

GMS Central PERC (Parent Education Resource Center)



Suggested Resources

Parent Education:

- **Parenting on Point** by **Jim Williams** – Abingdon Press, September, 2002
- **Pro-Active Parenting** by **Jim Williams** – Abingdon Press, April 2004 (video series)
- **The Seven Habits of Highly Effective Families** by **Stephen Covey**.
- **The Seven Habits of Highly Effective Teens** by **Sean Covey**
- **Parenting for Prevention** by **The Johnson Institute** (video series)
- **Parenting with Love and Logic** by **Foster Cline M.D. and Jim Fay**
- **Our Last Best Shot** by **Laura Sessions Stepp**
- **What Kids Need to Succeed** by **Peter L. Benson, Judy Galbraith, and Pamela Espeland** (case study on developmental assets)
- **You Can't Make Me** by **Cynthia U. Tobias**
- **The Five Love Languages of Children** by **Gary Chapman and Ross Campbell** (Also available: **The Five Love Languages of Teenagers**)
- **Life Principles: Feeling Good by Doing Good** by **Bruce Weinstein**
- **Secrets of the Teenage Brain** - **Sheryl G. Feinstein**
- **Parenting the Teenage Brain** - **Sheryl G. Feinstein**
- **WHY Do They Act That Way?: A Survival Guide to the Adolescent Brain for You and Your Teen** - **David Walsh**
- **Unhooked** - **Laura Sessions Stepp**
- **Raising Children in a Socially Toxic Environment** - **James Garbarino**

Bully Behavior:

- **Bullying at School: What We Know and What We Can Do (Understanding Children's Worlds)** - **Dan Olweus**
- **Please Stop Laughing at Me....** by **Jodee Blanco**
- **No More Bullies: For Those Who Wound or Are Wounded (formerly titled The Wounded Spirit)** by **Frank Peretti**

Girl Topics:

- **See Jane Hit: Why Girls Are Growing More Violent and What We Can Do About It** - **James Garbarino**
- **Odd Girl Out: The Hidden Culture of Aggression in Girls** - **Rachel Simmons**
- **Odd Girl Speaks Out: Girls Write about Bullies, Cliques, Popularity, and Jealousy** - **Rachel Simmons**
- **Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence** - **Rosalind Wiseman**
- **Girl Wars: 12 Strategies That Will End Female Bullying** - **Cheryl Dellasega**
- **Mean Girls: 101 1/2 Creative Strategies for Working With Relational Aggression** - **Kaye Randall**
- **Mean Girls: Facing Your Beauty Turned Beast & Mean Girls Gone** - **Hayley DiMarco**
- **Surviving Ophelia: Mothers Share Their Wisdom in Navigating the Tumultuous Teenage Years** - **Cheryl Dellasega**
- **Reviving Ophelia: Saving the Selves of Adolescent Girls** - **Mary Pipher**

Boy Topics:

- **Lost Boys: Why Our Sons Turn Violent and How We Can Save Them - James Garbarino**
- **It's Better to Build Boys than Mend Men - S. Truett Cathy**
- **Real Boys' Voices - Dr. William Pollack**
- **Teenage Boys: Surviving and Enjoying These Extraordinary Years - Bill Beausay**
- **A Fine Young Man: What Parents, Mentors, and Educators Can Do to Shape Adolescent Boys into Exceptional Men - Michael Gurian**

Additional Resources:

- **A Parent's Guide to Gifted Children - James T. Webb (recommended and used by Vanderbilt University's Program for Talented Youth - <http://pty.vanderbilt.edu/support.html>)**
- **Taking Charge of ADHD: The complete Authoritative Guide for Parents by Russell Barkley**
- **Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach by Vincent J Monastra**
- **The ADHD Book of Lists: A Practical Guide for Helping Children and Teens with ADHD by Santra F Reif**
- **The Eating Disorder Sourcebook: A Comprehensive Guide to Causes, Treatments, and Prevention of Eating Disorders by Carolyn Costin**
- **Surviving an Eating Disorder: Strategies for Family and Friends by Michelle Siegel**
- **Help your Teenager Beat an Eating Disorder by Janis Lock and Daniel LeGrange**