

Parenting Media in WSU Chelan Douglas County Extension Office

Although the dates of some of these are old, their content is surprisingly still relevant . Resources are either free to check out, a small fee, and/or can be downloaded for free online at www.pubs.wsu.edu

<u>Brochures/Pamphlets</u>	<u>Videos</u>
<u>Articles</u>	<u>Other Training</u>
<u>Books</u>	

Brochures/pamphlets:

- EB1903 Barber, Kenneth E., The Magic of Infancy and the Toddler Years (Pullman, WA: Washington State University, 2004)
- PNW64 Child Guidance Techniques (October 1993)
- PNW0556 Navigating Work & Family (December 2002) \$3.50 *
- PNW0556-S Llevando el Trabajo y la Familia (March 2003) \$3.50 *
- MISC0275 Food Safety During Your Pregnancy (February 2002) \$.25 *
- EM4775 Barber, Kenneth E., Children's Growth and Guidance (Pullman, WA: Washington State University, June 2001) \$1.00 *
- EM4775S Barber, Kenneth E., El Crecimiento y la Forma de Guiar a los Niños (Pullman, WA: Washington State University, May 2002) \$1.00 *
- EM4776 Barber, Kenneth E., Children: Guidance/Discipline (Pullman, WA: Washington State university, April 2001) \$1.00 *
- EM4776S Barber, Kenneth E., Niños: Guía y Disciplina (Pullman, WA: Washington State University May 2002) \$1.00 *
- EM4777 Barber, Kenneth E., Guidance Techniques (Pullman, WA: Washington State University, April 2001) \$1.00
- EM4777S Barber, Kenneth E., Técnicas de Guía (Pullman, WA: Washington State University, May 2002) \$1.00 *
- EM4778 Barber, Kenneth E., Preventing Misbehavior (Pullman, WA: Washington State University, April 2001) \$1.00 *
- EM4778S Barber, Kenneth E., Cómo Evitar el Mal Comportamiento (Pullman, WA: Washington State University, May 2002) \$1.00 *
- EM4779 Barber, Kenneth E., Why Children Misbehave (Pullman, WA: Washington State University, April 2001) \$1.00 *
- EM4779A Barber, Kenneth E., Por Qué los Niños se Comportan Mal (Pullman, WA: Washington State University, May 2002) \$1.00 *
- EB1903 Barber, Kenneth E., The Magic of Infancy and the Toddler Years (Pullman, WA: Washington State University, February 2004) \$2.00 *

- EB1903S Barber, Kenneth E., Los Años Mágicos de la Infancia (Pullman, WA: Washington State University, February 2004) \$2.00 *
- PNW0294 Moving with Children (June 2001) \$1.00 *
- PNW0483 Young Children and Safety (February 1995) \$1.00
- PNW0484 Young Children and Stories (February 1995) \$1.00
- PNW0485 Young Children's Play and Toys (February 1995) \$1.00
- PNW0280 Especially for Parents: Understanding three to six-year-olds (January 1986)
- \$.25
- PNW0281 Especially for Parents: Disciplining preschoolers (January 1986) \$.25
- EB1348 Barber, Kenneth E., Communicating With Young Children (Pullman, WA: Washington State University, February 1986) \$1.00
- PNW0298 Support Systems for One-Parent Families (November 1986) \$2.25
- PNW0391 Understanding the Grief of Children (January 1992) \$.75

* PDF available on line at: www.pubs.wsu.edu

Articles:

- “Born to Feel,” Research Spotlight from Talaris Research Institute, (November 2002)
- “Grading Grown-Ups: How do you measure up?” A nationwide study from Lutheran Brotherhood and Search Institute (Minneapolis, MN, 2001)
- Molgaard, Virginia K., “Keeping Young People Out of Trouble,” Iowa State University (May 1995)
- Oliver, Kathy, “Setting Limits and Standing Firm”, Fact Sheet #HYG-5317-98, Ohio State University (October 1998)
- “Are You a Working Teen? What you Should Know About Safety & Health on the Job,” DHHS (NIOSH) Publication No. 97-132
- Anderson, Dr. Craig A., “The Impact of Violent Video Games,” Iowa State University, (October 2001)
- “Farm + Family = Partnership,” Strong Families During Stressful Times Series, Washington State University Extension (January 1999)
- S. Doescher, J. Hare, and A.M. Morrow, “Parenting After Divorce,” Oregon State University Extension (January 1996)
- “Thoughts on Fathering,” The National Father's Network

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Books:

- Anger Management for Parents: The Rethink Method Parent's Manual (Champaign, IL: Institute for Mental Health Initiatives, 1991) [includes children's development stages, anger trigger role-play situations from infancy to age 17], 81 pp.

- Anger Management for Parents: The Rethink Method Program Guide (Champaign, IL: Institute for Mental Health Initiatives, 1991) [103 pp]
- Balancing Work and Family Extension Resource Notebook (2 volumes) (Ohio Cooperative Extension, May 1990)
- Barnett, Peter, Workshop Models for Family Life Education: Parenting Children of Divorce (New York: Family Service Association of America, 1980).
- Baratta-Lorton, Workjobs for Parents: Activity-Centered Learning in the Home (Menlo Park, CA: Addison Wesley Publishing Company, 1975).
- Bavolek, Stephen, PhD., **Shaking, Hitting and Spanking: What to Do Instead Leaders Guide (3 copies)** (Park City, UT: Family Development Resources, Inc., 1990. Features four common scenes which result in spanking and alternatives
- Beekman, Susan, et. Al., Battles, Hassles, Tantrums, and Tears: Strategies for Coping with Conflict and Making Peace at Home (New York, NY: Hearst Books, 1993).
- Beekman, Susan, et. Al., Battles, Hassles, Tantrums, and Tears: Strategies for Coping with Conflict and Making Peace at Home (New York, NY: Hearst Books, 1993).
- Beekman, Susan, et. Al., Battles, Hassles, Tantrums, and Tears: The Teaching Manual (Corvallis, OR: Conflict Management Educators, Inc. 1996)
- Benson, Jeanette and Hilyard, Jack, Becoming a Family (Winona, MN: Saint Mary's Press, 1978).
- Betz, Drew, Let's Talk About Spanking Facilitator Training Course (Puyallup, WA: WSU, February 1-2, 1996)
- Black, Claudia, Children of Alcoholics as Youngsters-Adolescents-Adults: It Will Never Happen to Me (New York: First Ballantine Books, 1981, published 1991)
- Bridges and Gaps (a game)(Salt Lake City, UT: Church of the Latter-Day Saints, 1983).
- Building Resiliency: What Works! A Community Guide to Preventing Alcohol and other Drug Abuse Through Positive Youth Development (Washington DC: The National Assembly of Voluntary Health and Social Welfare Organizations, 1994.)
- Clark, Jean Illsley, and Dawson, Connie, Growing Up Again: Parenting Ourselves, Parenting Our Children (San Francisco, CA: Harper/Hazeldon Book, 1989.)
- Clark, Jean Illsley et. al, Help! For Parents of Infants from Birth to 6 Months By Parents for Parents, Volume 1 (San Francisco: Harper and Rowe Publishers, 1986).
- Clark, Jean Illsley et. al., Help! For Parents of Infants 6 to 18 Months By Parents for Parents, Volume 2 (San Francisco: Harper and Rowe Publishers, 1986).
- Clark, Jean Illsley et. al., Help! For Parents of Children 18 Months to 3 Years By Parents for Parents, Volume 3 (San Francisco: Harper and Rowe Publishers, 1986).
- Clark, Jean Illsley et. al., Help! For Parents of Children from Birth to Five: Tried and True Solutions to Parents' Everyday Problems (San Francisco: Harper and Rowe Publishers, 1993).
- Clark, Jean Illsley et. All, Help! For Parents of School-Age Children and Teenagers (San Francisco: Harper and Rowe Publishers, 1993).
- Crary, Elizabeth, Love and Limits: Guidance Tools for Creative Parenting (Seattle, WA: Parenting Press, 1994).

- Crary, Elizabeth, Without Spanking or Spoiling: A practical Approach to Toddler and Preschool Guidance (Seattle, WA: Parenting Press, 1979) [in
- Doherty, William, J., PhD., Take Back Your Kids: Confident Parenting in Turbulent Times (Notre Dame, IN: Sorin Books, 2000).
- Engel, Beverly, The Emotionally Abused Woman (New York, Ballantine Books), 1992.
- Evans, Patricia, Verbal Abuse Survivors Speak Out On Relationships and Recovery (Holbrook, MA: Adams Media Corporation), 1993.
- Garbarino, James, Raising Children in a Socially Toxic Environment(San Francisco: Jossey-Bass Publishers, 1995).
- Gjottman, John M., and Silver, Nan, The Seven Principles for Making Marriage Work(New York, NY: Three Rivers Press, 1999)
- Golomb, Elan, Trapped In the Mirror: Adult Children of Narcissists in Their Struggle for Self (New York: William Morrow, 1992)
- Haden Elgin, Suzette, You Cant Say That To Me: Stopping the Pain of Verbal Abuse- An 8 Step Program (New York: John Wiley & Sons, Inc.), 1995.
- Keith, Joanne G., et. al., Help Me I'm Growing Up: A Series Designed for Adults Who Care About Kids (E. Lansing: MI: WSU Press, 1990) A resource for Trainers of People who work with 10-14 year olds
- Kilbourne, Larry, Decker, Larry E. and Romney, Valerie A., Rebuilding the Partnership for Public Education (Charlottesville, VA: Mid Atlantic Center for Community Education), August 1994. 110 pp.
- Kretzmann, John P. and McKnight, John L., A Path Toward Finding and Mobilizing a Community's Assets (Evanston, IL: Center for Urban Affairs and Policy Research, Northwestern University.) 1993
- Kubler-Ross, Elisabeth, Questions and Answers of Death and Dying (New York: Collier Books, 1974).
- Nelson, Jane and Lott, Lynn, I'm On Your Side: Resolving Conflict with Your Teenage Son or Daughter (Rocklin, CA: Prima Publishing and Communications, 1990.)
- Lansky, Vicki, Divorce Book for Parents: Helping Your Children Cope with Divorce and Its Aftermath ((Minnetonka, MN: Book Peddlers, 2000.)
- Lansky, Vicki, It's Not Your Fault, Koko Bear: A Read-Together Book for Parents and Young Children During Divorce (Minnetonka, MN: Book Peddlers, 1998).
- Larson, Jeffrey H., Effective Stepparenting (Workshop Models for Family Life Education) (New York, NY: Family Service America, 1994.)
- Leman, Dr. Kevin, et. Al., Parent Talk: Straight Answers to the Questions that Rattle Moms and Dads (Nashville, TN: Thomas Nelson Publishers, 1993).
- Lickona, Thomas, Raising Good Children From Birth Through the Teenage Years (New York: Bantam Books, 1994).
- Lifeskills Advisor Handbook Training for Volunteers (WSU Cooperative Extension, date unknown)

- Miller, Mary Susan, No Visible Wounds: Identifying Nonphysical Abuse of Women by Their Men (New York: Ballantine Books, 1996)
- Mr. Rogers' Plan and Play Book (Pittsburg, PA: Family Communications, Inc., 1991).
- Neugebauer, Bonnie, Editor, Alike and Different: Exploring Our Humanity With Young Children (Washington, DC: National Association for Education of Young Children, 1992.)
- Nurturing Family Coloring Book (Eau Claire, WI: Family Development Resources, Inc., 1983).
- Oddenino, Michael L., Putting Kids First: Walking Away From Marriage Without Walking Over the Kids (Salt Lake City, UT: Family Connections Publishing, 1995.)
- Parents Are Forever (Jackson, MS: Worthy is the Family, Inc., 1999)
- Peel, Kathy and Mahaffey, Joy, A Mother's Manual for Summer Survival(Pomona, CA: Focus on Family Publishing, 1989).
- The Phillip Morris Family Survey: A Survey of the Status of the American Family, with Special Emphasis on the State of Child-Rearing conducted by Louis Harris and Associates, Inc., 1987.
- Phillips, Carol Brunson, Editor, Essentials for Child Development Associates Working With Young Children(Washington, DC: Council for Early Childhood Professional Recognition, 1991).
- Rosenfeld, Alvin and Wise, Nicole, The Over-Scheduled Child: Avoiding the Hyper-Parenting Trap (New York: St. Martin's Griffin, 2000).
- Rifley, Donald P., Parent-Child Communication (New York, NY: Family Service Association of America, 1977.)
- Schneider, Barbara, and Waite, Linda J., Being Together Working Apart: Dual-Career Families and the Work-Life Balance (New York, NY: Cambridge University Press, 2005).
- Segal, Julius and Segal, Zelda, Growing Up Smart and Happy (San Francisco: McGraw-Hill Book Company, 1985.)
- Shadle, Carolyn C., and Graham, Joan D., Building Communication Skills (a game)((San Luis Obispo, CA: 1984)
- Stepfamilies Getting Ahead: An Eight-Step Program for Successful Family Living (Lincoln, NE: Stepfamilies Press, 1989)
- Seuss, Dr., Oh the Places You'll Go! (New York, NY: Random House Publishing, 1990).
- Simons, Laurie, M.A., Taking No for an Answer and Other Skills Children Need (Seattle, WA: Parenting Press, 2000.
- Smith, C.A., Cudaback, D, Goddard, H.W. and Myers-Walls, J, National Extension Parent Education Model of Critical Parenting Practices (Manhattan, KS: Kansas Cooperative Extension Service, 1994)
- Stein, Richard A., MD, Personal Strategies for Living with Less Stress (NY: John Gallagher Communications, Ltd.)139 pp 1983.
- Swift, Madelyn, Discipline for Life: Getting it Right With Children (Forth Worth, TX: Stairway Education Programs, 1998).
- Wallerstein, Judith S., and Kelly, Joan B., Surviving the Breakup (Basic Books, 1996)
- Wetzel, Laura S., Teaching Parents of Young Children: A curriculum in 12 sessions (Washington, DC: Child & Family Press, Child Welfare League of America, Inc., 1996),

- Worthen, Tom, PhD., editor, Broken Hearts . . . Healing : Young Poets Speak Out on Divorce (Logan, UT: Poet Tree Press, 2001.)

Videos:

- **After the Storm: Resolving Post-Separation Conflict** (Athens, OH: Center for Divorce Education, 2002) 4-minute demonstration video of program educating parents about relational conflict. Beekman, Susan and Holmes, Jeanne, Using it or Losing It: Strategies for Parents & Kids (Corvallis, OR: Conflict Management Consultants, Inc., 1997) 32 minutes, side A, 31 minutes, Side B
- **Children in the Middle: Parents' Version dubbed in Spanish** (Athens, OH: Center for Divorce Education, 1997)
- Wright, Lynn, **Dad's House, Mom's House, a Film About Joint Custody** (Montreal, Quebec: National Film Board of Canada, 1994) 47 minutes, 33 seconds, Mazzotta, Catherine, MSW, **Pain Games** (Topeka, KS: Minninger Video Productions), 1993
- **Family Night Out!** (WSU Extension, 2000) 20-minutes running. Interviews with staff describing Family Night Out program.
- **Fathers Matter! Strategies for Engaging Fathers in Children's Learning: A Teleconference for Educators and Family Service Providers** (US Dept of Edn & H&HHS, October 28, 1999). 120 minutes
- Crary, Elizabeth and Todd, Peaco, Todd, **Feeling Elf Cards & Games** (Parenting Press, 2003. (English, Spanish, and Japanese)
- **I Am Your Child Series: The First Years Last Forever** (Warner Media Services) Content information on: bonding, attachment, communication, health, nutrition, discipline, self esteem, child care, self awareness. 29 minutes
- Doherty, William Et. al., **The Impact of Couple and Marital Relationships on Parenting and Child Outcomes – a National Satellite Program** (Iowa State University Extension, Dec 2, 2005) Part 1: 1 hr., 45 minutes, Part 2: 1 hr., 35 minutes
- **The Real Family Meeting as Featured in Battles, Hassels, Tantrums and Tears** (Conflict Management Consultants, Inc., 1997) 27 Minutes
- Bavolek, Stephen, PhD., **Shaking, Hitting and Spanking: What to Do Instead** (Park City, UT: Family Development Resources, Inc., 1990. Features four common scenes which result in spanking and alternatives (accompanied by 3 Leader's Guides) 31 minutes
- **Marriage and Couples Education: An Overview of an Emerging Issue** (Cooperative State Research and Extension Service, 9/7/2000) 2 hours
- Myers-Walls, J, **Come Play With Me – Play Activities and Infant Stimulation** (IN: Purdue University) 28 ½ minutes
- Myers-Walls, J, **Help Me Make It Through the Day** (IN: Purdue University, 1987) 29 ½ minutes
- Myers-Walls, J., **My, How You've Grown—Development in Early Childhood** (IN: Purdue University) 28 ½ minutes

- Myers-Walls, J., **Why Won't You Behave?** (IN: Purdue University) 28 ½ minutes
- Positive Parenting: A Video-Based Parent Education Curriculum (University of Minnesota Extension, 1995) Video with 6 sections ~ 5-10 min@ on physical punishment, limits, consequences, listening, anger, & challenging behaviors, 92 pp manual accompanied
- Smith, Charles A., **Basic Parenting Card Deck** (Manhattan, KS: Kansas State University,)
- Werner, Nicole E., **Non-Physical Forms of Aggression in Schools (WSU Extension, 4/4/03)**
- Werner, Nicole E., **With a Little Help from My Friends**
- **When Dependency Increases Series** (Corvallis, OR: OSU Extension Gerontology, 1990) 5 Videos: The Final Course, Due Upon Receipt!, 260 Primrose Lane, The Dollmaker, Best Wishes Edith and Henry!

Other Trainings:

- Caring Families: Parenting Choices Leader Guide (English and Spanish) 8-module program 1999 updated Spanish version
 1. Help Exercises and Suggestion Circles
 2. Taking Care of Yourself
 3. Yes, You Can! It's a Spending Plan
 4. Communicating Caring
 5. You Are Your Child's First Teacher
 6. Understanding Ages and Stages
 7. Structure: The Firmer Side of Care
 8. Empower Yourself and Your Family
- Families Have Choices (5 module volunteer training program covering priorities, communication, stress management, money management, diet tips, and parenting), ~1998.
- Barber, Kenneth E., and Diede, Ann, Parent Education Advisor Program, 1994 Growing Up Again Leader Guide ()