

Mental Health Resources for Parents and Children

Workbook Recommendations:

1. The Whole-Brain Child Workbook: Practical Exercises, Worksheets and Activities to Nurture Developing Minds, by Daniel L. Siegal
Available on Amazon for \$19.29
Best for: anger, emotion dysregulation, meltdowns
2. The Grit Workbook for Kids by Elisa Nebolsine, LCSW
Available on Amazon for \$15.99
Best for: Managing big feelings, developing resiliency, developing a growth mindset
3. The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control by Lawrence E. Shapiro, PhD
Available on Amazon for \$14.59
Best for: ADHD, inattention, executive functioning skills
4. Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger by Janine Halloran
Available on Amazon for \$14.39
Best for: Anxiety, emotion dysregulation, stress
5. The Self-Esteem Workbook for Teens by Lisa M. Schab, LCSW
Available on Amazon for \$16.89
Best for: Self-esteem, social skills, building resiliency and a growth mindset
6. Conquer Negative Thinking for Teens by Mary Karapetian Alvord, PhD and Anne McGrath, MA
Available on Amazon for \$13.79
Best for: anxiety, stress, feelings of sadness and worry