

**St. Elizabeth Ann Seton MS**  
**Books of Interest to Parents**

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155.9 ROM

Romain, Trevor. What on Earth Do You Do When Someone Dies? Minneapolis, MN: Free Spirit Publishing Inc., 1999.

Describes the overwhelming emotions involved in dealing with the death of a loved one and discusses how to cope with the situation.

158.1 HOL

Holtz, Lou. A Teen's Game Plan for Life. Notre Dame, Ind.: Sorin Books, 2002.

A letter to all teens from Lou Holtz -- The playbook -- Play 1: Choose your attitude -- Play 2: Make sacrifices -- Play 3: Get rid of excuses -- Play 4: Understand what you're trying to do -- Play 5: Dream big dreams -- Self confidence: a special page in the playbook -- Conclusion -- A final poem. The highly successful Notre Dame football coach, Lou Holtz, provides a game plan for today's teenagers to deal with the many choices and decisions they must make which have adult consequences.

248.4 WAR

Warren, Richard. The Purpose-Driven Life: What on Earth Am I Here For? Grand Rapids, MI: Zondervan, 2002.

Draws from the Bible to explain to Christians how to understand God's purpose for them and fulfill it in a Christlike fashion.

264 DUB

Dubruiel, Michael. The How-To Book of the Mass: Everything You Need To Know But No One Ever Taught You. Huntington, Ind.: Our Sunday Visitor, 2002.

Explains the Liturgy of the Word and Eucharist, walks you through the Mass, includes helpful hints and insights from Tradition, and helps you deal with distractions and other obstacles to prayer.

282 BUN

Bunson, Matthew. We Have a Pope! : Benedict XVI. Huntington, Ind.: Our Sunday Visitor, 2005.

A detailed portrait of Benedict XVI, introducing Catholics to a man of powerful intellect and confident faith.

306 MAC

MacGregor, Cynthia. Jigsaw Puzzle Family: the Stepkids' Guide to Fitting It Together. Atascadero, Calif.: Impact Publishers, 2005.

Mixed emotions -- Life turns upside-down -- Where do I fit in? -- Whose house is this? -- Your ever-changing world -- Serious concerns -- Let's review some facts -- Appendix: resources.

371.1 KET

Ketchum, Sally DeBolt. Super Student Happy Kid!: a Practical Student Success Guide for Everyone. Williamsburg, MI 49690: Summer Island Press, 1995.

40 chapters and over 500 tips to build self-esteem, character, confidence, skills and increase potential. Written for professionals, parents and teachers.

371.3 KEN

Kensler, Chris. Study Smart Junior: Studying Your Way to Stardom. New York: Random House, 1999.

Teaches study skills such as scheduling and note-taking to students in grades six-to-eight through the story of Babette, a young girl who is determined to realize her dream of becoming a fashion designer for her idol, aging rock-star Felton Jack.

371.3 ROZ

Rozakis, Laurie. Super Study Skills. New York: Scholastic Reference, 2002.

Includes chapters on studying, reading, preparing for a test, test-taking skills and mastering specific types of tests.

646.7 ORE

O'Reilly, Bill. The O'Reilly Factor for Kids: a Survival Guide for America's Families. New York: HarperCollins, 2004.

People in your life -- Your private life -- Your school life -- Things to think about -- Cyber monsters.

823 ART

Arthur, Sarah. Walking with Frodo: a Devotional Journey through The Lord of the Rings. Wheaton, IL: Tyndale House Publishers, Inc., 2003.

Leads you through nine pairs of choices -- darkness or light, pride or humility, corruption or integrity, betrayal or loyalty, disunity or forgiveness, deceit or honesty, bondage or freedom, control or servanthood, and despair or hope.

CMP 004.67 MIS

Missing: Teaching Children to Recognize Internet Predators. LiveWires Design Ltd., 2000.

PRF 004.6 JOH

Johnson, Doug. Learning Right from Wrong in the Digital Age: an Ethics Guide for Parents, Teachers, Librarians and Others Who Care about Computer-Using Young People. Worthington, OH: Linworth Publishing, Inc., 2003.

Covers privacy, property, appropriate use and ethical behavior.

PRF 004.67 MIS

Missing: Teaching Children to Recognize Internet Predators, Training Manual #2. LiveWires Design Ltd.: 2000.

Missing is an interactive, multimedia computer game for students from grade six to nine and is designed to show, rather than tell, students about predators who use the Internet to target and lure children away from home.

PRF 158.2 OGD

Ogden, Sally Northway. "Words Will Never Hurt Me": Helping Kids Handle Teasing, Bullying and Putdowns. Seattle, Wash.: Sea Script Company, 2001.

Why putdowns happen -- Leveling -- Translating -- How not to respond to putdowns -- Why are you the victim of a putdown? -- Great attitudes for responding in a powerful way -- "I" messages -- Negative assertion -- Neutral response -- Outcrazy the crazies -- Broken record and tell me more -- Other effective responses -- Approaching change. A practical guide for parents and educators.

PRF 236.9 THI

Thigpen, Thomas Paul. The Rapture Trap: a Catholic Response to "End Times" Fever. West Chester, Pa.: Ascension Press, 2003.

The author lays out in clear, simple terms the biblical traditions of Catholic teaching on the rapture doctrine.

PRF 248.4 CAR

Carotta, Michael. Nurturing the Spiritual Growth of Your Adolescent. Orlando, Fla.: Harcourt, 2002.

This book presents thirty time-honored Christian life skills that model the teachings of Jesus.

PRF 248.4 MAR

Marshall, Tess. Flying by the Deat of My Soul. Grand Rapids, MI: 2003.

Grand Rapids, MI, counselor Tess Marshall integrates moving personal stories and stories of others with profound lessons that provoke thoughtful self-examination.

PRF 305.23 MEE

Meeker, Margaret J. Restoring the Teenage Soul: Nurturing Sound Hearts and Minds in a Confused Culture. Traverse City, MI: McKinley & Mann, 1999.

Helps you understand why teens are depressed and suicidal and why they're looking for love in the wrong places.

PRF 306.8 POP

Popcak, Gregory K. Parenting with Grace: Catholic Parent's Guide to Raising Almost Perfect Kids. Huntington, IN: Our Sunday Visitor, Inc., 2000.

Catholic parenting: building a community of love -- The five fabulous phases of childhood -- A parenting potpourri.

PRF 370.19 CUT

Cutright, Melitta J. The National PTA Talks to Parents: How to Get the Best Education for Your Child. New York: Doubleday, 1989.

Advice for parents to help their child learn at home and how to become more involved in the child's school.

PRF 371.19 BEN

Bennett, William John. The Educated Child: a Parent's Guide from Preschool through Eighth Grade. New York: Free Press, 1999.

Offers advice to parents on how to secure good educations for their children from early childhood through the eighth grade, reminding parents of their own responsibilities in educating their children, providing guidelines for determining whether a school is doing a good job, and outlining what a well-educated child knows and can do.

PRF 371.19 THO

Thompson, Michael. The Pressured Child: Helping Your Child Find Success in School and Life. New York: Ballantine Books, 2004.

The push for students to excel at school and get into the best colleges has never been more intense. The author addresses America's performance-driven obsession with the accomplishments of its children and provides a deeply humane response. Thompson reminds us that school occupies more waking hours than children spend at home and that school life is full not just of studies but of human emotion.

PRF 371.5 LAT

Lathrop, Ann. Student Cheating and Plagiarism in the Internet Era: a Wake-Up Call. Englewood, Colo.: Libraries Unlimited, 2000.

Offers ideas and strategies to educators and parents for combating the increase in cheating and plagiarizing that has accompanied access to the Internet, discussing the extent of the problem, looking at high- and low-tech defenses against cheating, and examining ways to make it more difficult to cheat.

PRF 371.7 COL

Coloroso, Barbara. The Bully, the Bullied, and the Bystander: from Pre-School to High School: How Parents and Teachers Can Help Break the Cycle of Violence. New York: HarperCollins, 2002.

Includes more than 100 practical ways to protect your child.

PRF 371.7 GAR

Garbarino, James. And Words Can Hurt Forever: How To Protect Adolescents from Bullying, Harassment, and Emotional Violence. New York: Free Press, 2002.

Explores how emotional violence in the classroom and on the playground can affect a child's self esteem and learning abilities and offers strategies designed to help protect children from bullying and harassment.

PRF 372.2 HIR

What Your Sixth Grader Needs To Know: Fundamentals of a Good Sixth-Grade Education.

New York: Delta Trade Paperbacks, 1993.

Presents the fundamentals in geography, world civilization, fine arts, and other areas needed for a sixth grader to be successful in school.

PRF 373.236 BER

Berla, Nancy. The Middle School Years: a Parents' Handbook. Columbia, Md.: National

Committee for Citizens in Education, 1989.

PRF 373.236 HER

Hernández, Michele A. The Middle School Years: Achieving the Best Education for Your Child, Grades 5-8. New York: Warner Books, Inc.: 2000.

Organization 101: teaching your child how to get his act together -- How to create an academic environment at home -- Nuts and bolts: study skills -- The homework dilemma: how much help is too much? -- Egghead tips for success: homework shortcuts -- Keeping your child's guidance counselor in the loop as a key resource -- What is plagiarism and how can it be avoided? -- Computers: are they indispensable for success? -- Public versus private school -- Tutoring: is it really worth it? -- Tracking: am I doing my child a favor or hurting his chances for college admission? -- Learning disabilities: what are they and how do I know my child has one? -- Other hindrances to learning -- What should you do when your child has a conflict with a specific teacher? -- Standardized testing -- What to do during the summer -- Extracurricular activities -- Get a job! -- Eye on the prize: looking ahead to college -- Web sites for help with homework -- School supplies -- Suggested middle school reading list -- Math guidelines.

PRF 616.85 HAL

Hallowell, Edward M. Driven to Distraction: Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood. New York: Simon & Schuster, 1995.

Describes the symptoms and effects of attention-deficit disorder through the stories of individual patients and describes methods for diagnosis and treatment.

PRF 616.85 MON

Monastra, Vincent J. Parenting Children with ADHD: 10 Lessons that Medicine Cannot Teach.

Washington, DC: American Psychological Association, 2005.

The author explains the causes of ADHD and how nutrition, medication and parental guidance can improve attention, concentration, and behavioral control. Recognizing the importance of school success, Dr. Monastra also outlines the educational rights of children with ADHD as well as nonconfrontational ways to teach organization, problem solving, and emotional control.

PRF 618.92 BAI

Bain, Lisa J. A Parent's Guide to Attention Deficit Disorders. New York: Dell, 1991.

Parental guide to understanding their child with attention deficit disorders and to find the proper treatment and support.

PRF 649 DOB

Dobson, James C. Dare To Discipline. Wheaton, Ill.: Tyndale House Publishers, 1970.

Presents principles on sound parenting. Covers discipline, love and how to reinforce good behavior and respect for parents.

PRF 649 HAR

Hartley-Brewer, Elizabeth. Raising Confident Boys: 100 Tips for Parents and Teachers.

Cambridge, MA: Fisher Books, 2001.

Contents: Understanding his challenges and opportunities - Meeting his needs - Deepening his self-knowledge and self-awareness - Giving him a positive view of himself - Demonstrating care through love and rules - Responding sensitively to setbacks - Supporting his learning and personal growth - Encouraging confidence and independence - Checking out your role and feelings.

PRF 649 HAR

Hartley-Brewer, Elizabeth. Raising Happy Kids : Over 100 tips for Parents and Teachers. Cambridge, MA: Da Capo Press, 1994.

Contents: Trust yourself: it's OK to do it your way - Building a firm foundation: the tool kit - Building a firm foundation: the repair kit - Where do you fit in? - A way to remember the key points: "The expertise" - Words matter: so let's change the script!.and turn the put-downs into puff-ups - Commitment - Conclusion: "Positive parenting" and the positive and negative behavior circles.

PRF 649 WIS

Wiseman, Rosalind. Queen Bees and Wannabes: a Parent's Guide to Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and Other Realities of Adolescence. New York: Three Rivers Press, 2002.

Cliques and popularity -- Passport from planet parent to girl world: communication and reconnaissance -- The beauty pageant: who wants to be Miss Congeniality? -- Nasty girls: teasing, gossip and reputations -- Power plays: group dynamics and rites of passage -- Boy world: the judges and the judged -- Girl meets boy: crushes, matchmaking, and the birth of fruit cup girl -- Pleasing boys, betraying girls: when relationships get more serious -- Parties: sex, drugs, and Rock 'n Roll -- Getting help. Includes a movie list, resources, and good organizations with their websites.

PRF 649.1 ROS

Rosenfeld, Alvin A. The Over-Scheduled Child: Avoiding the Hyper-Parenting Trap. New York: St Martin's Griffin, 2000.

Argues that parents are undermining their children's potential for success and happiness when they schedule them with too many classes and activities outside of school in an endless quest for perfection.

PRF 649.1 VAN

Vannoy, Steven W. The Ten Greatest Gifts I Give My Children: Parenting from the Heart. New York: Fireside, 1994.

Describes five parenting tools--focus, messages, teach, listen, and model--and discusses how to use them; and shares ten gifts, such as self-esteem, integrity, and abundance, the author has chosen to give his family.

PRF 813 GAR

Garlow, James L. Cracking Da Vinci's Code. Colorado Springs,

Colo.: Victor, 2004. The code that shook the world -- God's second best idea -- Women are more sacred and feminine than the "sacred feminine" -- Jesus, who was he, really? --

Who is revising history? -- Don't shoot the canon -- The Gnostic gospels vs. the New Testament gospels -- Secret knowledge -- The clash of the symbols -- Cracking the code -- Carrie's choice.

REF 282 KLE

Klein, Peter. The Catholic Source Book. 3rd ed. Orlando, FL: Brown-Roa, 2000.

Includes chapters on prayers, tradition, scripture, the Church, liturgy, the liturgical year, devotions, saints and heroes, symbols, and word and phrase origins.