

ANTIBULLYING RESOURCE LIST FOR PARENTS

Books

Books to help your child develop emotional intelligence

How To Talk So Kids Will Listen & Listen So Kids Will Talk by Adele Faber and Elaine Mazlish. This book has become a classic. As adults we often forget that children speak a different language. This book helps all parents connect better with their kids.

Raising an Emotionally Intelligent Child by John Gottman. Book and DVD. Gottman is one of the US's leading psychologists. The book and DVD provide accessible guidance for any parent wanting to help their child develop emotionally and socially.

Books for when your child is approaching adolescence

Real Boys: Rescuing Our Sons from the Myths of Boyhood by William Pollack

Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher.

Best Friends, Worst Enemies: Understanding the Social Lives of Children by Michael Thompson

Books for when your child is being bullied

The Bully, The Bullied and the Bystander by Barbara Coloroso

Speak up and Get Along by Scott Cooper. Good to give to your child.

Sticks and Stones: 7 Ways Your Child Can Deal with Teasing, Conflict, and Other Hard Times by Scott Cooper. Same author – this one to help parents coach their child in assertiveness.

Raise your Child's Social IQ: Stepping Stones to People Skills for Kids by Cathi Cohen. This is a good one if the child needs help with social intelligence.

The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience by Martin E. P. Seligman. Children need to learn optimism and specifically not to take the role of victim. Seligman is renowned for his work in positive psychology.

Odd Girl Out by Rachel Simmons. Based on interviews, the book explores the experience of girls (and their mothers) who were bullied or excluded. Suitable for mothers who are concerned that their daughter is going through what they went through.