

Parent Resource List

available from the Lethbridge Office at 320-5983

Pregnancy



A Time to Quit
AADAC Video

Best Beginning-1 each in
Spanish/Chinese/Punjabi/Arabic/
Vietnamese
Calgary Health Region

Beyond Pickles & Ice Cream
Chinook Health Region

Expecting to Quit
Dalhousie University

Heartache & Hope, Living Through
Postpartum Depression – VCR

Know Smoking
Simon Bryant MD

Miscarriage – A Book for Parents
The Centering Corporation

Miscarriage – A Man's Book
Rick Wheat (Centering Corporation)

The Mother of all Pregnancy Books
Anne Douglas

Nutrition for a Healthy Pregnancy
Health Canada

Quitting When You Are Ready for
You and Your Baby
University of Ottawa

Breastfeeding



Best Beginning-1 each in
Spanish/Chinese/Punjabi/Arabic/
Vietnamese
Calgary Health Region

The Breastfeeding Book
Martha Sears R.N.
and William Sears M.D.

Breastfeeding Pure and Simple
Gwen Gotsch

Infants



Baby's Best Chance – BC CFS

Baby-gami, Wrapping for Beginners
Andrea Sarvady

Baby Sign Language Basics
Monta Briant

Comforting Your Baby – CD

The Contented Little Baby Book
Gina Ford

Dunstan Baby Language-DVD
Priscilla Dunstan

Early Book Stages – CD

The Fussy Baby Book
Martha Sears R.N.

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and William Sears M.D

Growing Miracles
Calgary Health Region

The Happiest Baby on the Block
Harvey Karp, MD

Happiest Baby on the Block
Harvey Karp, MD **CD & DVD**

Infant Stimuli
J. Mansoor M.D.

The Mother of all Baby Books
Anne Douglas

The New Father
Armin Brott

Our Baby: The 1st Year
D. Cramm MD and E. Schmidt MD

Touchpoints Birth to Six
T. Berry Brazelton M.D.

What Babies say before They can Talk: P. Holinger MD/MPH

What Every Baby Knows
T. Berry Brazelton, M.D.

Why Motor Skills Matter
T. Liddle MPT

Your Child at Play: Birth to One Year
Marilyn Segal, Ph.D.

Best Beginning (Mandarin), **VCR**
Calgary Health Region

Toddler/Preschool



A Dad's Guide to the Toddler Years
Armin Brott

Growing Miracles
Calgary Health Region

The Happiest Toddler on the Block
Harvey Karp, MD

It's Hard to Be Five
Jamie Lee Curtis

Learning and Growing Together
C. Lerner, LCSW and A. Dombro MS

The Mother of all Toddler Books
Anne Douglas

Touchpoints Birth to Six
T. Berry Brazelton, M.D.

Secrets of the Baby Whisperer
Tracy Hogg

Touchpoints Three to Six
T. Berry Brazeleton, M.D.
& J. Sparrow M.D.

Why Motor Skills Matter
T. Liddle MPT

Your Child at Play: Two to Three Years
Marilyn Segal, Ph.D.

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Siblings



I'm a Big Sister
Joanna Cole

I'm a Big Brother
Joanna Cole

Siblings Without Rivalry
Adele Faber and Elaine Mazlish

Stop it You Two!, CD
Kathy Lynn

Sleep



Healthy Sleep Habits, Happy Child
Marc Weissbluth, M.D.

Naptime (Board Book)
Elizabeth Verdick

The No-cry Sleep Solution for Babies
Elizabeth Pantley

The No-cry sleep solution for
Toddlers and Preschoolers
Elizabeth Pantley

Sleeping Through the Night
Jodi A. Mindell, Ph.D.

Solve Your Child's Sleep Problems
Richard Ferber, M.D.

Parenting



365 TV-Free Activities
Steve & Ruth Bennett

But Nobody Told Me I'd Ever Have
to Leave Home Kathy Lynn

Child's Play
Silken Laumann

Depression for Dummies
L. Smith PhD C. Elliott PhD

Einstein Never Used Flash Cards
K Hirsh-Pasek & R Golinkoff PH.D's

Feelings, Responding to your Child's
Feelings - HC

Hidden Messages
Elizabeth Pantley

Hold onto your Kids
Gordon Neufeld, PHD, Gabor Mate, MD

Kid Cooperation
Elizabeth Pantely

Kids, Parents, and Power Struggles
Mary Sheedy Kurcinka

Love is in the Palm of Your Hand-VCR

Nobody's Perfect Book Sets
Parents/Mind/Body/Safety/Behaviour

The Out-of-Sync Child
Carol Stock Kranowitz, M.A.

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Parenting the Long Journey
Joe Rich, MSW

Parenting Through Crisis
Barbara Coloroso

Parenting Wit & Wisdom
Barbara Coloroso

Parenting with the Zap Family-VCR

Parenting Wisely – VCR & CD

Perfect Parenting
Elizabeth Pantley

Raising Boys Without Men
Peggy Drexler, PhD

Raising a Sensory Smart Child
L. Biel, M.A., OTR/L/ N. Peske

Reading With Your Young Child
Dr. Susan B. Neuman & Tanya Wright

Toy Tips
M. Szymanski & E. Neuborne

Guidance and Behaviour



“123 Magic”
Thomas W. Phelan, Ph.D.

“1-2-3 Magic” DVD
Thomas W. Phelan, Ph.D.

More 1-2-3 Magic – DVD
Thomas W. Phelan Ph.d

Behaviour-Health Canada

Bye Bye Time
Elizabeth Verdick

Clean-Up Time
Elizabeth Verdick

The Difficult Child
Stanley Turecki M.D.

Discipline, Steps to Success, CD
Kathy Lynn

The Discipline Book
William Sears M.D. and Martha
Sears R.N.

Discipline without Shouting or
Spanking
Jerry Wyckoff, Ph.d/Barbara Unell

Discipline the Brazelton Way
Joshua Sparrow M.D.

The Explosive Child
Ross W. Greene, Ph.D.

Feet are Not for Kicking
Elizabeth Verdick

Germs are Not for Sharing
Elizabeth Verdick

Hands are Not for Hitting
Martine Agassi

How to Behave So Your Preschooler
Will Too!
Sal Severe Ph.D.

Kids are Worth It!
Barbara Coloroso

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Kids, Parents, and Power Struggles
Mary Sheedy Kurcinka

Kids, Parents Power Struggles CD
Mary Sheedy Kurcinka

Love and Limits
Elizabeth Crary

Pacifiers Are Not Forever
Elizabeth Verdick

Parenting the Strong-Willed Child
R. Forehand PH.D. N. Long PH.D.

Positive Discipline the first 3 Years
Jane Nelson, Cheryl Erwin and
Roslyn Duffy

Positive Discipline for Preschoolers
Jane Nelson, Cheryl Erwin and
Roslyn Duffy

Raising Your Spirited Child (with
workbook) Mary Sheedy Kurcinka

Super Nanny
Jo Frost

Support Resource – Attachment
Family Front and Centre

Support Resource – Attention
Family Front and Centre

Support Resource – Anxiety
Family Front and Centre

Support Resource – Aggression
Family Front and Centre

Support Resource – Self Esteem
Family Front and Centre

Tails are Not for Pulling
Elizabeth Verdick

Teeth are Not for Biting
Elizabeth Verdick

Transforming the Difficult Child
H. Glasser MA, J. Easley MA

When I'm Feeling Angry
Trace Moroney

When I'm Feeling Happy
Trace Moroney

When I'm Feeling Sad
Trace Moroney

When I'm Feeling Scared
Trace Moroney

Words are Not for Hurting
Elizabeth Verdick

Nutrition/Fitness



Better Baby Food
Joanne Saab, Daina Kalnins, RD's

Better Food For Kids

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Your Essential Guide to Nutrition for All Children from Age 2 to 6

Joanne Saab, Daina Kalnins, RD's

Beyond Macaroni and Cheese

M. Lagerborg and K. Parks

1-Deceptively Delicious

Jessica Seinfeld

Feeding the Picky Eater

Martha Sears R.N.
and William Sears M.D.

Feed Me I'm Yours

Vicki Lansky

Fit Kids

M. Gavin M.D., S. Dowshen M.D.
N. Izenberg M.D.

Gluten Free Anytime (Celiac)

Joyce Friesen

How to Get Your Kid to Eat... But Not Too Much

Ellyn Satter

Instant Chef 2: Simple Meals for Small Budgets

Grant MacEwan College

Instant Chef 3: Meatless Meals for Small Budgets

Grant MacEwan College

Instant Chef 4: The Global Chef**

Grant MacEwan College

One Bite Won't Kill You

Ann Hodgman

Special Needs



The Carolina Curriculum for Infants & Toddlers With Special Needs

Nancy M. Johnson-Martin Susan M. Attermeier

The Carolina Curriculum for Preschoolers With Special Needs

Bonnie J. Hacker

Coming to Grips With Attachment

Katharine Leslie, Ph.D.,DFLE

Could it be Autism?

Nancy D. Wiseman

Handbook of Infant Mental Health

Charles Zeanah

Language and Literacy



Baby Sign Language Basics

Monta Briant

Say It, Sign It

Elaine Epstein

Simple Signs

Cindy Wheeler

The Handmade Alphabet

Laura Rankin

Family Literacy-Growing & Learning Together-VCR

It takes 2 to Talk

Ayala Manolson

It Takes Two to Talk – VCR/DVD

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Making the Connections that Help Children Communicate - Hanen

Shared Storybook Reading
H. Ezell & L. Justice

Tensions & Possibilities – Forging Better Links Between Family Resource Programs and Child Welfare - Janice MacAulay

You Can Make a Difference
Ayala Manolson (English-24/Spanish-4/French-4/Chinese-3)

You Can make a Difference: An Aboriginal Adaptation
Ayala Manolson

You & Your Baby: Building Communication - Hanen

Elizabeth Pantley
Overcoming Bladder & Bowel Problems in Children
D. Preston Smith, MD

Parenting Guide to Toilet Training
Anne Krueger

The Potty Book for Girls
Alyssa Satin Capucilli

The Potty Book for Boys
Alyssa Satin Capucilli

The Potty Book Movie Kit
Girls & Boys – Book & DVD
Alyssa Satin Capucilli

The Potty Trainer
D. Preston Smith, MD

Successful Potty Training
Heather Welford

Toilet Training
Nicki Lansky

Toilet Training the Brazelton Way
T. Brazelton M.D. & J. Sparrow M.D.

My Big Boy Potty
Joanna Cole

My Big Girl Potty
Joanna Cole

Once Upon a Potty for Him – DVD

Once Upon a Potty for Her - DVD

Toilet Training



The Complete Bedwetting Book
D. Preston Smith, MD

Diapers Are Not Forever
Elizabeth Verdick

Everyone Poops
Taro Gomi

The No-Cry Potty Training Solution

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Video/CD Resources

1-2-3 Magic – **DVD**

Thomas W. Phelan Ph.d

More 1-2-3 Magic – **DVD**

Thomas W. Phelan Ph.d

A Time to Quit – **VCR**

AADAC

Best Beginning (Mandarin), **VCR**

Calgary Health Region

Comforting Your Baby – **CD**

Discipline, Steps to Success, **CD**

Kathy Lynn

Dunstan Baby Language-**DVD**

Early Book Stages – **CD**

Family Literacy-Growing & Learning Together-**VCR**

Happiest Baby on the Block – **DVD**

Harvey Karp, MD

Happiest Toddler on the Block-**DVD**

Harvey Karp, MD

Heartache & Hope, Living Through Postpartum Depression – **VCR**

A Simple Gift - Helping Young Children Cope with Emotions-**CD**

It Takes Two to Talk – **VCR/DVD**

I am Your Child **DVD** Series

- To be a Father

- Preparing for Parenthood
- Stop Smoking Now
- A Child With Special Needs
- Quality Child Care
- Discipline
- Why Early Childhood Matters
- Your Healthy Baby
- Ready to Learn
- The First Years Last Forever
1- **CD** 1- **VCR**
- Safe From the Start
- Food and Fitness Matter:
Raising Healthy, Active Kids

Kids, Parents Power Struggles
Cassette Mary Sheedy Kurcinka

Kids That Click

Car seat & belt safety - **DVD**

Love in the Palm of Your Hand-**VCR**

Once Upon a Potty for Him – **DVD**

Once Upon a Potty for Her - **DVD**

Parenting with the Zap Family-**VCR**

Parenting Wisely – **VCR & CD**

The Potty Book Movie Kit

Girls & Boys – Book & DVD

Alyssa Satin Capucilli

Stop it You Two!, **CD**

Kathy Lynn

We Sign **DVD**

American Sign Language for Babies & Toddlers

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Magazines

Today's Parent Magazine is available. Issues from Feb/06 onwards.

Other Resources

A Grandparent's Sorrow

Pat Schwiebert, RN

A Child's View of Grief

Alan D. Wolfelt, Ph.d.

Living With A Black Dog His Name is Depression

Matthew Johnstone

Talking About Divorce and Separation

Earl A. Grollman

The Postpartum Husband

Karen Kleiman, M.S.W.

This Isn't What I Expected- Overcoming Postpartum Depression

K. Kleiman, MSW, V. Raskin MD

25 Things to Do – Activities to Help Children Suffering Loss or Change –

Laurie A. Kanyer, MA

When Baby Brings The Blues

Dr. Ariel Dalfen, M.D.

Your Child's Best Shot-A Parent's Guide to Vaccination

Ronald Gold, MD,MPH