


Book Recommendations

Learning Disabilities

 *Bright Kids Who Can't Keep Up: Help Your Child Overcome Slow Processing Speed and Succeed in a Fast-Paced World*


Braaten, E., and Willoughby, B. 2014

Description: This book provides easy-to-understand information and clear stories and example of how children are impacted by slow processing speed and how to support them.

 *The Survival Guide for Kids with LD*


Fisher, G., and Cummings, R. 2008

Description: This book was written for children to help them understand their learning disability.

 *Thinking About YOU Thinking About ME*

Garcia-Winner, M. 2007

Description: This book provides an overview of social cognitive deficits and offers strategies to develop perspective taking and communication abilities.

 *A Mind at a Time: America's Top Learning Expert Shows How Every Child Can Succeed*

Levine, M. 2002

Description: This book shows parents and professionals how to identify individual learning patterns (strengths and weaknesses) in children to capitalize on strengths and avoid frustration and failure associated with weaknesses.

 *Handbook of Learning Disabilities: Second Edition*

Swanson, L., Harris, K., and Graham, S. 2013

Description: This book is a comprehensive volume of academic articles on understanding and remediating learning disabilities.

 *Overcoming Dyslexia: A New and Complete Science-Based Program for Reading Problems at Any Level*

Shaywitz, S. 2003

Description: This book offers up to date information on understanding and treating dyslexia. It is suitable for parents, families and professionals.

 *The ABC's of Learning Disabilities: Second Edition*

Wong, B., Graham, L., Hoskyn, M., and Berman, J. 2008

Description: This book is an excellent academic overview of learning disabilities, a review of current research in the field and academic intervention

 *The Social Dimensions of Learning Disabilities*

Wong, B., and Donahue, M. 2002

Description: This textbook brings together current research on the social competence of children with LDs

Executive Functioning

ADHD and the Nature of Self Control

Barkley, R. 2005

Description: This book combines clinical practice, theory and neuropsychological research to provide current information on ADHD, executive functioning and the cognitive and social implications for those living with ADHD.

Executive Functions: What They Are, How They Work, and Why They Evolved

Barkley, R. 2013

Description: This book outlines Dr. Barkley's latest research on executive functioning (EF) and the impact on daily life for those with EF deficits. Implications for clinical assessment and treatment are discussed.

A New Understanding of ADHD and Executive Functions in Children and Adults: Executive Functioning Impairments

Brown, T. 2013

Description: This book looks at ADHD through the framework of a developmental disorder of the brain's executive functioning system and describes the most recent scientific research in the field.

Late, Lost, and Unprepared: A Parent's Guide to Helping Children with Executive Functioning

Cooper-Kahn, J., and Dietzel, D. 2008

Description: This book offers parents of teens practical strategies to help promote the development of executive skills.

Executive Skills in Children and Adolescents: A Practical Guide to Assessment and Intervention

Dawson, P., and Guare, R. 2010

Description: This book is intended for school-based professionals such as educators and counsellors to inform assessment and treatment of executive skills deficits in students.

Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential

Dawson, P., and Guare, R. 2009

Description: This book provides a very practical understanding of executive functioning in children for parents and professionals including detailed steps to build specific skills and daily routines at home and school.

Smart but Scattered Teens: The "Executive Skills" Program for Helping Teens Reach Their Potential

Guare, R., Dawson, P., and Guare, C. 2013


Description: This book provides a very practical understanding of executive functioning in teens for parents and professionals including detailed steps to build specific skills and daily routines at home and school.

Executive Function and Child Development

Yeager, M., and Yeager, D., 2013


Description: This book provides up-to-date information on Executive Functioning in a user-friendly manner that is suitable for parents.

Mental Health

 *Nobody's Perfect: A Story for Children About Perfectionism*


Burns, E. 2008

Description: This book is designed to support children who are struggling with perfectionism.

 *Screen-Smart Parenting: How to Find Balance and Benefit in Your Child's Use of Social Media, Apps, and Digital Devices*

Gold, J. 2015

Description: This book incorporates scientific knowledge and research with everyday practical advice to help children develop healthy relationships with technology.

 *The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children (rev. ed.)*

Greene, R. 2010

Description: This book offers parents and professionals a framework to view and address challenging behaviours in children and adolescents at home and at school.


 *What to Do When You Worry Too Much: A Kids Guide to Overcoming Anxiety*

Huebner, D. 2006

Description: This is one of a series of books designed to help children manage their emotions. Other books in the series include:

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger

What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity

 *Angry Octopus: An Anger Management Story Introducing Active Progressive Muscular Relaxation and Deep Breathing*


Lite, L., and Stasuyk, M. 2011

Description: This book teaches children how to use progressive muscle relaxation and breathing techniques to calm down, lower stress, and control anger.

 *Keys to Parenting Your Anxious Child*

Manassis, K. 1996

Description: This book is written to assist parents who are raising anxious children.

 *Helping Your Anxious Child: A Step-by-Step Guide for Parents*

Rapee, R., Wignall, A., Spence, H., Cobham, V., and Lyneman, H. 2008

Description: This book is written for parents whose children are experiencing anxiety. It offers current research and practical strategies for managing child anxiety.