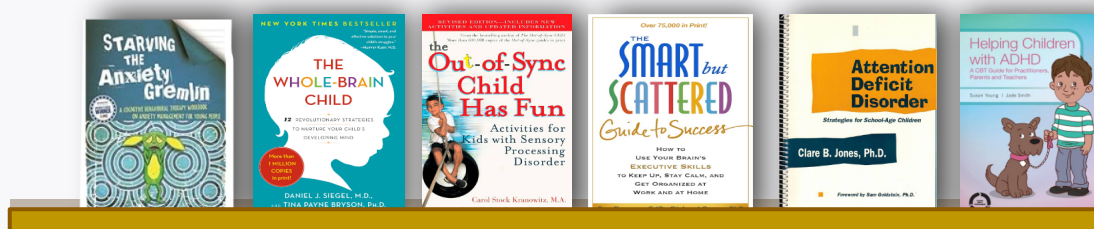




Recommended Reading and Resources For Parents and Children



Books and Publications



Starving the Anxiety Gremlin by *Kate Collins-Donnelly* is A CBT-based workbook for children and young people to understand and manage anxiety.

The Whole Brain Child by *Dr. Daniel Siegel* offers 12 strategies to nurture a child's developing mind. It focuses on Brain development, emotional regulation

The Out-of-Sync Child & The Out-of-Sync Child Has Fun by *Carol Kranowitz*. Provides nsight into sensory processing issues and practical, playful solutions.

Smart but Scattered by *Peg Dawson* has Executive functioning strategies to help children reach their potential.

Attention Deficit Disorder Strategies for School-Aged Children by *Clare Jones* provides practical guidance for both parents and teachers.

Helping Children with ADHD: A CBT Guide for Practitioners, Parents, Teachers by *Susan Young & Jade Smith*. Focuses on Cognitive behavioural strategies tailored for ADHD.