

Child Advocacy Center of Wayne County

Resources for Parents/Caregivers

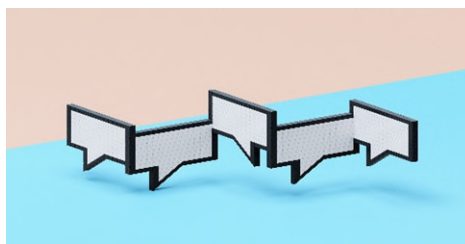
Online Resources



- Office of Children and Family Services – [HTTPS://OCFS.NY.GOV/MAIN/](https://ocfs.ny.gov/main/)
 - Stop It Now – [HTTPS://WWW.STOPITNOW.ORG/](https://www.stopitnow.org/)
- UNICEF PARENTING | UNICEF PARENTING – [HTTPS://WWW.UNICEF.ORG/PARENTING/](https://www.unicef.org/parenting/)
- DARKNESS TO LIGHT | PREVENT CHILD SEXUAL ABUSE – [HTTPS://WWW.D2L.ORG/](https://www.d2l.org/)
 - VERA HOUSE – [HTTPS://WWW.VERAHOUSE.ORG/](https://www.verahouse.org/)
- AMAZE – AGE-APPROPRIATE INFO FOR TWEENS AND THEIR PARENTS – [HTTPS://AMAZE.ORG/](https://amaze.org/)
- NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN – [HTTPS://WWW.MISSINGKIDS.ORG/](https://www.missingkids.org/)
 - PARENTING SAFE CHILDREN – [HTTPS://PARENTINGSAFECHILDREN.COM/](https://parentingsafechildren.com/)
- BOOK RESOURCES FREE SPIRIT PUBLISHING – [HTTPS://WWW.FREESPIRIT.COM/](https://www.freespirit.com/)
 - ADVOCATES FOR YOUTH – [HTTPS://WWW.ADVOCATESFORYOUTH.ORG](https://www.advocatesforyouth.org/)
 - NY PROJECT HOPE – [HTTPS://NYPROJECTHOPE.ORG/](https://nyprojecthope.org/)
- PBS KIDS FOR PARENTS | PARENT RESOURCES, TIPS, AND ADVICE – [HTTPS://WWW.PBS.ORG/PARENTS](https://www.pbs.org/parents)
- NEW YORK CHILDHOOD STRESS AND ANXIETY | MAGINATION PRESS FAMILY – [HTTPS://WWW.MAGINATIONPRESSFAMILY.ORG/](https://www.maginationpressfamily.org/)
 - CHILD MIND INSTITUTE | TRANSFORMING CHILDRENS LIVES – [HTTPS://CHILDMIND.ORG/](https://childmind.org/)
- BOYS TOWN: SAVING CHILDREN, HEALING FAMILIES, PARENTING TIPS – [HTTPS://WWW.BOYSTOWN.ORG/PARENTING](https://www.boystown.org/parenting)
- SCARLETEEN | SEX EDUCATION FOR THE REAL WORLD – [HTTPS://WWW.SCARLETEEN.COM/](https://www.scarleteen.com/)
 - REAL TALK – [HTTPS://MYHEALTHED.ORG/](https://myhealthed.org/)
- NATIONAL CHILD ABUSE HOTLINE – 1-800-342-3720

Bullying

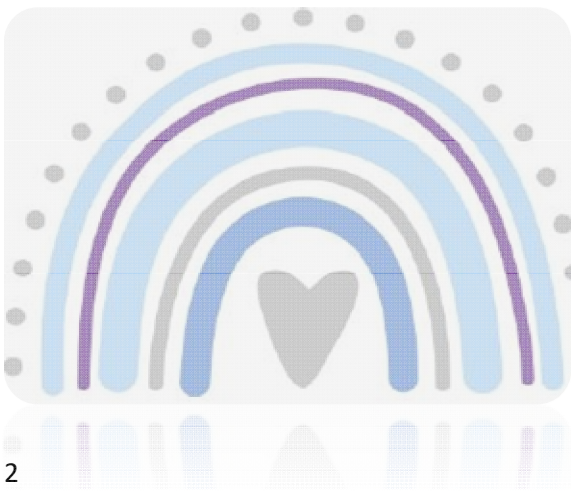
- BYSTANDER REVOLUTION – [HTTPS://BYSTANDERREVOLUTION.ORG/](https://bystanderrevolution.org/)
- CHILDREN'S SAFETY NETWORK – [HTTPS://WWW.CHILDRENSAFETYNEWTWORK.ORG/](https://www.childrensafetynewtnetwork.org/)
- THE DIGNITY FOR ALL STUDENTS ACT – [HTTPS://WWW.P12.NYSED.GOV/DIGNITYACT/](https://www.p12.nysed.gov/dignityact/)
- PACER CENTER – CHAMPIONS FOR CHILDREN WITH DISABILITIES – [HTTPS://WWW.PACER.ORG/](https://www.pacer.org/)



Child Advocacy Center of Wayne County

Parenting Help Books

- *LIVE LOVE NOW: RELIEVE THE PRESSURE AND FIND REAL CONNECTION WITH OUR KIDS* BY REACHEL MACY STAFFORD
- *THE CONSCIOUS PARENT: TRANSFORMING OURSELVES, EMPOWERING OUR CHILDREN* BY DR. SHEFALI TSABARY
 - *HOW TO TALK SO KIDS WILL LISTEN & LISTEN SO KIDS WILL TALK* BY ADELE FABER AND ELAINE MAZLISH
 - *HOW TO RAISE KIDS WHO AREN'T ASSHOLES* BY MELINDA WENNER MOYER
 - *ALL JOY AND NO FUN: THE PARADOX OF MODERN PARENTHOOD* BY JENNIFER SENIOR
 - *WONDERFUL WAYS TO LOVE A TEEN: EVEN WHEN IT SEEMS IMPOSSIBLE* BY JUDY FORD
 - *NO BAD KIDS: TODDLER DISCIPLINE WITHOUT SHAME* BY JANET LANSBURY
 - *THE FIVE LOVE LANGUAGES OF CHILDREN* BY GARY CHAPMAN
 - *THE FIVE LOVE LANGUAGES OF TEENAGERS* BY GARY CHAPMAN
 - *READY FOR THE DAY!, READY TO PLAY!, AND READY FOR BED!* BY STAVEY KAYE
 - *CRIBSHEET: A DATA-DRIVEN GUIDE TO BETTER, MORE RELAXED PARENTING, FROM BIRTH TO PRESCHOOL* BY EMILY OSTER
 - *THE ADDICTION INOCULATION: RAISING HEALTHY KIDS IN A CULTURE OF DEPENDENCE* BY JESSICA LAHEY
 - *BOUNDARIES WITH TEEN: WHEN TO SAY YES, HOW TO SAY NO* BY JOHN TOWNSEND
 - *PEACEFUL PARENT, HAPPY KIDS: HOW TO STOP YELLING AND START CONNECTING* BY DR. LAURA MARKHAM
 - *YOUTH AT RISK: A PREVENTION RESOURCE FOR COUNSELORS, TEACHERS, AND PARENTS* BY DAVID CAPUZZI & DOUGLAS R. GROSS
 - *WHY IS MY TEENAGER FEELING LIKE THIS?: A GUIDE FOR HELPING TEENS THROUGH ANXIETY AND DEPRESSION* BY DAVID MURRAY
 - *RAISING KIDS WHO CARE: PRACTICAL CONVERSATIONS FOR EXPLORING STUFF THAT MATTERS, TOGETHER* BY SUSY LEE
 - *WHAT TO SAY TO KIDS WHEN NOTHING SEEMS TO WORK: A PRACTICAL GUIDE FOR PARENTS & CAREGIVERS* BY ADELE LAFRANCE AND ASHLEY MILLER
 - *HOW TO STOP LOSING YOUR SH*T WITH YOUR KIDS: A PRACTICAL GUIDE TO BECOMING A CALMER, HAPPIER PARENT* BY CARLA NAUMBURG
 - *THE WHOLE-BRAIN CHILD: 12 REVOLUTIONARY STRATEGIES TO NUTURE YOUR CHILD'S DEVELOPING MIND* BY DANIEL J. SIEGEL & TINA P. BRYSON
 - *PARENTING APART: HOW SEPERATED AND DIVORCED PARENTS CAN RAISE HAPPY AND SECURE KIDS* BY CHRISTINA MCGHEE
 - *THE EXPLOSIVE CHILD: A NEW APPROACH FOR UNDERSTANDING AND PARENTING EASILY FRUSTRATED, CHRONICALLY INFLEXIBLE CHILDREN* BY ROSS W. GREENE
 - *THE SLEEP LADY'S GOOD NIGHT, SLEEP TIGHT: GENTLE PROVEN SOLUTIONS TO HELP YOUR CHILD SLEEP WELL AND WAKE UP HAPPY* BY KIM WEST, LCSW-C WITH JOANNE KENEN
 - *POSITIVE DISCIPLINE: THE CLASSIC GUIDE TO HELPING CHILDREN DEVELOP SELF-DISCIPLINE, RESPOSIBILITY, COOPERATION, & PROBLEM-SOLVING SKILLS* BY JANE NELSEN
 - *RAISING GOOD HUMANS: A MINDFUL GUIDE TO BREAKING THE CYCLE OF REACTIVE PARENTING AND RAISING KIND, CONFIDENT KIDS* BY HUNTER CLARKE-FIELDS MSAE & CARLA NAUMBURG



Child Advocacy Center of Wayne County

BOOKS

Communicating Safe Sex with Your Kids

- *STOP SWEATING & START TALKING: HOW TO MAKE SEX CHATS WITH YOUR KIDS EASIER THAN YOU THINK* BY ANDREA BRAND
- *SEX, TEENS, AND EVERYTHING IN BETWEEN: THE NEW AND NECESSARY CONVERSATIONS TODAY'S TEENAGERS NEED TO HAVE ABOUT CONSENT, SEXUAL HARASSMENT, HEALTHY RELATIONSHIPS, LOVE, AND MORE* BY SHAFIA ZALOOM
- *BEYOND BIRDS & BEES: BRINGING HOME A NEW MESSAGE TO OUR KIDS ABOUT SEX, LOVE, AND EQUALITY* BY BONNIE J. ROUGH
- *FOR GOODNESS SEX: CHANGING THE WAY WE TALK TO TEENS ABOUT SEXUALITY, VALUES, AND HEALTH* BY AL VERNACCHIO
- *NO SHAME: REAL TALK WITH YOUR KIDS ABOUT SEX, SELF-CONFIDENCE, & HEALTHY REALTIONSHIP* BY PSYCHIATRIST DR. LEA
- *BODY SAFETY EDUCATION; A PARENTS GUIDE TO PROTECTING KIDS FROM SEXUAL ABUSE* BY JANEEN SANDERS
- *THE ESSENTIAL SEX EDUCATION BOOK FOR PARENTS: GUIDED CONVERSATIONS TO HAVE WITH YOUR TWEENS AND TEENS* BY DANIEL RIVE
- *OFF LIMITS: A PARENT'S GUIDE TO KEEPING KIDS SAFE FROM SEXUAL ABUSE* BY SANDY K. WURTELE & FEATHER BERKOWER – GO TO WWW.PARENTINGSAFECHILDREN.COM

Communicating Boundaries

- *BODY SAFETY EDUCATION: A PARENTS GUIDE TO PROTECTING KIDS FROM SEXUAL ABUSE* BY JANEENE SANDERS
- *PROTECTING YOUR CHILD FROM SEXUAL ABUSE: WHAT YOU NEED TO KNOW TO KEEP YOUR KIDS SAFE* BY ELIZABETH JEGLIC & CYNTHIA CALKINS
- *OFF LIMITS: A PARENTS GUIDE TO KEEPING KIDS SAFE FROM SEXUAL ABUSE* BY SANDY K. WURTELE & FEATHER BERKOWER

Helping your Child Heal from Sexual Abuse

- *HELPING YOUR CHILD RECOVER FROM SEXUAL ABUSE* BY CAREN ADAMS AND JENNIFER FAY
- *WHAT DO I DO NOW? A SURVIVAL GUIDE FOR MOTHERS OF SEXUALLY ABUSED CHILDREN* BY MEL LANGSTON PHD
- *THE MOTHER'S BOOK* BY CAROLYN BYERLY
- *WHEN YOUR CHILD HAS BEEN MOLESTED: A PARENT'S GUIDE TO HEALING AND RECOVERY* BY KATHRYN BROHL & JOYCE POTTER

Helping Yourself Heal from Sexual Abuse

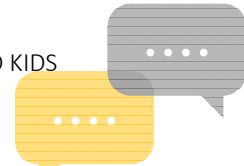
- *ADULTS MOLESTED AS CHILDREN: A SURVIVOR'S MANUAL FOR WOMEN AND MEN* BY BEAR AND DIMOCK
- *VICTIMS NO LONGER: THE CLASSIC GUIDE FOR MEN RECOVERING FROM CHILD SEXUAL ABUSE* BY MIKE LEW
 - *SOUL SURVIVOR: A NEW BEGINNING FOR ADULTS ABUSED AS CHILDREN* BY J. PATRICK GANNON
 - *THE WHITE UMBRELLA: WALKING WITH SURVIVORS OF SEX TRAFFICKING* BY MARY FRANCES BOWLEY
- *HEALING FROM TOXIC RELATIONSHIPS: 10 ESSENTIAL STEPS TO RECOVER FROM GASLIGHTING, NARCISSISM, AND EMOTIONAL ABUSE* BY STEPHANIE MOULTON SARKIS



Child Advocacy Center of Wayne County

Conversations about Race

- *BELOW THE SURFACE: TALKING WITH TEENS ABOUT RACE, ETHNICITY, & IDENTITY* BY DEBORAH RIVAS-DRAKE & ADRIANA UMAÑA-TAYLOR
- *SOCIAL JUSTICE PARENTING HOT TO RAISE COMPASSIONATE ANTI RACIST JUSTICE MINDED KIDS IN AN UNJUST WORLD* BY DR. TRACI BAXLEY
- *RAISING ANTIRACIST CHILDREN: A PRACTICAL PARENTING GUIDE* BY BRITT HAWTHORNE
- *LET'S TALK ABOUT RACE (AND OTHER HARD THINGS): A FRAMEWORK FOR HAVING CONVERSATIONS THAT BUILD BRIDGES, STRENGTHEN RELATIONSHIPS, AND SET CLEAR BOUNDARIES* BY NANCY A DOME



LGBTQ Conversations

- *PARENTING YOUR LGBTQ+ TEEN: A GUIDE TO SUPPORTING, EMPOWERING, AND CONNECTING WITH YOUR CHILD* BY ALLAN SADAC
 - *UNCONDITIONAL: A GUIDE TO LOVING AND SUPPORTING YOUR LGBTQ CHILD* BY TELAINA ERIKSEN
 - *RAISING LGBTQ ALLIES: A PARENT'S GUIDE TO CHANGING THE MESSAGES FROM THE PLAYGROUND* BY CHRIS TOMPKINS
- *RAINBOW RELATIVES: REAL-WORLD STORIES AND ADVICE ON HOW TO TALK TO KIDS ABOUT LGBTQ+ FAMILIES AND FRIENDS* BY SUDI KARATAS
 - *TRANSGENDER CHILDREN AND YOUTH: CULTIVATING PRIDE AND JOY WITH FAMILIES IN TRANSITION* BY ELIJAH C. NEALY
 - *A GUIDE TO GENDER (2ND EDITION): THE SOCIAL JUSTICE ADVOCATE'S HANDBOOK* BY SAM KILLERMANN
- *THE GENDER IDENTITY GUIDE FOR PARENTS: COMPASSIONATE ADVICE TO HELP YOUR CHILD BE THEIR MOST AUTHENTIC SELF* BY TAVI HAWN
- *BECOMING NICOLE: THE INSPIRING STORY OF TRANSGENDER ACTOR ACTIVIST NICOLE MAINES AND HER EXTRAORDINARY FAMILY* BY AMY E. NUTT
- *A GUIDE FOR HOW TO BE LGBTQ+ PARENTS: TEACH CHILDREN ABOUT TOLERANCE, LOVE, & ACCEPTANCE IN A POLARIZED WORLD* BY FRANK DIXON

Grief and Loss

- *THE JOURNEY THROUGH GRIEF AND LOSS: HELPING YOURSELF AND YOUR CHILD WHEN GRIEF IS SHARED* BY ROBERT ZUCKER
- *A PARENT'S GUIDE TO RAISING GRIEVING CHILDREN: REBUILDING YOUR FAMILY AFTER THE DEATH OF A LOVED ONE* BY PHYLLIS R. SILVERMAN
- *WHEN CHILDREN GRIEVE: FOR ADULTS TO HELP CHILDREN DEAL WITH DEATH, DIVORCE, PET LOSS, MOVING, AND OTHER LOSSES* BY JOHN W. JAMES
- *GUIDING YOUR CHILD THROUGH GRIEF* BY JOHN W. JAMES
- *IT'S OK THAT YOU'RE NOT OK: MEETING GRIEF AND LOSS IN A CULTURE THAT DOESN'T UNDERSTAND* BY MEGAN DEVINE
- *PARENTING THROUGH CRISIS: HELPING KIDS IN TIMES OF LOSS, GRIEF, AND CHANGE* BY BARBARA COLOROSO
- *A PARENT'S GUIDE TO MANAGING CHILDHOOD GRIEF: 100 ACTIVITIES FOR COPING, COMFORTING, & OVERCOMING SADNESS, FEAR, & LOSS* BY KATIE LEAR