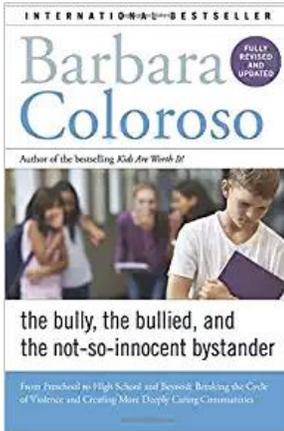
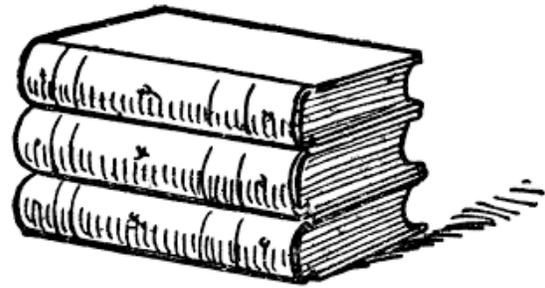


Recommended Reading from



The Bully, the Bullied, and the Not-So-Innocent Bystander by Barbara Coloroso

In her guide to bullying prevention and intervention for both teachers and parents, Coloroso provides solutions to instances of bullying that occur in person and online.

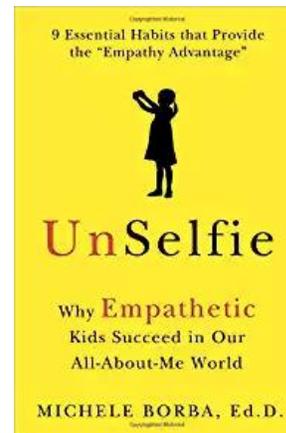
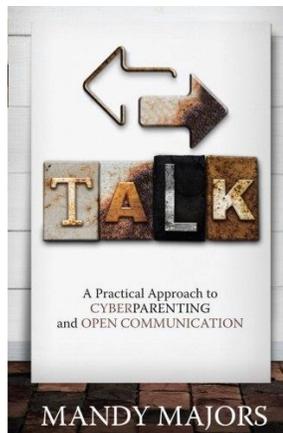
Also from Barbara Coloroso: **Parenting Through Crisis**, advice on guiding and supporting your children through grief and sorrow during times of death, illness, or immense change.

Screen-Smart Parenting by Jodi Gold

Child psychiatrist Dr. Jodi Gold weighs the benefits and negative effects of technology in the lives of children, from infant to teen. She provides practical, research-backed advice on how much screen-time is too much, how to set practical limits on technology use for the whole family, and how to address online privacy concerns and cyberbullying.

TALK by Mandy Majors

Majors shares her personal experiences children in the digital age while providing advice and encouraging open communication between parents and about difficult to discuss issues that they across online.



with raising practical children come

Unselfie by Michelle Borba

Borba presents her 9 step program to parents promote empathy in children to provide them with the skills to thrive and succeed in the future.

help

Visit our website for more resources and videos related to bullying and mental health.