

## Treatment Foster Care Program Library

Books and resources in the Treatment Foster Care Program Library may be borrowed for up to 3 weeks by foster parents registered with Knowles Centre. For more information, contact us at 204-339-4692.

### BOOKS AND RESOURCES FOR CHILDREN

**The Aboriginal Alphabet** by Evelyn Ballantyne. Early years ABC book with aboriginal culture items.

**Baby Learns About Animals** by Jessie Eve Ruffenach. Board book with Navajo art.

**Baby Learns About Seasons** by Jessie Eve Ruffenach. Board book with Navajo art.

**Boys, Girls and Body Science** by Meg Hickling. This book covers basic sex education topics of the differences between male and female bodies, sex and how babies grow and are born.

**The Birth of Nanabosho** by Joe McLellan. The *Nanabosho* series features aboriginal legends.

**The Boy and the Man of Snow** by Annie Whiskeychan. A story based on a Cree legend.

**The Boys Body Book** by Kelli Dunham. Everything you need to know for growing up YOU!

**But Michael Makes Me Laugh** by Lori Stetina. A picture book to help young children understand children who have FASD.

**Chakapesh Snares the Sun** by Linda Guebert. An Algonkian legend.

**Confessions of a Former Bully** by Trudy Ludwig. A picture book about a girl who learns about her own bullying behaviour and changing it through the help of her school counsellor. Contains the same characters as *My Secret Bully*.

**Cory Stories** by Jeanne Kraus. A book for 6-11 year olds about living with ADHD. Helps kids understand that they have both strengths and challenges, and gives ideas for helping with the challenges.

**Dinosaurs Divorce** by Laurene Krasny Brown. A picture book to help children deal with parents breaking up.

**Do Unto Otters** by Laurie Keller. A fun picture book about the virtues, manners and treating others the way we want to be treated.

**The Drum Calls Softly** by David Bouchard. A story based on the beauty of culture through words, paintings & song CD included.

**Eagle Feather - An Honour** by Ferguson Plain. A book about a boy's relationship with his grandfather and learning aboriginal values and teachings.

**Eat Healthy, Feel Great** by William Sears. This picture book helps children understand basic nutrition and encourages them to eat foods that are good for them.

**Everybody Feels Angry** by Jane Bingham. The *Everybody Feels* series helps young children understand their emotions.

**Everybody Feels Happy** by Jane Bingham. The *Everybody Feels* series helps young children understand their emotions.

**Everybody Feels Sad** by Jane Bingham. The *Everybody Feels* series helps young children understand their emotions.

**Everybody Feels Scared** by Jane Bingham. The *Everybody Feels* series helps young children understand their emotions.

**The Family Book** by Todd Parr. The Family Book celebrates all kinds of families.

**Feelings Flashcards** by Todd Parr. A set of sturdy flashcards with pictures of feelings which caregivers can use in a variety of ways to help kids be able to name their feelings.

**Feet are not for Kicking** by Elizabeth Verdick. Part of *The Best Behavior Series* - board books for young children that encourage positive behavior.

**Finding the Right Spot** by Janice Levy. A book about being in foster care for kids age 6-12.

**Foster Baby** by Rhian Brynjolson. A picture book about a foster baby that comes to live with a family. The book talks about what babies need from caregivers.

**Germes are not for Sharing** by Elizabeth Verdick. Part of *The Best Behavior Series* - board books for young children that encourage positive behavior.

**Going to a Party** by Anne Civardi. *Usborne First Experiences* series helps children to know what to expect in new situations.

**Going to School** by Anne Civardi. *Usborne First Experiences* series helps children to know what to expect in new situations.

**Going to the Dentist** by Anne Civardi. *Usborne First Experiences* series helps children to know what to expect in new situations.

**Going to the Doctor** by Anne Civardi. *Usborne First Experiences* series helps children to know what to expect in new situations.

**Grandmother's Dreamcatcher** by Becky Ray McCain. A gentle story of the love between a grandmother and granddaughter under the grandmother's care.

**Hands are not for Hitting** by Martine Agassi. Part of *The Best Behavior Series* - board books for young children that encourage positive behavior.

**Happy, Sad, Silly, Mad** by John Seven & Jana Christy . Feelings help describe the world around you, so many ways to feel.

**Have you Filled a Bucket Today?** by Carol McCloud. This book encourages children to practice acts of kindness.

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**Hidden Buffalo** by Rudy Wiebe. A story about a group of Cree people looking for buffalo herds and the difficulties they encounter.

**Hide and Sneak** by Michael Arvaarluk Kusugak. A book about a girl who played hide and seek and encountered an Ijiraq (a Inuit legendary creature).

**How to be a Friend** by Marc & Laurie Krasny Brown. A guide to making friends & keeping them.

**I Can't Have Bannock but the Beaver has a Dam** by Brenda Wheeler. In this story a child wants to have bannock but can't because some beavers knocked down a power line.

**I Can't Sit Still** by Pam Pollack & Meg Belviso . Learning how to deal with ADHD.

**It's MY Body** by Lory Freeman. This book teaches young children how to resist uncomfortable touch.

**Just Kidding** by Trudy Ludwig. A picture book about a boy who is emotionally bullied and how he learns strategies to deal with it, as well as learning that confronting bullying is not tattling.

**The Kids Book of Aboriginal Peoples in Canada** by Dianne Silvey. A story of Canada's Aboriginal Peoples that have shaped this country in countless ways.

**Learning to Slow Down and Pay Attention** by Kathleen Nadeau. Written for kids age 6-11 with ADHD, including ways they can learn to help themselves with everyday issues such as making friends, cleaning a bedroom and paying attention in school.

**Lifetimes** by Brian Mellonie & Robert Ingpen . The beautiful way to explain death to children.

**Looking After Me - Eating Well** by Liz Gogerly. The *Looking After Me* Series helps young children understand self-care and safety.

**Looking After Me - Exercise** by Liz Gogerly. The *Looking After Me* Series helps young children understand self-care and safety.

**Looking After Me - Keeping Clean** by Liz Gogerly. The *Looking After Me* Series helps young children understand self-care and safety.

**Looking After Me - Safety** by Liz Gogerly. The *Looking After Me* Series helps young children understand self-care and safety.

**Looking After Me - Taking Medicines** by Liz Gogerly. The *Looking After Me* Series helps young children understand self-care and safety.

**Looking After Me - Teeth** by Liz Gogerly. The *Looking After Me* Series helps young children understand self-care and safety.

**Mad isn't Bad** by Michaelene Mundy. This book helps children find positive ways of dealing with anger.

**Maybe Days: A Book For Children in Foster Care** by Jennifer Wikgocki. A picture book about foster care for kids aged 4-10.

**The Missing Sun** by Peter Eyvindson. A picture book featuring aboriginal characters. The book talks both about the scientific and legendary explanations for the disappearance of the sun in the North.

**The Moccasins** by Earl Einarson. A foster child is given a special gift of moccasins.

**A Mother for Choco** by Keiko Kasza. A yellow bird is "adopted" by a mother bear.

**Murphy's Three Homes: A Story For Children in Foster Care** by Jan Levinson Gilman. A picture book in which children in foster care can identify with the experience of a small dog that experienced different homes.

**My Body Belongs to Me** by Jill Starishevsky. teaches awareness and boundaries.

**My Kokum Called Today** by Iris Loewen. This story features aboriginal characters and celebrates a young girl's participation in cultural activities when she visits her grandmother in the country.

**My Secret Bully** by Trudy Ludwig. A picture book which addresses the issue of emotional bullying.

**Nanabosho Dances** by Joe McLellan. The *Nanabosho* series features aboriginal legends.

**Nanabosho: How the Turtle Got Its Shell** by Joe McLellan. The *Nanabosho* series features aboriginal legends.

**Nanabush and Rabbit** by Linda Guebert. A book based on an Ojibway legend.

**The Old Woman who Sang to a Wigwam** by John Blackned. A story based on a Cree legend.

**On Our Way** by Mary Upper. This book is based on a song about a family getting ready to take a trip, flying away from their northern home.

**Percy Plays it Safe** by Stuart Murphy. A book about playground safety.

**Pete Fidler & the Metis** by Donna Lee Dumont. Metis history and culture for middle years' readers - CD included.

**Please Pass the Manners** by Lola Schaeffer. A board book introducing young children to the concept of manners.

**Please tell (1991)** by Jessie. This book was written and illustrated by a child who is a survivor of sexual abuse, and carries the message that it's okay to tell what happened.

**The Potty Book for Boys** by Alyssa Satin Capucilli. A picture book about toilet training.

**The Potty Book for Girls** by Alyssa Satin Capucilli. A picture book about toilet training.

**Red Parka Mary** by Peter Eyvindson. A picture book featuring aboriginal characters in which a young boy is scared of a nearby neighbour, but comes to appreciate her as he gets to know her.

**Rosie's Feast** by Mary Upper. A story about a community feast.

**Sam's Bear** by Merryl Hammond. Prenatal exposure to alcohol and its effects on the brain are explained in a kid-friendly way from the perspective of the teddy bear of a boy named Sam.

**Storm Boy** by Paul Owen Lewis. An aboriginal story about a chief's son who get lost in a storm and meets a mysterious group of people who share with him their food and celebration.

**Tails are Not for Pulling** by Elizabeth Verdick. Part of *The Best Behavior Series* - board books for young children that encourage positive behavior.

**Teeth are not for Biting** by Elizabeth Verdick. Part of *The Best Behavior Series* - board books for young children that encourage positive behavior.

**The Secret of the Silver Horse** by Department of Justice. A picture book to help understand sexual abuse and the difference between good secrets and harmful secrets.

**The Seven Teachings** by David Courchene Jr. A book about the Seven Teachings .

**The Sharing Circle** by Theresa Meuse-Dallien. Stories about First Nations Culture.

**The Short-Cut** by Keeshig-Tobias. While going to visit grandparents, a family takes a short-cut through the bush and learn about animal tracks.

**The Twelve Gifts of Birth** by Charlene Costanzo. A book about virtues and values, such as courage, compassion, hope, joy, faith and wisdom.

**A Walk in the Rain with a Brain** by Edward Hallowell. This book contains the message that everyone's brain has strengths.

**The Way I Feel** by Janan Cain. A picture book to help children name and understand different emotions.

**What to Do When Your Temper Flares** by Dawn Huebner. A book for 6-12 year olds to help them deal with anger. It is best used with caregivers as facilitators.

**When Dinosaurs Die** by Laurene Krasny Brown. A picture book to help children deal with death.

**When I Feel Afraid** by Cheri J. Meiners. This book helps children understand their fears and teaches basic coping skills.

**Where did you get your moccasins?** by Brenda Wheeler. A boy describes how his Kookum made moccasins for him.

**Who has What ?** by Robie Harris. All about boys and girls bodies.

**Wilma Jean & the Worry Machine** by Julia Cook. Addresses the problem of anxiety for children of all ages.

**Words are not for Hurting** by Elizabeth Verdick. Part of *The Best Behavior Series* - board books for young children that encourage positive behavior.

**You Can Do It Too** by Nicholas Burnside. A comic book about FASD.

## BOOKS AND RESOURCES FOR CHILDREN AND TEENS

**All Kinds of Minds: A young students' book about learning abilities and learning disorders** by Mel Levine. A chapter book to help older kids understand their own minds' strengths and challenges, such as problems with attention deficit, memory, social skills, motor skills, language and reading.

**A Boy Called "It"** by Dave Pelzer. The author recounts his experiences growing up in an abusive home.

**The Care and Keeping of You - The Body Book for Girls** by Valerie Schaefer. A book for girls approaching or in puberty which covers a range of topics including body changes of puberty, emotional issues and self-care.

**Drama, Rumors & Secrets** by Nancy Holyoke. A smart girl's guide.

**The Feelings Book** by Lynda Madison. This book helps girls heading into puberty to understand and deal with their emotions.

**Finding Home** by Kayla Rain. The journey of children and youth who themselves move into new homes

**For Girl's Only!** by Manitoba Department of the Status of Women. This book provides real life issues young women face. Interactive.

**Metis Spirits** by Deborah L. Delaronde. Shows how the history of the Metis weaves through experiences of today.

**Native Americans** by S.N. Paleja. A visual exploration of North America's First Peoples

**One Line Raps for Girls and Chaps** by Charlie Appelstein. A CD of rhythmic self-talk for kid's emotional and behavioural issues

**Putting on the Brakes** by Patricia Quinn. A book about ADHD for kids aged 8-13.

**Staying Home Alone** by Dottie Raymer. A smart girl's guide

**This is Me** by Interagency FASD Program. CD-ROM and instruction book to help understand the brain domains of FASD and how they affect children's behaviour.

**The Voyageurs** by Christopher Meyer. Part of the Rabbit and Bear Paws series, a set of graphic novels that teach about First Nations history, cultures and traditions.

**Where the Rivers Meet** by Don Sawyer. Novel for young adults about a character who learns traditional aboriginal ways.

## BOOKS AND RESOURCES FOR PARENTS AND CAREGIVERS

**All Lives Well Lived** by Fetal Alcohol Family Association. A book that explains the basics about fetal alcohol spectrum disorder.

**The Art and Science of Transplanting Children** by Gordon Neufeld. DVD presentation in eight sessions; Dr. Neufeld applies attachment principles to foster care.

**The Asperger's Answer Book** by Susan Ashley. Top questions parents ask.

**Becoming a Behaviour Detective** by Fetal Alcohol Family Association. This book helps caregivers understand the behaviour of children with FASD.

**Born for Love** by Maia Szalavitz. A book for adults about why empathy is needed by our children and what is necessary for them to develop empathy.

**The Boy Who Was Raised as a Dog** by Bruce Perry. A child psychiatrist recalls the stories of children he has worked with and what they taught him about the brain, trauma, resilience and healing.

**Cause and Consequence** by NTI Upstream. CD-ROM that guides caregivers and teachers through a problem solving process.

**Creative Interventions with Traumatized Children** by Cathy Malchiodi. Written for professionals, this book explores ideas from creative therapies such as play, music and drama.

**The Explosive Child** by Ross W. Greene. A book for caregivers about parenting easily frustrated and chronically inflexible children.

**Guide to Understanding Your Child** by Linda Mayes & Donald Cohen . Healthy development from birth to adolescence.

**Guiding Your Child Through Grief** by Mary Ann Emswiler. This book is for caregivers to help children who are in mourning. It addresses different needs at different ages, from very young children to teenagers.

**Hold On to Your Kids** by Gordon Neufeld. A book for caregivers about forming strong attachment relationships to children and by doing so, reducing the impact that peers have on our children and youth.

**How to Talk so Kids Will Listen and Listen so Kids Will Talk** by Adele Faber. Practical strategies for foster parents to communicate with their kids with lots of examples.

**How to Talk so Teens Will Listen and Listen so Teens Will Talk** by Adele Faber. Practical strategies for foster parents to communicate with their teens with lots of examples.

**Jane Doe** by Cathy Zajaros. A sample resource of how a foster parent can organize information needed by Knowles Treatment Foster Care Program.

**Kids are Worth It** by Barbara Coloroso. Highlights everyday situations to give the gift of inner discipline to kids. Emphasizes using parenting strategies that treat kids with dignity and respect.

**Maltreated Children** by Bruce Perry. Perry discussed how abuse and neglect affect brain development and the implications for helping children who have been abused.

**The Mystery of Risk: Drugs, Alcohol, Pregnancy, and the Vulnerable Child** by Ira J. Chasnoff. This book is for adults, educating about the science of the brain and how it is affected by substances and trauma, in addition to giving strategies that can be used in home and school.

**The N.D.D. Book: How Nutrition Deficit Disorder Affects Your Child's Learning, Behavior, and Health, and What You Can Do About It** by William Sears. Dr. Sears helps parents to understand how children's nutrition affects their moods and behaviours and gives practical strategies to make improvements.

**Navigating Life, Making Better Choices** by Fetal Alcohol Family Association. This book helps caregivers and people with FASD handle life situations, such as making decisions, social contacts, and legal issues.

**No Mind Left Behind** by Adam J. Cox. In this book for caregivers the author looks at 8 mind skills: initiating action, flexible thinking, sustaining attention, organization, planning, working memory, self-awareness and managing emotions. Cox gives very practical strategies for caregivers whose children have difficulty in any of these areas.

**No Such Thing as a Bad Kid** by Charles Appelstein. Appelstein helps caregivers and people who work with youth at risk to understand and form effective strategies about difficult behaviours.

**No-Talk Therapy for Children and Adolescents** by Martha B Straus. This book provides guidance to work with kids who can't or won't engage in conversation-based therapy.

**Parent Rhapsody** by Charlie Appelstein. Songs and mantras for parenting.

**Re-Visioning Family Therapy** by Kenneth Hardy & Monika McGoldrick. Race culture and gender in clinical practice.

**The Skill-ionaire in Every Child** by Marie-Nathalie Beaudoin. Boosting children's socio-emotional skills using the latest in brain research.

**Strategies for Parenting Children with FASD** by Brighter Futures Family Resource Society. This book gives many examples of parenting ideas for children with FASD.

**Talk to Me First: Everything You Need to Know to Become Your Kids' "Go-To" Person about Sex** by Deborah Roffman. As the title suggests, this is a book not so much about what to tell kids about sex as to strengthen their caregivers ability to engage in conversations about this topic. Roffman helps guide parents to communicate values around sexuality and to encourage critical thinking regarding sexuality for kids and teens.

**Teens Who Hurt** by Kenneth Hardy. Clinical interventions to break the cycle of adolescent violence.

**Ten Talks** by Dominic Cappello & Xenia Becher. Parents must have with their children about drugs & choices.

**The Total Transformations Program** by James Lehman. A DVD set with strategies to manage very challenging behaviours in children and teens.



**The Whole Brain Child** by Daniel Siegel M.D. A revolutionary approach to child rearing with 12 key strategies that foster healthy brain development.

**Trauma & the Avoidant Client** by Robert T. Muller. Attachment-based strategies for healing.

**What Educators Need to Know about FASD** by Healthy Child Manitoba. This book covers features of FASD and strategies that can be used for school-aged children. Many of the strategies can be applied in the home.

**What Early Childhood Educators Need to Know about Fetal Alcohol Spectrum Disorder** by Healthy Child Manitoba. This book covers features of FASD and strategies that can be used for preschool children. Many of the strategies can be applied in the home.