



**SSD Family and Community Resource Center  
New Materials  
School Year 2018-19**

**101 Tips for Recovering from Traumatic Brain Injury: Practical Advice for TBI Survivors, Caregivers and Teachers. Kelly Bouldin Darmofal (2015)**

Kelly Bouldin Darmofal suffered a severe TBI in 1992; currently she holds a Masters in Special Education from Salem College, NC. Kelly's "tips" were learned during two decades of recovery and perseverance.

**1-2-3 Magic for Kids: Helping Your Kids Understand the New Rules. Thomas W Phelan. (2017)**

Through engaging illustrations and a storybook format, 1-2-3 Magic for Kids lays out the program in a way that's relatable for kids of all ages.

**As a Butterfly: Turner Syndrome Survival Guide. Michelle Schafer. (2014)**

This book is by a girl with Turner syndrome, about this relatively common but little understood genetic disorder and her experiences with it. It contains warnings, advice, and valuable tips for any family affected by Turner syndrome.

**Attention Deficit Hyperactivity Disorder: A Handbook for Diagnosis & Treatment. Russell Barkley. (2018)**

Explores the impact of the disorder across a wide range of functional domains--behavior, learning, psychological adjustment, school and vocational outcomes, and health.

**Autism and Employment: Raising Your Child with Foundational Skills for the Future. Lisa Tew & Diane Zajac. (2018)**

This book was written to help you, the parent, to raise your child with the foundational skills he or she will need for the future.

**Autism in My Family: A Journal for Siblings of Children with ASD. Sandra Tucker. (2017)**

This book is focused on understanding and supporting a sibling while developing individual emotions and identity.

**Beyond Behavior Contract: A Practical Approach to Dealing with Challenging Student Behaviors. Brett J Novick. (2018)**

The goal of this book is to supplement and enrich your existing tools with others you can quickly implement when working with these students during their most challenging states.

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**Bullying: Dealing With. Jane Lacey. (2019)**

Elementary. Teaches readers how to effectively deal with bullies and make sure they don't give in to peer pressure to bully others.

**Calming Angry Kids: Help and Hope for Parents in the Whirlwind. Tricia Goyer. (2018)**

Written to help readers understand what's going on in a child's brain, focus on relationship over rules, teach a child how to handle frustrations without outbursts, control how they express their own anger, and establish a standard of respect in the home.

**Celebrate Your Body (and Its Changes Too!): The Ultimate Puberty Book for Girls. Sonya Renee Taylor (2018)**

Includes everything girls need to know about breasts and bras, their period, hair here and there, feelings and friends, and so much more.

**Children and Youth with Complex Cerebral Palsy: Care and Management. (2019)**

Explores management of the many medical comorbidities these children encounter, including orthopedic concerns, mobility and equipment needs, cognition and sensory impairment, difficult behaviors, seizures, respiratory complications and nutritional challenges, among many others.

**Cliques, Phonies & Other Baloney. Trevor Romain & Elizabeth Verdick. (2018)**

Ages 8-13. Uses humor, fun cartoons, and kid-friendly language to explain what cliques are, why being phony is baloney, why true friends don't exclude others online or in real life, what's more important than popularity—and how to navigate it all.

**A Comprehensive Guide to Intellectual & Developmental Disabilities: Second Edition. (2017)**

Textbook that fully prepares future educators, social workers, researchers, and clinicians to provide the best services and supports to children and adults across the life span.

**Death is Stupid. Anastasia Higginbotham. (2016)**

Necessary, beautiful, and ultimately reassuring, this book is an invaluable tool for discussing death, but also the possibilities for celebrating life and love.

**Differently Wired: Raising an Exceptional Child in a Conventional World. Deborah Reber. (2018)**

This book is a how-to, a manifesto, a book of wise advice, and the best kind of been-there, done-that companion.

**The Driving Zone: Essential Techniques for New Drivers (DVD) (2005)**

This driver education video features Champion drivers Andy Pilgrim and Dale Earnhardt Jr and offers tips and techniques for becoming a safe, competent and considerate driver.

**The Dyslexia Handbook: Genius Edition!. Jimmy Huston (2018)**

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A light look at dealing with the difficulties of growing up with dyslexia. Emphasis is placed on general problems that many kids confront and suggestions for dealing with those problems in a positive way.

**Emily is Being Bullied, What Can She Do?: A Story and Anti-Bullying Guide for Children and Adults to Read Together. Helen Cowie, Harriet Tenebaum & Ffion Jones. (2019)**

Ages 7-11. As well as the perspective of the child being bullied, this guide portrays the view of bystanders and the bully, emphasizing the difference everyone can make in a bullying situation.

**End Peer Cruelty, Build Empathy: The Proven 6Rs of Bullying Prevention that Create Inclusive, Safe and Caring Schools. Michele Borba. (2018)**

Includes guidelines for implementing strategies, collecting data, training staff, mobilizing students and parents, building social-emotional skills, and sustaining progress, and presents the “6Rs” of bullying prevention: Rules, Recognize, Report, Respond, Refuse, and Replace.

**English Language Learners: Differentiating Between Language Acquisition and Learning Disabilities. Janette Klingner & Amy Eppolito. (2014)**

Addresses how to determine whether an ELL's struggles with reading in English are due to LD or language acquisition, characteristics of language acquisition that can mirror LD, and common misconceptions and realities about ELLs and the second language acquisition process.

**Everybody has Something Slightly Askew. Sally Huss (2018)**

Funny rhyming children's picture book about kids and their differences.

**Falling Through the Ceiling: Our ADHD Family Memoir. Audrey Jones & Larry Jones. (2018)**

Sharing their personal life challenges with the effects of ADHD, this is a real, sometimes painful, story written to help families recognize and navigate to controlling chaos and unlocking the gifts of ADHD in their children and themselves.

**Food Refusal and Avoidant Eating in Children including those with Autism Spectrum Conditions: A Practical Guide for Parents and Professionals. Gillian Harris & Elizabeth Shea. (2018)**

Provides parents with advice and training on how to deal with this condition and achieve a healthier and more balanced diet.

**From Cradle to Classroom: A Guide for Special Education for Young Children. Nicholas Young, Elizabeth Jean & Anne Mead. (2018)**

Reflects a keen understanding that early interventions are most effective in reducing the potential for special education or other support services later in a child's development.

**The Gifted Kids Workbook: Mindfulness Skills to Help Children Reduce Stress, Balance Emotions & Build Confidence. Heather Boorman. (2018)**

With this workbook, your child will gain a better understanding of their unique gifts and learn essential strategies to help regulate their emotions, manage anxiety, improve mood, and navigate social relationships.

**The Good Night, Sleep Tight Workbook for Children with Special Needs - Toddlers to Tweens: Gentle Proven Solutions to Help Your Child with Exceptional Needs Sleep Well and Wake Up Happy. Kim West & Katie Holloran (2019)**

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With its easy-to-use and clear step-by-step format, this book will help tired parents create and follow an effective sleep plan to achieve sleep success for their kids with special needs—toddlers to tweens.

**Good Pictures, Bad Pictures: Porn-Proofing Today's Young Kids. Kristen A Jensen. (2018)**

Featuring easy-to-understand science and simple analogies, this book engages young kids to porn-proof their own brains.

**Grandparent's Guide to Technology: Staying Safe and Raising Savvy Cyber Grandkids (2018)**

Helps you navigate your own online safety while you meet your grandchildren where they are at.

**Handbook of Child and Adolescent Aggression. (2018)**

Explores the forms and functions of aggression and the multiple factors that contribute to its emergence, development, and consequences, including genetic and biological influences, temperament, family dynamics, peer relations, and social inequality.

**Helping Your Transgender Teen: A Guide for Parents. Irwin Krieger (2018)**

Going through puberty and adolescence presents unwelcome changes for many transgender youth, and this book provides advice to parents of transgender teens to help them understand what their child is experiencing and feeling during this challenging time.

**How to Defend Against Cyberbullies & Trolls: The Inner Workings of the Internet for Parents.**

**Fernando Uilherme Barbosa De Avevedo. (2018)**

Trolls and cyberbullies lay on impunity, illusion of anonymity, lack of responsibility and desire to annoy you. This book will teach to defend yourself, your children and your family's reputation, always inside the law and managing all collateral effects.

**An Introduction to Autism for Adoptive and Foster Families: How to Understand and Help Your Child. Katie Hunt & Helen Rodwell (2018)**

Written for busy foster carers and adoptive parents, this book provides a concise introduction to Autism Spectrum Disorder (ASD), and how to support a child with a diagnosis.

**Interoception the Eighth Sensory System: Practical Solutions for Improving Self-Regulation, Self-Awareness and Social Understanding. Kelly Mahler. (2017)**

Delivers an overview and describes the clear link between interoception and important skill areas such as self-awareness, self-regulation, problem solving, social intuition, perspective taking and more.

**It's More than "Just Being In": Creating Authentic Inclusion for Students with Complex Support Needs. Cheryl Jorgensen. (2018)**

This book is your school team's practical blueprint for making authentic inclusion happen in K–12 classrooms.

**It's Potty Time!. PBS Kids (DVD) (2017) (60 minutes)**

Tackle potty training with some of your favorite PBS KIDS friends.

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**Job Coaching for Adults with Disabilities: A Practical Guide. (2019)**

Includes the perspectives of both people with disabilities and their job coaches, offering first-hand experience of the specific issues faced by those who want to enter the competitive open jobs market.

**The K&W Guide to Colleges for Students with Learning Differences. (2019)**

This comprehensive guide makes it easy for those students and their families and guidance counselors to tackle the daunting process of finding the school that fits their needs best.

**The Little Book of Restorative Justice. Howard Zehr. (2015)**

This resource is also suitable for academic classes and workshops, for conferences and trainings, as well as for the layperson interested in understanding this innovative and influential movement.

**Managing Chronic Health Needs in Child Care and Schools. Elaine Donoghue & Colleen Kraft (2019)**

Helps teachers and caregivers address the challenges of caring for children with chronic health conditions and special health care needs in child care and school settings.

**Managing Puberty, Social Challenges, and (almost) Everything: A Video Guide for Girls. Coulter Video. (DVD) (2013)**

In addition to explaining the physical and mental changes girls experience during puberty, it also offers strategies to help girls who have social and communication challenges make friends, begin dating and prepare for the future. 80 minutes.

**Managing a Special Needs Trust: A Guide for Trustees. Barbara Jackins, Richard Blank & Ken Shulman (2016)**

Covers what trustees need to know about public benefit programs such as SSI, SSDI, Medicare, and Medicaid; taxes and special needs trusts; payment of recreation, transportation, and medical costs; housing subsidies; and trustee duties.

**Me and My PDA: A Guide to Pathological Demand Avoidance for Young People. Gloria Dura-Vila & Tamar Levi. (2019)**

This beautifully illustrated guide helps young people with Pathological Demand Avoidance (PDA) to understand their diagnosis, develop self-awareness and implement their own personalized problem-solving strategies.

**Mindfulness for Kids: A Complete Guide to Helping Children Learn to Listen to Their Bodies, Understand Their Emotions, and Manage Stress. Casey Langford (2018)**

This book will show you how to get your child on the road to a healthier mind and a better life!

**MPloy - A Job Readiness Workbook: Career Skills Development for Young Adults on the Autism Spectrum and with Learning Differences. Michael McManmon, Jennifer Kolarik & Michael Ramsay. (2018)**

This self-guided workbook is suitable for young adults aged 16-26 with ASD (Autism Spectrum Disorder) or LD (Learning Differences), to teach the necessary skills for entering the workforce and forging a meaningful career path.

**Navigating Negativity: Practical Parenting Strategies to Reduce Conflict and Create Calm. Susan Van Scoyoc (2018)**

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With practical techniques, trusted expert advice and strategies that don't require your kid's cooperation, this confidence-boosting book is your must-have guide to parenting a negative child.

**NLD from the Inside Out: Talking to Parents, Teachers, and Teens about Growing Up with Nonverbal Learning Disabilities. Michael Brian Murphy. (2016)**

Offers tips on organization and planning, including study skills; how to successfully navigate the transition from dependent child to independent adult; creating more harmonious family and peer relationships; changing disabling attitudes.

**Oppositional Defiant & Disruptive Children and Adolescents: Non-Medication Approaches for the Most Challenging ODD Behaviors. Scott Walls (2016)**

Guide to recognizing what factors cause defiant episodes in children & adolescents, and tips to help identify when and where these difficult behaviors are likely to occur. Contains tools to increase positive behaviors.

**Overcoming Selective Mutism: The Parent's Field Guide. Aimee Kotrba & Shari Saffer (2018)**

Offers a creative and motivating Journey theme to introduce tools that help parents and children plan and conquer some of the most common challenges associated with selective mutism.

**Parent Training for Autism Spectrum Disorder: Improving the Quality of Life for Children and Their Families. (2019)**

Presents parent training as a unique approach that is not only more accessible but is also one of the most promising methods for promoting long-term behavioral improvements in children with ASD.

**Parenting Children with Mental Health Challenges: A Guide to Life with Emotionally Complex Kids. Deborah Vlock. (2018)**

With its combination of easily digestible, to-the-point suggestions, clear action items, and first-person parent/kid stories, its aim is to make parents feel stronger and better, while actively seeking positive outcomes for their kids and families.

**Parenting Toolbox: 125 Activities Therapists Use to Manage Emotions, Increase Positive Behaviors & Reduce Meltdowns. Dr. Lisa Weed Phifer, Laura Sibbald & Jennifer Hunt Roden. (2018)**

Filled with easy-to-use strategies, backed by science, to overcome challenges and strengthen parent-child interaction - one worksheet, activity and exercise at a time.

**Parenting Traumatized Children with Developmental Differences: Strategies to Help Your Child's Sensory Processing, Language Development, Executive Function and Challenging Behaviours. Dr Sara McLean. (2019)**

Children who have encountered trauma early in life can experience real differences in their social and cognitive development. This comprehensive guide introduces what such developmental difference means, how it affects a child, and offers strategies to help support or alleviate problems that commonly arise.

**Parent's Guide to Childhood Mental Health: Diagnosis, Treatment and Well-Being. Dr. Richard Flannigan. (2019)**

Gain a complete understanding of the referral process, assessments, diagnosis and treatment of the most common childhood mental health disorders.

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**Picture Inclusion!: Snapshots of Successful Diverse Classrooms. Whitney Rapp, Katrina Arndt & Susan Hildenbrand. (2019)**

Gives you the fundamentals of inclusion, proven practices for teaching everyone, and dozens of student profiles and sample lesson plans.

**Population One: Autism, Adversity and the Will to Succeed. Tyler McNamer. (2013)**

Part memoir, part inspirational guide, this book offers readers the ability to see life through the eyes of a young man with autism.

**A Practical Guide to Mental Health & Learning Disorders for Every Educator: How to Recognize, Understand, and Help Challenged (and Challenging) Students Succeed. Myles Cooley. (2018)**

Covering topics including PTSD, bipolar disorder, autism spectrum disorder, and many others, this accessible, ready-to-use reference explains how each disorder or difficulty might be exhibited in the classroom and offers straightforward suggestions for what to do (and what not to do).

**Respect: A Girl's Guide to Getting Respect & Dealing When Your Line is Crossed. Courtney Macavinta & Andrea Vaner Pluym. (2005)**

Teen. Helps teen girls get respect and hold on to it no matter what—at home, at school, with their friends, and in the world.

**Rethinking Disability: A Disability Studies Approach to Inclusive Education. Jan Valle & David Connor (2019)**

Introduces new and experienced teachers to ethical framings of disability and strategies for effectively teaching and including students with disabilities in the general education classroom.

**Safety and Consent for Kids and Teens with Autism or Special Needs: A Parent's Guide. Debra S Jacobs. (2019)**

This guidebook empowers adults to fulfil their responsibility to protect and support children, and to provide a safe environment in which every child can reach their highest potential free from coercion or abuse.

**The Secret Rules of Social Networking. Barbara Klipper & Rhonda Shapiro-Rieser (2015)**

Address Internet safety, romantic relationships, online vs. in-person interactions, and more, with a particular focus on adolescents and young adults who have communication and social skills difficulties.

**The Selective Mutism Resource Manual, 2nd Edition. Maggie Johnson & Alison Wintgens (2017)**

Comprehensive and practical manual that is grounded in behavioural psychology and anxiety management and draws on relevant research findings as well as the authors' extensive clinical experience.

**Self- Injury: Simple Answers to Complex Questions. Alexian Brothers Behavioral Health Hospital (2014)**

This book is designed to be accessible to a wide audience, including the general public, healthcare providers, teachers and school administrators, people who suffer from self-injury, and family members of people who suffer from self-injury.

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**Sibling Caregivers: How to Have a Life, Be Encouraged and Live Stress Free. Ob Nwaogbe. (2018)**

The story about my brother and I will encourage other sibling caregivers, and bring the much needed awareness to the tremendous task sibling caregivers take on. This is a part memoir and tips on being a sibling caregiver.

**Smart but Scattered and Stalled: 10 Steps to Help Young Adults Use Their Executive Functioning Skills to Set Goals, Make a Plan, and Successfully Leave the Nest. Richard Guare, Colin Guare & Peg Dawson. (2019)**

Includes downloadable practical tools for figuring out what areas to target, building skills, identifying a desired career path, and making a customized action plan.

**Social Media and Mental Health: A Guide for Teens. Dr. Claire Edwards (2018)**

Teens. This illustrated teen's guide to surviving social media will offer handy tips on what platforms are out there, outline how and why social media can affect your mental health, and give you tips on how to keep yourself safe online.

**Social Skills Success for Students with Asperger Syndrome & High-Functioning Autism. Richard Simpson & Ellen McGinnis-Smith (2018)**

Provides evidence-based strategies for enhancing social skills of children and adolescents who have Asperger Disorder and other forms of high-functioning autism.

**Stuff You Need to Know: A Guide for Young Adults with Autism. Patricia Weaver (2018)**

Teens. Guide to help kids and young adults with autism learn the most basic skills to achieve independence.

**Successful Social Articles into Adulthood: Growing Up with Social Stories. Dr. Siobhan Timmins. (2018)**

The first book on using Social Stories™ with young adults focuses on developing a social understanding around some of the most common issues faced by autistic young adults, including applying for a job, looking after physical and mental health, and staying safe in a new home.

**Supported Decision-Making: Theory, Research, and Practice to Enhance Self-Determination and Quality of Life. Karrie Shogren, Michael Wehmeyer, Jonathan Martinis & Peter Blanck. (2018)**

This volume introduces and explains empirical research on critical elements of supported decision-making and the applications of supported decision-making that enhance outcomes, including self-determination and quality of life.

**Teaching Pre-Employment Skills to 14-17 Year-Olds: The Autism Works Now! Method. Joanne Lara & Susan Osborne. (2017)**

Shows how to help students aged 14-17 develop the necessary transition skills for getting and keeping a meaningful job, with accompanying worksheets available to download.

**Teaching Soft Skills in a Hard World: Skills for Beginning Teachers. Nancy Armstrong Melser. (2019)**

Introduces fourteen of the most important soft skills in the field of education. It will explain how each skill is used in teaching as well as ideas for how to model and explain them in college classrooms, field experiences, and student teaching.

**To Be Gifted & Learning Disabled: Strength-Based Strategies for Helping Twice-Exceptional Students with LD, ADHD, ASD and More. Susan Baum, Robin Schader & Steven Owen (2017)**

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Provides a comprehensive look at the complex world of students with remarkable gifts, talents, and interests, who simultaneously face learning, attention, or social challenges from LD, ADHD, and other disorders.

**Train Your Dragon to Accept NO. Steve Herman. (2018)**

Elementary. Fun, cute and entertaining with beautiful illustrations, this playful book will teach kids how to handle Disagreement, Emotions and Anger Management.

**The Traumatized Brain: A Family Guide to Understanding Mood, Memory, and Behavior after Brain Injury. Vani Rao & Sandeep Vaishnavi. (2015)**

Explains how traumatic brain injury, whether mild, moderate, or severe, affects the brain.

**Understanding Fetal Alcohol Spectrum Disorder: A Guide to FASO for Parents, Carers and Professionals. Maria Catterick & Liam Curran. (2014)**

Useful introduction to the most common non-genetic learning disability, which is caused by alcohol consumption during pregnancy.

**Understanding Pathological Demand Avoidance Syndrome in Children: A Guide for Parents, Teachers and Other Professionals. Phil Christie, Margaret Duncan, Ruth Fidler & Zara Healy (2012)**

This straightforward guide is written collaboratively by professionals and parents to give a complete overview of PDA.

**Understanding Selective Mutism: A Beginner's Guide. Lucy Nathanson. (2017)**

Covers an overview of selective mutism: what selective mutism is and is not, the diagnostic criteria, what causes selective mutism, how to interact with a child with selective mutism and an overview of the treatment methods.

**Understanding Your Gifted Child from the Inside Out: A Guide to the Social and Emotional Lives of Gifted Kids, James Delisle. (2018)**

Focuses on the social and emotional aspects of giftedness, highlighting new information on the issues of perfectionism, self-advocacy, underachievement, mindfulness, and the impact of technology on gifted kids' relationships.

**Unstuck & On Target: An Executive Function Curriculum to Improve Flexibility, Planning and Organization. (2018)**

A school-based intervention for students ages 8–11, this evidence-based curriculum gives you 21 ready-to-use lessons that boost cognitive flexibility in everyday situations, from compromising with peers to coping with frustration.

**The Way I am is Different: A Children's Book about a Boy with Fetal Alcohol Spectrum Disorder. Helen Simpson. (2018)**

A boy describes his anxiety, fears, and discusses his struggles from an honest view point of what it is like to live with FASD in Elementary school. This book helps children understand their "different" is perfectly okay, and they are not alone.

**What Should Danny Do?: 9 Stories in 1. Ganit & Adir Levy. (2017)**

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Ages 3 and up. Written in a "Choose Your Own Story" style, the book follows Danny, a Superhero-in-Training, through his day as he encounters choices that kids face on a daily basis.

**What to do About Dyslexia: 25 Essential Points for Parents. Richard Selznick. (2019)**

Includes the definition and characteristics of dyslexia, how dyslexia is assessed, how to approach remediation, and tips to help you and your child conquer the most common learning disability.

**The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind. Daniel Siegel & Tina Payne Bryson. (2012)**

Shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

**Young Adult Road Map: A Step-by-Step Guide to Navigating Wellness, Independent Living, and Transition Services for People in Their Teens and Twenties. Wendy Lowe Besmann & Kimberly Douglass. (2018)**

Practical, step-by-step guide to navigating the details of everyday life for young adults facing challenges (such as autism spectrum, ADD/ADHD, you behavioral, developmental or special health needs).

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