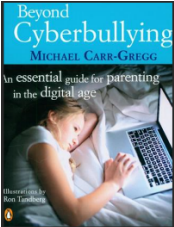

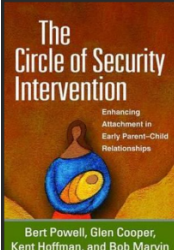

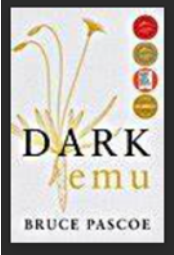

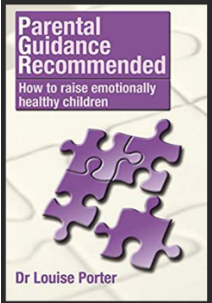
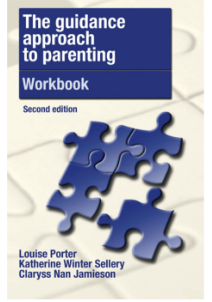
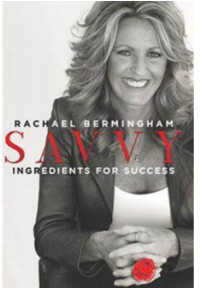


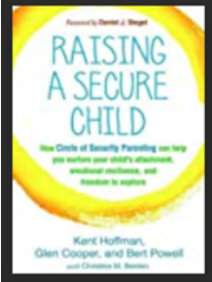

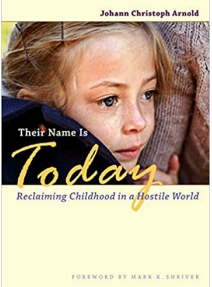


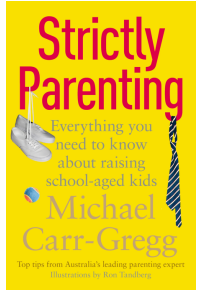


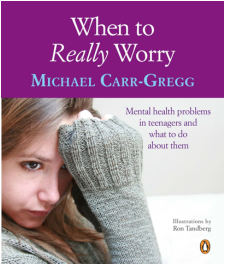
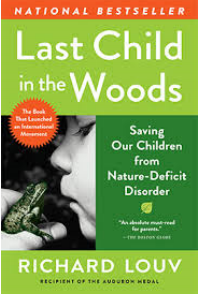

Book Name		Brief Description	Star Rating
Beyond Cyberbullying		<p>In this hard-hitting book, Carr-Gregg focuses on the special trials of raising children in the online world. The internet has changed parenting forever and Carr-Gregg provides an essential guide to the online world of today's children, from toddlers to teenagers.</p>	<p>Booktopia 4 stars </p>
Circle of Security Intervention: Enhancing Attachment in Early Parent-Child Relationships		<p>Presenting both a theoretical foundation and proven strategies for helping caregivers become more attuned and responsive to their young children's emotional needs (ages 0–5), this is the first comprehensive presentation of the Circle of Security (COS) intervention. The book lucidly explains the conceptual underpinnings of COS and demonstrates the innovative attachment-based assessment and intervention strategies in rich clinical detail, including three chapter-length case examples.</p>	<p>Amazon: 4.6 out of 5 </p>
Dark Emu		<p>'Dark Emu injects a profound authenticity into the conversation about how we Australians understand our continent ... [It is] essential reading for anyone who wants to understand what Australia once was, or what it might yet be if we heed the lessons of long and sophisticated human occupation.' Judges for 2016 NSW Premier's Literary Awards</p> <p>Dark Emu puts forward an argument for a reconsideration of the hunter-gatherer tag for pre-colonial Aboriginal Australians. The evidence insists that Aboriginal people right across the continent were using domesticated plants, sowing, harvesting, irrigating, and storing — behaviours inconsistent with the hunter-gatherer tag. Gerritsen and Gammage in their latest books support this premise but Pascoe takes this further and challenges the hunter-gatherer tag as a convenient lie. Almost all the evidence in Dark Emu comes from the records and diaries of the Australian explorers, impeccable sources.</p> <p>Bruce's comments on his book compared to Gammage's: " My book is about food production, housing construction and clothing, whereas Gammage was interested in the appearance of the country at contact. [Gammage] doesn't contest hunter gatherer labels either, whereas that is at the centre of my argument."</p>	<p>Booktopia 5 Stars </p>

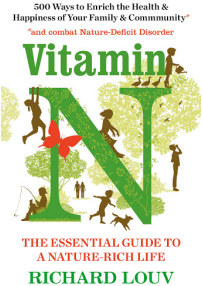

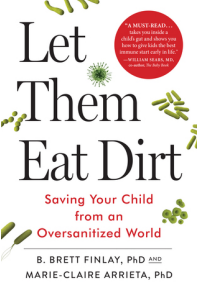

<p>Parental Guidance Recommended, How to raise emotionally healthy children</p> <p>Guidance Approach to Parenting: Workbook</p>	 	<p>This book for parents details how to guide children and adolescents. The approach is based on the belief that humans are not controlled by consequences (otherwise our prisons would be empty) but instead that we all act to meet our needs. This belief changes everything: it moves the focus from who has the power in a parenting relationship, to who has the need. And its core value is that adults and children have equal rights to get their needs met. Guidance aims to teach children to behave considerately - that is, to think about what happens to others when they act in a particular way. In contrast, rewards and punishments cause children to think about what happens to them when they perform a behaviour: will they get into trouble, get told off, be rewarded with extra computer time... and so on. Therefore, Parental Guidance Recommended teaches parents alternatives to rewards and punishments. The book also focuses on the three equally vital emotional needs of all children: how to give them a deep sense of their worth, to meet their need to belong, and to give children autonomy (or opportunities to be self-governing). When we use rewards and punishments to try to control those children who have a strong need for autonomy (whom I call 'spirited'), we get into a dance of escalating defiance and anger on the children's part and escalating coercion and anger on ours. Instead, the guidance approach involves listening to children, being assertive, solving problems collaboratively and supporting children to regain self-control when they have a meltdown. On the grounds that when a person is drowning, that is not the time to give swimming lessons, support involves saying very little but instead guiding children to soothe themselves. This book details these skills and offers suggestions for solving persistent behavioural difficulties in children and young people. It also reminds us to be compassionate towards ourselves as parents and as individuals, because we each have our own frailties and needs.</p>	<p>Booktopia: 5 out of 5</p> <p>★★★★★</p>
<p>SAVVY: Ingredients for Success</p>		<p>A book which provides advice for anyone who wants to balance a successful career and family life on their own terms, including designing the life you want, time management strategies, how to run a business from home and how to stay motivated.</p>	<p>Amazon 5 Stars</p> <p>★★★★★</p>

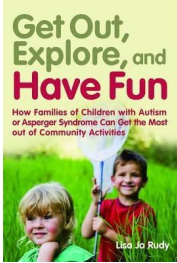

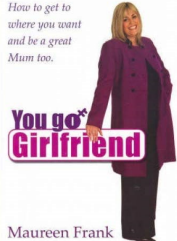

<p>Taking Care of Yourself and Your Family: A resource Book for Good Mental Health</p>		<p>Australian governments are now acknowledging that to simply expand mental health services is no longer the answer to improving the mental health of communities. Instead, it makes much more sense to provide people with resources they can use themselves to take care of their mental health, and low intensity professional support (should they need it) long before a more serious and troubling condition develops. Taking Care of Yourself and Your Family is the most popular book of its kind in Australia today. It offers easy to read information on a variety of common mental health topics and numerous practical strategies for tackling concerns about mental health.</p>	<p>N/A</p>
<p>The Butterfly Effect: A positive New Approach to raising happy, confident teen girls.</p>		<p>Danni wrote The Butterfly Effect to inspire parents to create their own new realities for their daughters. Talking to multitudes of girls every year in Australia and New Zealand, Danni's message is authentic and passionate, and her book both celebrates and challenges the joy and beauty of teen girls in an age of raunch and consumer culture. The Butterfly Effect offers practical, intuitive and powerful strategies, and uses humor to disarm and open up new ways of looking at self-esteem, resilience, body image, friendship, consumerism, navigating the online world, overcoming girls' fear of failure and finding positive role models.</p> <p>Dannielle Miller is an experienced teacher and educator committed to empowering young people to reach their full potential. Her work has been featured in education journals and has made her a popular speaker at various national conferences and forums. Dannielle founded Enlighten Education in 2003. Enlighten is now a national network of passionate, talented women who believe that by entering our young girls' world and engaging them, they have the capacity to be a voice of difference and facilitate meaningful conversations around gender and identity. Dannielle delights in working with thousands of teenage girls across Australia, and with the media as a guest expert on teen issues. The connection Danni forges with teenage girls and her ability to get them to open up to her and think about themselves and the world around them gives her unique and invaluable insight into what makes teenage girls tick, and how we can help them navigate everything life throws in their way.</p> <p>Dannielle writes primarily for the mothers of teenage girls, encouraging them to realise that they are more like their daughters than they think and they can help their daughters by helping themselves, too.</p>	<p>Amazon 4 stars</p> 

<p>The Princess Bitchface Syndrome</p>		<p>In this hard-hitting book, Michael Carr-Gregg focuses on the special trials of raising adolescent girls today: what to do when your previously quiet, loving daughter becomes a restless, rebellious stranger who behaves like a responsible adult one day and a vampish brat the next.</p> <p>Part of the problem is that girls are becoming sexualised earlier, and their physical development is shooting ahead of their cognitive capacities. By the time they turn 13 they look like they're ready for anything—but they're not. Yet, argues Carr-Gregg, many parents are surrendering their authority and allowing their daughters to be fast-tracked into pseudo-adulthood. We appear to be losing it when it comes to parenting our girls and it's time to grab back the reins.</p>	<p>Amazon 4.1 stars</p> 
<p>Raising a Secure Child: How Circle of Security Parenting can help nurture your child's attachment, emotional resilience, and freedom to explore</p>		<p>Today's parents are constantly pressured to be perfect. But in striving to do everything right, we risk missing what children really need for lifelong emotional security. Now the simple, powerful "Circle of Security" parenting strategies that Kent Hoffman, Glen Cooper, and Bert Powell have taught thousands of families are available in self-help form for the first time.</p>	<p>Amazon: 4.6 out of 5</p> 
<p>Their Name is Today. Reclaiming Childhood in a Hostile World</p>		<p>There's hope for childhood. Despite a perfect storm of hostile forces that are robbing children of a healthy childhood, courageous parents and teachers who know what's best for children are turning the tide. Johann Christoph Arnold, whose books on education, parenting, and relationships have helped more than a million readers through life's challenges, draws on the stories and voices of parents and educators on the ground, and a wealth of personal experience. He surveys the drastic changes in the lives of children, but also the groundswell of grassroots advocacy and action that he believes will lead to the triumph of common sense and time-tested wisdom. Arnold takes on technology, standardized testing, overstimulation, academic pressure, marketing to children, over-diagnosis and much more, calling on everyone who loves children to combat these threats to childhood and find creative ways to help children flourish. Every parent, teacher, and</p>	<p>Goodreads 4.9 stars</p> 

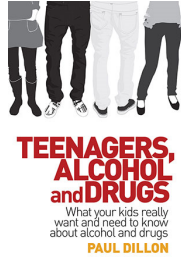
		<p>childcare provider has the power to make a difference, by giving children time to play, access to nature, and personal attention, and most of all, by defending their right to remain children."</p>	
<p>Reading Magic How Your Child can learn to read before school- and other read-aloud miracles</p>		<p>We all hope and expect our children will learn to read, but how many of us realize we can get our kids on the road to reading simply by reading aloud to them every day? With passion and humor, Mem Fox explains why reading aloud to young children has such an impact on their ability to read- and on their entire lives. From the perspective of an ordinary mother as well as a bestselling author and internationally respected literacy expert, Fox explores when and where to read aloud and demonstrates with clear, easy-to-follow examples how to read aloud to best effect and how to get the most value and joy out of a read-aloud session. Filled with practical advice, activities, and inspiring true read-aloud miracles, this audiobook is a must for every parent-and for anyone who would like to know more about how children learn to read.</p>	<p>Amazon 4 Stars ★★★★☆</p>
<p>Strictly Parenting</p>		<p>If you want to land your kids in therapy, then by all means, give them everything under the sun.</p> <p>In his work as a family psychologist, Michael Carr-Gregg has noticed a worrying trend in our modern parenting styles, which sees kids running riot and parents running for cover. In our desire to give our kids the best, we may have given them way too much, and overlooked the importance of setting boundaries. He believes it's a recipe for disaster.</p> <p>In Strictly Parenting, Michael asks parents to take a good hard look at the way they are parenting – to toughen up and stop trying to be their kids' best friends. He instead offers practical evidence-based solutions on how to take back the reins and start making the most of the precious family years.</p> <p>With a user-friendly A-Z guide covering all the tricky issues that parents encounter over the years – everything from birthday parties and bedtimes to sex and drugs – this is an invaluable and very timely resource for parents of all school-aged kids.</p>	<p>Good Reads 3.7 Stars ★★★★☆</p>

<p>When to Really Worry. Mental Health Problems in Teenagers and What to do About them</p>		<p>When does normal teenage behaviour become something you really need to worry about? When to Really Worry by Dr Michael Carr-Gregg will help you find out. In this insightful book, one of Australia's leading authorities on adolescent mental health, Dr Michael Carr-Gregg, offers practical information on the symptoms, causes and treatment for everything from ADHD and eating disorders to anxiety and depression. Michael also includes tips on: detecting early warning signs encouraging your teenager to visit a doctor finding a youth-friendly GP, counsellor or therapist . navigating the public mental health system When to Really Worry is an essential reference for parents, teachers, coaches or anyone who works with young people.</p>	<p>N/A</p>
<p>The Last Child in the Woods. Saving our children from Nature-Deficit Disorder</p>		<p>The Book That Launched an International Movement</p> <p>“An absolute must-read for parents.” —The Boston Globe</p> <p>“It rivals Rachel Carson’s Silent Spring.” —The Cincinnati Enquirer</p> <p>“I like to play indoors better ’cause that’s where all the electrical outlets are,” reports a fourth grader. But it’s not only computers, television, and video games that are keeping kids inside. It’s also their parents’ fears of traffic, strangers, Lyme disease, and West Nile virus; their schools’ emphasis on more and more homework; their structured schedules; and their lack of access to natural areas. Local governments, neighborhood associations, and even organizations devoted to the outdoors are placing legal and regulatory constraints on many wild spaces, sometimes making natural play a crime.</p> <p>As children’s connections to nature diminish and the social, psychological, and spiritual implications become apparent, new research shows that nature can offer powerful therapy for such maladies as depression, obesity, and attention deficit disorder. Environment-based education dramatically improves standardized test scores and grade-point averages and develops skills in problem solving, critical thinking, and decision making. Anecdotal evidence strongly suggests that childhood experiences in nature stimulate creativity.</p> <p>In Last Child in the Woods, Louv talks with parents, children, teachers, scientists, religious leaders, child-development researchers, and environmentalists who recognize the threat</p>	<p>Amazon 4.5 Stars </p>

		<p>and offer solutions. Louv shows us an alternative future, one in which parents help their kids experience the natural world more deeply—and find the joy of family connectedness in the process.</p> <p>Now includes A Field Guide with 100 Practical Actions We Can Take Discussion Points for Book Groups, Classrooms, and Communities Additional Notes by the Author New and Updated Research from the U.S. and Abroad</p>	
<p>Vitamin N...Essential guide to a Nature - Rich life</p>		<p>From the bestselling authority on connecting children with nature, a one-of-a-kind guide chock-full of practical ideas, advice and inspiration for creating a nature-rich life - for kids and grown-ups. In his groundbreaking international bestseller Last Child in the Woods, Richard Louv spotlighted the alienation of children from the natural world, coining the term 'nature-deficit disorder'. Vitamin N is the comprehensive practical handbook, a complete prescription for enjoying the natural world.</p> <p>Includes: Five hundred activities Scores of informational websites An abundance of down-to-earth advice Dozens of thought-provoking essays.</p> <p>Unlike other guidebooks, Vitamin N (for 'nature') addresses the whole family and the wider community, encouraging parents eager to share nature with their kids. It is a dose of pure inspiration, reminding us that looking up at the stars or taking a walk in the woods is as joyful as it is essential, at any age.</p>	<p>Amazon 4.3 Stars </p>
<p>Let them eat dirt</p>		<p>“A must-read . . . Takes you inside a child’s gut and shows you how to give kids the best immune start early in life.” —William Sears, MD, coauthor of The Baby Book</p> <p>Like the culture-changing Last Child in the Woods, here is the first parenting book to apply the latest cutting-edge scientific research about the human microbiome to the way we raise our children.</p> <p>In the two hundred years since we discovered that microbes cause infectious diseases, we’ve battled to keep them at bay. But a recent explosion of scientific knowledge has led to undeniable evidence that early exposure to these organisms is beneficial to a child’s well-being. Our modern lifestyle, with its emphasis on hyper-cleanliness, is taking a toll on children’s lifelong health.</p>	<p>Amazon 4.3 stars </p>

		<p>In this engaging and important book, microbiologists Brett Finlay and Marie-Claire Arrieta explain how the trillions of microbes that live in and on our bodies influence childhood development; why an imbalance of those microbes can lead to obesity, diabetes, and asthma, among other chronic conditions; and what parents can do--from conception on--to positively affect their own behaviors and those of their children. They describe how natural childbirth, breastfeeding, and solid foods influence children's microbiota. They also offer practical advice on matters such as whether to sterilize food implements for babies, the use of antibiotics, the safety of vaccines, and why having pets is a good idea.</p> <p>Forward-thinking and revelatory, <i>Let Them Eat Dirt</i> is an essential book in helping us to nurture stronger, more resilient, happy, and healthy kids.</p>	
<p>Get Out Explore and Have Fun! How Families of children with Autism or Asperger Syndrome can get the most out of community activities</p>		<p>Many families with a child with autism or Asperger Syndrome feel that involvement in the community is not for them. This book sets out to change that, with a rich and varied menu of suggestions for how such families can take full part in community life and support the strengths and interests of their child at the same time. Informal learning experiences can be the key to self-discovery, communication, self-confidence, and even independence for many children on the autism spectrum. Only outside the four walls of school will your child truly discover their own passions, abilities, and social peers. 'Get Out, Explore, and Have Fun' is a guide to what's out there, how to find it, and how to make it work for your family. The book includes hints and tips for involving your family in the right community activities, from sport to science; information on museums, arts organizations and science institutions as venues for an enjoyable and enriching day out for the family; and, resources and ideas for helping your child build on their strengths, interests, and preferred learning styles to explore life in the community. Handouts about autism are included, as well as handouts suggesting ways in which organizations and institutions can successfully include young people with autism in their activities. This book will open the door to community inclusion, creative exploration, and social learning.</p>	<p>Amazon 3.6 stars </p>
<p>You Go Girlfriend: How to get where you want and be a great mum too.</p>		<p>Maureen Frank was the recipient of the Telstra Business Woman of the Year in 2004, Queensland Corporate and Private Sector. She is a 35 year old single mum with a disabled child who successfully juggles a top corporate career and family. This book reveals her and others like journeys covering questions young business women may have.</p>	<p>Amazon 5 stars </p>

Teenagers, Alcohol and Drugs. What your kids really want and need to know about alcohol and drugs



There are so many questions that need answers, but how do parents start talking to their kids about alcohol and drugs? Asking 'Are you taking drugs?' won't do it that approach won't give teenagers the information they desperately need to keep themselves and their friends safe. Teenagers, Alcohol and Drugs has been written in response to the stories Paul Dillon has heard over 25 years in drug and alcohol education. It provides answers to the questions he has been asked by both young people and their parents and also includes solutions to the many scenarios he has heard about from anxious teenagers who haven't known what to do when things went bad. This book shows parents how to talk to their children in a way that is respectful and reasonable, non-threatening and non-judgmental. It will help them understand the issues their children are facing, and show them how to help their kids negotiate a minefield of misinformation and social pressure in a calm and sensible way to tell them what they really want and need to know about alcohol and drugs.

Amazon 4 Stars
★★★★☆