McMaster Children's Hospital

IWK Health Centre
Mental Health Services

Here's some suggested resources about:

TEASING and BULLYING

Books

1. Blue Cheese Breath and Stinky Feet: How to Deal With Bullies by Catherine Depino, Magination; c2004 ISBN: 1591471125 **FRL**

2. The Bully, the Bullied, and the Bystander: From Preschool to High School, How Parents and Teachers Can Help Break the Cycle of Violence by Barbara Coloroso, HarperResource; c2004 ISBN: 006001430X **FRL**

3. Take the Bully by the Horns: Stop Unethical, Uncooperative, or Unpleasant People from Running and Ruining Your Life by Sam Horn, St. Martin's Press; c2002 ISBN: 0312278209 **HPL**

4. And Words Can Hurt Forever : How to Protect Adolescents from Bullying, Harassment, and Emotional Violence by James Garbarino, Free Press; c2003 ISBN: 0743228995 **HPL**

5. Your Child: Bully or Victim? Understanding and Ending Schoolyard Tyranny by Peter Sheras, Fireside; c2002 ISBN:0743229231 **FRL** **HPL**

6. Nobody Knew What to Do: A Story About Bullying by Becky Ray McCain, Albert Whitman & Co; c2001 ISBN: 0807557110 **FRL** **HPL**

7. Stop Picking On Me by Pat Thomas, Barrons Juveniles; 1st edition c2000 ISBN: 0764114611 **HPL**

8. Dealing With Teasing by Lisa K. Adams, Powerkids Press; c2003 ISBN: 0823950700 **FRL**

9. Mom, They're Teasing Me : Helping Your Child Solve Social Problems by Michael Thompson, Ballantine Books; c2004 ISBN: 0345450116 **HPL**

10. Easing the Teasing : Helping Your Child Cope with Name-Calling, Ridicule, and Verbal Bullying by Judy S. Freedman, McGraw-Hill Books; c2002 ISBN: 0071381759 **FRL** & **HPL**

Websites: http://www.aacap.org/publications/factsfam/80.htm

http://www.caringforkids.cps.ca/keepingkidssafe/bullying.htm

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The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

IWK Health Centre

Family Resource Library
IWK Health Centre
(902) 470-8351

FRL— This symbol means the book or resource is available through the Family Resource Library. The library, a special project of the IWK Auxiliary, welcomes patients, families and Health Centre staff. The library has more than 4000 pamphlets, books and videos, and provides access to French and English information about medical tests & procedures, specific illnesses, child development, and women's & maternal health. The library is located in room G2262, near the Information Desk at the entrance to the Women's and Maternal Health site. (Corner of Robie St. and University Ave.) Family Resource Library materials are listed in Nova Scotia Government Libraries Consolidated Catalogue at: **http://ncompass.library.ns.ca/**

Halifax Public Library
(902) 490– 5710

HPL— This symbol means the book or resource is available through the Halifax Public Libraries system. The Halifax Public Libraries system is comprised of 14 branch libraries, two mobile libraries, Books-by-Mail and Home Delivery services and e-branch. For more information, visit their web site at: **http://www.halifaxpubliclibraries.ca/**

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