

Annotated Bibliography for Parents and Child Professionals
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***Get Out of My Life! But first could you drive me and Cheryl to the Mall?* Anthony Wolf, Ph.D., Farrar, Straus and Giroux, New York, 1991. Paperback, 204 pages.**

Dr. Wolf has written an entertaining, highly useful survival guide for parents of teenagers. Learn how to set limits with fewer arguments and when and how to talk with adolescent children in ways that actually work!

***1-2-3 Magic: Discipline for Children 2-12*, John Phelan, 1998, Henry Holt and Company, Inc., New York, pages, paper back.**

A practical, sensible approach to discipline that works! Phelan points out the two most commonly made mistakes parents make in disciplining children, where parents tend to come from when disciplining children and demonstrates an approach that has application for tantrums, bedtime, cleaning up, being out in public and many other real life situations with children.

***Delivered from Distraction*, Edward M. Hallowell, MD, and John J. Ratey, MD, Ballantine Books, New York, 2005.**

Evidently, living with an ADHD teenager makes you a smarter doctor, as *Delivered* is more practical, empathic approach to ADHD than its predecessors of nine years ago, *Driven to Distraction*, by the same authors. For openers they point out how the “disorder” is a misnomer and that understanding the special features of the ADD mind is the pathway to a successful life. Loaded with practical tips for parents, teachers and camp professionals, the best book I have seen on actually *working with* ADD children or adults.

***Raising Cain-Protecting the Emotional Life of Boys*, Dan Kindlon, Ph.D., Michael Thompson, Ph.D., 1999, Ballantine Publishing Group, 258 pages, paper and hard cover.**

Dan Kindlon and Michael Thompson have written an emphatic book about the emotional life of boys. They maintain that boys are innately emotional, but that they receive little or no help/encouragement or education around their feelings, often ending up “emotionally illiterate.” Using true life examples, they show how the culture deprives boys of developing emotional skill and awareness, often resulting in a kind of emotional retreat for men. They argue that the culture “expects too much and not enough”: a restrictive model for the expression of certain feelings (sadness, fear, vulnerability), expecting boys to shoulder difficult feelings without support; alternating with a lack of accountability for their own sometimes malicious or destructive behavior (acting out their angry feelings). Though the book is based largely on a white population, the authors give solid

ideas about what boys need in order to develop their emotional selves more completely. *If you have only enough time to read one book on boys, read this one.*

The Romance of Risk, Lynn Ponton, MD, 1997, Basic Books, New York 280 Pages in the actual Text, Paperback and hard cover.

Dr Ponton proposes that risk is a crucial method of growth and adaptation in life, and describes how both boys and girls, each in their own ways, use risk-taking as a way to expand their horizons, test the waters of adulthood and learn about their world. What Dr. Ponton then does is to distinguish between healthy and unhealthy risk, and high and low level risk. She points out that many adolescents get into serious high, and unhealthy risk, often without knowing how they got there or how to get out. She examines drug and alcohol use, sexual behavior, eating disorders, and other high risk behaviors and gives suggestions about how to help children and teens (boys and girls) assess their own risk-taking. A great book for anyone working with adolescents.

Best Friends, Worst Enemies-Understanding the Social Lives of Children, Michael Thompson, Catherine O'Neill Grace, Ballantine Books, New York, 2001, 265 pages

Wonderfully written, the authors show how friendships among children grow and change from infancy to adolescence, guiding parents, teachers, and camp directors to a deeper understanding of the motives and meanings of social behavior. Learn the differences between popularity and friendship, how boys and girls deal differently with intimacy and commitment, as well as notes on cliques and what to do about them. Filled with true life vignettes.

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