

Student Support Services

As resource teachers and counsellors, parents frequently ask us if there any books or articles we recommend for parenting in this challenging era. There are some in particular that give simple, research-based and common-sense advice. Here are three books to begin with (and more may be added later). The following three authors, though they do not work together, seem to overlap in many of their thoughts and ideas. Here are the titles:

- 1) Hold Onto Your Kids by Gordon Neufeld (a Canadian psychologist who is sought after all over the world).
- 2) The Worried Child by Paul Foxman (an American psychologist who is currently considered one of the leading experts in the world on childhood anxiety)
- 3) The Collapse of Parenting-How We Hurt Our Kids When We Treat Them Like Adults by Leonard Sax (please ignore the title....the advice is sound!). Sax is an American medical doctor and registered psychologist who is very direct yet kind.

Many of our staff at Crane have studied these books in order to learn more about mental health issues surrounding children. We know it can very time consuming to read a book. Therefore, we will start including important research and information approximately twice per week in order to communicate the information from these books. If you have any questions about this information, please speak directly with Mme Reynolds or Mme Manaigre.

Two words of caution and general information. First, these authors give simple, concrete messages. We don't advocate books that require learning a "technique" or detailed "behaviour approach". Adults shouldn't be needing to always walk around with a manual in order to help children! Second, we are not parenting coaches or experts. We are teachers with special education training. We are also parents who make many mistakes and ask many questions!

Here is a snapshot of these three books in case you're ever interested in acquiring a copy.

