

Books for Parents

Supporting Resilience in Children

Free online books

The Bounce Back Book: Birth to 2 Years. Edmonton: Alberta Health Services (download at: <http://www.albertahealthservices.ca/Parents/if-par-bbb-birth.pdf>)

The Bounce Back Book: Building Resiliency Skills in Your Preschooler. Edmonton: Alberta Health Services (download at: <http://www.albertahealthservices.ca/Parents/if-par-bbb-preschool.pdf>)

The Bounce Back Book: Building Resiliency Skills in the Early School Years (age five to nine). Edmonton: Alberta Health Services (download at: <http://www.albertahealthservices.ca/Parents/if-par-bbb-earlyschoo.pdf>)

Growing Up Resilient (2007). Tatiana Barankin & Nazilla Khanlou. Toronto: Centre For Addiction and Mental Health (download at: http://www.camh.net/Publications/Resources_for_Professionals/Growing_Resilient/)

Kids Can Cope: Parenting Resilient Children at Home and at School (2009). John Hoffman. Toronto: The Psychology Foundation of Canada (download at: <http://psychologyfoundation.org/pdf/publications/ResilienceChildrenBooklet.pdf>)

Resilience: Overcoming Challenges and Moving on Positively (2007). Marja Korhonen. Ottawa: National Aboriginal Health Organization (download at: http://www.naho.ca/documents/it/2007_Inuit_Resilience_Book.pdf)

RIRO Resiliency Guidebook (2006). Jennifer Pearson & Darlene Hall. Toronto: The Child & Family Partnership (download at: <http://www.reachinginreachingout.com/resources-guidebook.htm>)

Other books

Building Resilience in Children and Teens (2006). Kenneth Ginsburg (Ed.). Elk Grove, IL: American Academy of Pediatrics.

Freeing Your Child from Negative Thinking (2008). Tamar E. Chansky. Philadelphia: Da Capo Press.

Helping Children with Complex Needs Bounce Back: Resilient Therapy for Parents and Professionals (2009). Kim Aumann & Angie Hart. London: Jessica Kingsley Publishers.

I Love You Rituals (2000). Becky A. Bailey. New York: Harper Collins Publishers.

More Than a Mom: Living a Full and Balanced Life When Your Child Has Special Needs (2006). Amy Baskin & Heather Fawcett. Bethesda, MD: Woodbine House, Inc.

The Optimistic Child (1995). Martin Seligman. New York: Harper Perennial.

The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success (2009). Charlotte Reznick. London: Penguin Books Ltd.

Raising Resilient Children (2001). Robert Brooks & Sam Goldstein. New York: McGraw-Hill.

Roots of Empathy (2005). Mary Gordon. Toronto: Thomas Allen.

Socially Strong, Emotionally Secure: 50 Activities to Promote Resilience in Young Children (2011). Nefertiti Bruce & Karen B. Cairone. Silver Spring, MD: Gryphon House, Inc.

Take Your Temperament!: Finding the Way to Family Harmony Through an Understanding of Diverse Temperaments (2009). Nanci Burns & Nancy Rubenstein. (Order online at www.takeyourtemperament.ca)