

Available Titles to Borrow

	Title	Author	Topics covered
1	Magnificent Minds - The new Whole-Child Approach to Autism	Suzanne Goh, MD	Autism, neurodiversity, communication, behaviour, social
2	Childhood Unplugged - Practical Advice to get Kids Off Screens and Find Balance	Katherine Johnson Martinko	Screen time, digital media
3	This is so Awkward - Modern Puberty Explained	Cara Natterson, MD and Vanessa Kroll Bennett	Puberty and adolescence, body image, mental health, relationships
4	What's my Tween Thinking?	Tanith Carey	Teen development, anger, body image,
5	Growing Up	DK	Puberty and adolescence, body
6	Anxiety Relief for Kids - On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance	Bridget Flynn Walker, Ph.D	Anxiety, worry, panic, avoidance
7	Born Extraordinary - Empowering Children with Differences and Disabilities	Meg Zucker	Disability, body differences, empowerment, emotional needs
8	Start Here - A Parent's Guide to Helping Children and Teens through Mental Health Challenges	Pier Bryden, MD and Peter Szatmari, MD	Eating disorders, anxiety, psychosis, sleep disorders, substance use disorders, ADHD, Autism, depression,
9	How To Talk So Teens Will Listen & Listen So Teens will Talk	Adele Faber & Elaine Mazlish	Communication and relationship building
10	The Emotional Lives of Teenagers - Raising Connected, Capable and Compassionate Adolescents	Lisa Damour, Ph.D	Teens emotional development, strategies, communication, mental health
11	The Teenage Brain - A neuroscientist's Survival Guide to Raising Adolescents and Young Adults	Frances E. Jensen, MD with Amy Ellis Nutt	Learning, maturity, emotional development, drugs, stress, memory, decision-making
12	Fourteen Talks by Age Fourteen - Essential Conversations Before Your Kids Start High School	Michelle Icard	Communication, friendship, sexuality, impulsivity, technology, creativity,
13	And Then They Stopped Talking to Me - Making Sense of Middle School	Judith Warner	Teen development, role modeling, understanding, empathy, resiliency

