



## Healthy Child and Teen Development Resources for Patients

### General Information related to child and teen development including mental health:

<http://www.nimh.nih.gov>

National Institute of Mental Health – An overview of various child & youth mental health issues and effective treatment approaches

<http://www.aboutourkids.org>

Do you want to learn more about a specific issue on child development or mental health? Check out the bibliography and list of mental health and parenting organizations and recommended books.

<http://www.teenmentalhealth.org>

Understanding the teen years can be confusing. This website provides information about teen issues and how to understand your teen.

<http://www.caringforkids.cps.ca>

Developed by the Canadian Paediatric Society. Topics include child development and behaviour.

<http://life.familyeducation.com>

Developed by the Family Education Network – addresses a variety of parent, child & teen topics. Parent-to-parent advice offered.

[www.kidshealth.org](http://www.kidshealth.org)

Children's health and development websites. There are sites specifically for children and teens to explore common issues and concerns.

<http://www.offordcentre.com>

This Centre of Knowledge website is dedicated to providing the latest and best information on child mental health problems and the influences that shape the developmental health and well-being of children and youth.

<http://www.drcheng.ca>

Good source for parent handouts

### Books:

<http://www.communityed.ca/booklists.cfm>

Book listings for common child, teen and parent concerns (ADHD, sibling rivalry, mood, parenting, teasing & bullying, etc.)

"Get Out of My Life, But First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager" by Anthony E. Wolf

"The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children" by Ross Greene. Collaborative problem-solving approach to children with behavioural difficulties.

"How to Talk So Kids Will Listen and Listen So Kids will Talk" by Adele Faber and Elaine Mazlish