

Parenting involves challenges. Each age brings a new stage for our children including social and emotional growth. Below are some books that may be supportive to you as you guide your child through the elementary years.

Books for parents

What Kids Need to Succeed, Proven, Practical Ways to Raise Good Kids, by Peter L. Benson, Ph.D., Judy Galbraith, M.A., and Pamela Espeland

Raising An Emotionally Intelligent Child, by John Gottman

How To Talk So Kids Will Listen and Listen So Kids Will Talk, by Adele Faber and Elaine Mazlish

Freeing Your Child from Anxiety: Powerful, Practical Solutions for Parents, by Tamar Ellsas Chansky

Books for children

*** Friendship, Respect and Getting Along**

Talk and Work It Out, by Cheri J. Meiners

Join In and Play, by Cheri J. Meiners

We Can Get Along, A Child's Book of Choices, by Lauren Murphy Payne

Cool Down and Work Through Anger, by Cheri J. Meiners

The Girls' Q & A Book on Friendship, 50 Ways to Fix a Friendship Without the Drama, By Annie Fox, M.Ed.

A Smart Girl's Guide, Friendship Troubles, an American Girl Book, dealing with fights, being left out and the whole popularity thing.

The Way I Act, by Steve Metzger

Tease Monster, by Julia Cook

Just Kidding, by Trudy Ludwig

Sorry!, by Trudy Ludwig

Enemy Pie, by Derek Munson

The Recess Queen, By Alexis O'Neill and Laura Huliska-Beith

Say Something, by Peggy Moss

My Secret Bully, by Trudy Ludwig

The Invisible Boy, by Trudy Ludwig

*** Worry and Anxiety**

Is A Worry Worrying You?, By Ferida Wolff and Harriet May Savitz

What to Do When You Worry Too Much, A Kid's Guid to Overcoming Anxiety, by Dawn Huebner, Ph.D.

Wilma Jean The Worry Machine, by Julia Cook

My Mouth Is A Volcano, by Julia Cook

Trouble Talk, By Trudy Ludwig

Understanding Myself: A Kid's Guide to Intense Emotions and Strong Feelings, by Lamia

*** Dealing with Divorce and Separation**

The "D" (divorce) Word, by Julia Cook

Two Homes, by Claire Masurel

My Family's Changing, by Pat Thomas

Standing On My Own Two Feet, by Tamera Schmitz

I Don't Want To Talk About It, by Jeanie Franz Ransom

Was It The Chocolate Pudding, by Sandra Levins and Brian Langdo

Mom and Dad Glue, by Kes Gray

Sharing Me. Helping Young Children Deal With Divorce, by Bonnie Alsop

*** Change, Liking Yourself, Depression**

Don't Be Afraid to Drop, by Julia Cook

How To Be Comfortable In Your Own Feathers, by Julia Cook

I Like Myself, by Karen Beaumont

Just Because I Am, by Lauren Murphy Payne

Blueloon, by Julia Cook