

Letters to Parents

Bibliography 4th – 6th year of life



Dear Parents

In the next three years, the Pro Juventute Letters to Parents will accompany you through your day-to-day life as a family. The Pro Juventute Letters to Parents support you in your role as a mother or father, offer insight into what children need, take the guesswork out of parenting, and help you organize your lives together.

In the following bibliography, we have compiled a selection of recommended reading, tailored to topics discussed in the Letters to Parents covering ages four to six. For example, you'll find entries on preparing for kindergarten, handling electronic media, coping with children's fears, etc.

We wish you an exciting reading experience!

Warm regards,

Your Pro Juventute Letters to Parents team

Making sense of the senses



Rhyner, Roger
The Stinking Billy-Goat
Baeschlin, 2011
ISBN 978-3-855-46233-9



Gifford, Clive
Eye Benders
Ivy Press, 2013
ISBN 978-1-782-40084-4



Cole, Joanna
The Magic School Bus Explores the Senses
SCHOLASTIC, 2001
ISBN 978-0-590-44698-3



Nettleton, Pamela
**Look, Listen, Taste, Touch, and Smell:
Learning about Your Five Senses**
Picture Window Books, 2004
ISBN 978-1-404-80508-8

Children among themselves



Powell, Sarah; Sido, Barbi; Radcliffe, Katherine
Making Friends
Priddy Bicknell, 2013
ISBN 9780312516109



Hirsch, Lee; Lowen, Cynthia
**Bully: An Action Plan for Teachers
and Parents to Combat the Bullying Crisis**
Weinstein Books, 2012
ISBN 9781602861848

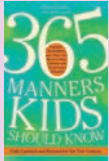


Cook, Julia
Making Friends Is an Art
Boys Town Press, 2012
ISBN 9781934490303



Laminack, Lester L.; Wadsworth, Reba
**Bullying Hurts: Teaching Kindness Through
Read Alouds and Guided Conversations**
Heinemann, 2012
ISBN 978-0-325-04356-2

Imagination and creativity



Eberly, Sheryl
365 Manners Kids Should Know
Three Rivers Press, 2011
ISBN 978-0-307-88825-9



Mosley, Jenny; Sonnet, Helen
**101 Activities to Help Children
Get on Together**
LDA, 2008
978-1-855-03470-9



Thornby, Judith
**Boost Creative Writing-Planning Sheets
to Support Pupils**
Brilliant Publications, 2014
ISBN 978-1-783-17058-6



Worms, Penny
Alice in Wonderland Creativity Book
Carlton Kids, 2015
ISBN 978-1-783-12045-1



Van't Hul, Jean
**The Artful Parent: Simple Ways to Fill
Your Family's Life with Art & Creativity**
Roost Books, 2013
ISBN 978-1-590-30964-3



Thomson Ruth
Art Creativity Book
Barrons Educ Series, 2012
ISBN 978-1-438-00126-5

Children's bodies and emotions



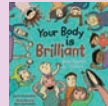
Wilson, Victoria
Boost Your Child's Creativity
Hodder & Stoughton, 2011
ISBN 978-1-444-10735-7



Bruehl, Mariah
Playful Learning: Develop your Child's Sense of Joy and Wonder
Trumpeter, 2011
ISBN 978-1-590-30819-6



Pro Familia
My Body Belongs to Me from My Head to My Toes
Skyhorse Publishing, 2014
ISBN 978-1-626-36345-8



Danielsdottir, Sigrun
Your Body is Brilliant: Body Respect for Children
Singing Dragon, 2014
ISBN 978-1-848-19221-8

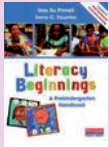


Parr, Todd
The Feelings Book
Little Brown, 2009
ISBN 978-0-316-04346-5



Madison Lynd
The Feelings Book: The Care and Keeping of Your Emotions
American Girl Publishing Inc., 2013
ISBN 978-1-609-58183-1

Kindergarten



Pinnell, Gay Su; Fountas, Irene C.
**Literacy Beginnings:
A Prekindergarten Handbook**
Heinemann, 2011
ISBN 978-0-325-02876-7



Ray Katie Wood; Glover Matt
**Already Ready: Nurturing Writers
in Preschool and Kindergarten**
Heinemann, 2008
ISBN 978-0-325-01073-1



Gregory, Gayle H.; Chapman, Carolyn
**Activities for the Differentiated Classroom:
Kindergarten**
Corwin Press Inc., 2007
ISBN 978-1-412-95336-8

Children's play, children's toys



Rooyackers, Paul
101 Circus Games for Children
Hunter House, 2010
ISBN 978-0-897-93516-6



Jasheway, Leigh Anne
**101 Comedy Games for Children
and Grown-Ups**
Hunter House, 2014
ISBN 978-0-897-93700-9



Cohen, Whitney; Arenson, Roberta
**Kids' Garden: 40 Fun Indoor and Outdoor
Activities and Games**
Barefoot Books, 2010
ISBN 978-1-846-86367-7

Media



Whitby, Pamela
Is Your Child Safe Online?
Crimson Publishing, 2011
ISBN 978-1-905-41094-1



Rowan, Cris A
Virtual Child: The terrifying truth about what technology is doing to children
Createspace, 2010
ISBN 978-1-453-71952-7

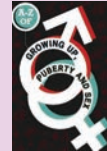


Steiner-Adair, Catherine; Barker, Teresa H.
The Big Disconnect
Harper Collins USA, 2014
ISBN 978-0-062-08243-5

Children's fears, children's questions



Lite, Lori
Stress Free Kids:
Adams Media, 2014
ISBN 978-1-440-56751-3



De Meza, Lesley
A-Z of Growing Up, Puberty and Sex
Franklin Watts, 2013
ISBN 978-1-445-11440-8



Mayle, Peter
Where Did I Come From?
Citadel Press, 2000
ISBN 978-0-818-40253-1

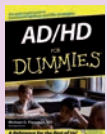


Walsh, David
Why Do They Act That Way?
Atria, 2014
ISBN 978-1-476-75557-1

Obstacles big and small



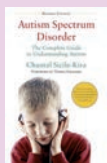
Davies, Beverley
How to Help Your Child with ADHD: Practical ways to make family life run more smoothly
White Ladder Press, 2012
ISBN 978-1-905-41098-9



Strong Jeff; Flanagan Michael O.
AD/HD for Dummies
Hungry Minds, 2004
ISBN 978-0-764-53712-7



Melillo, Robert
Disconnected Kids: The Groundbreaking Brain Balance Program for Children with Autism, ADHD, Dyslexia and Other Neurological Disorders
Perigee Books, 2010 ISBN 978-039-9-53560-4



Sicile-Kira, Chantal
Autism Spectrum Disorder: The Complete Guide to Understanding Autism
Perigee Books, 2014
ISBN 978-0-399-16663-1



Baniel, Anat
Kids Beyond Limits: The Anat Baniel Method for Awakening the Brain and Transforming the Life of Your Child with Special Needs
Perigee Books, 2012 ISBN 978-0-399-53736-3



Marshall, Abigail
When Your Child Has... Dyslexia: Get the Right Diagnosis, Understand Treatment Options, and Help Your Child Learn
Adams Media, 2009 ISBN 978-1-598-69677-6

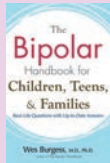


Muter, Valerie; Likierman, Helen
Dyslexia: A parents' guide to dyslexia, dyspraxia and other learning difficulties
Vermilion, 2008
ISBN 978-0-091-92338-9



Saperstein, Jesse A.
Getting a Life with Asperger's: Lessons Learned on the Bumpy Road to Adulthood
Perigee Books, 2014
ISBN 978-0-399-16668-6

Day-to-day family life



Burgess, Wes
The Bipolar Handbook for Children, Teens and Families
Avery, 2008
ISBN 978-1-583-33307-5



Chansky, Tamar
Freeing Your Child from Anxiety
Harmony, 2014
ISBN 978-0-804-13980-9



Grace, Andrea
Andrea Grace's Gentle Sleep Solutions
Hodder & Stoughton, 2010
ISBN 9781444103038



Horowitz, Lynn; Rost, Cecile
Helping Hyperactive Kids – A Sensory Integration Approach
Hunter House, 2007
ISBN 9780897934817



Janis-Norton, Noël
Calmer, Easier, Happier Parenting
Hodder & Stoughton, 2012
ISBN 978-1-444-72990-0



Sampson, Sally
Chop Chop: The Kids' Guide to Cooking Real Food with Your Family
Simon & Schuster, 2013
ISBN 978-1-451-68587-9



Wise, Debra
Great Big Book of Children's Games
Mcgraw Hill, 2003
ISBN 978-0-071-42246-8



Miller, Rachel; Homer, Holly
101 Kids Activities That are the Bestest, Funnest Ever!
Melia Publishing Services, 2014
ISBN 978-1-624-14057-0



Deering, Julia
The Playful Parent: 7 Ways to Happier, Calmer, More Creative Days with Your Under-Fives
Harper Collins Publ. UK, 2014
ISBN 978-0-007-51240-9



Frost, Jo
Jo Frost's Toddler Rules: Your 5-Step Guide to Shaping Proper Behavior
Ballantine Books, 2014
ISBN 978-0-345-54238-0

Conflict and reconciliation



Juul, Jesper
Here I Am! Who Are You? Resolving Conflicts Between Adults and Children
Authorhouse, 2012
ISBN 9781468579338



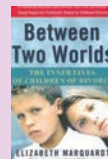
Bernstein, Jeffrey
10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior
Marlowe & Comp., 2006
ISBN 978-1-569-24301-5



Rosenberg, Marshall B.
Raising Children Compassionately: Parenting the Nonviolent Communication Way
Puddle Dancer Press, 2004
ISBN 978-1-892-00509-0

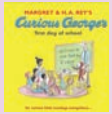


Young, Johnnie
100 Completely New Ideas for Managing Behaviour
Bloomsbury Academic, 2011
ISBN 978-1-441-16908-2



Marquardt, Elizabeth
Between Two Worlds: The Inner Lives of Children of Divorce
Three Rivers Press, 2006
ISBN 978-0-307-23711-8

Starting school: a new adventure



Rey Margret; Grossnickle Hines Anna
Curious George's First Day at School
Houghton Mifflin, 2005
ISBN 978-0-618-60564-4



Weston, Carrie; Warnes, Tim
Boris Starts School
Oxford University Press, 2012
ISBN 978-0-192-75832-3



Rozelaar, Angie
Hello School
Pan Macmillan, 2014
ISBN 978-1-447-26693-8



Ford, Gina
The Contented Baby Goes to School
Vermillion, 2014
ISBN 978-0-091-94738-5



Parker, Michael
Talk With Your Kids: 109 Conversations about Ethics and Things That Really Matter
Black Dog & Leventhal, 2013
ISBN 978-1-579-12948-4



Rosemond, John
John Rosemond's Fail-Safe Formula for Helping Your Child Succeed in School
Andrews & Mcmeel, 2014
ISBN 978-1-449-42230-1

Pro Juventute's Letters to Parents — your expert companion from birth to the beginning of school

These practical guides for parents contain tips and suggestions that are specifically tailored to the age and developmental stage of the child. With information composed by a team of experts, these letters center on topics like care and hygiene, nutrition, development, child rearing, as well as the role of the mother

Pro Juventute's Letters to Parents are produced by Pro Juventute with technical input from the following specialists:

Team of experts

Carmen Amrein, Early childhood educator and director of a daycare center

Marianne Botta Diener, Nutritionist, Dipl. food engineer ETH and Dipl. professor ETH

Sepp Holtz, MD, Pediatrician with his own practice, senior physician in the department for developmental pediatrics at Zurich Children's Hospital

Aja Schinzel, Mothers' counselor HFD

Heidi Simoni, PhD, Psychologist specializing in psychotherapy FSP, director of practical research at the Marie Meierhofer Institute for the Child

and father, relationship issues, and family-supplementing childcare. Pro Juventute's Letters to Parents cover the first six years of your child's life. In many communities and institutions, these letters are presented to new parents free of charge. They can also be ordered directly from Pro Juventute.

Specialist units and professional associations

Professional Association of Lactation Consultants in Switzerland

Specialist Unit for Equality, Stadt Zürich

Forum for Practical Pediatrics

Binational Interest Group

mannebüro züri (men's bureau Zurich)

Marie Meierhofer Institute for the Child

Couples Counseling, counties Hinwil and Pfäffikon ZH

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Swiss Corporation for Pediatrics

Swiss Association of Midwives

Swiss Association of Mothers' Counselors

Center for Dentistry at Zurich University

Center for Small Children, Winterthur

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