

## Literature and Materials Resource List

As a part of the Fathers for Life project, a diverse team of specialists have worked to create a list of resources to support professionals as they work with children and families. Special efforts have been made to identify materials suitable for work with families with a member involved in the criminal justice system. Resources include books for children, fathers and professionals. The books lists have been approved by the Office of Head Start for use in Head Start Programs.

### Books Recommended for Fathers of Young Children

**Title:** *101 Ways to Be a Long-Distance Super Dad... or Mom, Too!*

Author: George Newman

Publisher: Blossom Valley Press, 5141 E. Woodgate, PO Box 13378, Tucson, AZ 85732-3378; 520-325-

1224; argonne@azstarnet.com

Description: Will help you with your relationship with your child to make every moment count, no matter how far away you live.

**Title:** *The Little Big Book for Dads*

Author: Lena Tabori & Hiro Clark Wakabayashi

Publisher: Welcome Enterprises, Inc., 588 Broadway, NY 10012; 800-826-4216; info@wepub.com

Description: A book full of stories, tongue twisters, jokes, poetry, activities, recipes, nursery rhymes, and songs for dads to share with their children.

**Title:** *Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems*

Author: Jane Nelsen, Lynn Lott, & H. Stephen Glenn

Publisher: Three Rivers Press, NY; www.randomhouse.com

Description: Commonsense approach to child rearing. Practical solutions to such parenting challenges as: sibling rivalry, bedtime hassles, the angry child, school problems, getting chores done, ADD, eating problems, getting through a divorce, whining, tattling and lying, homework, and dozens more.

### Books Recommended for Incarcerated Fathers of Young Children

For inclusion in a state correctional facility library, reading material must first be submitted to and approved by the state agency with oversight responsibility.

**Title:** *Dads at a Distance: An Activities Handbook for Strengthening Long Distance Relationships*

Author: National Institute for Building Long Distance Relationships

Publisher: A&E Family Publishers, PO Box 51073, Provo, UT 84605; 866-321-2665;

www.daads.com

Description: Handbook with 330 activities to help any fathers who have to be away from their children, strengthen, nurture and enjoy their relationships with their children while they are away.

**Title:** *Parenting From a Distance: Your Rights and Responsibilities*

Author: Jan Walker

Publisher: Book Publishers Network, PO Box 2256, Bothell, WA 98041; 425-483-3040

Description: Is written for inmate parents for reaching out to their children from prison in ways the facility permits, and preparing for their return to society. Parents separated by incarceration will learn how to explain prison and crimes in ways children can understand.

### **Books Recommended as Gifts from Fathers to Their Son or Daughter**

**Title:** *Why a Son Needs a Dad*

Author: Gregory E. Lang

Publisher: Cumberland House Publishing

Description: One father's reflection of his own experiences as a son and on what he has learned from them about being a father.

**Title:** *Why a Daughter Needs a Dad*

Author: Gregory E. Lang

Publisher: Cumberland House Publishing

Description: One father's reflection of his own experiences as a father and on what he has learned from his daughter about being a father.

### **Books Recommended for Young Children**

These books cover a variety of topics to support children as they build their relationship with their fathers. The list also includes books that help children to explore and manage a range of emotions.

**Title:** *Bigger Than Daddy*

Author: Harriet Ziefert

Publisher: Blue Apple Books, 515 Valley Street, Maplewood, NJ 07040; [www.blueapplebooks.com](http://www.blueapplebooks.com)

Description: One afternoon Edward asks his daddy to play a pretend game. Daddy agrees to be little, and Edward takes charge. Will inspire kids and parents to create their own special games.

**Title:** *I Love You All Day Long*

Author: Francesca Rusackas

Publisher: HarperCollins Publishers, [www.harperchildrens.com](http://www.harperchildrens.com)

Description: Reassuring tale of how the enduring love of a parent stays with a child whether they are together or apart.

**Title:** *When I Miss You*

Author: Cornelia M. Spelman

Publisher: Albert Whitman and Company, 6340 Oakton Street, Morton Grove, IL 60053-2723; [www.albertwhitman.com](http://www.albertwhitman.com)

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Description: Education about how to identify and handle our emotions is as important as other kinds of learning. Uses simple and reassuring language to help young children understand and manage their feelings and relate successfully to others.

**Title:** *When Sophie Gets Angry—Really, Really Angry*

Author: Molly Bang

Publisher: The Blue Sky Press, An Imprint of Scholastic, 555 Broadway, NY 10012

Description: Everybody gets angry sometimes. Children will see what Sophie does when she gets angry. Parents, teachers, and children can talk about it.

**Title:** *Hands Are Not for Hitting*

Author: *Martine Agassi*

Publisher: Free Spirit Publishing Inc., 217 Fifth Avenue N, Suite 200, Minneapolis, MN 55401-1299; 612-338-2068; www.freespirit.com

Description: Simple words and charming pictures invite even the youngest children to use their hands for fun and caring actions and to understand that hitting is never okay.

**Title: *Words Are Not For Hurting***

Author: Elizabeth Verdick

Publisher: Free Spirit Publishing Inc., 217 Fifth Avenue N, Suite 200, Minneapolis, MN 55401-1299; 612-338-2068; www.freespirit.com

Description: Children learn that their words belong to them. Made to be read aloud. Section at end includes activities and discussion starters for home, school, and childcare.

**Title: *The Berenstain Bears and the Big Road Race***

Author: Stan & Jan Berenstain

Publisher: Random House, Inc. NY

Description: Learning to read book. A modern-day Tortoise and the Hare.

**Title: *When I Am Old With You***

Author: Angela Johnson

Publisher: Orchard Books, 95 Madison Avenue, NY 10016

Description: A small child imagines a future when he will be old with his Granddaddy and will sit beside him and talk about everything. Recognizes the bond of family love across generations.

**Title: *Visiting Day***

Author: Jacqueline Woodson

Publisher: Scholastic

Description: A young girl looks forward to the day she gets to go visit her father in prison. It only happens once a month and it's a very special day.

**Title: *Just the Two of Us***

Author: Will Smith

Publisher: Scholastic Press, New York

Description: Heartfelt words from a father capturing the beauty and intensity of a father's love as his child grows from a boy into a man.

**Books for Early Head Start/Head Start Teachers**

The books listed below have been recommended for Early Head Start/Head Start Teachers and other Early Head Start/Head Start staff members.

**Title: *The Scared Child: Helping Kids Overcome Traumatic Events***

Author: Barbara Brooks & Paula M. Siegel

Publisher: John Wiley & Sons, NY

Description: Written by a psychologist to provide you with detailed instructions to help kids through all types of traumatic situations through words, drawings, and role playing.

**Title: *Fatherneed: Why Father Care is as Essential as Mother Care for Your Child***

Author: Kyle D. Pruett

Publisher: The Free Press, 1230 Avenue of the Americas, NY 10020

Description: Discusses differences in how mothers and fathers parent. A how-to guide for engaged fathering that will give your children the skills to develop into happy and healthy adults.

**Title: *Why Fathers Count***

Author: Sean E. Brotherson & Joseph M. White

Publisher: Men's Studies Press, Harriman, Tennessee, 37748

Description: Discusses the importance of fathers and their involvement with children.

**Title: *A Volcano in My Tummy: Helping Children to Handle Anger***

Author: Eliane Whitehouse & Warwick Pudney

Publisher: New Society Publishers, Gabriola Island, Canada

Description: Book contains new and creative and useful approaches for teachers and caregivers to help young children learn safe and effective ways of responding to anger nonviolently.

**Title: *Helping Your Angry Child***

Author: Darlyne Gaynor Nemeth, Ph.D, Kelly Paulk Ray, Ph.D. & Maydel Morin Schexnayder, MS

Publisher: New Harbinger Publications, Inc., Oakland, CA 94609

Description: A workbook with worksheets, fun puzzles and engaging games to help facilitate better communication with children.

**Title: *Healthy Anger***

Author: Bernard Golden, Ph.D.

Publisher: Oxford University Press, Inc., New York, New York 10016

Description: Contains a wealth of insight, advice and practical strategies for turning anger into understanding.

**Title: *Throwaway Dads***

Author: Ross D. Parke & Armin A. Brott

Publisher: Houghton Mifflin Company, New York 10003

Description: Book addresses the myths and barriers that keep men from being the fathers they want to be.



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