

PSYCH 201: REAL LIFE ISSUES FOR PARENTS RESOURCE GUIDE

2012 Nevus Outreach Conference,
Allison D. Hurwitz, LPC, LSW, MSW, MA, ATR

BOOKS FOR KIDS:

- *Elmer* By David McKee
- *It's Okay To Be Different* By Todd Parr
- *Buddy Booby's Birthmark* By Donna and Evan Drucker
- *Drawing Together to Accept and Respect Differences* By Marge Eaton Heegaard
- *Freckleface Strawberry* By Julianne Moore
- *Don't Feed The Monster On Tuesday!* By Adolph Moser
- *I'm Gonna Like Me: Letting Off a Little Self-Esteem* By Jamie Lee Curtis
- *What I Like About Me!* By Allia Zobel Nolan
- *The Skin You Live In* By Michael Tyler & David Lee Csicsko
- *Special People, Special Ways* By Arlene Maguire
- *Dare to Dream! 25 Extraordinary Lives* By Sandra McLeod Humphrey
- *The Adventures of Katgirl* By Katherine Magnoli
- *Simon's Hook* By Karen Burnett
- *The Rough-Face Girl* By Rafe Martin
- *The Rainbow Fish* By Marcus Pfister
- *Noah's Mark* By Lisa Witherspoon

BOOKS FOR TEENS:

- *The Struggle to Be Strong: True Stories by Teens About Overcoming Tough Times* By Al Desetta and Sybil Wolin
- *Paint Me Like I Am: Teen Poems from WritersCorps* By Bill Aguado and Richard Newirth
- *Be True to Yourself: A Daily Guide for Teenage Girls* By Amanda Ford
- *Life Lists for Teens: Tips, Steps, Hints, and How-Tos for Growing Up, Getting Along, Learning, and Having Fun* By Pamela Espeland
- *My Feet Aren't Ugly: A Girl's Guide to Loving Herself from the Inside Out* By Debra Beck
- *Dare to Dream! 25 Extraordinary Lives* By Sandra McLeod Humphrey
- *The Skin I'm In* By Sharon Flake

BOOKS FOR PARENTS:

- *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber and Elaine Mazlish
- *Building Resilience in Children and Teens: Giving Kids Roots and Wings* By Kenneth Ginsburg
- *The Optimistic Child: A Proven Program to Safeguard Children from Depression and Build Lifelong Resilience* by Martin Seligman

- *The Blessing Of A Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children* By Wendy Mogel
- *The Childhood Roots of Adult Happiness: Five Steps to Help Kids Create and Sustain Lifelong Joy* By Edward Hallowell
- *Best Friends, Worst Enemies: Understanding the Social Lives of Children* By Michael Thompson, Catherine O’Neill-Grace, Lawrence Cohen
- *Raising Self Reliant Kids in a Self-Indulgent World* By H. Stephen Glenn and Jane Nelsen

WEBSITES & SOCIAL MEDIA FOR KIDS:

- Bنداides & Blackboards
<http://www.lehman.cuny.edu/faculty/jfleitas/bandaides/contkids.html>
- Caring Matters Now, <http://www.caringmattersnow.co.uk/>
 - Great guides for parents that can be shared with kids and cover such topics as: *Meeting People and Feeling Good, Making Friends and Fitting In, and Talking to Other Children.*
- Nevus Support Youth Chat Facebook group, ages 8 & up
<https://www.facebook.com/groups/117734914912760/>

WEBSITES & SOCIAL MEDIA FOR TEENS:

- Nevus Support Youth Chat Facebook group
<https://www.facebook.com/groups/117734914912760/>
- Caring Matters Now, Teen Forum <http://www.caringmattersnow.co.uk/support/teenage-forum/>
- Nevus Outreach, Inc. <http://www.nevus.org/index.php>
- Bنداides & Blackboards
<http://www.lehman.cuny.edu/faculty/jfleitas/bandaides/contteen.html>

WEBSITES & SOCIAL MEDIA FOR PARENTS:

- Nevus Outreach, Inc. <http://www.nevus.org/index.php>
- Nevus Outreach Facebook group, <https://www.facebook.com/groups/45259998392/>
- Caring Matters Now, <http://www.caringmattersnow.co.uk/research-2/cmn-support-literature/>
 - Great guides to help parents and teachers to address common challenges that can occur from infancy through adolescence. Some examples include: *Baby Looks Different; Moving on to Primary School; Teasing, Name Calling and Bullying, and Handling Adolescence.*
- Fostering Resilience <http://www.fosteringresilience.com/>
- American Psychological Association: The Road to Resilience
<http://www.apa.org/helpcenter/road-resilience.aspx>

MUSIC VIDEOS:

- OLIVIA RUSK starring in “I Could Be Great!”- Alopecia Awareness
http://www.youtube.com/watch?v=KXnDfRgh_nU

- PINK, “Perfect” (clean version) with lyrics, <http://www.youtube.com/watch?v=-BIye98Ryic>
- FANNIN FAMILY performing Selena Gomez song “Who Says” on *The Sing-Off* <http://www.youtube.com/watch?v=Wlq3m2-u4ao>
- GLEE CAST performing Lady Gaga’s “Born This Way” <http://www.youtube.com/watch?v=voxgeAk9fyU&feature=related>
- KELLY CLARKSON performing “Stronger (What Doesn’t Kill You)” <http://www.youtube.com/watch?v=Xn676-fLq7I>
- KATY PERRY, “Firework” <http://www.youtube.com/watch?v=3LeOoOyztIM>
- WHITNEY HOUSTON, “The Greatest Love of All” <http://www.youtube.com/watch?v=IYzlVDIE72w>