

# A Resource Guide for Parents

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## Crisis Line or Info Phone Numbers

Family Help Line (Parent InfoLine) for King County  
1-800-932-HOPE www.parenttrust.org  
Children and Family Services Office, Child Protective  
Services (1-800-562-5624). Call regarding  
concerns for child safety, abuse, neglect  
Crisis Clinic Line (24-hour phone line)  
206-461-3222  
Teen Link (confidential teen phone line)  
206-461-4922 or 1-888-431-8336  
Community Information Line  
206-462-3200

## For General Parenting Concerns

Books, etc.:

*Parenting with Love and Logic: Teaching Children Responsibility.* By Foster Cline, M.D., and Jim Fay.  
*Parenting Teens with Love & Logic: Preparing Adolescents for Responsible Adulthood.* By Jim Fay, et al.  
*The Power of Positive Parenting: A Wonderful Way to Raise Children.* By Glenn I. Latham.  
*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 Inside Story on Teen Girls.* By Karen Zager & Alice Rubenstein. 2002  
*Divorce Wars: Interventions with Families in Conflict.* By Elizabeth M. Ellis. 2000

## For Children with Depression

Internet Resources:

[www.depression.com](http://www.depression.com)  
[www.ndmda.org](http://www.ndmda.org)  
[www.mentalhealth.com](http://www.mentalhealth.com)

Books, etc.

*We Heard the Angels of Madness: A Family Guide to Coping with Manic Depression.* By D. Berger & L. Berger. 1991  
*Helping Your Child Cope with Depression and Suicidal Thoughts.* By T. K. Shamoo & P. G. Patros. 1990  
*Depression: What Families Should Know.* By E. F. Shimberg. 1991.

## For Children with Social or Developmental Difficulties:

Internet Resources:

[www.aspergersnw.org](http://www.aspergersnw.org)  
[www.aspergers.meetup.com](http://www.aspergers.meetup.com)  
[www.asperger.org](http://www.asperger.org)  
[www.seattleaspergers.org](http://www.seattleaspergers.org)

Books, etc.:

*Autism and Pervasive Developmental Disorders* (Cambridge Monographs in Child and Adolescent Psychiatry), Fred R. Volkmar, MD, 1998, Cambridge University Press, (ISBN# 0-52155-386-5)  
*The Autistic Spectrum: A Guide for Parents and Professionals,* Lorna Wing, 1996, Constable, (ISBN# 0-094-7516-9)

*Teaching Your Child the Language of Social Success,* Marshall P. Duke, PhD, Stephen Nowicki, Jr., PhD, and Elisabeth A. Martin, MEd, 1996, Peachtree Publishers, Ltd., GA, (ISBN# 1-56145-126-6)

*Comic Strip Conversations,* Carol Gray, 1994, Future Horizons, (ISBN# 1-885-47722-8), call 800/ 489-0727

*Empowered Families, Successful Children: Early Intervention Programs that Work.* By Susan Epps & Barbara J. Jackson. 2000.

## For Children with Attachment Difficulties

Internet Resources:

[www.attachmentdisorder.net](http://www.attachmentdisorder.net)

*Children who Shock and Surprise: A Guide to Attachment Disorders.* By Elizabeth Randolph, R.N., Ph.D.

*Troubled Transplants: Unconventional Strategies for Helping Disturbed Foster and Adoptive Children.* By Richard J. Delany & Frank R. Kunstal

## For Children with Attention Difficulties

Internet Resources:

[www.chadd.org](http://www.chadd.org)  
[www.addadhdadvances.com](http://www.addadhdadvances.com)

Books, etc.:

*A Parent's Guide to Attention Deficit Disorders,* L. Bain, 1991, Dell Publishing.  
*Attention Please!: A Comprehensive Guide for Successful Parenting Children with Attention Disorders and Hyperactivity,* E. Copeland & V. Love, 1991, SPI Press.  
*Power Parenting for Children with ADD/ADHD: A Practical Parent's Guide for Managing Difficult Behaviors,* G. L. Flick, 1996, Simon & Schuster.  
*I Can't Sit Still—Educating and Affirming Inattentive and Hyperactive Children: Suggestions for Parents, Teachers, and Other Care Providers of Children to Age 10,* D. Johnson, 1992, ETR Associates.  
*How to Reach and Teach ADD/ADHD Children,* S. Rief, 1993, The Center for Applied Research in Education.

## For Children with Learning Difficulties

Internet Resources: [www.ldonline.org](http://www.ldonline.org)  
[www.ldanatl.org](http://www.ldanatl.org)

Books, etc.:

*The Survival Guide for Kids with LD.* By G. Fisher & R. Cummings. 1990.  
*Keeping A Head in School: A Student's Book about Learning Abilities and Learning Disorders.* By M. Levine. 1990.  
*Colleges with Programs for Students with Learning Disabilities.* By C. Magnus & S. Strichard. 1992.  
*Leaning Disabilities and Your Child: A Survival Handbook.* By L. Greene. 1987.

*The Misunderstood Child: A Guide for Parents of Children with Learning Disabilities.* 2d ed. By L. Silver. 1992.

*Mothers Talk About Learning Disabilities.* By E. Weiss. 1989.

*Against the Odds: Strategies and Insights from the Learning Disabled.* By S. Smith. 1991.

#### **For Children with Behavioral Difficulties**

Internet Resources: [www.conductdisorder.com](http://www.conductdisorder.com)

Books, etc.:

*The Explosive Child* By Ross Greene.

*The Tough Kid Book: Practical Classroom Management Strategies.* By G. Rhode, W. R. Jenson, & H. K. Reavis. 1992.

*Your Defiant Child: Eight Steps to Better Behavior.* By R. A. Barkley & C. M. Benton. 1998.

*Behavior Problems in Preschool Children.* By S. B. Campbell. 1990.

*Parents and Adolescents Living Together.* By M. Forgatch & G. R. Patterson. 1990.

#### **For Children with Eating Disorders**

Internet Resources:

[www.centerforchange.com](http://www.centerforchange.com)

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

[www.nimh.nih.gov](http://www.nimh.nih.gov)

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

Books, etc.

*Surviving An Eating Disorder: Strategies for Families and Friends.* By Michelle Seigel, Judith Brisman, & Margot Weinshel. 1997.

*The Secret Language of Eating Disorder.* By Peggy Claude-Pierre. 1997

*The Monster Within: Overcoming Bulimia.* By Cynthia Joye Rowland. 1984

*Reviving Ophelia: Saving the Selves of Adolescent Girls.* Mary Pipher. 1994.

#### **Alternative School Programs in Seattle area**

##### **TOPS Alternative School @ Seward (K-8)**

2500 Franklin Avenue East,  
Seattle, 98102

phone: 206-252-3510

fax: 206-252-3511

##### **Child School**

4030 86th Ave Se Suite F

Mercer Island, 98040

phone: 206-232-8680

##### **Dartmoor School**

13401 Bel Red Rd

Bellevue 98008

phone: 425-603-1975

9618 Roosevelt Way Ne

Seattle, 98115

Phone: 206-522-8311

#### **New Horizon School**

1111 South Carr Road

Renton, Washington 98055

phone: (425) 226-3717

toll free: (888) 571-6979

#### **Seattle Vocational Institute (GED and vocational training)**

phone: 206-720-3428

fax: 206-720-3429

#### **Morningside Academy**

201 Westlake Ave. N.

Seattle 98109

206-709-9500

#### **Youth Employment Education Program**

618 -2<sup>nd</sup> Avenue

Seattle, 98104

phone: 206-386-1042

fax: 206-684-0698

#### **Alternative Elementary E#2 @ Decatur Building**

7711 -43<sup>rd</sup> Avenue North East

Seattle

phone: 206-729-3280

fax: 206-729-3281

#### **Alternative School S#1 @ Pinehurst**

11530 -12<sup>th</sup> Avenue North East

Seattle

phone: 206-366-7830

fax: 206-366-7831

#### **Headstart**

1330 North 90<sup>th</sup> Street, Room # 501

Seattle

phone: 206-252-0960

fax: 206-252-0961

#### **John Marshall Alternative High School**

520 North East Ravenna Boulevard

Seattle, 98115

phone: 206-729-3300

fax: 206-729-3301

#### **Nova Alternative High School @ Mann Building**

2410 East Cherry Street

Seattle, 98122

phone: 206-726-6730

fax: 206-726-6731

#### **Pacific Learning Center NW**

21316 66th Ave. W.

Lynnwood, 98036

425-672-6805

#### **The Academy for Precision Learning (APL)**

3700 E. Mercer Way

Mercer Island, 98040

206-427-0115

#### **Hamlin Robinson School**

10211 12th Ave. S.

Seattle, WA 98168

206-763-1167

#### **The Attic Learning Community**

20140 - 137th Ave NE

Woodinville, WA 98072

425-424-0800