

Resource List for Self-Esteem

SSD Family & Community Resource Center

Parent Education & Diversity Awareness

12110 Clayton Road

St. Louis, MO 63131

314-989-8438/989-8108/989-8194

Asperger's and Self Esteem: Insight and Hope Through Famous Role Models. Norm Ledgin (2002)

Upper Elementary and up. The author of "Diagnosing Jefferson", Ledgin has identified twelve more people from history and recent times, figures who are well-known and respected for their achievements, despite evidence of traits that scientists now identify with Asperger's Syndrome. (208 pages)

Being Me: A Kid's Guide to Boosting Confidence and Self-Esteem. Wendy L Moss, PhD. (2011)

Ages 9 and up. Tips and Advice for taking on everyday challenges and for building up confidence and self-esteem. (112 pages)

The Building Blocks of Self-Esteem Activity Book. Lawrence E. Shapiro (1993)

This workbook presents fun and challenging activities in the six areas that form the basis of self-esteem and provides an exceptional foundation for relating to children in ways which encourage positive development.

The Child with Special Needs: Encouraging Intellectual and Emotional Growth. Stanley Greenspan et al (1998)

Helps parents and professionals get beyond the label and understand each child's unique profile.

I Am Utterly Unique: Celebrating the Strengths of Children with Asperger Syndrome and High-Functioning Autism. Elaine Marie Larson (2006)

Ages 4-8. Discover the unique characteristics and abilities of children with Asperger Syndrome and high-functioning autism – from A to Z. This book, laid out in an A-to-Z format, celebrates the extraordinary gifts and unique perspectives that ASD children possess. (56 pages)

I Like Me. Nancy Carlson (1990)

Grades Pre-K-3. By admiring her finer points and showing that she can take care of herself and have fun even when there's no one else around, a charming pig proves the best friend you can have is yourself (32 pages)

Just Because I Am: A Child's Book of Affirmation. Lauren Murphy Payne (1994)

Ages 3-8. An introduction to self-esteem. (32 pages)

Learning Disabilities and Self-Esteem with Robert Brooks — Look What You've Done! (DVD) (1997) (72 minutes)

Video offers practical strategies for helping children develop the confidence and resilience they need to succeed.

Mind Over Mood: Change How You Feel by Changing the Way You Think. Dennis Greenberger & Christine A Padesky. (1995)

Step-by-step worksheets teach specific skills that have help conquer depression, panic attacks, anxiety, anger, guilt, shame, low self-esteem, eating disorders, substance abuse and relationship problems.

101 Ways to Develop Student Self-Esteem and Responsibility: Volume 1—The Teacher as Coach. Jack Canfield & Frank Siccone (1993)

First section contains activities for teachers to help improve their own self-esteem, and become more student empowerment leaders, role models and coaches. Second section helps students accept themselves and take responsibility for their world instead of feeling like victims of circumstances.

The Optimistic Child: A Revolutionary Program That Safeguards Children Against Depression & Builds Lifelong Resilience. Martin Seligman (1995)

Shows how to teach parents and other concerned adults how to instill in children a sense of optimism and personal mastery..

Pitch Before Power. Jim Russell (2006)

Ages 5 and up. Story includes a Mountain, called Mount Naysayer, and a pilot who is attempting to fly over the mountain, but the altitude required to fly over the mountain is too much for the engines. But there is always a solution to a problem. (123 pages)

The Power of Positive Talk: Words to Help Every Child Succeed: A Guide for Parents, Teachers, and Other Caring Adults. Jon Merritt & Douglas Bloch (2003)

Affirmations are more than just words. They can heal hurts, build self-esteem, and empower us to face life with confidence and courage. In a world filled with stress, pressures, and fears, children need support and encouragement from adults—and they need to know how to affirm themselves.

A Practical Guide for Teaching Self-Determination. Sharon Field, et al (1998)

This guide examines the relationships among career development, transition, and self-determination for students with disabilities.

Ready-to-Use Self-Esteem Activities for Young Children. Jean R. Feldman, PhD (1997)

Resource provides over 220 illustrated activities to help young children feel good about themselves ... develop friendships ... celebrate diversity ... and accept changes! For easy use, all activities include a specific purpose, materials and step-by-step directions and are organized into six sections: Wonderful Me ... Friends, Friends, Friends ... Feelings & Emotions ... Same & Different ... Changes ... Parent Pack.

Self-Esteem Revolutions in Children: Understanding and Managing the Critical Transitions in Your Child's Life. Thomas W. Phelan (1996)

Offers easily understood and effective methods to help children gain self-respect.

Seven Steps to Help Your Child Worry Less: A Family Guide. Sam Goldstein, PhD et al (2002)

This guide for parents offers practical strategies to help teach children relaxation techniques, correct ways of thinking to combat worry and anxiety, and empowering behavioral interventions.

Sometimes I Like to Fight, But I Don't Do It Much Anymore: A Self-Esteem Book for Children with Difficulty Controlling Their Anger. Lawrence Shapiro, PhD (1995)

Ages 4-10. Tells the story of Douglas, whose aggressive play and rough-housing turns into a more serious problem in controlling his anger. (64 pages)

SOS Help for Emotions: Managing Anxiety, Anger & Depression. Lynn Clark (1998)

Offers help to know your emotions, manage your emotions, attain greater contentment, achieve personal goals, understand cognitive behavior therapy and enhance emotional intelligence.

Stick Up for Yourself: Every Kid's Guide to Personal Power and Positive Self-Esteem. Lev Raphael & Pamela Espeland (1999)

Grades 3-7. A self-help guide to positive thinking, high self-esteem, and responsible personal power. (116 pages)

Straight Talk About Self-Confidence. (DVD) (15 minutes)

Grades 6-8. Identifying seven basic concepts, the members of the group detail their personal experiences with a keener understanding of self-confidence.

Ten Days to Self-Esteem. David D. Burns, MD (1993)

Presents innovative, clear, and compassionate methods that will help you identify the causes of your mood slumps and develop a more positive outlook on life.

Think Confident, Be Confident for Teens: A Cognitive Therapy Guide to Overcoming Self-Doubt and Creating Unshakable Self-Esteem. Marci Fox & Leslie Sokol. (2011)

Teens. Shows you how to tap into your self-esteem so you can be yourself in every situation, no matter how awkward you feel or scary that may sound.

Thinking, Feeling, Behaving: An Emotional Education Curriculum for Grades 1 to 6. Dr. Ann Vernon (revised Grades 1-6. Resource for helping students learn to overcome irrational beliefs, negative feelings, and the negative consequences that may result.