

Books

The School Savvy Parent: 365 Insider Tips to Help You Help Your Child. Rosemarie Clark, M.Ed., Donna Hawkins, M.Ed., Beth Vachon, M.Ed. 1999. Minneapolis, MN: Free Spirit Publishing, Inc.

www.freespirit.com. These are 3 teachers who have written a paperback book just under 200 pages that is packed with 365 tips that are clear, concise, and quick to read. Topics covered are home-school communication, homework, enrichment, setting goals, talents, learning styles, personal responsibility, getting along with others, back-to-school, and health and safety. Aimed at kids in elementary and middle school.

Lonely, Sad and Angry: How to Help Your Unhappy Child. Barbara Ingersoll, Ph.D. & Sam Goldstein, Ph.D. 2001. Plantation, FL: Specialty Press, Inc. This book is available from www.addwarehouse.com. Sam Goldstein is a nationally recognized expert in child development who is both a prolific writer and a prolific presenter. His co-author has written another book with Sam Goldstein, Attention Deficit Disorder and Learning Disabilities. The "Lonely" book focuses on childhood depression from understanding what it is and what the causes are, through how to obtain a comprehensive evaluation, to choosing the right treatment and how parents and teachers can help. What is particularly useful about this book is that it contains a "Depression Symptom Checklist" which can be used as a screening instrument by parents to decide if a more in-depth evaluation is needed; medication is discussed; and samples of the common depression rating scales are listed.

Yardsticks: Children in the Classroom Ages 4 – 14. Chip Wood. 2004. Greenfield, MA: Northeast Foundation for Children. www.responsiveclassroom.org. This is a great little paperback book that goes through the ages of 4 to 14 listing expectations about children's growth and development in the classroom. Each age is discussed in terms of physical, social, cognitive and language growth patterns, how these 4 areas are displayed in the school setting, and what the curriculum should be for each age and grade in school. It's a fast read in non-technical language that provides a lot of information in approx. 200 pages.

Get Smart: Nine Sure Ways to Help Your Child Succeed in School. Ronald Dietel, Ed.D. 2006. San Francisco, CA: Jossey-Bass. This book has ways for parents to improve their children's academic performance that are based on educational research, the Get Smart Learning Model. He uses stories and examples to explain what he means. In one of the appendices he lists factors that are supported by research as indicators of school quality, sort of a "school system report card." There is a glossary of assessment terms commonly used in schools and strategies for students with special needs.

Straight Talk about Psychological Testing for Kids. Ellen Braaten, Ph.D. & Gretchen Felopulos, Ph. D. 2004. New York, NY: Guilford Press. This is a wonderful book written by 2 psychologists who work at Massachusetts General Hospital for Children and teach at Harvard Medical School. I learned a lot from reading this book and I like to think that I have some experience in psychological testing! It covers in detail and understandable language how to decide if your child needs testing, what is involved in the assessment process, who is qualified to conduct the evaluation, what some of the commonly used tests do and what the scores mean, and then there are individual chapters on the common childhood disorders of reading, math and written expression, ADHD, nonverbal learning disorders and Asperger's syndrome, autism and pervasive developmental disorder, mental retardation, giftedness, and emotional disturbance.

How to Help Your Child with Homework. Jeanne Shay Schumm, Ph.D. 2005. Minneapolis, MN: Free Spirit Press. This is aimed at parents of children between the ages of 6 and 13. This 195 page book packs a lot of information about helping your child with reading words, fluency, vocabulary and comprehension, spelling and writing, math, science, social studies, and foreign languages, using technology, projects, reports and papers, and organizational skills. The author shares reproducible assignment sheets, lists of sight words, manuscript and charts.

All of these books can probably be obtained from Amazon or Borders online for substantial savings!