

Helpful Books

- The Connected Child by Dr. Karyn Purvis, Dr. David Cross and Wendy Lyons Sunshine
- The Whole Brain Child by Dr. Daniel J Siegel and Dr. Tina Payne Bryson
- No Drama Discipline by Dr. Daniel J Siegel and Dr. Tina Payne Bryson
- The Yes Brain by Dr. Daniel J Siegel and Dr. Tina Payne Bryson
- The Out Of Sync Child by Carol Kranowitz and Lucy Jane Miller
- I Love You Rituals by Becky A Bailey
- Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens by Laura S. Kastner, Ph.D.
- Getting To Calm, The Early Years: Cool-headed Strategies for Raising Caring, Happy, and Independent Three- to Seven-Year-Olds by Laura S. Kastner, Ph.D.
- The Explosive Child by Ross W. Greene Ph.D.

Books (cont.)

- Parenting From the Inside Out by Daniel Siegel M.D. and Mary Hartzell M.Ed.
- Brainstorm, The Power and Purpose of the Teen Brain by Daniel Siegel M.D.
- Touchpoints, Birth to Three by T Berry Brazelton M.D
- Touchpoints, Three to Six by T Berry Brazelton M.D.
- The Boy Who Was Raised as a Dog by Bruce Perry M.D.
- Made for Love by Bruce Perry M.D.
- Wounded Children, Healing Homes by Jane Schooler, Betsy Keefer Smalley LSW and Timothy J. Callahan, PsyD.

Books (cont.)

- The Body Keeps the Score by Bessel Van Der Kolk M.D.
- Attaching Adoption by Deborah Gray
- Nurturing Adoptions by Deborah Gray
- The Post-Adoption Blues by Karen Foli and John Thompson

Children's Books To Reinforce Life Values

- The Redo Roo (Behavioral Redo's)
- The Elephant With Small Ears (Listening)
- Baby Owl Lost Her Whoo (Who's the Boss)
- Its Tough To Be Gentle (Gentle and Kind)
- The Penguin and the Fine-Looking Fish
- Doggie Doesn't Know "No"

All by Cindy R. Lee

Children's Books (Cont.)

To Reinforce Life Values

- How Do Dinosaurs Say Good Night?
- How Do Dinosaurs Go To Sleep?
- How Do Dinosaurs Play with Their Friends?
- How Do Dinosaurs Say I Love You?
- How Do Dinosaurs Clean Their Room?
- How Do Dinosaurs Say I'm Mad
- How Do Dinosaurs Love Their Dogs?
- How Do Dinosaurs Go To School?

All by Jane Yolen

YouTube

www.YouTube.com

- Karyn Purvis Institute of Child Development channel/TBRI-50 videos
- Empowered to Connect Channel-41 videos

Podcasts

- The Empowered Parent
 - Available on Apple Podcast App
 - iTunes
 - Spotify

Websites

- child.tcu.edu (Karyn Purvis Institute of Child Development/TBRI)
- Empoweredtoconnect.org
- <https://www.fostercaretx.com/for-members/stay-healthy/behavioral-health/turning-point.html> (Behavioral Health Crisis intervention)
- www.verywellfamily.com
- www.ahaparenting.com
- www.creatingafamily.org
- www.learn.nctsn.org (The National Child Trauma Stress Network Learning Center)

Websites (cont.)

- www.tapestryministry.org (foster/adopt family support ministry)
- www.attachmenttraumanetwork.org (promote healing of traumatized children and their families through support, education and advocacy)
- www.thepragmaticparent.com
- www.cdc.gov/ncbddd/childdevelopment/freematerials.html
- www.yourkidstable.com (sensory activity and parenting ideas)

Vestibular Activities

- Trampolines,
- rocking horses,
- swings,
- roundabouts
- Slides
- Hammocks, porch swings
- Dancing/swaying to music
- Rocking chair, glider chair
- Sit and Spin
- Gymnastics; tumbling somersaults, cartwheels, handstands
- Hanging upside down; on bed, couch, monkey bars
- Roller blades, skates, bikes

Oral-Motor Activities

to help children **concentrate, excite** or to **reduce anxiety**

- Blowing bubbles in a bowl of water with a straw
- Drinking thick milkshake/yogurt through a straw
- Blowing on harmonicas
- Blowing soap bubbles
- Hard Candy/Jolly Ranchers/Sour Patch Kids
- Chewy food; peanut butter, dry fruit
- Chewing Gum
- Lollipops, Blow Pops
- Crunchy foods; dry cereal, raw veggies, pretzels
- Sour pickles
- Wearable, Chewable Jewelry (available on Amazon or www.chewigemusa.com)

Proprioceptive Activities/Items

- Play Dough
- Tug of War
- Hula Hoops
- Bean Bags (Corn Hole)
- Leap Frog
- Jump Rope
- Body Sock
- Tunnel
- Riding scooter/lying on balance ball on belly
- Sing a rhythmic song like, “The Ants Go Marching” while jumping, marching or stomping
- Climbing; jungle gym, stairs, tree, rock wall, backwards up a slide
- Hang; monkey bars, rope swing, tree, pull-up bar
- Chair pull-ups, wall push ups
- Stretchy bands
- Dig, rake, shovel, vacuum
- Hugs
- Weighted Blanket

Hebrews 12:5-8

My Dear Child; don't shrug off God's discipline, but don't be crushed by it either.

It's the child he loves that he disciplines; the child he embraces, he also corrects

God is educating you; that's why you must never drop out. He's treating you as dear children. This trouble you're in isn't punishment; it's training, the normal experience of children.



KEEP

CALM

AND

**Take Care Of
Your Family**