Recommended Books on Child Guidance

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Short and to the Point


This workshop teaches seven principles of discipline that parents, teachers, and caregivers can use with young children: focus on “do” instead of “don’t” statements; help children feel lovable and capable; offer children appropriate choices; change the environment rather than the child’s behavior in certain situations; work with rather than against children; give children safe limits they can understand; set a good example.


This reader-friendly book offers easily understandable ideas and strategies proven to work for children with the most challenging behaviors - and to benefit every child in your setting.


Easy-to-read booklet gives parents ways to address common behavior challenges for children birth to nine.

Further Thoughts


Bullying, though commonplace, is not healthy, not normal, certainly not necessary, and in fact is devastating to many children. This book shows how, with care and commitment, we can re-channel the behaviors of the
bully into positive leadership activities, acknowledge the nonaggressive behaviors of the bullied child as strengths that can be developed and are honored, and transform the role of the bystander into that of a witness, someone willing to stand up, speak out, and act against injustice.


To sustain a promising future, individuals and groups need to find ways to work cooperatively and respectfully. Teachers can use guidance to help young children develop democratic life skills, the emotional and social skills they will need to live intelligently and ethically in our modern, diverse, complex democratic society.


"I Love You Rituals" are delightful interactions and games adults can play with children from infancy to eight years of age that send the message of unconditional acceptance.


This practical book explains how to recognize stress in young children and intervene with proven relief strategies before pressures turn into big problems.


Knowing when to take time to calm down and cool off to gain access to inner wisdom and common sense is an important life skill. Instead of using time-out as a punishment, adults can use it to teach children this skill. This book will help you clarify the differences between the abuses and effective uses of time-out.


In a reader-friendly style, Gartrell shows teachers how to help children develop lifelong skills such as mutual acceptance and cooperation, creative problem-solving, and acceptable ways to express difficult emotions.


This book offers tips and examples from teachers’ everyday lives to show how thoughtful interactions help teachers connect with children to help children feel good about themselves and about learning.


To help teachers and parents work out normal developmental issues in young children, this book gives easy-to-understand information on 21 common skill lags and behavior challenges (such as tattling, swearing, and aggression). It suggests actions to be agreed to by both parent and teacher, and gives a well-designed parent/provider planning form.


The four parts of Time-In are: Ask, to teach the child to think; Act, to redirect or interrupt behavior; Attend, to the person, feelings, situations, or objects; Amend, to right a wrong. Use of the Time-In process will help
you handle any behavior in children ages one to 12 years, while teaching children to be competent, to think, and to succeed, and giving them the sense of connection and trust they desperately need.


This violence prevention and conflict resolution guide will help you create a classroom where preschool through third grade children learn peaceful, respectful, safe alternatives to the violent behaviors modeled for them in the media and beyond.

**Infants, Toddlers, and Twos**


Specific positive discipline techniques designed for children from birth to three years.


An adult feeds a baby: when the baby is hungry or when it is convenient for the adult, in a lap that feels safe and familiar or with arms that communicate tension or disgust? A parent and a professional talk about a toddler: with trust in each other or with suspicion and fear, in a quiet comfortable corner or on the run when one or both are distracted or fatigued? This is a book of very touching stories to help you think about "how you are" with children and their families.


Read this book to find out what you'd hear if you could read the mind of a two-year-old. Each entertaining and enlightening entry explains a common behavioral problem from a two-year-old’s perspective. They tell us why they behave the way they do, how they are feeling, and what they need from their parents and caregivers in order to behave better.


Loving, responsive, and consistent care from primary caregivers is key to young children learning to form relationships and for their emotional well-being in childhood and beyond. When a caregiver uses the suggestions in this book to build a child's secure attachment to her, she can count on the power of that emotional bond to increase the child's cooperation with her requests.

**Preschoolers**


Challenging behavior is behavior so disruptive that the child who displays it makes it almost impossible for you to provide a good learning experience for the other children. This excellent book gives you the basic facts and skills you need in order to understand and prevent challenging behavior, to address it effectively when it occurs, and to teach appropriate alternatives.

Class meetings are a place for group problem solving, with the children solving the problems and the teacher facilitating. Such meetings provide an opportunity for everyone to speak out about their feelings in an emotionally safe environment. The author gives practical strategies for class meetings with children in preschool through the early grades and in bilingual classrooms, too.


Socially competent children are better able to learn and thrive. This book offers principles and strategies to guide teachers in strengthening children’s social skills and avoiding common, well-intentioned practices that actually undermine children’s social development.


The author speaks through the voices of three-year-olds to remind us how we felt and behaved at that age. The children tell 73 short stories to prove they're not trying to make our lives difficult, but instead are struggling to learn about their world and attempting to develop the skills of being big kids.


94 character-building classroom and at-home activities to help preschoolers develop compassion for others and other prosocial values as they contribute to a peaceful and supportive learning environment.


Parents and teachers need to have faith in and respect for what children have to tell us and respond to them appropriately and respectfully. The author shares ways to help children aged 2 to 5 tell us about issues that are important to them: fears, anger and aggression, siblings, birth and death, wishes and disappointments, growing up, and learning about the world. She also gives developmental information about each issue so we can comfortably speak to children at their level and not overwhelm them, or ask them too much, or give them more information than they can handle.


This book explains in everyday language the sex-based and gender-based differences between preschool boys and girls. It provides activities and strategies to meet the specific needs of boys while supporting active learning for all children.


Play skills are life skills. This book offers an easy-to-use play checklist to identify a child's sociodramatic play problems. It describes teaching strategies specifically related to the checklist and includes activity ideas to help you encourage new cooperative play skills rather than only controlling problem behavior.


Biting children. Late parents. Noisy naptimes. This book weaves lots of information on child development into its answers on how to handle and prevent problems child care providers face. The 3rd edition
integrates new research on topics such as: essential life skills, brain development, cultural responsiveness, early childhood expulsion, early learning standards, the value of play, and technology in the classroom.


This interactive workbook encourages thought, reflection, and discussion as you carefully observe play, identify children’s strengths and struggles, and offer them strategies to enter and sustain productive play.


This interactive workbook offers strategies to help you understand and thoughtfully respond to common challenges children have during group play: being unengaged, having conflicts, or playing aggressively.


  - **Volume 1. Supporting Positive Behavior.** 86 pgs. Proactive ways to prevent behavior issues and help two- to five-year-old children succeed.
  - **Volume 2. Responding to Behavior.** 83 pgs. How to respond positively when two- to five-year-olds test boundaries.
  - **Volume 3. Guiding Challenging Behavior.** 87 pgs. Tips and tools for guiding challenging behavior in children aged two to five, including assessing causes, documenting patterns, and sharing concerns with families and other professionals.

**School-Age Children**


Drama, cooking, art and other activities through which children in after-school and summer programs, camps, and recreation centers learn conflict resolution skills.


Text, anecdotes, and activities combine to show how to build important character traits, such as caring, citizenship, cooperation, courage, fairness, honesty, respect, and responsibility.


Excellent book of behavior guidance do's and don'ts written especially for school-age child care providers.


Conscious Discipline is a comprehensive classroom management program and a social-emotional curriculum based on brain research, child development information, and developmentally appropriate practices. It replaces the traditional fear-based compliance model of discipline with a relationship-based community model of classroom management. Conscious Discipline has been specifically designed to make changes in the lives of adults first. The adults, in turn, change the lives of children.

Over 20 conflict resolution techniques and 200 activities and games that teach children 5-12 how to cooperate and be their own peacemakers.

Discipline In School-Age Care: Control the Climate, Not the Children. Dale Borman Fink. Nashville, TN: School-Age Notes, 1995. 43 pgs.

When there are chronic behavior problems, is there something about the environment which can be changed to improve behavior?


Down-to-earth dialogues and cartoons show parents and teachers how to motivate kids to learn and succeed in school, to be self-directed, self-disciplined, and responsive to the wonders of learning. The authors explain how to create an honest, respectful emotional environment that makes it safe for children to open themselves up to what is new and unfamiliar, to believe in who they are and who they can become.


Social and emotional learning (SEL) is “the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.” This book tells how the Tribes process and Tribes Learning Communities transform schools by focusing on both SEL and academic learning in a positive social context.


Solid, practical advice for teachers on how to create a school environment in which students can develop their own sense of self-discipline and independent problem-solving skills.


A humorous and enlightening way to uncover damaging beliefs adults hold about themselves and children, and then use that understanding to teach children to meet their needs in socially acceptable ways without adults being too controlling or permissive.


A book to help kids develop their positive qualities through descriptions of ten important character traits – like caring, fairness, honesty, respect and responsibility – and related quizzes, true stories, fun activities, what if situations to think through, and resources for learning more.

Children with Special Needs

When a crisis is occurring in a child’s life, an early childhood program can either add to the problem or help to alleviate it. There are no magic right words to say, but this book suggests sensitive, caring ways for teachers to help children who are experiencing extreme stress and trauma in their lives, whether from the death of a loved one, a serious illness in the family, living with substance abusers, homelessness, community violence, or any of the other crises discussed in this book.


By showing us how to tune in to the inner world of children, the author teaches us a lovingly positive approach to help children face some of life’s most difficult issues of loss and grief.


An author with many years experience in special education uses stories to show school teachers and others how to gain the cooperation of students with special needs and bring out the best in these special kids.


This book explains the learning and behavioral needs of children who have experienced traumatic events or toxic stress, such as natural disasters, community violence, or abuse and neglect. It includes more than 75 classroom activities and strategies to help distressed children heal and feel empowered.

### From a Parent’s Point of View


A small book packed with effective solutions for all the common behavior problems. Lots of good, experienced advice about ways to encourage empathy, self-discipline, and moral development.


Bailey, a developmental psychologist, contends that the difficult but rewarding task of guiding children’s behavior starts only when parents are able to discipline themselves and become models of self-control. By following the author’s “7 Powers for Self-Control” (attention, love, acceptance, perception, intention, free will, and unity), a parent will be equipped to use the “7 Basic Discipline Skills” (composure, assertiveness, choices, encouragement, positive intent, empathy, and consequences).


Many entertaining examples show parents how to follow the two rules of Love and Logic: #1 – Adults set firm limits in loving ways without anger, lecture, threats, or repeated warnings. #2 – When a child causes a problem, the adult hands it back in loving ways.


Parents learn how to: cope with a child’s negative feelings, express anger without being hurtful, engage a child’s willing cooperation, use alternatives to punishment, and resolve family conflicts peacefully. The
authors include hundreds of examples of helpful dialogues, cartoons that show communication skills in action, and exercises so parents can practice the skills at their own pace.


Appreciating and nurturing humor, play, laughter, and joy in your children and yourself.

**The Top Ten Preschool Parenting Problems and What to Do about Them!** Roslyn Ann Duffy.

This book offers parents real life, practical advice with humor and love.

**Understanding and Promoting Child Development**


This user-friendly, non-technical guide to child development is a tool for evaluating developmental milestones, growth patterns, daily routines, and activities.


Ways to help children develop the six life skills of attachment, affiliation, self-regulation, initiative, problem solving and conflict resolution, and respect.


Contrasts appropriate and inappropriate practices in the care and education of children ages 0-2, 3-5, and 6-8. Includes an overview of each period of development, a thoughtful analysis of the principles underlying developmentally appropriate practice, and guidelines for classroom decision making.


This user-friendly guidebook offers clear and concise descriptions of developmental characteristics of children ages 4-14. Includes charts with developmental "yardsticks" for physical, social, language, and cognitive growth. A great resource for shaping activities to meet the needs of all children.