



Northern Chesapeake Region

The Family Support Services' Lending Library

A library of resources for families navigating life for loved ones with differing abilities.

All resources listed in this document are current as of July 2021, and are available by reservation through emailing FSS@arcncr.org.



About Family Support Services

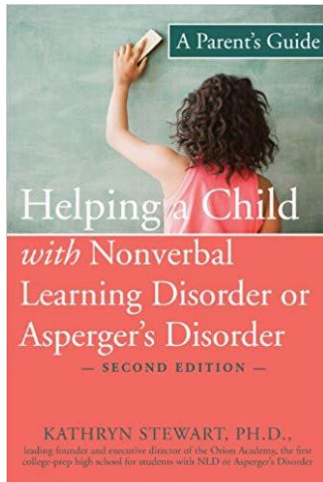
Family Support Services is a program with The Arc Northern Chesapeake Region which supports families over “The Arc of a Lifetime,” offering a variety of personalized support to empower families and individuals to access available services. Family Support Services empowers families and individuals to live their best lives through:

- **Discovery and Navigation**
 - Develop skills to navigate and access resources
 - Learn to advocate for services and/or policy change
 - Create a vision for the future
- **Networking and Connecting**
 - Parent to parent support
 - Non-disability community support
 - Personalized resource referral
- **Programs and Training**
 - Respite, Camp Sp’Arc summer camp and monthly social events
 - Short and/or long term planning
 - Caregiver support and training

Contact the Family Support Services team at FSS@arcncr.org

Table of Contents

Resource Category	Page Number
Advocacy	4 — 9
Behavioral Challenges	10 — 12
Disability Specific	
ADHD	13 — 14
Asperger's & Autism	15
Deaf, Hard of Hearing, Hearing Loss	16
Fetal Alcohol Syndrome	17
Behavioral Health	18
Bullying	19
Disability Related Resources	20
Employment for People with Disabilities	21
Financial and Special Needs Planning	22
Gifted & Talented/ Twice Exceptional	23
Parenting	24 — 27
Social Skills Development	28 — 30
Teens	31 — 32
Trauma	33 — 34
Adoption/ Foster Parenting	35 — 38
Videos	39 — 42



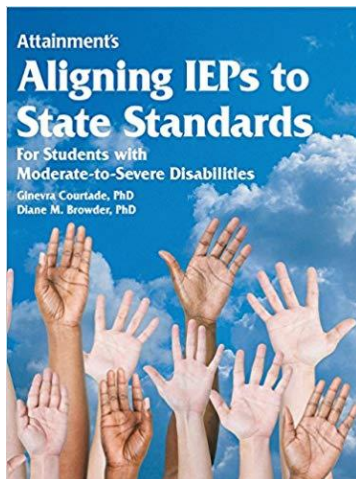
Helping a Child with Nonverbal Learning Disorder or Asperger's Disorder

Author, Kathryn Stewart

Description:

The book offers readers ways to evaluate their child's strengths and weaknesses in areas such as visual and spatial functioning, writing problems, information processing and organizational skills, social and emotional capabilities, language skills, and interactive abilities.

[Click to Email Reservation](#)



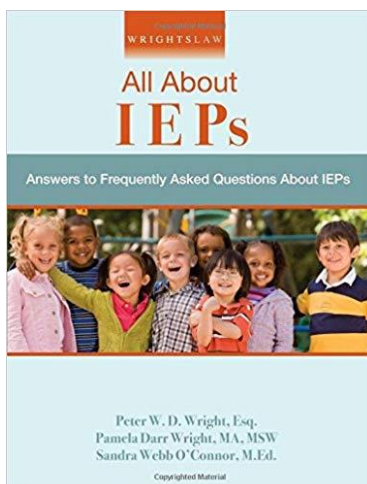
Aligning IEPs to State Standards

Authors, Ginevra Courtade and Diane Browder

Description:

This book presents a user-friendly template for aligning student IEP goals to instruction, assessment, and grade-level common core state standards (CCSS). This book features new ideas for aligning IEPs and objectives to current CCSS in Language Arts and Math, plus self-determination and assistive technology.

[Click to Email Reservation](#)



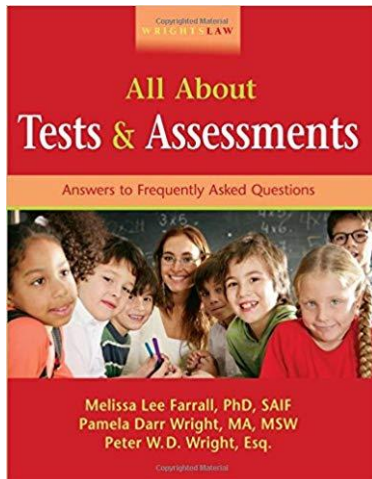
All About IEPs

Authors, Peter Wright, Pamela Wright and Sandra O'Connor

Description:

Whether you are the parent of a child with special education needs, a seasoned educator, or a professional advocate, you have questions about Individualized Education Programs, (IEPs). In this comprehensive, easy to read book, you will find clear, concise answers to frequently asked questions about IEPs.

[Click to Email Reservation](#)



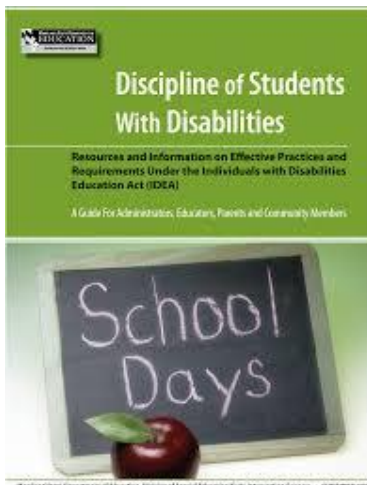
All About Tests and Assessments

Author, Melissa Farrall, Pamela Wright, Peter Wright

Description:

This book provides clear, concise answers to frequently asked questions about assessments, evaluations, and tests. You will learn about psychological, academic, and neuropsychological tests and what they measure. The book includes a comprehensive master table of tests with test name, author, publisher, website, age range, and test type.

[Click to Email Reservation](#)



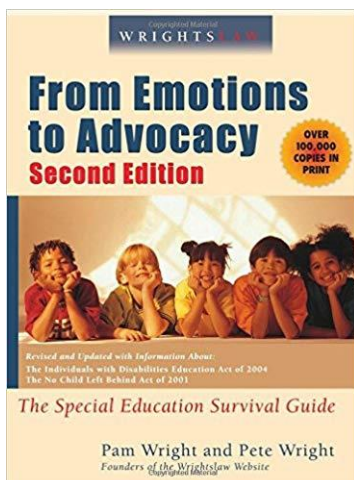
Discipline of Students with Disabilities

Author, Maryland State Department of Education

Description:

The purpose of this document is to provide administrators, educators, parents, and community members with a better understanding of the behavioral assessment and intervention process. The disciplinary requirements of the Individuals with Disabilities Education Act (IDEA) have provided school systems with guidance for examining their practices of assessing behaviors and implementing appropriate interventions.

[Click to Email Reservation](#)



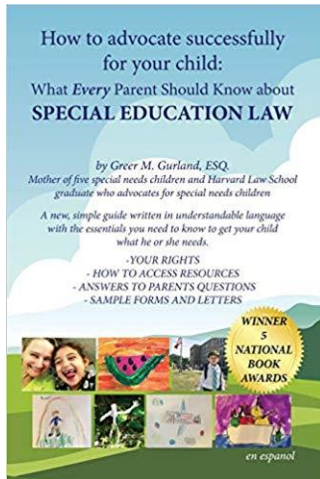
From Emotions to Advocacy

Authors, Pam and Pete Wright

Description:

This book will teach you how to plan, prepare, organize and get quality special education services. In this comprehensive, easy-to-read book, you will learn about your child's disability and educational needs, how to create a simple method for organizing your child's file and devising a master plan for your child's special education.

[Click to Email Reservation](#)



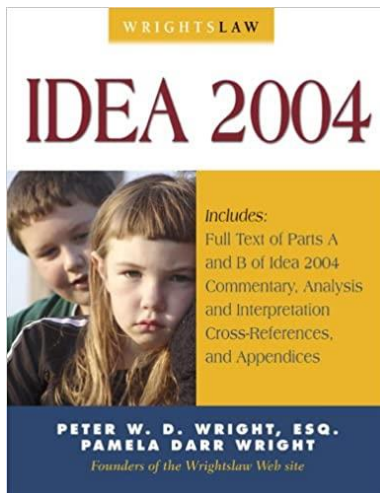
How to advocate successfully for your child: What Every Parent Should Know about Special Education Law

Author, Greer Gurland

Description:

Greer is a seasoned special education attorney and a mom of five special needs children who clearly works hard to level the playing field for parents. On each page, she demystifies special education law and answers the most troubling questions parents face.

[Click to Email Reservation](#)



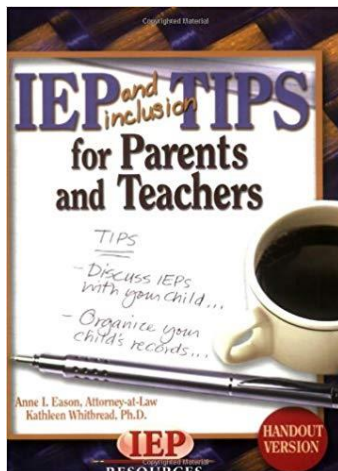
IDEA 2004

Authors, Peter and Pamela Wright

Description:

Wrightslaw: IDEA 2004 includes the full text of Parts A and B of the Individuals with Disabilities Education Improvement Act of 2004 (IDEA 2004) with commentary, cross-references, strategies, and resources. This book is designed to meet the needs of parents, teachers, advocates, attorneys, related services providers, administrators, teachers of special education, school psychology, and education law courses, hearing officers, and employees of district and state departments of education.

[Click to Email Reservation](#)



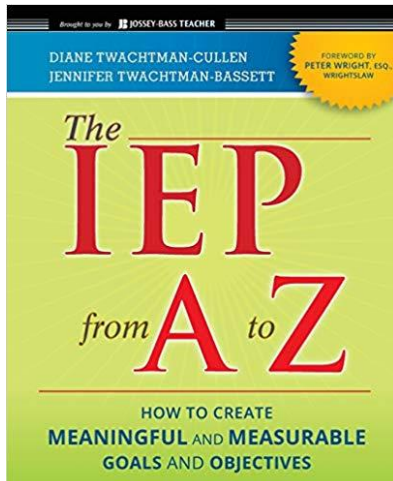
IEP and Inclusion Tips for Parents and Teachers

Authors, Anne Eason, Kathleen Whitbread

Description:

This book promotes inclusion success for students, teachers and parents. Features 127 tips focusing on IEP and inclusion processes. Chapters include: Getting prepared for IEP meetings, creating legally correct and educationally sound IEPs, ensuring access to the general curriculum, tracking IEP progress and forming effective family/school partnerships.

[Click to Email Reservation](#)



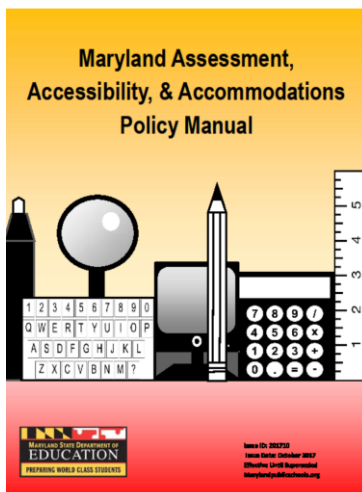
The IEP from A to Z

Author, Diane Twachtman-Cullen, Jennifer Twachtman-Bassett

Description:

A comprehensive, teacher and parent-friendly guide to creating clear and effective IEPs. The IEP From A to Z is a step-by-step guide showing teachers and parents how to get the right education plan in place for students with ADHD, Autism/Asperger's, Emotional/Behavioral Disturbance, and related conditions.

[Click to Email Reservation](#)



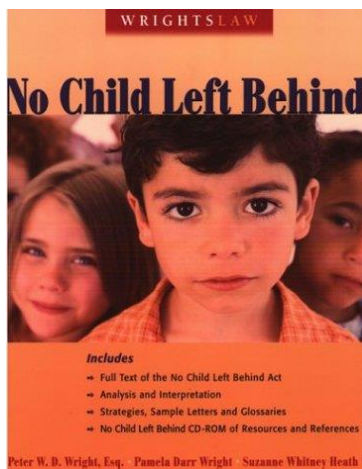
Maryland Assessment, Accessibility, and Accommodations Policy Manual

Author, Maryland State Department of Education

Description:

The Maryland Assessment, Accessibility, and Accommodations Policy Manual presents a five-step process for use in the selection, administration, and evaluation of the effectiveness of the use of instructional and assessment accommodations, for students with disabilities and Section 504 Plans.

[Click to Email Reservation](#)



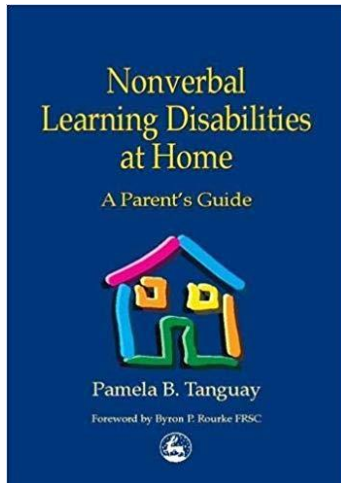
No Child Left Behind

Authors, Peter Wright, Pamela Wright, Suzanne Heath

Description:

The No Child Left Behind Act is confusing to parents, educators, administrators, advocates, and most attorneys. Wrightslaw: No Child Left Behind provides a clear roadmap to the law, including the full text of the No Child Left Behind Act with analysis, interpretation & commentary; advocacy strategies, tips, sample letters; and the No Child Left Behind CD-ROM of Publications & Resources.

[Click to Email Reservation](#)



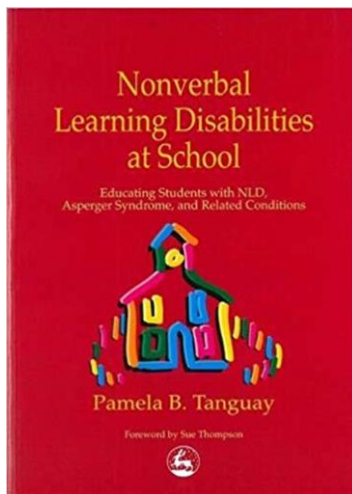
Nonverbal Learning Disabilities at Home

Author, Pamela Tanguay

Description:

Children with Nonverbal Learning Disabilities (NLD) are an enigma. They're children with extraordinary gifts and heartbreaking challenges that go far beyond the classroom. Nonverbal Learning Disabilities at Home explores the variety of daily life problems children with NLD may face, and provides practical strategies for parents to help them cope and grow, from preschool age through their challenging adolescent years.

[Click to Email Reservation](#)



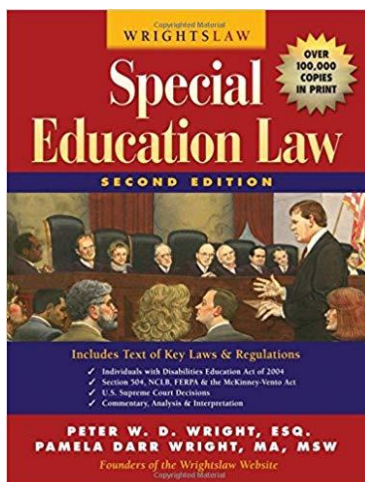
Nonverbal Learning Disabilities at School

Author, Pamela Tanguay

Description:

This book is aimed at educators that come across a child with a nonverbal learning disability. Topics such as finding the right school, curriculum modifications, and social and emotional issues experienced by children with NLD are covered. However, the bulk of the book outlines specific teaching strategies, from how to deal with essay questions, to tips on helping the student master long division and ideas for improving reading comprehension.

[Click to Email Reservation](#)



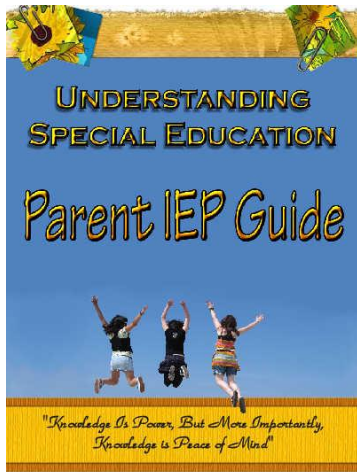
Special Education Law

Authors, Peter and Pamela Wright

Description:

Special Education Law, 2nd Edition provides a clear roadmap to the laws and how to get better services for all children with disabilities. This Wrightslaw publication is an invaluable resource for parents, advocates, educators, and attorneys. You will refer to this book again and again.

[Click to Email Reservation](#)



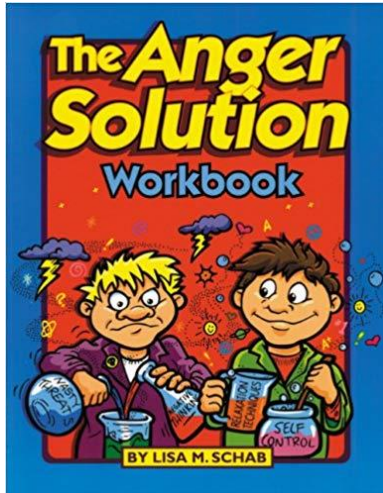
Understanding Special Education Parent IEP Guide

Author, understandingspecialeducation.com

Description:

This easy to read workbook helps you organize your child's school information, provides you with FAQ sheets on the special education topics you're looking for and helps prepare you for a successful IEP meeting.

[Click to Email Reservation](#)

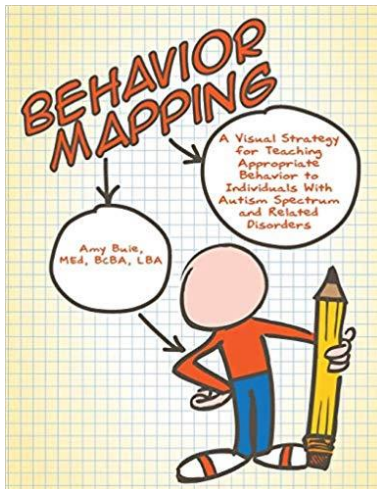


The Anger Solution Workbook

Author, Lisa M. Schab

Description:

This workbook helps children learn how to work out their problems, lower their level of anger and build confidence in their ability to manage their anger safely. It is packed with fun-filled activities that engage even the most resistant child.

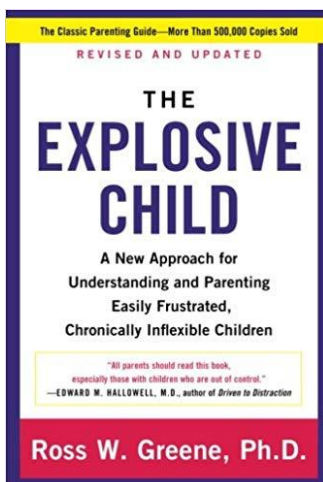
[Click to Email Reservation](#)


Behavior Mapping

Author, Amy Buie

Description:

Grounded in evidence-based practice, Amy Buie's Behavior Mapping is a groundbreaking way of motivating children to make good choices and learn new skills. Better yet, due to its visual nature, this simple-to-implement strategy is effective for a range of students, regardless of age and ability level.

[Click to Email Reservation](#)


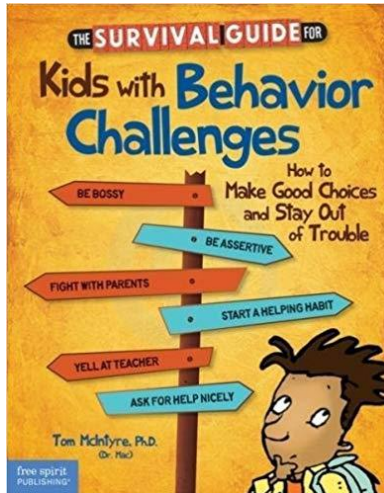
The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated Children

Author, Ross Greene

Description:

Dr. Greene provides a new conceptual framework for understanding explosive children's difficulties, based on research in the neurosciences. He explains why traditional parenting and treatment often don't work with these children, and he describes what to do instead.

[Click to Email Reservation](#)



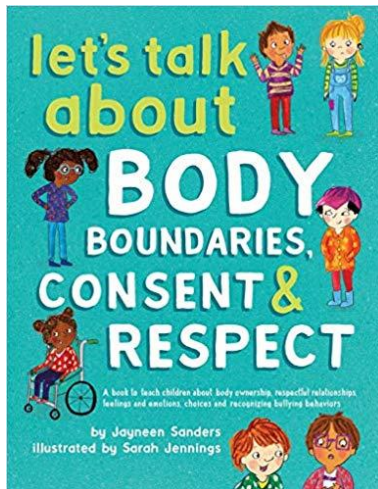
The Survival Guide for Kids with Behavior Challenges: How to Make Good Choices and Stay out of Trouble

Author, Tom McIntyre

Description:

This survival guide provides up-to-date information, practical strategies, and sound advice for kids with diagnosed behavioral disorders and those with general behavior problems. Kids learn to make smarter choices, make and keep friends, get along with teachers, take responsibility for their actions, work toward positive change, and enjoy the results of their better behavior.

[Click to Email Reservation](#)



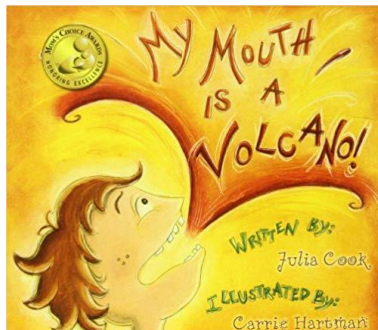
Let's Talk About Body Boundaries, Consent, and Respect

Authors, Jayneen Sanders

Description:

Teaching young children about body boundaries, both theirs and others, is crucial to a child's growing sense of self, their confidence and how they should expect to be treated by others. A child growing up knowing they have a right to their own personal space gives that child ownership and choices as to what happens to them and to their body.

[Click to Email Reservation](#)



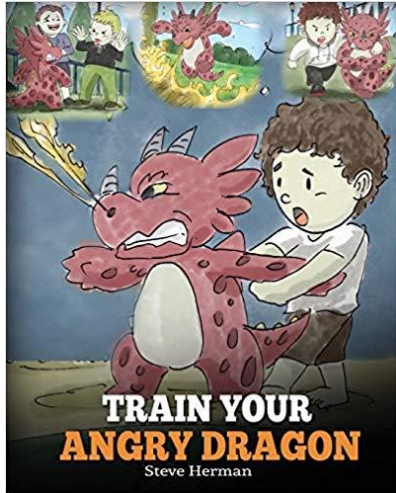
My Mouth Is A Volcano!

Author, Julia Cook

Description:

My Mouth Is a Volcano takes an empathetic approach to the habit of interrupting and teaches children a witty technique to help them manage their rambunctious thoughts and words.

[Click to Email Reservation](#)



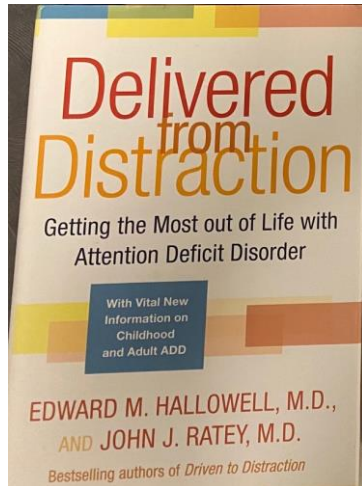
Train Your Angry Dragon

Author, Steve Herman

Description:

Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids how to handle when things don't go their way. Focuses on building anger management skills in young children.

[Click to Email Reservation](#)



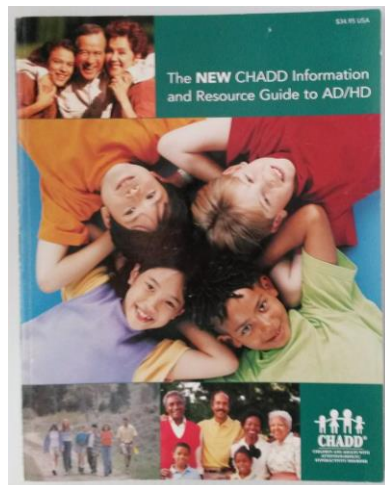
Delivered from Distraction

Author, Edward Hallowell and John Ratey

Description:

Tailored for ADHD attention spans and learning styles with short chapters that can be read in any order. It covers everything from symptoms and how to get a diagnosis, to medication, parenting, work, relationships, and exercise.

[Click to Email Reservation](#)



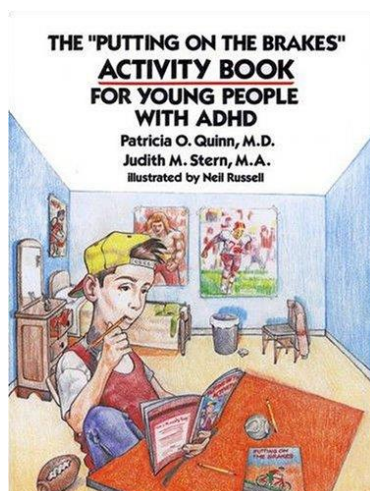
The New CHADD Information and Resource Guide to AD/HD

Author, CHADD

Description:

Complete guide to life with AD/HD What You Need to Know about: Parenting Strategies, AD/HD Teens and Driving, School Strategies, AD/HD in Couples, Educational Accommodations, AD/HD and College Students, Medication, AD/HD Rights in the workplace, Organizational Strategies, Co-Existing Disorders, Treatment.

[Click to Email Reservation](#)



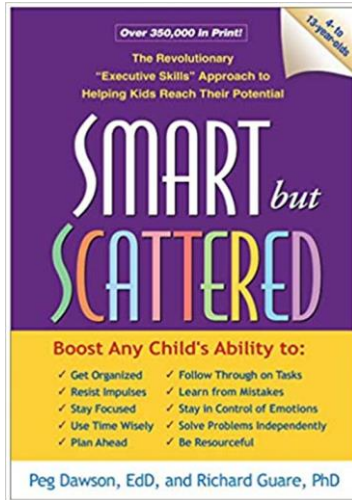
The "Putting on the Brakes" Activity book for young People with ADHD

Authors, Patricia Quinn and Judith Stern

Description:

Provides people with attention deficit hyperactivity disorder with suggestions, puzzles, and activities to help them understand and gain control over their condition and improve their study habits.

[Click to Email Reservation](#)



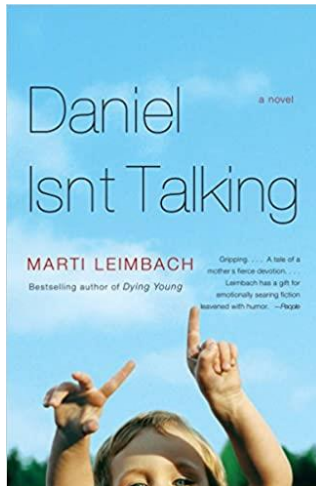
Smart but Scattered

Authors, Peg Dawson and Richard Guare

Description:

Learn easy-to-follow steps to identify your child's strengths and weaknesses, use activities and techniques proven to boost specific skills, and problem-solve daily routines. Small changes can add up to big improvements - this empowering book shows how. This book focuses on getting organized, staying focused, and controlling impulses and emotions.

[Click to Email Reservation](#)



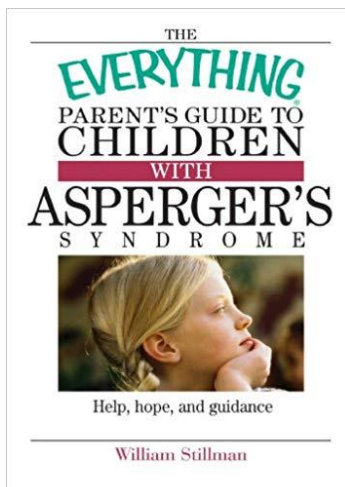
Daniel Isn't Talking

Author, Marti Leimbach

Description:

Melanie Marsh is an American living in London with her British husband, Stephen, and their two young children. The Marshes' orderly home life is shattered when their son Daniel is given a devastating diagnosis. Resourceful and determined not to accept what others, including her husband, say is inevitable, Melanie finds an ally in the idealistic Andy, whose unorthodox ideas may just prove that Daniel is far more "normal" than anyone imagined.

[Click to Email Reservation](#)



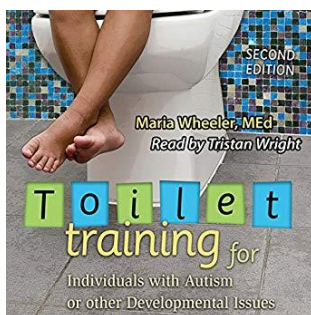
The Everything Parent's Guide to Children with Asperger's Syndrome: Help, Hope, Guidance

Author, William Stillman

Description:

This complete handbook for coping with daily life helps you get a diagnosis and understand the results, discover the best options for education and learning, work to improve your child's social skills, identify triggers that lead to sensory overload, such as sounds, bright lights, or certain textures and fabrics, recognize symptoms of meltdowns and work with your child to prevent them, and educate family and friends about Asperger's.

[Click to Email Reservation](#)



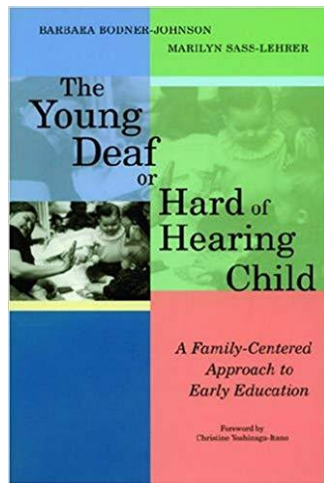
Toilet Training for Individuals with Autism or other Developmental Issues

Author, Maria Wheeler

Description:

In this book, the only one on the market dealing with the specific issues involved in toilet training children with autism, Maria Wheeler offers a detailed roadmap for success, based on over 20 years of experience. Simple lists offer over 200 dos and don'ts, along with more than 50 real-life examples.

[Click to Email Reservation](#)



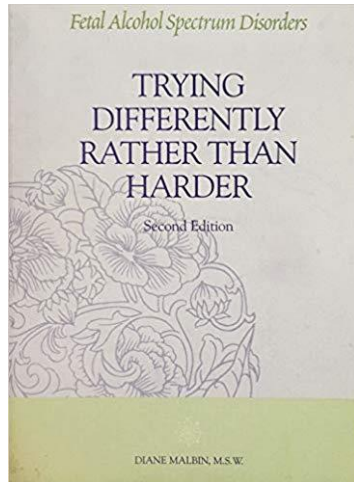
The Young Deaf or Hard of Hearing Child: A Family-Centered Approach to Early Education

Authors, Barbara Bodner-Johnson and Marilyn Sass-Lehrer

Description:

Comprehensive guide for early intervention for young deaf or hard of hearing children. Emphasizes the family, community, and cultural contexts of young, deaf children. Examines key concepts and explores available services for screening, assessment, educational programming, and program evaluation.

[Click to Email Reservation](#)



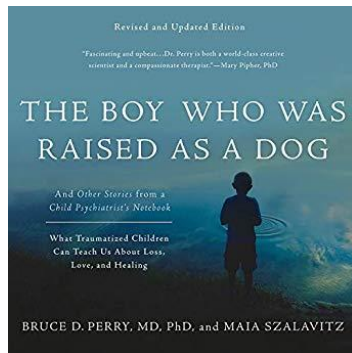
Trying Differently Rather Than Harder

Author, Diane Malbin

Description:

This book provides a readable, narrative discussion of the neurobehavioral approach for working effectively with children, adolescents and adults with Fetal Alcohol Spectrum Disorder. After a brief review of the diagnosis, the focus is on understanding behaviors differently - primary, secondary and tertiary behavioral characteristics.

[Click to Email Reservation](#)



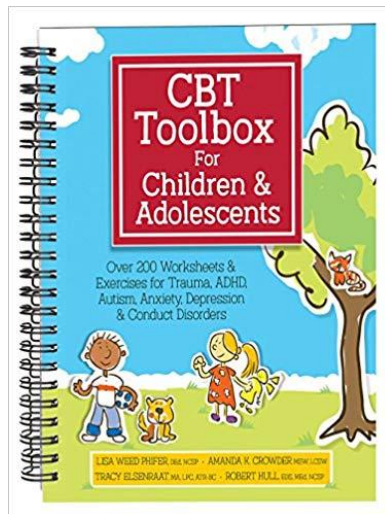
The Boy Who Was Raised As A Dog

Authors, Bruce D. Perry and Maia Szalavitz

Description:

How does trauma affect a child's mind - and how can that mind recover? In the classic *The Boy Who Was Raised as a Dog*, Dr. Perry explains what happens to the brains of children exposed to extreme stress and shares their lessons of courage, humanity, and hope. Only when we understand the science of the mind and the power of love and nurturing can we hope to heal the spirit of even the most wounded child.

[Click to Email Reservation](#)



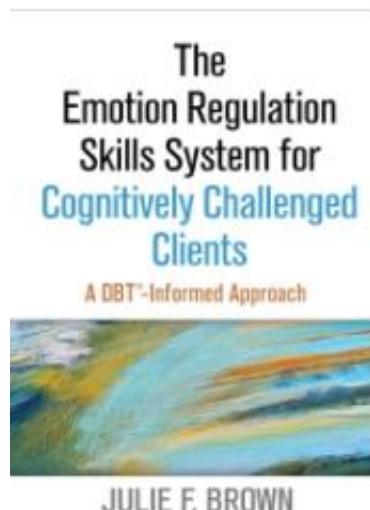
CBT Toolbox for Children and Adolescents

Authors, Lisa Weed Phifer, Amanda K Crowder, Tracy Elsenraat, and Robert Hull

Description:

Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Inside this workbook you'll find hundreds of worksheets, exercises, and activities to help treat trauma, ADHD, autism, anxiety, depression, and conduct disorders.

[Click to Email Reservation](#)



The Emotion Regulation Skills System for Cognitively Challenged Clients

Author, Julie F. Brown

Description:

Informed by the principles and practices of dialectical behavior therapy (DBT), this book presents skills training guidelines specifically designed for adults with cognitive challenges.

[Click to Email Reservation](#)



Beyond Sticks & Stones How to Help Your Child Address Bullying



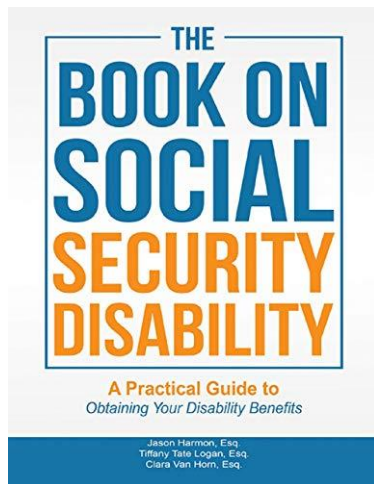
Beyond Sticks and Stones: How to Help Your Child Address Bullying

Author, Diane Malbin

Description:

Beyond Sticks & Stones: How to Help Your Child Address Bullying offers bullying prevention strategies for children at home, in school, and online. It is filled with the information and practical tools that can help parents and others take action against bullying.

[Click to Email Reservation](#)



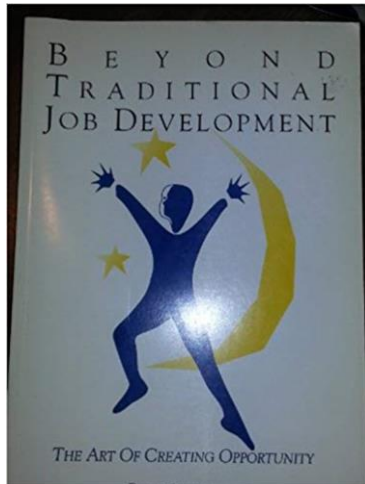
The Book on Social Security Disability

Authors, Jason Harmon, Tiffany Tate Logan, Clara Van Horn

Description:

This book is for: the disabled worker who is unable to return to the workforce, family members assisting loved ones, social workers helping their clients navigate the application process, doctors and other medical professionals helping their disabled patients gain access to medical care, lawyers looking for a quick introduction to SSDI and SSI benefits.

[Click to Email Reservation](#)



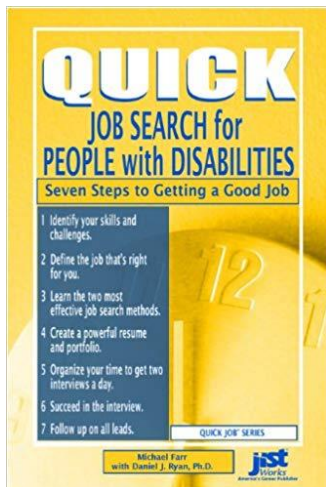
Beyond Traditional Job Development

Author, Denise Bissonnette

Description:

This book offers a practical, innovative and proactive approach to job development, challenging the employment professional to look beyond traditional methods in assisting individuals with barriers to employment to bring their gifts to the world of work. Meant for job developers, employment specialists, job coaches, vocational rehabilitation counselors and other staff who work with employers to develop employment or partnerships of any kind.

[Click to Email Reservation](#)



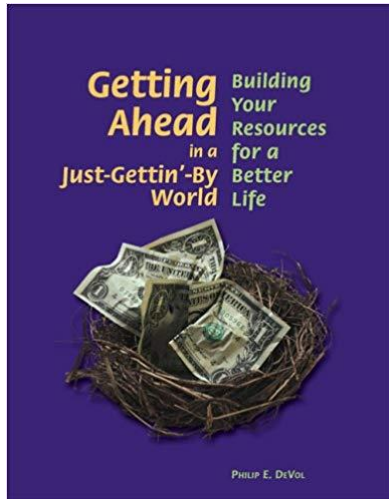
Quick Job Search for People with Disabilities

Authors, Michael Farr, with Daniel Ryan

Description:

A reference made for people with disabilities on how to find a job that fits them. This book uses a seven-step process that includes identifying skills/challenges, defining the job that is right for you, learning effective job search methods, creating a powerful resume and portfolio, organize your time to get two interviews a day, succeed in the interview, and follow up on all leads.

[Click to Email Reservation](#)



Getting Ahead in a Just-Gettin'-By World: Building Your Resources for a Better Life

Author, Philip DeVol

Description:

The workbook is designed to be used as an investigation tool by people working in groups with a trained facilitator. The participants explore the impact that poverty has had on them, investigate economic realities, complete a self-assessment of their own resources, make plans to build their own resources, and develop a mental model of community prosperity.

[Click to Email Reservation](#)



Special Needs Trusts

Authors, Michael Farr, Kevin Urbatsch & Michele Fuller-Urbatsch

Description:

This book provides everything you need to know about special needs trusts—whether you make one yourself with this book or have an attorney draft one for you. The authors explain how special needs trusts work, the trustee's role, ways to pass important information to successor trustees, the pros and cons of joining a pooled trust.

[Click to Email Reservation](#)

The Paradox of Twice-Exceptionality

Packet of Information for Professionals - 2nd Edition (PIP-2)



The Paradox of Twice-Exceptionality

Authors, Susan Assouline, Megan Foley Nicpon, Staci Fosenburg

Description:

This packet of information was originally developed for professionals who work with gifted and talented students with an autism spectrum disorder (ASD). We understand the importance of acknowledging twice-exceptional students' academic and cognitive strengths as well as the fact that there are vulnerabilities in their learning and/or behavior that may present difficulties in academic and social situations.

[Click to Email Reservation](#)



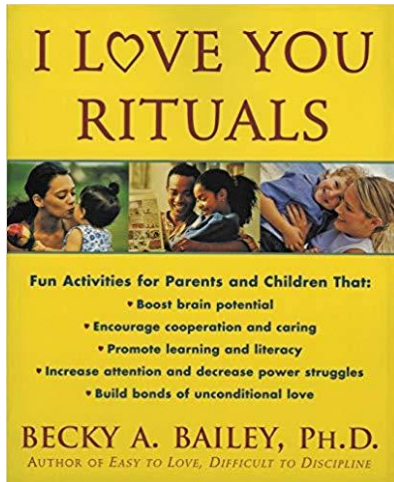
Twice Exceptional Students: A Parent Guide

Author, Montgomery County Public Schools

Description:

This packet is meant to help parents understand the characteristics of a child with Twice Exceptionality, identify best practices related to helping these children, and know what programs, services, and resources are available for them in the Montgomery County Public Schools.

[Click to Email Reservation](#)



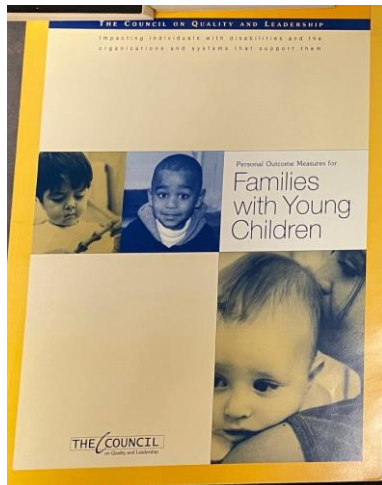
I Love You Rituals

Author, Becky A. Bailey

Description:

I Love You Rituals offers more than seventy delightful rhymes and games that send the message of unconditional love and enhance children's social, emotional, and school success. Winner of a 1999 Parent's Guide Children's Media Award, these positive nursery rhymes, interactive finger plays, soothing games, and physically active can be played with children from infancy through age eight.

[Click to Email Reservation](#)



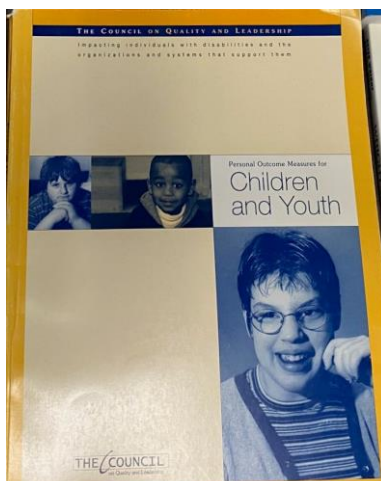
Personal Outcome Measures for Families with Young Children

Authors, The Council on Quality and Leadership

Description:

This manual is designed to guide you in use of personal outcomes as a basis for quality enhancement of human services. The key to understanding outcomes is learning about children and youth. Book reviews key strategies to use: Organizing Principles, Practice Guidelines, Personal and Family Outcomes and Organizational Assurances.

[Click to Email Reservation](#)



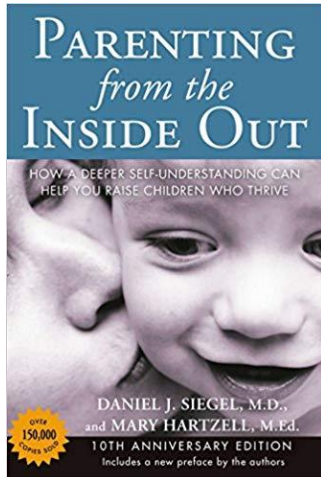
Personal Outcome Measures for Children and Youth

Author, The Council on Quality and Leadership

Description:

Personal Outcome Measures® focus on children and youth achieving their outcomes rather than determining whether the social welfare and juvenile justice systems are performing adequately. The definition and measurement of child and youth outcomes is complicated by three factors — age, choice, and the courts. Personal Outcome Measures® enable us to learn about the whole person in new and different ways, while providing a guide for person-centered planning.

[Click to Email Reservation](#)



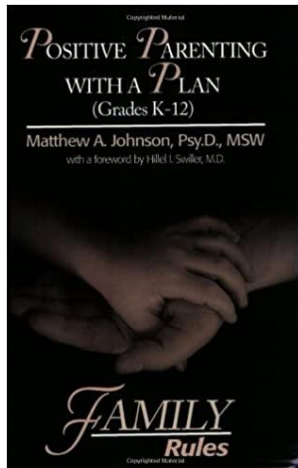
Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive

Author, Daniel Siegel and Mary Hartzell

Description:

Psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences shape the way we parent. Drawing on stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.

[Click to Email Reservation](#)



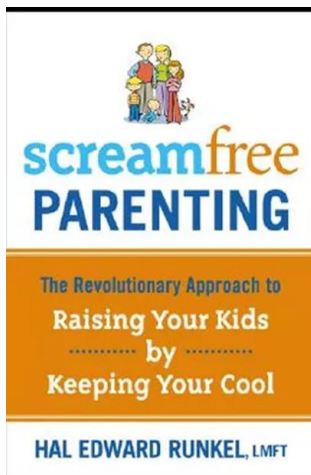
Positive Parenting with a Plan Family Rules (Grades K-12)

Author, Matthew Johnson

Description:

F.A.M.I.L.Y. Rules presents a solid and coherent structure for families. In this book, the author first presents a philosophical and intellectual framework for F.A.M.I.L.Y. Rules and then presents the system itself in an absolutely clear and straightforward manner. It is especially helpful for families with at risk youth or children with behavior challenges.

[Click to Email Reservation](#)



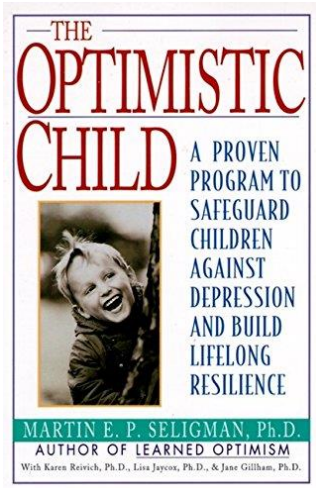
Scream Free Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool

Author, Hal Edward Runkel

Description:

Parents are facing the toughest challenge of their lives. They want to create a loving family environment filled with mutual respect and cooperation but they find instead that human nature and the influence of our culture combine to produce an atmosphere of anxiety, exhaustion, and far too much screaming. ScreamFree Parenting is about taming your reactive responses to your deep anxiety.

[Click to Email Reservation](#)



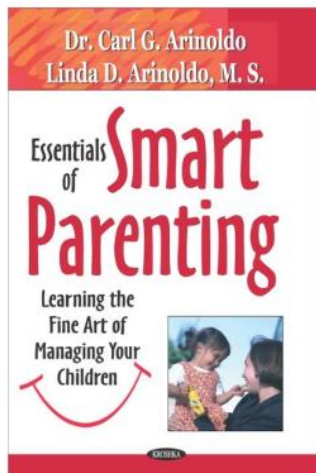
The Optimistic Child: A Proven Program to Safeguard Children against Depression and Build Lifelong Resilience

Author, Martine Seligman

Description:

The Optimistic Child offers parents and teachers the tools to teach children of all ages life skills that transform helplessness into mastery and bolster self-esteem. Learning the skills of optimism not only reduces the risk of depression but boosts school performance, improves physical health, and provides children with the self-reliance they need as they approach the teenage years and beyond.

[Click to Email Reservation](#)



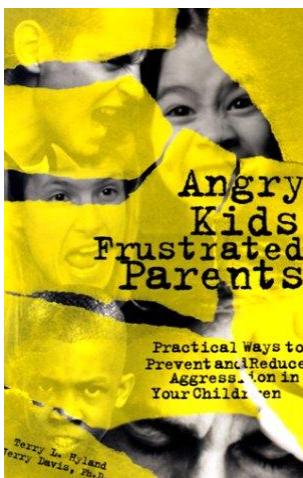
Essentials of Smart Parenting: Learning the Fine Art of Managing Your Children

Authors, Dr. Carl Arinoldo, Linda Arinoldo

Description:

On the surface, parenting seems pretty simple: a parent has to follow the path of his or her parents which produced such a wonderful gift to mankind as himself or herself. As soon as this path fails, they turn to the Internet or to the myriad shelves of books devoted to parenting in book shops. As soon as that fails, their hair turns prematurely silver or falls out, they go into mid-life crises and generally blame the lack of success on the corrosive influence of the other spouse.

[Click to Email Reservation](#)



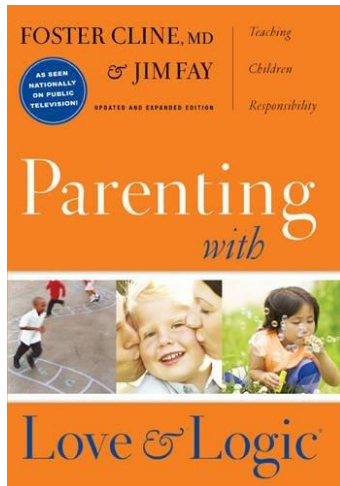
Angry Kids Frustrated Parents: Practical Ways to Prevent and Reduce Aggression in Your Children

Authors, Terry Hyland and Jerry Davis

Description:

This book has two goals: 1) to help parents recognize aggressive behavior in their children and act before it becomes a problem, and 2) to show parents how they can teach their children to stop using negative aggressive behaviors and learn new positive behaviors.

[Click to Email Reservation](#)



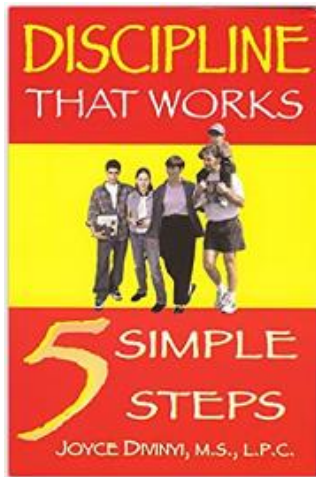
Parenting with Love and Logic

Authors, Foster Cline and Jim Fay

Description:

This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles. Indexed for easy reference.

[Click to Email Reservation](#)



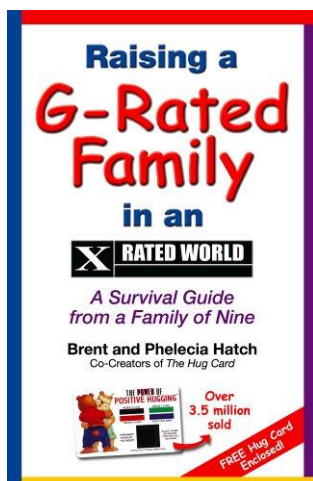
Discipline that works: 5 Simple Steps

Authors, Joyce Divinyi, M.S., L.P.C.

Description:

Simple power-packed approach to making existing discipline more effective. The difference between discipline and punishment and how punishment can interfere with effective discipline is explained. Learn how to help children and adolescents develop self-control and be able to make appropriate choices in problem situations. An easy read presenting new ideas and support in helping young people achieve emotional health.

[Click to Email Reservation](#)



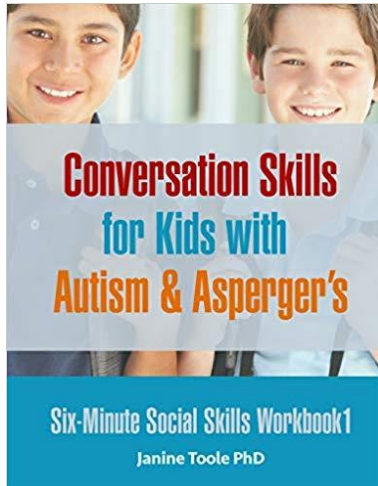
Raising a G-Rated Family in an X-Rated World: A Survival Guide from a Family of Nine

Authors, Brent and Phelecia Hatch

Description:

The book is a self-help book with a card that tells you how many hugs you need and a report card for kids to grade their parents.

[Click to Email Reservation](#)



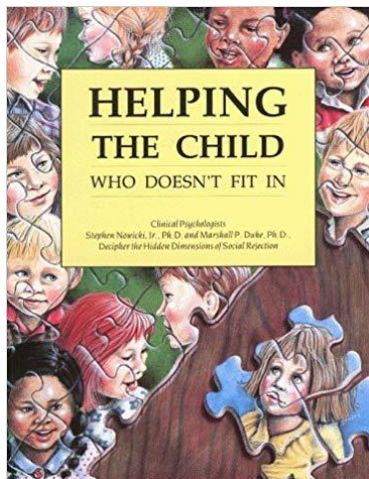
Conversation Skills for Kids with Autism & Asperger's

Author, Janine Toole

Description:

The Conversation Skills workbook provides step-by-step activities that develop strong communication skills. Students learn how to choose and introduce appropriate topics, add on-topic comments and questions, and show interest with body language and gaze.

[Click to Email Reservation](#)



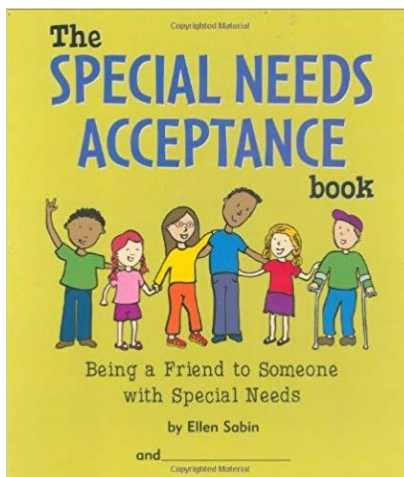
Helping The Child Who Doesn't Fit In

Authors, Stephen Nowicki and Marshall P Duke

Description:

Psychologists Stephen Nowicki, Jr. and Marshall Duke offer parents, teachers, and caretakers a guide to the puzzle of social rejection and its relationship to nonverbal language.

[Click to Email Reservation](#)



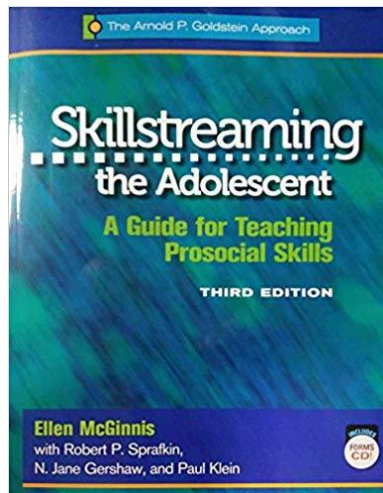
Special Needs Acceptance book

Authors, Ellen Sabin

Description:

This book introduces children to the challenges faced by people with special needs while also supporting their personal journey toward appreciating and respecting people's differences. This book offers educational information, conversation-starters, and engaging exercises that invite children to "walk in someone else's shoes" as they learn to treat others the same ways they would like to be treated themselves.

[Click to Email Reservation](#)



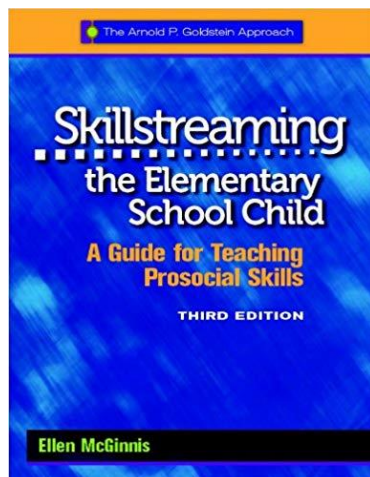
Skillstreaming the Adolescent

Author, Ellen McGinnis

Description:

Skillstreaming the Adolescent employs a four-part training approach: modeling, role-playing, performance feedback, and generalization to teach essential prosocial skills to adolescents. This book provides a complete description of the Skillstreaming program, with instructions for teaching 50 prosocial skills.

[Click to Email Reservation](#)



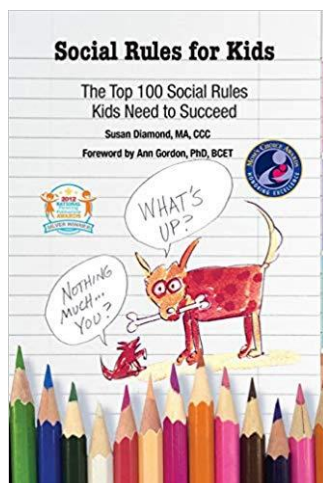
Skillstreaming the Elementary School Child

Author, Ellen McGinnis

Description:

Skillstreaming the Elementary School Child employs a four-part training approach: modeling, role-playing, performance feedback, and generalization, to teach essential prosocial skills to elementary school students. This book provides a complete description of the Skillstreaming program, with instructions for teaching 60 prosocial skills.

[Click to Email Reservation](#)



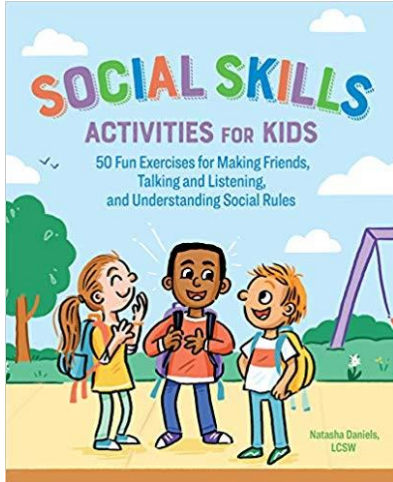
Social Rules for Kids

Authors, Susan Diamond

Description:

This book helps open the door of communication between parent and child by addressing 100 social rules for home, school, and the community. Using simple, easy-to-follow rules covering topics such as body language, manners, feelings, and more, this book aims to make students' lives easier and more successful by outlining specific ways to interact with others on a daily basis.

[Click to Email Reservation](#)



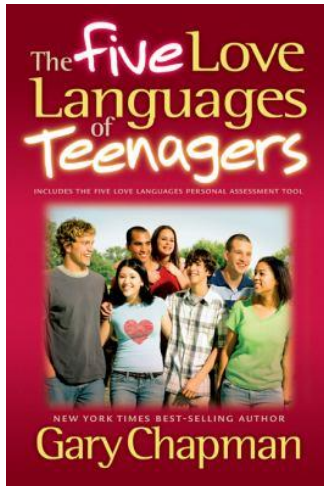
Social Skills Activities for Kids

Authors, Natasha Daniels

Description:

Social Skills Activities for Kids gives children the confidence to successfully navigate social situations at home, school, and the world in between. From keeping the conversation ball moving to learning to compromise to practicing good table manners, these engaging activities help kids develop and use their social skills super powers.

[Click to Email Reservation](#)

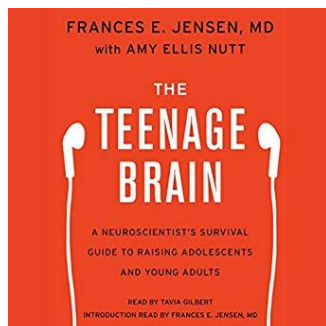


The five Love Languages of Teenagers

Author, Gary Chapman

Description:

[Click to Email Reservation](#)



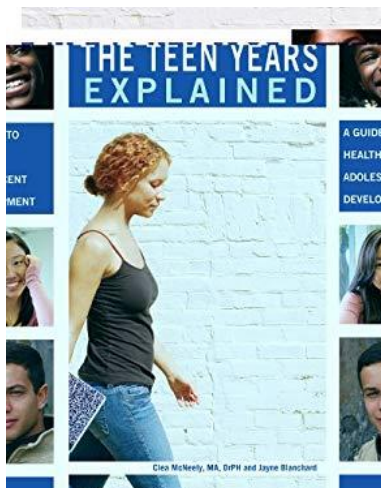
The Teenage Brain (Audio book)

Authors, Frances E. Jensen, with Amy Ellis Nutt

Description:

Motivated by her experience of parenting two teenagers, renowned neurologist Frances E. Jensen, MD, gathers what we've discovered about adolescent brain functioning and wiring and, in this groundbreaking, accessible audiobook, explains how these eye-opening findings not only dispel commonly held myths about teens but also yield practical suggestions for adults and teenagers negotiating the mysterious and magical world of adolescent biology.

[Click to Email Reservation](#)



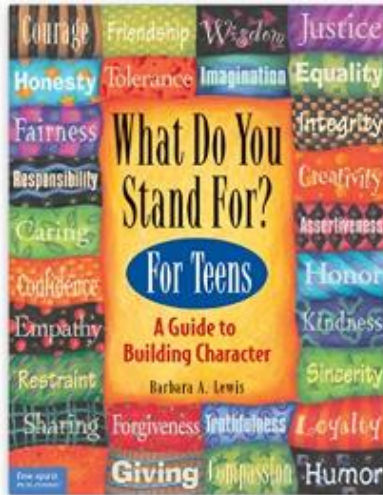
The Teen Years Explained

Authors, Dr. Clea McNeely and Jayne Blanchard

Description:

In plain English, this guide incorporates the latest scientific findings about physical, emotional, cognitive, identity formation, sexual and spiritual development with tips and strategies on how to use this information in real-life situations involving teens. By understanding the developmental stages and changes of adolescence, both teens and adults can get the most out of this second decade of life.

[Click to Email Reservation](#)



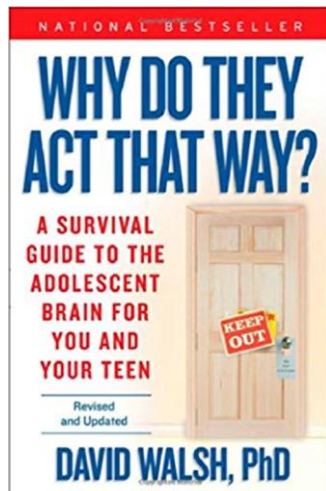
What do you Stand For? For Teens, A Guide to Building Character

Barbara Lewis

Description:

Young people need guidance from caring adults to build strong, positive character traits—but they can also build their own. This book by the best-selling author of *The Kid's Guide to Social Action* invites children and teens to explore and practice honesty, kindness, empathy, integrity, tolerance, patience, respect, and more. Quotations and background information set the stage. Dilemmas challenge readers to think about, discuss, and debate positive traits.

[Click to Email Reservation](#)



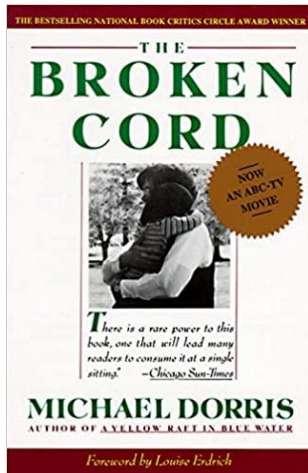
Why Do They Act That Way?

Author, David Walsh

Description:

This guide to adolescents goes beyond raging hormones and peer pressure to explain why adolescents act the way they do and what parents and teachers can do about it—and it's now thoroughly revised and updated to address the issues facing kids today: social media, online bullying, prescription drug abuse, stress, and nutrition.

[Click to Email Reservation](#)



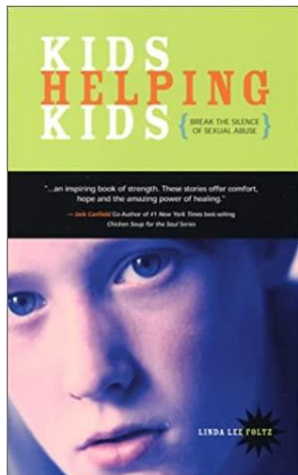
The Broken Cord

Author, Michael Dorris

Description:

The controversial national bestseller that received unprecedented media attention, sparked the nation's interest in the plight of children with Fetal Alcohol Syndrome, and touched a nerve in all of us. Winner of the 1989 National Book Critics Circle Award.

[Click to Email Reservation](#)



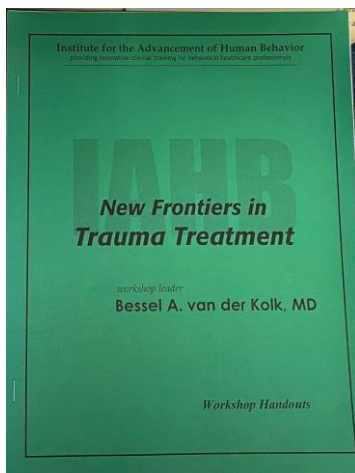
Kids Helping Kids Break the Silence of Sexual Abuse

Author, Linda Lee Foltz

Description:

Each chapter presents the true story of a child victim of sexual abuse and tells how, because of blame and shame, the victims became trapped in silence, how they broke the bonds of secrecy, and offers advice on how to avoid such abuse and how to get help.

[Click to Email Reservation](#)



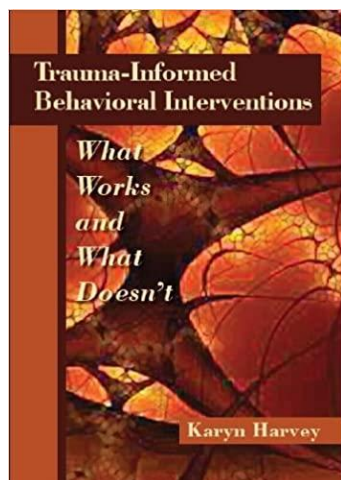
New Frontiers in Trauma Treatment, Workshop Handouts

Author, Institute for the Advancement of Human Behavior

Description:

The World's leading expert in the field of traumatic stress helps readers to understand the neurobiology of behind traumatic stress. This booklet of handouts explains how traumatized people process information, describes the application theory of diagnostics and treatment to trauma, how to create a phase-oriented treatment plan and the use of EMDR and DBT and body-oriented therapies. He also describes how children adapt to traumatic experiences.

[Click to Email Reservation](#)



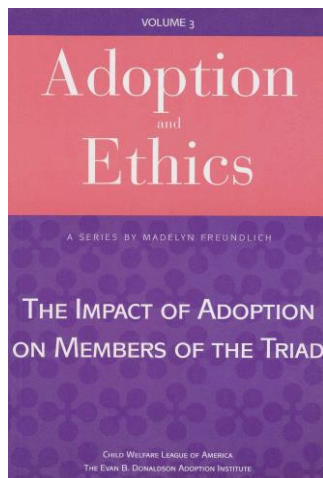
Trauma Informed Behavioral Interventions: What Works and What Doesn't

Author, Karyn Harvey

Description:

This book gives the professionals and paraprofessionals who have dedicated themselves to this field and to the welfare of individuals with intellectual disability a trauma-informed paradigm within which to support people with intellectual disability psychologically and to establish the critical elements needed for recovery.

[Click to Email Reservation](#)



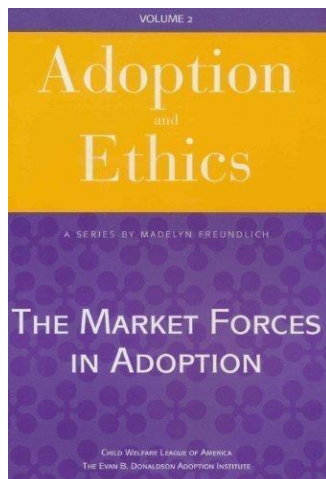
Adoption & Ethics: The Impact of Adoption on Members of the Triad

Author, Madelyn Freundlich

Description:

The Impact of Adoption on Members of the Triad considers how adoption practice and policy impact those who are the clients of adoption services—adopted individuals, birth parents, prospective adoptive parents, and adoptive parents. It explores the psychological, social, and cultural aspects of adoption for all members of the triad and assesses the extent to which current policy and practice meet the needs of those whom adoption is designed to serve.

[Click to Email Reservation](#)



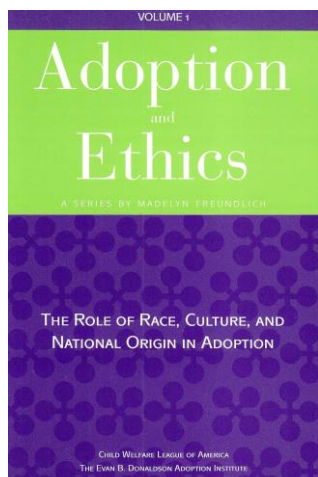
Adoption & Ethics: The Market Forces in adoption

Author, Madelyn Freundlich

Description:

This volume considers various aspects of the "business" of adoption in terms of market factors. With the shifting demographics of infant adoption, international adoption, and special needs adoption, issues are raised about the role of money in adoption, who holds the "power" in adoption, and to whom adoption professionals are accountable.

[Click to Email Reservation](#)



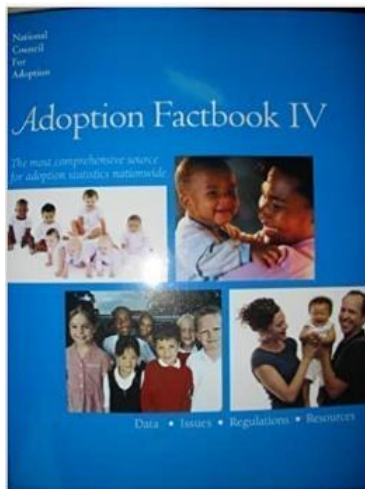
Adoption & Ethics: The Role of Race, Culture and National Origin

Author, Madelyn Freundlich

Description:

There are many unresolved questions related to the role of race, culture, and national origin in an adoptee's personal identity, and the extent to which racial and cultural similarities and differences between adoptive parents and children should be taken into account. Recent changes in federal law and a dramatic increase in the number of international adoptions have put these questions to the forefront of policy debate.

[Click to Email Reservation](#)

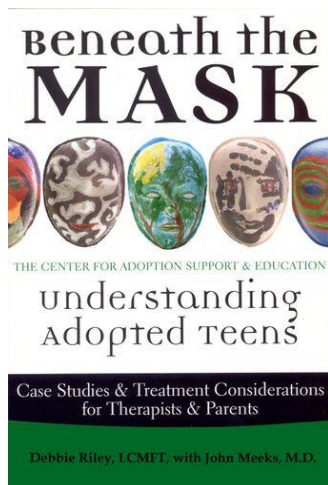


Adoption Factbook IV

Author, National Council for Adoption

Description:

Adoption Factbook is an indispensable resource with respect to any aspect of adoption. This publication will be of great use to current and future adoptive parents, individuals that are facing important decisions regarding an unplanned pregnancy, and adoptive adults desiring positive adoption articles celebrating adoption. This book is also the most comprehensive source available for adoption related data, analysis, and recommendations that will be of great benefit to policy makers, scholars, researchers, and practitioners.

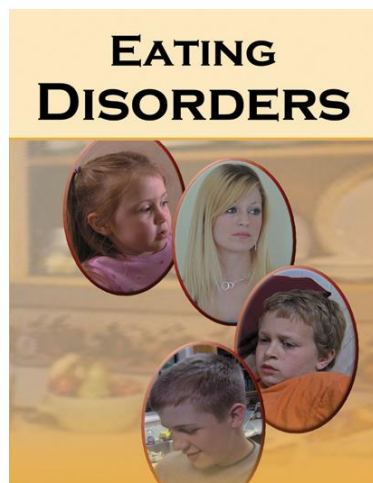
[Click to Email Reservation](#)


Beneath the Mask: Understanding Adopted Teens

Authors, Debbie Riley, with John Meeks

Description:

Working with adopted adolescents is complex. The key to successful therapy and healthy development is to help the adolescent discover and accept the person within.

[Click to Email Reservation](#)


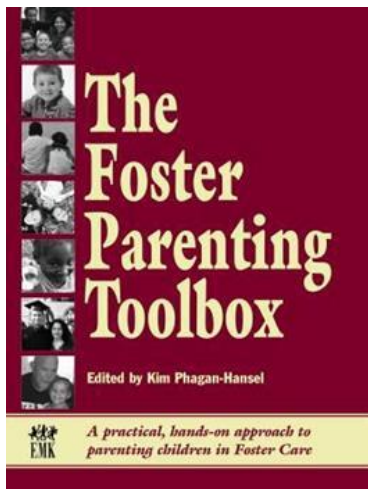
Eating Disorders

Author, Richard Delaney

Description:

Rick Delaney, Ph.D. shares his expertise on common eating disorders in foster and adoptive children: stealing and hoarding food, gorging, refusing to eat certain foods, and anorexia. Common causes for eating disorders and concrete steps a foster parent can take to promote positive food and eating habits are discussed. Caring for a child with an eating disorder and the importance of understanding when to seek medical or professional help are also covered.

[Click to Email Reservation](#)



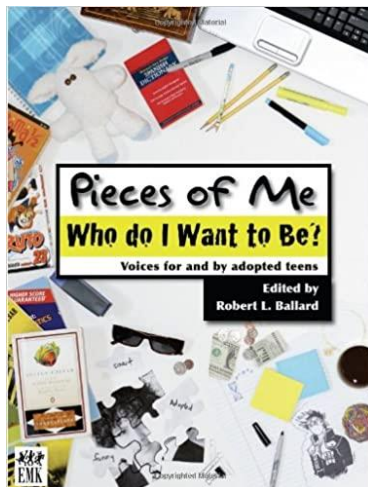
The Foster Parenting Toolbox

Edited by Kim Phagan-Hansel

Description:

What do you need to meet the needs of the children in your care? Each child will be unique and require a different set of tools in your toolbox. The Foster Parenting Toolbox is filled with helpful information. Over 100 foster parents in the trenches, case workers, social workers, CASAs, GALs, and judges contributed to this book to help all those on the child's team understand and work better with the children who are entrusted to their care.

[Click to Email Reservation](#)



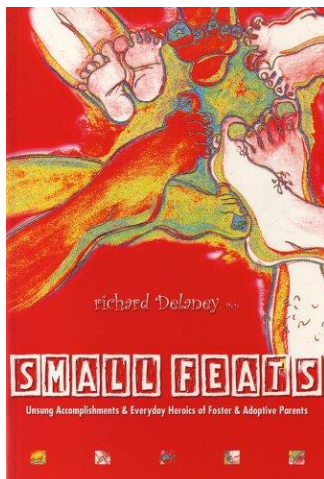
Pieces of Me: Who do I Want to Be?

Edited by Robert Ballard

Description:

Pieces of Me, Who do I Want to Be is a collection of stories, poems, art, music, quotes, activities, provocative questions, and more all for the young adopted person who wants to figure out his or her story but doesn't know where to begin. A submission based book with over 100 different pieces, this book was designed for the teen who happens to be adopted, but it will reach all those who live, love, and work with them.

[Click to Email Reservation](#)



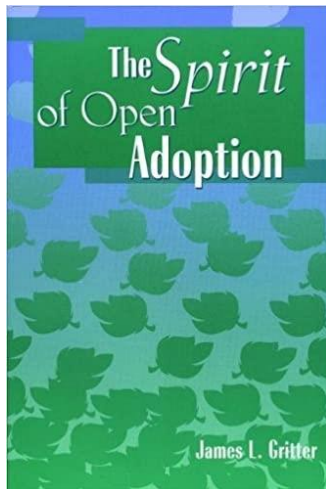
Small Feats – Unsung Accomplishments and Everyday Heroics of Foster and Adoptive Parents

Author, Richard Delaney

Description:

Recounts creative, sometimes off-the-wall, parenting approaches foster and adoptive parents have used to reach their troubled youngsters.

[Click to Email Reservation](#)



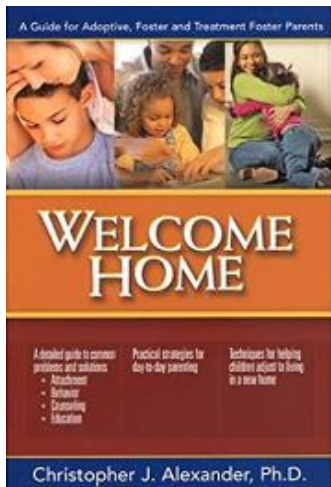
The Spirit of Open Adoption

Author, James L. Gritter

Description:

An outspoken and ardent advocate for openness in adoption, James Gritter writes of the need for members of the adoption triad to emphasize services that benefit adoptees first and foremost. Gritter guides the reader along a spiritual journey that explores the candor, commitment, community, and cooperation that defines successful open adoptions.

[Click to Email Reservation](#)



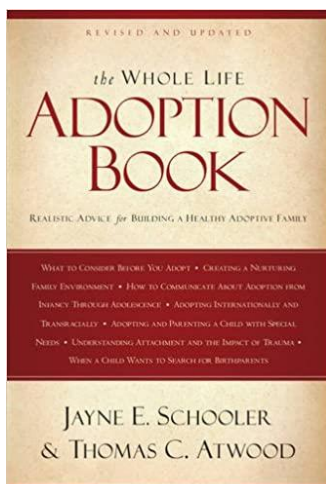
Welcome Home

Author, Christopher Alexander

Description:

Welcome Home provides parents of foster and adopted children practical skills for raising children of all ages.

[Click to Email Reservation](#)



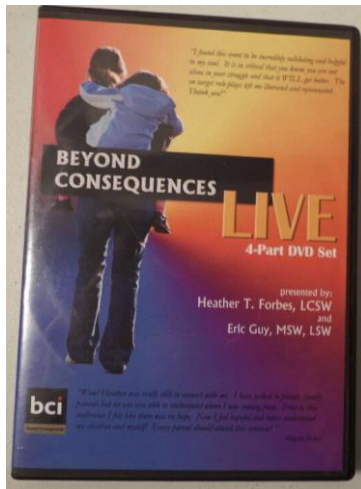
The Whole Life Adoption Book

Authors, Jayne Schooler and Thomas Atwood

Description:

Authors Jayne E. Schooler and Thomas C. Atwood share insights into every aspect of adoption. This powerful resource addresses the needs and concerns facing adoptive parents, while offering encouragement for the journey ahead.

[Click to Email Reservation](#)

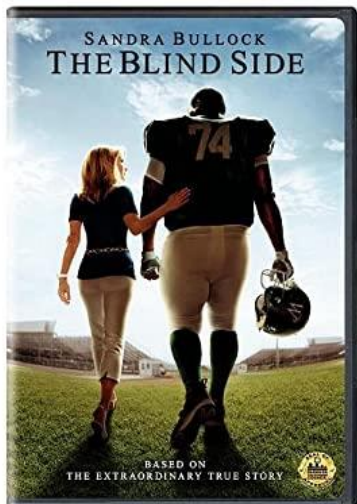


Beyond consequences LIVE, 4 disc DVD Set

Description:

This video presentation offers solutions for dealing with problem behaviors. It follows the concepts of the book Beyond Consequences, Logic, and Control. The presentation offers real life applications to empower you to implement the Beyond Consequences principles to bring peace to your family.

[Click to Email Reservation](#)

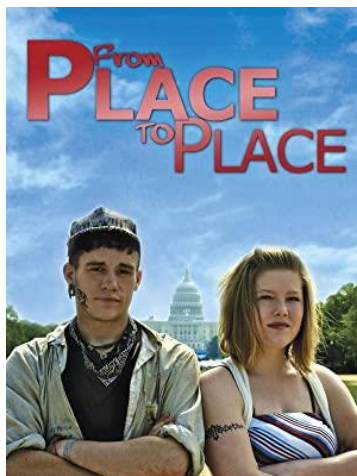


The Blind Side

Description:

Michael Oher (Quinton Aaron) knows little about family. What the homeless teen knows are the streets and projects of Memphis. Well-to-do Leigh Anne Tuohy (Sandra Bullock) knows little about his world. Yet when she and Michael meet, he's found a home. And the Tuohys have found something just as life-changing: a beloved new son and brother. This real-life story of family and of Michael's growth into a blue-chip football star will have you cheering with its mix of gridiron action and heartwarming emotion. Share the remarkable journey of the college All-American and first-round NFL draft pick who was a winner before he ever stepped onto the playing field.

[Click to Email Reservation](#)

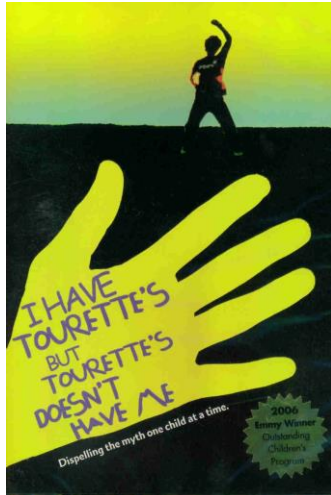


From Place to Place

Description:

Despite being let down and left behind by America's foster care system, a pair of plucky underdogs from Montana set out to change the system that raised them.

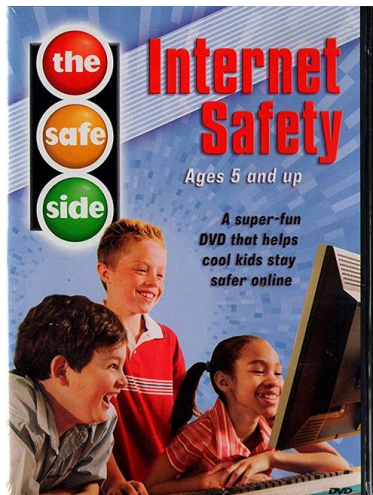
[Click to Email Reservation](#)



I have Tourette's but Tourette's doesn't Have Me

Description:

I Have Tourette's but Tourette's Doesn't Have Me is a 2005 documentary film featuring children between the ages of six and thirteen with Tourette syndrome. The film examines the lives of more than a dozen children who have Tourette's, and explores the challenges they face.

[Click to Email Reservation](#)

Internet Safety

Description:

Learn about internet safety from Safe Side Super Chick, everyone's favorite goofy superhero! Kids will learn 4 Hot Tips for Cool Kids, including email safety, awareness of online predators and more very important info. Perfect for any young child who uses the Internet.

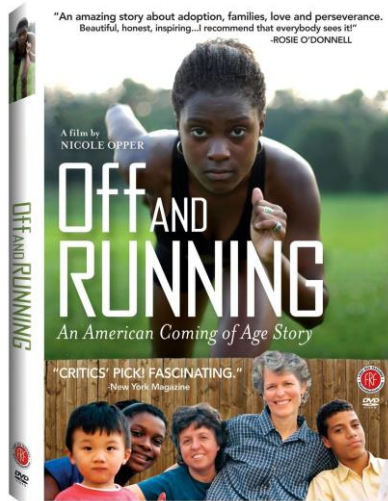
[Click to Email Reservation](#)

Money Smart: An Adult Education Program

Description:

The Money Smart Computer-Based Instruction (CBI) is an easy-to-use tool to learn more about basic personal financial management. The CBI can complement formal classes by providing learning assignments that users can complete at their own pace.

[Click to Email Reservation](#)

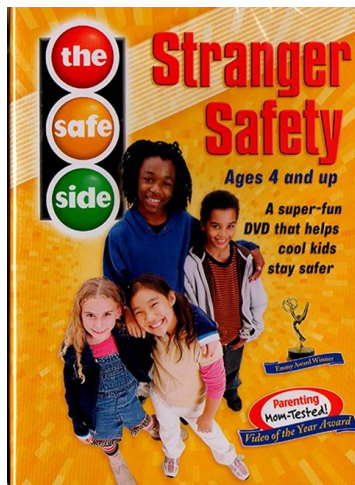


Off and Running

Description:

With white Jewish lesbians for parents and two adopted brothers - one mixed-race and one Korean - Brooklyn teen Avery, a local track star in high school, grew up in a unique and loving household. But Avery's curiosity about her African-American roots compels her to contact her birth mother, thrusting her into a complicated exploration of race and identity that threatens to distance her from her family. But when Avery decides to pick up the pieces of her life and make sense of her identity, the results are inspiring. OFF AND RUNNING follows Avery to the brink of adulthood, exploring the strength of family bonds and the lengths people must go to become themselves.

[Click to Email Reservation](#)

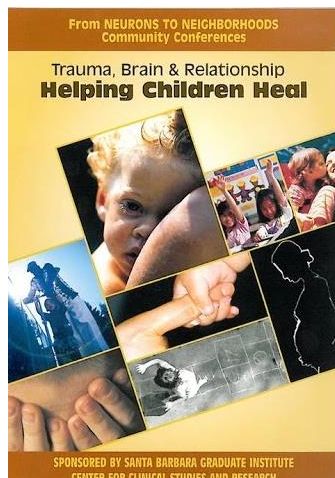


Stranger Safety

Description:

While other children's safety videos can be frightening, this one is really different. Kids will learn how to avoid potentially dangerous situations with people they don't know and those they "kinda" know in fun, memorable ways. Safe Side Super Chick will share her 7 HOT TIPS FOR COOL KIDS to help empower children at home, at school, and while outside playing. A must for the whole family!

[Click to Email Reservation](#)

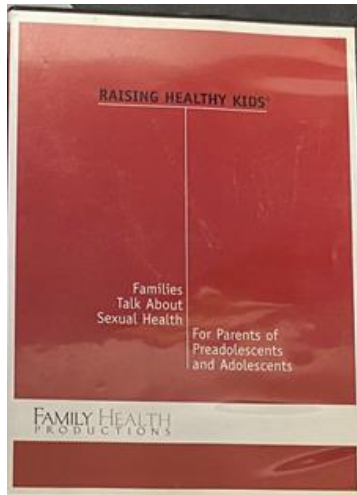


Helping Children Heal

Description:

This 25-minute powerful documentary with renowned experts, share a new understanding of how trauma effects the development of the mind body system, and how it affects children's behaviors and social relationships.

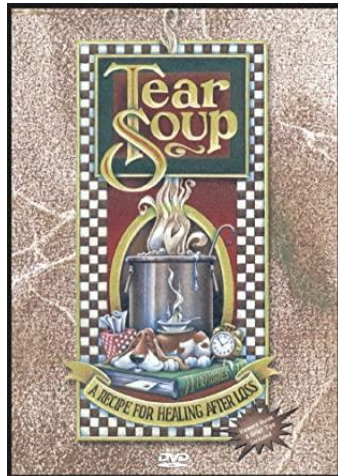
[Click to Email Reservation](#)



Raising Healthy Kids – Families Talk About Sexual Health

Description:

Communication about sexual health begins at birth. These parents and young people tell how they discuss sexual health. Experts offer insight to help families start and continue these important conversations.

[Click to Email Reservation](#)


Tear Soup, A Recipe for Healing After Loss

Description:

The Tear Soup video uses the beautiful illustrations from the award-winning book to vividly retell the story of Grandy and her loss. Families, professionals, educators and support groups will all benefit from the insights and comfort provided in this helpful production. Included with the DVD is a viewer's guide and grief tips, which can assist in viewing of the DVD and starting some discussions among the viewers.

[Click to Email Reservation](#)



Northern Chesapeake Region

Achieve With Us.

The Arc Northern Chesapeake Region
4513 Philadelphia Road, Aberdeen, MD 21001
410-836-7177 | www.arcncr.org