

Parents Resources
Supporting Children's Mental Health and Wellbeing

Title	Author	Cost	Source	Total Cost for 200
Hold Onto Your Kids	Gabor Mate and Gordon Neufeld	\$ 24.54	Amazon	\$ 4, 908.00
Rest, Play, Grow	Deborah MacNamara	\$19.63	Amazon	\$3, 926.00
The Whole-Brain Child	Dan Siegel and Tina Payne	\$ 16.27	Amazon	\$3, 254.00
Connected Parenting: How to Raise a Great Kid	Jennifer Kolari	\$21.00	Amazon	\$4, 200.00
What to Say to Kids When Nothing Seems to Work: A Practical Guide for Parents and Caregivers	Adele Lafrance and Ashley Miller	\$25.69	Amazon	\$ 5, 138.00