

Here are some suggested resources for parents and children about: Managing Challenging Behaviour

1. **The Behavior Survival Guide For Kids: How to Make Good Choices and Stay Out of Trouble.** McIntyre, Tom. 2003   
2. **Don't Give Me That Attitude: 24 Rude, Selfish, Insensitive Things Kids Do And How To Stop Them.** Borba, Michele. 2004         
3. **No More Misbehavin': 38 Difficult Behaviors And How To Stop Them.** Borba, Michele. 2003   and 20+ other public libraries in Southern Alberta
4. **From Chaos to Calm: Effective Parenting of Challenging Children with ADHD and Other Behavioral Problems.** Heininger, Janet E., Weiss, Sharon K. 2001  
5. **How To Behave So Your Children Will Too.** Severe, Sal. 2000        
6. **Raising Your Spirited Child: A Guide for Parents Whose Child is Intense, Sensitive, Perceptive, Persistent.** Kurcinka, Mary Sheedy. 1991        
7. **Skills Training For Children With Behavior Problems: A Parent And Practitioner Guidebook.** Bloomquist, Michael L. 2006 
8. **Active Parenting Now: For Parents Of Children Ages 5-12.** Popkin, Michael H. 2002 (a series of 6 videos/DVD's each addressing a specific parenting skill)  
9. **Active Parenting Of Teens.** Popkin, Michael H. 1998 (a series of 6 DVD's each addressing a specific parenting skill) 
10. **Canadian Paediatric Society** www.caringforkids.cps.ca/behaviour/index.htm
11. **Kids Health** www.kidshealth.org/parent/emotions/index.html
12. **Disruptive Disorders in Children** <http://tinyurl.com/yxaag3>

Materials can be borrowed through inter-library loan



Family & Community Resource Centre



Calgary Public Library



Banff



High River



Milo



Taber



Brooks



Hinton



Okotoks



Three Hills



Canmore



Lethbridge



Red Deer



Stoney Plain



Fort Macleod



Medicine Hat



Sylvan Lake

Disclaimer

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

For additional resources or information regarding **Challenging Behaviour** please call or visit:

The Southern Alberta Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW
Calgary, AB T3B 6A8
Phone: (403) 955-FCRC(3272)

For additional support in child health information needs please contact our Child Health Information Specialist at 955-7745, toll free at 1-877-943-FCRC(3272) or email childhealthinfo@calgaryhealthregion.ca.

Community resource information available from:

HealthLink

Toll Free: 1-866-408-5465 (within Alberta)
Phone: (403) 943-5465

Alberta Mental Health Board Information Line

Phone: 1-877-303-2642

Access Mental Health

Phone: (403) 943-1500

Contributing Partners

Southern Alberta Child & Youth Health Network:

Healthy Minds / Healthy Children Capacity Building Project

Calgary Health Region:

Child & Adolescent Mental Health Program
Child & Adolescent Shared Mental Health Care Program

Alberta Children's Hospital:

Oppositional Defiant / Conduct Disorder Clinic



All of our Information Prescriptions are available for free download at: www.sacyhn.ca/pages/publications.html