdrop of daily struggles with homework, hygiene, social media, and the peer culture. It's easy to lose perspective on the most important goal of parenting: raising a human being.

In *Raising Human Beings*, Dr. Greene helps parents maintain the balance between helping kids figure out who they are – their skills, preferences, beliefs, values, personality, goals and direction – and ensuring that kids benefit from parents’ experience, wisdom, and values. His collaborative, non-punitive, non-adversarial approach helps parents reduce conflict, enhance parent-child communication, and forge a partnership with their kids, and also helps foster skills on the more positive side of human nature: empathy, appreciating how one’s behavior is affecting others, resolving disagreements in ways that do not involve conflict, taking another’s perspective, and honesty. This much-anticipated book was released in August, 2016. [More about *RAISING HUMAN BEINGS*](#)

The Explosive Child

In his first book—originally published in 1998, and now available in a revised fifth edition -- Dr. Greene described his Collaborative & Proactive Solutions model and its application to behaviorally challenging kids and their parents. Since 1998, the book has sold over 750,000 copies. And it’s as relevant now as it was then.

[More about *THE EXPLOSIVE CHILD*](#)

Lost at School

In this book – originally published in 2008 and now available in a revised second edition -- Dr. Greene extends the CPS model to schools, where obsolete and counterproductive strategies such as detention, expulsion, and paddling are still way too common. This book and the CPS model have transformed discipline in countless schools, and if yours hasn’t been one...well, there’s no time like the present.

[More about *LOST AT SCHOOL*](#)

Lost and Found

Lost and Found is the follow-up to *Lost at School*, and contains all the recent revisions and updates to the CPS model, additional details on using the Assessment of Lagging Skills and Unsolved Problems and Plan B and organizing the effort in a school, and commentary and tips from educators who've implemented the model in their schools. It was released in April, 2016, and it's already the number one new release in special education on Amazon.

[More about *LOST AND FOUND*](#)