

# South Okanagan Foster Parents Library

The South Okanagan Foster Parent Library Resource Materials are available at foster parent meetings, or by contacting OFPA Foster Parent Coordinator, Betty Bogyo, [betty\\_bogyo@telus.net](mailto:betty_bogyo@telus.net) or calling (250) 488-0561. The Library has been funded through the OFPA, BCFFPA Local Associations, and by donation.

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### Children in Care

**A Child's Journey Through Placement**, Vera I Fahlberg, M. D., 1991

**Because They Are Children**, BCFFPA, 5 Min. DVD.

**Bonding and Attachment, Separation and Loss and Strategic Parenting**, 2 DVD's, Pat Buckley, Registered Clinical Counsellor , 25 years experience in BC.

**Building Moral Intelligence**, Michelle Borba. 2006.

**Escape School Information on Child Safety, Internet Safety**

**Escape School, Abduction and School Violence-DVD's**, Bob Stuber, program to prevent child abduction and to promote home, community and Internet safety. Described numerous techniques to prevent victimization and bullying.

**For the Sake of Our Children: DVD Guide to Child Protection Law in BC**

**Foster Parent College- DVD's ADHD, ADD & ODD, Anger Outbursts, Childhood Anxiety Disorders, Eating Disorders, Fire-Setting, House Safety, Kinship Care, Lying, Positive Parenting 1, Positive Parenting 2, Positive Parenting 3, RAD-Reactive Attachment Disorder Runaway Behavior, Safe Parenting, Self Harm, Sexualized Behavior, Sleep Problems, Stealing, Wetting and Soiling, Working with Schools, Working with Birth Parents 1: Visitation, Children with Autism** [www.FosterParentcollege.com](http://www.FosterParentcollege.com) , [www.socialLearning.com](http://www.socialLearning.com)

**It's So Much Work to be Your Friend** – DVD presented by Richard Lavoie

**Multiple Transitions: DVD, A Young Child's Point of View on Foster Care and Adoption**

**Parenting with Humor**, Humor, Optimism, Curiosity, Loretta LaRoche

# South Okanagan Foster Parents Library

**Safeguarding Children and Foster Families**, Can. Foster Family Association, Facilitators Guides 1,2, and 3, 1999.

**Setting Limits, How to Raise Responsible, Independent Children by Providing CLEAR Boundaries**, Robert J. MacKenzie, Ed. D., Prima Publishing, 1998.

**Soothing Your Child's Pain**, from teething and tummy aches to acute illnesses and injuries- How to understand the causes and ease the hurt. Kenneth Gorfinkle, Ph.D., 1998.

**Take Control- Concentration is our Goal- A Handbook for Students** Judy Rourke 1991, 17 page booklet, permission granted to copy (05).

**Talking Pictures, A Parent's Guide to Using Movies to Discuss Ethics, Values, and Everyday Problems with Children**, Ronald J. Madison, Ed. D. and Corey Schmidt, Running Press, 2001.

**The Advokit A step-by-step guide to Effective Advocacy**, Penticton Advocacy Network, 2000.

**The Least Detrimental Alternative, A systematic Guide to Case Planning and Decision Making for Children in Care** Paul D. Steinhauer, University of Toronto Press, 1998.

**The Lost Boy, A Foster Child's Search for the Love of a Family**, Dave Pelzer, 1997.

**The Workbook, Foster Family Survival: Defensive Parenting**, Jacob R. Sprouse, Jr., 1991, Curriculum and workbook.

**Transitioning, The Journey That Last a Lifetime- DVD 1 & 2- Pat Buckley**

**What Should Your Child Be Doing?** This is a guide for recognizing developmental milestones and helping your child to achieve them. Geordie Belinski, 2002, Kelowna Child Care Society

**Words Are Not For Hurting** Elizabeth Verdick, 1983, written especially for Children ages 4-7.

**Wards of the Crown: Surviving the Child Welfare System-DVD**

## BABIES

**Baby's Best Chance, Parent's Handbook of Pregnancy and Baby Care**, MCFD, 2006.

**Dr. Paula's Good Nutrition Guide for Babies, Toddlers, and Preschoolers.** Answers to Parents Most Common Questions plus Help for Coping with Fussy Eaters, Paula Elbert, M.D., 2001

**Gladys' Story- Babies exposed to Alcohol and Drugs prenatally-** Safe Babies Training

**The Happiest Baby on the Block**, The New Way to Calm Crying and Help your Baby Sleep Longer, Harvey Karp, M.D., 2002

# South Okanagan Foster Parents Library

**SIDS: Reducing The Risk**, MCFD Video, (Oliver Local Assoc.).

**Toddlers First Steps- a Best Chance Guide to Parenting your Six-Month- to Three-Year-Old-** BC Health Care 2002

## Teens

**A Man Called Dave**, A Story of Triumph and Forgiveness, Dave Pelzer, 1999.

**Attitude Tips to Help you Deal, Feel and Be Real**, Lisa and Aimee McCourt, 2000

**The 7 Habits of Highly Effective Teens**, Sean Covey, A Fireside Book, 1998.

**Dollar\$ and \$ense, A Guide for Your Money**, Family Services of Greater Vancouver, 2006, Many useful tip on how youth can prepare for Independent Living

**Don't Say anything, Just Let Go, Living with Teenagers the Power Parenting Solution**, Maria Von Couver, Pulp Press, 1991.

**Fighting Invisible Tigers, A stress Management Guide for Teens**, Earl Hipp, Free Spirit Publishing, 1994.

**Fostering to Independence, A Practical Manuel for Foster Parents by Foster Parents**, Debbie Verkert, M.A., Lenox Neher and Jodi Higgs, BA, B. Ed., 2006

**Hear Me, Hug Me, Trust Me, Parenting Today's Teenager Effectively**, Dr. G. Scott Wooding, Script Publishing, 1999.

**How to deal with you Acting-up Teenager, Practical Self-help for Desperate Parents**, Robert T. Bayard, Ph. D. & Jean Bayard, Ph. D., M. Evans and Co. Inc., 1983.

**How to Survive your Adolescent's Adolescence**, Dr. Robert and Nancy J. Kolodny, Dr. Thomas Bratter, and Cheryl Deep, Little, Brown and Co., 1984.

**If My Parents Knew...What I like about them, What I really need from them, How much I want to be somebody, How my friends make me feel, My fears and Questions about sex, and much more.**  
**Discovering your Teenager's Unspoken Needs**, Rodney Gage, Thomas Nelson Publishers, 1995.

**It's Perfectly Normal, Changing Bodies, Growing Up, Sex and Sexual Health**, Robie H. Harris, 2004

**Teen Ink, What Matters, Written by Teens, Telling it like it really is**, edited by Stephanie and John Meyer and Peggy Veljickovic, 2003

**The Face in the Mirror, Teenagers and Adoption**, Marion Crook 2000.

# South Okanagan Foster Parents Library

**The Privilege of Youth**, Dave Pelzer, Penguin Books, 2004

**What Makes Your Teen Tick? Keeping a Close Relationship Even when the Fireworks Blow!**, William L. Coleman, Bethany House Publishers, 1993.

**What Makes Teens Tick, Secrets of the Teen Brain**, Time Magazine Article, May 10, 2004

**You the Web and Sex, A Teen's guide to managing sexuality online.** Merlyn Horton, 2005  
[www.safeonlineoutreach.org](http://www.safeonlineoutreach.org) a CD for young teens.

## Behaviour Management

**1-2-3 Magic, Managing Difficult Behaviour in Children 2-12** T. Phelan, 120 min. DVD

**A Boy and a Bear, The Children's Relaxation Book**, Lori Lite, 1961

**A Love that Kills**- Relationships with Youth, DVD.

**Anger Management for Youth: Stemming Aggression and Violence** Dr. Leona L. Eggert, 1994, National Educational Service, Techniques to teach small groups of adolescents, with 5 teaching modules.

**Bullying, Practical and Easy-to-follow Advice for Parents** Jenny Alexander, 2002.

**Crucial Conversations, Tools for talking when the stakes are high** Kerry Patterson, Joseph Grenny, Ron Mcmillan, Al Switzer, 2002

**Extreme Off Road Parenting, Temper Tantrums, Thinking *outside* the box to resolve children's anger.** DVD and Discussion Guide, Northwest Media Inc. 2002. [www.sociallearning.com](http://www.sociallearning.com)

**Help for the Hard Times, Getting Through Loss**, Earl Hipp, 1995

**How Difficult Can This be? The F.A.T. City Learning Disability Workshop** 1990, Eagle Hill Foundation.

**Kids, Parents, and Power Struggles**, Effective strategies that will help you: stay connected with your child, bring down the intensity, understand why you child is misbehaving, stop the tantrums And Win for a Lifetime, Mary Sheedy Kurcinka, 2001

**More 1-2-3 Magic, Encouraging Good Behaviour, Independence and Self-Esteem**  
Thomas W. Phelm, Ph. D., 20 min. DVD, and book.

**No Such Thing As a Bad Kid - Preventing Problem Behaviour & Building Self-Esteem-DVD**

## South Okanagan Foster Parents Library

**No Such Thing As a Bad Kid - Creating and Maintaining a Strength-Based Environment- DVD**  
**No Such Thing As a Bad Kid - Managing Number One First & Putting in the Bricks-DVD**

**Off Road Parenting**, Practical Solutions for Difficult Behavior, Caesar Pacifici, Ph. D., Patricia Chamberlain, Ph.D., Lee White, 2002 (Book and DVD)

**Parenting the Explosive Child - the collaborative problem solving approach - DVD**

**Parents Teens and Boundaries, How to Draw the Line**  
Jane Bluestein, PH. D., Health Communications Inc. 1993.

**Raising Your Spirited Child**, Mary Sheedy Kurcinka, Harper Collins Publishers, 1998.

**Separation and Loss Issues for Foster and Birth Families**, Vera Falberg, M.D. 80 min. DVD training program for social workers, foster and birth parents.

**The bully, the bullied, and the bystander**. Barbara Coloroso, 2002

**The Explosive Child**, Ross W. Greene, Ph. D., Quill, Harper Collins Press, 2001.

**62 Ways to Create Change in the Lives of Troubled Children**, L. Tobin, 1991

**What to DO When You're Scared and Worried**, a guide for kids, James J. Crist, Ph.D., 1983

**Working with People with Challenging Behaviours – 2<sup>nd</sup> Edition Compassionate Methods for Improving Relationships**, Nathan Ory, 2007

**You The Web and Sex, A Teen's guide to managing sexuality online**. Merlyn Horton, 2005  
[www.safeonlineoutreach.org](http://www.safeonlineoutreach.org) a CD for young teens.

### Child Abuse

**A Guide For Parents Of Children Who Molest**, Eliena Gil, 1995, 31-page booklet. (2 copies).

**A Love That Kills -Documentary** –Helps to identify the warning signs of partner abuse, especially in young people- DVD.

**Coping With Violence**, DVD, 27 min. BCFFPA

**Especially for Parents of Adolescents** DeAnn Yamamoto, M.A., 1997, King County Sexual Assault Resource Centre, a short booklet for parents whose children have been sexually assaulted.

## South Okanagan Foster Parents Library

**From Trauma to Understanding A Guide for Parents of Children with Sexual Behaviour Problems**, William Pithers et al. 1993, The Safer Society Program and Press.

**Helping Children with Sexual Behaviour Problems**, Toni Cavanagh Johnson, Ph. D., a 36 page guidebook for parents and substitute caregivers.

**Preventing Abuse of Children and Young People with Disabilities**, The Person Within- workshop, BC Institute Against family Violence, Nov. 2000.

**Sexual Abuse Information Series**: Five Booklets, for children, teens and Parents. 1991/93, Family Violence Prevention Division.

**Survivors of the Red Brick School- DVD**

**The Secret of the Silver Horse, Dept. of Justice Canada, 2002, Child molesting prevention.**

**Understanding Children's Sexual Behaviours, What's Natural and Healthy**, Toni Cavanagh Johnson, Ph. D.

**Winning At Parenting Without Beating Your kids**, DVD, BCFFPA

### Disabilities, Disorders-FASD/ADD/ADHD/RAD and Medical Conditions

**The A.D.D. Book for Kids, Shelly Rotner, Sheila Kelly, Ed. D., 2000**

**The ADD Hyperactivity Workbook**, For Parents, Teachers, and Kids, Harvey C. Parker, Ph.D., 1999

**The Difficult Child**, The classic and definitive work on parenting hard-to-raise children, with new chapters on ADHD and the latest medications for childhood problem, Stanley Turecki, M.D., 2000

**The Disappearing Girl, Learning the Language of Teenage Depression**, Dr. Lisa Machoian, a former Harvard University Researcher and Lecturer offers Lifesaving Solutions for Parents of Struggling Adolescent Girls, 2005

**The Gift of ADHD ~ How to Transform Your Child's Problems into Strengths"** by Lara Honos-Webb, PH.D.

**Broken Heart, Dealing with Feelings of Loss and Understanding Grief, Boyfriend, Girlfriend, Divorce, Partner, Friendship, Keeping our Minds, Bodies, Hearts and Spirits Out of Hot Water!, Creative Ideas to Help Person with FASD Succeed.** 2003 [www.betterendings.org](http://www.betterendings.org)

**Creating Solutions: Women preventing FAS, Understanding Women's Substance Abuse**, Northern Family Health Society, 20 min. DVD.

## **South Okanagan Foster Parents Library**

**Fantastic Antone Succeeds!, Experiences in Educating Children with Fetal Alcohol Syndrome,** Judith Kleinfeld And Siobhan Wescott, University of Alaska Press, 1993.

**FASD, Strategies not Solutions,** 50 pages, produced by Region 6 Edmonton and Area Child and Youth with FASD Sub-Committee, funded by Health Canada and Alberta Alcohol and Drug Abuse Commission, 2004

**FAS, Parenting Children Affected by Fetal Alcohol Syndrome, a Guide for Daily Living,** MCFD, 1994

**FASD Trying Differently Rather Than Harder,** Diane Malbin

**Fetal Alcohol Disorders, FASD and Your Child: Cause, Effects, and Intervention** DVD

**Finding Hope, FASD,** DVD

**I Hate You-Don't Leave Me, Understanding the Borderline Personality** Jerome J. Kreisman, M.D and Hal Straus. Professional advice for helping victims and their families to understand and cope.

**Journey Through the Healing Circle** (set of 4 books/DVD's) This series uses animal stories to talk about children with FASD and the problems families face with these effects.

The Little Fox (ages Birth through 5)

The Little Mask (ages 6 though 11)

Sees no Danger (ages 12-17)

Travels in Circles (ages 18-22)

Little Fox Video Tape Set (2 Tapes) with guidebooks

**B.C.A.N.D.S. FAS and FAE Resource Guide for Aboriginal Community Workers**

**B.C.A.N.D.S A Practical Native American Guide for FAS and Alcohol Related Conditions**

**Last one Picked...First one Picked on – DVD-Learning Disabilities and Social Skills**

**Learning Disabilities & Discipline- DVD-When the Chips are Down,** BCFFPA.

**Learning Disabilities & Social Skills- DVD- Last one Picked-First One Picked On** BCFFPA

**Misunderstood Mind-** Kids with Learning Disabilities, DVD.

**My Brain Needs Glasses-Living with hyperactivity,** A child's view of ADHD, Annick Vincent, MD, psychiatrist, 2004

**Parent Reference and Resource Kit, Fed. of Invisible Disabilities,** 2000. Binder contains info on Autism, ADD, Brain Injury, FAS, etc. and lists resources and guides for parenting and getting support. (Purchased by Penticton Local Association)

**Power Parenting for Children with ADD/ADHD- A Practical Parent's Guide for Managing Difficult Behaviors** by Dr.Grad Flick, 1996

# South Okanagan Foster Parents Library

## **Rebuilding the Broken Bond RAD/ADD/ADHD**

**Redefining Success: Raising Children Pre-natally Exposed to Alcohol**, 2001, 28 min. Video, and user guide

## **Responding to Attachment Disorder, Helping Children with Attachment Issues, DVD-Tanya Helton**

**Scattered Minds, A New Look at the Origins and Healing of Attention Deficit Disorder**  
Gabor Mate M.D., Vintage Canada, 1999.

**Shelley The Hyperactive Turtle**, Deborah Moss, 1989. Children's book that explains hyperactivity.

## **The Connected Child, for parents who have welcomed children: from other countries and cultures, from troubled backgrounds, with special behavioural needs, Karyn Purvis Ph. D., David Cross Ph. D., Wendy Sunshine-2007**

**Understanding Weight loss Programs**, Teen Eating Disorder Prevention, Judy Monroe, 1999.

**What's Real, What's Ideal: Overcoming a Negative Body Image**, Teen Health Library of Eating Disorder Prevention, Brangien Davis, 1999.

**When a Child Has Diabetes**, Denis Daneman et al, Canadian Diabetes Association, An extraordinarily helpful guide for family, friends, and other caregivers. 1999

**When Love is not Enough: Parenting RAD children**, Nancy Thomas, 2005.

**When Girls Feel Fat, Helping Girls Through Adolescence**, Sandra Friedman, 2000.

**Your Child and Asthma**, Practical and easy-to-follow advice, Erika Harvey, 1998.

## **Special Needs Resource Materials**

### **Child Unlike Any Other - One Family's Story of Autism**

**Autism, The Road Back**, 55 min. DVD, Knowledge Network, 2003, This film provides guidance for families trying to navigate their way through the challenges of ASD in the first 6 yrs. of their child's life.

**Changing the Course of Autism A Scientific Approach for Parents and Physicians**, Bryan Jepson, M.D. with Jane Johnson, 2007

### **Children with Autism Foster Parent College DVD**

**Different Like Me, My Book of Autism Heroes**, Jennifer Elder, 2006

## South Okanagan Foster Parents Library

**Raising a Child with Autism, A Guide to Applied Behaviour Analysis for Parents**, Shira Richman, 2001

**Taking Care of Myself: a Healthy Hygiene, Puberty and Personal Curriculum for young People with Autism**, Mary Wrobel, 2003.

**The essential Handbook for Understanding All of Your Child's Needs-Parents Guide to Autism-Answers to the most common questions**, Charles A. Hart, 1993

**Achieving Best Behaviour for Children with Developmental Disabilities, A Step-By Step Workbook for Parents and Carers**, Pamela Lewis, 2006

**Bridging the Gap: Raising a Child with Nonverbal Learning Disorder**, Rondalyn Varney Whitney, 2002.

**Communicating Partners, 30 Years of Building Relationships with Late Talking Children including Autism, Asperger's Syndrome (ASD), Downs Syndrome, and Typical Development. Development Guides for Professionals and Parents.** James D McDonald

**Different is Not Bad, Different is the World, A Book About Disabilities**, Sally L. Smith, 1994

**Early Communication Skills for Children with Downs Syndrome, a guide for parents and professionals**, Libby Kumin, Ph. D., CCC-SLP, 2003.

**I Openers, Parents Ask Questions about Sexuality and Children with Children with Developmental Disabilities**, Dave Hingsburger 1993.

**Signing: How to speak with your Hands, Costello, E. & Lehman L.,** 1995.

**Special Brothers and Sisters, Stories and Tips for Siblings of Children with Special Needs, Disabilities or Serious illness**, Edited by Annette Hames and Monica McCaffrey, 2005

**The Curious Incident of the Dog at Night-Time**, A novel about a young man with Autism by Mark Haddon, 2003,

**The Out-of-sync Child has Fun**, Kranowitz C., 2003.

### Drugs and Alcohol

**Barbiturates, Mind Altering Drugs Series**, Wisconsin Clearinghouse, 1991.

**Beyond the Yellow Brick Road, Our Children and Drugs**, Bob Meehan, 1984, helps you understand the mind of the addicted teen).

**Drugs and Sports**, Rodney G. Peck, 1997

**FIX: The Story of an Addicted City**

## South Okanagan Foster Parents Library

**Kids Who Do/Kids Who Don't, A Parents Guide to Teens and Drugs**, Lorraine Hendricks M.D., The PIA Press, 1989.

**No Quick Fix-** Kids and Drugs, National Film Board of Canada, DVD.

**Straight Facts About Drugs and Drug Abuse**, Health Canada 2002, and Assorted Articles on Drugs

**Through a Blue Lens-** Drug problems in Vancouver from a police camera, DVD, Substance Use

### Gordon Neufeld DVD's

**Bullies: Their Making and Unmaking** – a 4 hour DVD course

**Hold On To Your Kids** - a 2 hour DVD Course

**Making Sense of Adolescence** – an 8 hr. DVD Course

**Power to Teach** – a 4 hr. DVD Course for Educators

**Relationship Matters** – a 2 hr. DVD Course

### **The Power to Parent Series:**

**The Vital Connection** – an 8 hr. DVD course

**Helping Children Grow Up** – an 8 hr. DVD Course

**Common Challenges** - an 8 hr. DVD course



# South Okanagan Foster Parents Library

## Foster Parent Record of Workshops Attended, Resource Materials, Skills and Training Experiences: Name

<b>Date, Location</b>	<b>Workshop, Skills Training, Experience</b>	<b>Resource Material, Book, Video, DVD</b>	<b>Facilitator Author</b>	<b>Comments</b>