

# 10 GREAT BOOKS TO HELP CHILDREN AND PARENTS COPE WITH SCHOOL

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With the new school year underway, I wanted to share some of my favorite school-related books with you. The books address a range of important topics, from anxiety to Attention Deficit Hyperactivity Disorder (ADHD), learning disabilities, bullying and pressure. I would love to hear what you think of these books and if there are others you have found particularly helpful. To comment, please go to [www.facebook.com/copewithschool](http://www.facebook.com/copewithschool) and click on the discussion section.

1. **Michael Thompson, Ph.D., The Pressured Child: Freeing Our Kids from Performance Overdrive and Helping Them Find Success in School and Life**

In this interesting and worthwhile book, Thompson provides an insider look at the daily lives of school children by shadowing students throughout the school day. He discovers struggling as well as resiliency and thriving.

2. **Henry Winkler and Lin Oliver, Hank Zipzer: Help! Somebody Get Me out of Fourth Grade!**

This is the story of Hank Zipzer, a young boy who fears he will not be promoted and is very worried. It is about school difficulty, friends, parents, bullying and the challenges of being a kid. This book (part of a series) is funny and addresses the issues in a way many children will appreciate.

3. **Michael Thompson, Ph.D., Mom, They're Teasing Me: Helping Your Child Solve Social Problems**

Thompson provides a very thorough and effective book to help parents deal with the difficult and painful topic of bullying.

**4. Lee Mandel, Frog Burgers**

This story follows Zach Meyers, a middle schooler who struggles with bullying. The characters are tweens (early adolescents), but the narrative is appropriate for elementary school children.

**5. Stanley Greenspan, M.D. Playground Politics: Understanding the Emotional Life of Your School-Age Child**

Greenspan does an excellent job walking parents through the emotional challenges 5-12 year olds face in school and out.

**6. Rhoda Cummings, Ed.D. and Gary Fisher, Ph.D., The School Survival Guide for Kids with LD\* (\*Learning Differences)**

This guide is written for kids and is a wealth of information for students with learning disabilities or differences. The authors discuss ways to become a better learner, improve math, reading, and spelling skills and encourage readers to stick up for themselves and ask for help when needed.

**7. Donna Goldberg, The Organized Student: Teaching Children the Skills for Success in School and Beyond**

The bible of organization! This book explains in a clear and thoughtful manner: how to create a complete and effective system for your child, including setting up a planner, note taking, filing, time management and more. The text includes useful information for children with learning disabilities.

**8. Tamar E. Chansky, Ph.D., Freeing Your Child From Anxiety**

School can certainly cause anxiety for many children. Tests, social pressure, learning disabilities, bullying, violence and overload of work and activities are only some of the contributing factors. While school can make any child anxious at times, children who are overly anxious or who have an anxiety disorder can have an even more difficult time coping in school. Chansky provides an in-depth look at anxiety and its treatment in children and guides parents in helping their children feel better.

## **9. Thom Hartmann, ADD: A Different Perception**

Hartmann presents Attention Deficit Hyperactivity Disorder in a way that shifts the focus from disorder to strength. This mindset has been very helpful for many of my child patients and their parent. It has allowed them to not only understand, but to be proud of their ADD and how it shapes who they are as people.

## **10. Fred Frankel, Friends Forever: How Parents Can Help Their Kids Make and Keep Good Friends**

This book addresses social skills and problem solving for children ages 5-12. It is a practical and down to earth guide for parents.

Ari E. Fox, LCSW provides child and adolescent psychotherapy with a specialty in school-related issues to individuals, families and groups in the New York metropolitan area. To learn more about Ari and his therapy practice visit [www.copewithschool.com](http://www.copewithschool.com). You can also contact him by phone at 646-320-1051 or email [ari@copewithschool.com](mailto:ari@copewithschool.com).

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