

Here's some suggested resources about:

BEHAVIOUR PROBLEMS

Books

1. No More Misbehavin': 38 Difficult Behaviors and How to Stop Them by Michele Borba, Jossey-Bass; (Feb. 2003) ISBN: 0787966177
2. Kids are worth it! Revised Edition : Giving Your Child the Gift of Inner Discipline by Barbara Coloroso, Harper Resource; Rev. Ed. (Sep. 2002) ISBN: 0060014318
3. The Difficult Child by Stanley Turecki, Bantam ; 2nd Rev. Ed. (Mar. 2000) ISBN: 0553380362
4. How to Behave So Your Children Will, Too! by Sal Severe, Penguin USA; (July, 2003) ISBN: 0141001933
5. Your Defiant Child: Eight Steps to Better Behavior by Russell Barkley, Guilford Press; (Oct., 1998) ISBN: 1572303212
6. Discipline: The Brazelton Way by T. Berry Brazelton, Perseus Publishing; (Jan., 2003) ISBN: 0738207837
7. Making Children Mind Without Losing Yours by Kevin Leman, Fleming H Revell Co; (Sept. 2000) ISBN: 0800757319
8. Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, Energetic by Mary Sheedy Kurcinka, Perennial Press; (Apr. 1998) ISBN: 0060923288
9. Rage, Rebellion & Rudeness: Parenting Teenagers in the New Millennium by G. Scott Wooding, Fitzhenry & Whiteside Limited; (July, 2003) ISBN: 155041755X
10. Backtalk: Four Steps to Ending Rude Behavior in Your Kids by Carolyn Crowder, Fireside; (Mar. 1998) ISBN: 068484124X

Websites:

<http://www.aacap.org/publications/factsfam/>

<http://www.caringforkids.cps.ca/behaviour/>

The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centres.



Ministry of Children and Family Development

Children are British Columbia's most important investment in the future. In February 2003, government approved the 5-year Child and Youth Mental Health Plan, for improving the mental health of children and youth in BC. The Plan rests on three foundations: Support and Treatment, Reducing Risks, and Building Capacity. In the interests of building capacity, Child and Youth Mental Health Services (CYMHS) has partnered with McMaster Children's Hospital to provide this Resource List which might be useful to you or someone you know.

For more information about the Plan and other British Columbia resources for children, youth and families, please visit the Ministry of Children and Family Development, Child and Youth Mental Health internet site at:

http://www.mcf.gov.bc.ca/mental_health/resource_lists.htm

Public libraries also offer an extensive collection of materials related to the mental health and wellness of children, youth and families. The Ministry of Children and Family Development and the Ministry of Community, Aboriginal and Women's Services have made the books on this list available through your local public library, in support of the Child and Youth Mental Health Plan. To find information about the library closest to you, please visit the Public Libraries of BC's web site. <http://www.bcpl.gov.bc.ca/VRD/libraries/>

This resource list is meant as a guide only and is not meant to be exhaustive. Inclusion in this list does not necessarily reflect content endorsement by McMaster Children's Hospital or BC's Ministry of Children and Family Development. Your health care professional (i.e., physician, public health nurse, counsellor/therapist) is the best source of information about your child's health and concerns.