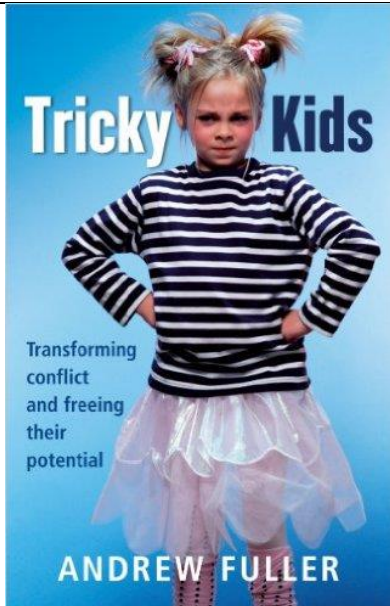


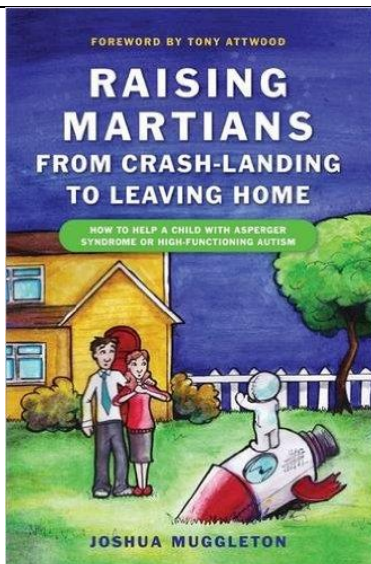
RESOURCES FOR PARENTS

	<p>FED UP: AUTHOR: SUE DENGATE</p> <p>The publication of Sue Dengate's bestselling books <i>Different Kids</i>, <i>The Failsafe Cookbook</i> and <i>Fed Up</i> has opened the eyes of thousands of desperate parents over the last fifteen years to the adverse effects of synthetic additives and natural chemicals in foods.</p> <p>Based on groundbreaking research, Sue's books show that learning difficulties, behavioural problems and minor chronic illness in children and adults can all be the result of intolerance to food chemicals. In this long-awaited, fully updated and revised edition of <i>Fed Up</i>, Sue provides up to the minute information about food intolerance and elimination diets, shares inspiring stories of families overcoming their problems, and lists dozens of favourite and improved recipes for all kinds of occasions.</p>
	<p>The Bilingual Family: A Handbook for Parents</p> <p>Author: Edith Harding-Esch & Philip Riley</p> <p>Written by two applied linguists and parents of bilingual children, this book provides a linguistically-informed overview of many of the issues involved in raising bilingual children. The book is divided into three sections: the first provides an overview of the issues involved, the second lists some 18 case studies of different bilingual families, and the final section consists of an alphabetical reference guide to some of the most frequently asked questions.</p>
	<p>Help Your Child Succeed at School Author: Andrew Fuller</p> <p>An easy to read guide to prepare children for success which involves ideas for improving concentration and memory.</p>



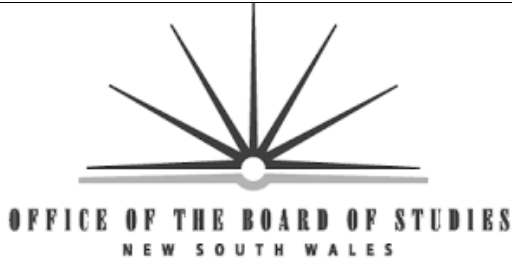
Tricky Kids Author: Andrew Fuller

Helping parents and teachers recognise the needs of children who are the manipulators, the negotiators, the debaters, the competitors, the dare devils and the passive resisters of this world. What would it be like to have to parent Bart Simpson or Angelica Pickles? Every day, many parents and teachers struggle with challenging (and lovable) children who have wilful personalities. These are often kids who are stubborn, defiant, determined, free-spirited or just plain difficult. Yet while they may be hard work, they are often the movers and shakers of the future. Many of history's great achievers, political leaders and national figures were forceful children. How can parents and teachers learn to manage these kids, and help them to change and develop the positive life habits - including an awareness of others, dealing with anger, staying focused and forming true friendships - that they sorely need? In this book he helps parents and teachers recognise the needs of children who are the manipulators, the negotiators, the debaters, the competitors, the dare devils and the passive resisters of this world. He shows how parents can create change in the family and how teachers can create change in the classroom (so that these children do not dominate). Parents may have to live with their one headstrong child, but teachers often face dozens of them every day! So, to assist them, Andrew Fuller has also included a special supplement focusing on their particular needs.



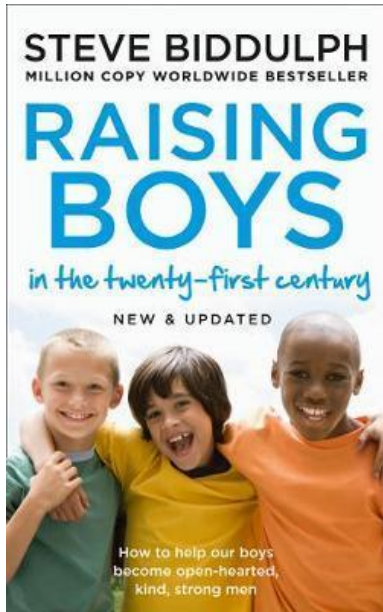
Raising Martians - from Crash Landing to Leaving Home Author: Joshua Muggleton

Having a child with Asperger's Syndrome can feel a bit like raising a Martian. They look the same as all the other children, but somehow, they are just...different. You don't speak the same language, you don't see the world in the same way, and you have no idea what the future holds. How on Earth do you go about raising a Martian anyway? Joshua Muggleton is 21 and has Asperger's Syndrome. Now studying psychology at the University of St Andrews, he has been through all the trials and tribulations of the school system. In Raising Martians, he combines his personal experience into what it means to have AS with his knowledge of autistic spectrum disorders to produce an invaluable guide for parents. Starting with the very basics of 'what is autism?', Joshua covers topics such as friendships and social situations, obsessions, and sensory issues, before tackling what is arguably the biggest part of any child's life: school. An essential guide for any parent trying to understand their Asperger child, Raising Martians will take them from crash landing to leaving home.



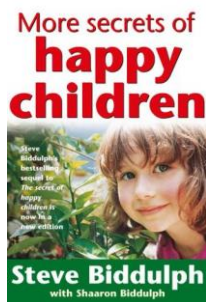
Helping Your Child Learn To Read Author: Board of Studies

This Book aims to provide parents and caregivers with information about ways in which they can support their children as they begin to learn to read. It is designed for parents or carers of children up to eight years of age. Including What is Reading? The Reading Environment. The importance of talking and listening in learning to read. Written language. Words, Words, Words. Sounds and letters. Book List.



Raising Boys Author: Steve Biddulph

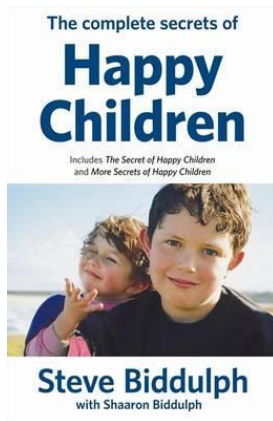
Few books have stayed in the news as much as Steve Biddulph's million-copy seller Raising Boys. It has changed how we parent sons. Thousands of parents keep their boy at home a year longer before starting school and tens of thousands have taught their sons to cook (sparking a worldwide pasta shortage!). And an incredible result -- this generation of dads is spending three times as much time with their children. Steve has updated Raising Boys dramatically throughout its life, and this new edition is no exception. This book features helpful messages about the three stages of boyhood which help parents plan their lives to keep boys safe and loving life. Steve tackles how to find the very best school (it's often NOT an expensive private school) and how to safeguard against internet pornography, harming a boy's spirit or his ability to relate to girls as people. Steve includes stories of mothers who learned to love boyishness -- with all its energy and intense emotions. These encourage mums and dads who find boys a bit overwhelming. The message is don't panic -- boys are honest and simple. They just need you to have a sense of fun but also to be strong and clear. Learn to laugh -- boys' testosterone makes them worry when you are tense. Set clear rules and they will be calmer too. Everyone wants to raise their sons to be caring, warm and strong. Steve Biddulph really has led this worldwide change, and this new edition continues to do so.



More Secrets of Happy Children Author: Steve Biddulph

From the author of the worldwide bestseller Raising Boys, this bind-up of the parenting classics The Secret of Happy Children and More Secrets of Happy Children by parenting expert and child psychologist Steve Biddulph tells parents everything they need to know about raising happy, healthy, confident children from babyhood to teens. This bind-up brings all of Steve's parenting tips and secrets together for the first time. This book shows parents how to be true to themselves while also bringing up secure children who feel loved and respected, with self-esteem and responsibility. The book is aimed at a wide age group- from babies and toddlers to older children and teenagers. Authoritative yet accessible, the book is full of case histories and familiar conversations and scenarios, as well as cartoons, that help parents relate to Steve's message. The book covers all the key issues in parenting, including: - how and why negative language affects children - stopping tantrums before they start - curing shyness - 'soft love'- why touch, praise and time are vital- and 'firm love'- disciplining through teaching and being involved, rather than punishment - childcare

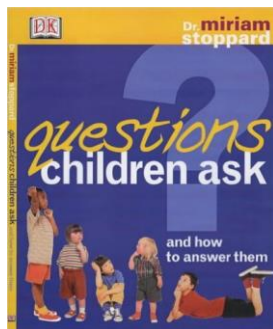
issues- finding a balance between work and your children's needs - raising sons and raising daughters- their different needs.



The Complete Secrets of Happy Children

Author: Steve Biddulph

The Complete Secrets of Happy Children is a special, combined edition of the highly acclaimed bestsellers The Secret of Happy Children and More Secrets of Happy Children. In the Secret of Happy Children you will discover what's really happening inside kid's minds, and what to do about it. And you will find out how to be a stronger, more loving, more definite and more relaxed parent. You'll learn how to let go of old, negative approaches, and free up more energy to enjoy your kids and your life. More Secrets of Happy Children (written with Sharon Biddulph) tackles other important concerns of parents today such as: how to help toddlers and children feel secure and settled; discipline methods that work (without hitting or yelling); making sure your love gets through; being the best kind of dad; and the childcare dilemma.



Questions Children Ask Author: Dr Miriam Stoppard

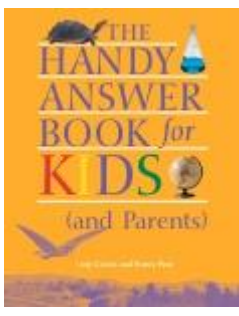
Where did I come from? What happens when you die? What's divorce? From the moment children can formulate questions they begin to bombard their parents with "Why?" "What?" "Where" and "How?" Naturally curious they often catch us off guard leaving us unsure of how to answer their questions with an appropriate response. Now with the down-to-earth advice of Dr. Miriam Stoppard--the nation's leading authority on childcare--parents can learn how to tackle the difficult questions their children ask and use them as opportunities to teach the values of kindness tolerance justice and generosity. Best of all Stoppard offers parents a foundation on which they can build their own answers as their child's understanding expands.

REDI for PARENTS Resilience Education and Drug Information to support family-school partnerships

Author: Australian Government, Department of Education, Science and Training

This innovative set of school drug education resources is focused on preventing and reducing the harm that drug use can cause by building more resilient young people. REDI seeks to engage schools and their communities to foster the health and well-being of young people and to help them develop the skills, attitude and knowledge needed to become more resilient. These practical, realistic and fun resources promote a whole school approach to drug education and are ready to go with minimal review time required.

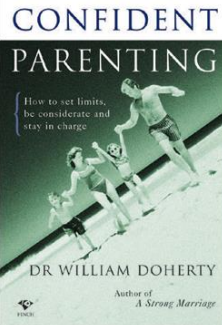

Contains: 2 manuals, 1 videocassette, 1 DVD, 1 CD-ROM, 1 parent pack (various pieces) resilience education and drug information to support family-school partnerships.

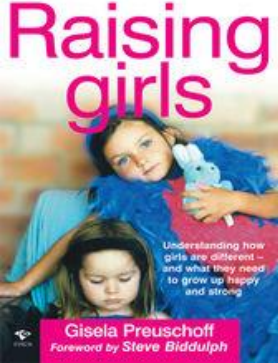



The Handy Answer Book for Kids

Kids ask the darnedest things. If you've ever tried to fend for yourself in this alien world, you know that a book like this is long overdue. *The Handy Answer Book for Kids* addresses nearly 800 queries that only a kid can think up. It's easy to understand and organized by simple topical chapters, permitting kids (and parents) to help themselves. Born in a moment of quiet desperation, it easily handles the occasional solitary stumper lobbed like a live grenade, like *How many stars are there?* It's more than a bunch. *What did people use before toothbrushes were invented?* With *Handy Kids*, love means never having to say I don't know. Chapters include Earth, Sky, and Beyond; Me, Myself, and I; My Family and Friends; Being Green (about the plant world); How Things Work; Home Life and School Days; World Tour; Animal Neighbours

Confident Parenting

		<p>Author Dr William Doherty</p> <p>How to Set Limits, be Considerate and Stay in Charge</p>
	<p>A Guide to What Works for Anxiety Nicola Reavley, Nick Allen, Anthony Jorm, Amy Morgan, Siobhan Ryan, Rosemary Purcell</p>	

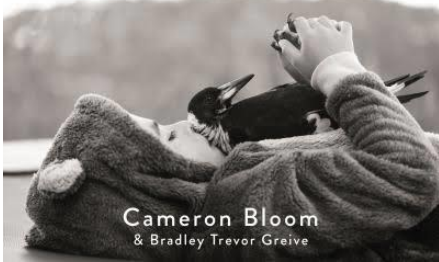
	<p>Raising Girls</p> <p>Author Gisela Preuschoff</p> <p><i>Raising Girls: Helping Your Daughter to Grow Up Wise, Warm and Strong</i> is a response to what Biddulph identifies as a "sudden and marked plunge in girls' mental health" over the past five years, years during which the growth of social media has encouraged anxiety and narcissism.</p>
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	<p>Drugs and your Teenager Author: Martin Palin, Shelly Beatty</p> <p>This book is written for parents who want to know about teenage drug use before their children become curious teenagers, or suspect drug use by their children, or know their teenagers are using drugs and are wondering what to do.</p>
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THE NUMBER ONE INTERNATIONAL BESTSELLER

PENGUIN BLOOM

The odd little bird who saved a family



Penguin Bloom

Author Cameron Bloom

This is a true story of hope and courage. It begins with a shocking accident, in which Cameron's wife, Sam, suffers a near fatal fall that leaves her paralysed and deeply depressed. Into their lives comes Penguin, an injured magpie chick abandoned after she fell from her nest.

Penguin's rescue and the incredible joy and strength she gives Sam and all those who helped her survive demonstrates that, however bleak things seem, compassion, friendship and support can come from unexpected quarters, ensuring there are always better days ahead. This plucky little magpie reminds us all that, no matter how lost, fragile or damaged we feel, accepting the love of others and loving them in return will help to make us whole.



'Parent's guide to safety online'

An Australian Government initiative.

A practical, issue focussed information and advice guide for parents of children of all ages

 <p>Book and DVD</p>	<p>1 2 3 Magic <i>Effective Discipline for Children</i> "1-2-3 Magic" addresses the difficult task of child discipline with humor, keen insight and proven experience. This time-tested program provides easy-to-follow steps for disciplining children aged 2-12 without yelling, arguing or spanking. You'll also learn when--and how--your silence can speak louder than you think. Listen to this audiobook and take charge of your home!</p>
	<p>Bullying. So not ok. <i>A girl's Education and prevention booklet</i> Headspace</p>
	<p>Self - Reg: <i>How to help your child (and you) Break the Stress Cycle and Successfully Engage with Life</i> - Author Dr Stewart Shanker</p>
 <p>Student Ebook Digital Download</p>	<p>Keeping you safe Online. Parent-Teacher/Student (2) booklets</p>
	<p>School Day Lunches <i>Kitchen Workbooks</i> Kids recipes and lunch box ideas</p>
	<p>Reading Magic <i>How Your Child can learn to read before school</i> Author Mem Fox The importance of Reading aloud to our children everyday</p>
	<p>Working Parents <i>How to work, raise great kids and have a life</i> Author Michael Grose Shatters the myth of quality time three things that really matter for family closeness</p>

