

PRESCHOOL - KINDERGARTEN

Calming your anxious child : words to say and things to do
(616.8522 TRAINOR)

Getting from me to we : how to help young children fit in and make friends
(649.154 TUCK)

How to talk so little kids will listen : a survival guide to life with children ages 2-7 (649.123 FABER)

The importance of being little : what preschoolers really need from grownups (372.21 CHRISTA)

Preschool clues : raising smart, inspired, and engaged kids in a screen-filled world (649.123 SANTOME)

ALL AGES

Building resilience in children and teens : giving kids roots and wings
(649.125 GINSBUR)

Parenting children with mental health challenges : a guide to life with emotionally complex kids
(649.154 VLOCK)

The parents' guide to psychological first aid : helping children and adolescents cope with predictable life crises
(649.154 PARENTS)

When the world feels like a scary place : essential conversations for anxious parents & worried kids
(649.154 GEWIRTZ)

SUPPORTING YOUR CHILD: SCHOOL, COVID, AND ANXIETY

Resources from the
Ketchikan Public Library

www.ketchikanpubliclibrary.org
1110 Copper Ridge Lane
907-225-3331



ELEMENTARY SCHOOL

MIDDLE SCHOOL

HIGH SCHOOL

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And then they stopped talking to me : making sense of middle school
(373.236 WARNER)

Crazy-stressed : saving today's overwhelmed teens with love, laughter, and the science of resilience
(649.125 BRADLEY)

Overcoming school anxiety : how to help your child deal with separation, tests, homework, bullies, math phobia, and other worries (649.154 PETERSM)

Better with books : 500 diverse books to ignite empathy and encourage self-acceptance in tweens and teens
(649.58 HART)

Dial down the drama : reducing conflict and reconnecting with your teenage daughter--a guide for mothers everywhere (305.235 OGRADY)

The parents' guide to psychological first aid : helping children and adolescents cope with predictable life crises
(649.154 PARENTS)

Middle school matters : the 10 key skills kids need to thrive in middle school and beyond--and how parents can help
(373.236 FAGELL)

Helping your anxious teen : positive parenting strategies to help your teen beat anxiety, stress, and worry
(616.8522 JOSEPHS)

Raising an organized child : 5 steps to boost independence, ease frustration, promote confidence (649.1526 KORB)

Parenting through puberty : mood swings, acne, and growing pains
(649.125 KOWALCO)

Masterminds & wingmen : helping our boys cope with schoolyard power, locker-room tests, girlfriends, and the new rules of Boy World
(305.2351 WISEMAN)

Thinking differently : an inspiring guide for parents of children with learning disabilities (371.9 FLINK)

Planet middle school : helping your child through the peer pressure, awkward moments & emotional drama
(373.236 LEMAN)

Saving our sons : a new path for raising healthy and resilient boys : with special sections on motivating boys and managing their technology use
(649.132 GURIAN)

When the world feels like a scary place : essential conversations for anxious parents & worried kids
(649.154 GEWIRTZ)

The drama years : real girls talk about surviving middle school -- bullies, brands, body image, and more
(305.235 KILPATR)

Teenagers 101 : what a top teacher wishes you knew about helping your kid succeed (373.12 DEURLEI)

The ultimate guide to raising teens and tweens : strategies for unlocking your child's full potential
(649.125 HADDAD)

Under pressure : confronting the epidemic of stress and anxiety in girls
(649.133 DAMOUR)

Why do they act that way? : a survival guide to the adolescent brain, for you and your teen (305.235 WALSH)

