

Helping Children at Home and School II:

Handouts for Families and Educators

Edited by Andrea S. Canter, Leslie Z. Paige, Mark D. Roth, Ivonne Romero, and Servio A. Carroll



NATIONAL
ASSOCIATION OF
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PSYCHOLOGISTS

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FOREWORD



NATIONAL
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In 1992, the National Association of School Psychologists (NASP) published its first collection of handouts for parents and educators, *Helping Children Grow Up in the 1990's. Helping Children at Home and School: Handouts From Your School Psychologist* followed in 1998. Then in 2001, responding to demand from practitioners working with non-English speaking populations, NASP translated a core selection of the handouts into Spanish and released the bilingual version of the book, *Ayudando a los niños en el hogar y en la escuela: Hojas informativas de su psicólogo escolar*.

Helping Children at Home and School II: Handouts for Families and Educators builds on the success of these earlier editions. It includes a number of substantially revised handouts updated from the previous editions, plus many new topics that reflect the challenges parents and educators face in the 21st century. Many handouts for families are also provided in Spanish.

Helping Children at Home and School II: Handouts for Families and Educators is a comprehensive resource for professionals seeking ways to communicate key information and intervention strategies to teachers, administrators, child advocates, parents, child care workers—anyone who works with children and youth. It reflects the continuing commitment of the National Association of School Psychologists to provide research-based yet accessible information to those concerned with promoting children's healthy learning and development. Leading experts and experienced professionals contributed to over 250 handouts in their areas of specialization. Other experts and practicing school psychologists provided reviews and editorial suggestions for every handout.

New in this edition is a selection of handouts for youth. The Teen Issues section provides teens with relevant, age-appropriate information on many issues, such as anxiety and suicide prevention, that can affect their social, emotional, academic, or physical well-being.

Because of the magnitude of the project, *Helping Children at Home and School II* has five editors, all from different parts of the country, representing practitioners in public school systems and private practice, and school psychology trainers and researchers.

Suggestions for Using This Book

Organized in a loose-leaf format, these handouts are designed to be individually photocopied and given to parents, teachers, administrators, teens, and others working with children. These reproducible handouts help busy professionals easily communicate up-to-date information and proven, solution-based strategies for home and classroom applications. A companion CD-ROM is available, with additional handouts and resource lists, providing an alternative, very portable format for itinerant professionals and those seeking the advantages of electronic resources.

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The handouts are not intended to be comprehensive reports or detailed prescriptions, but to provide sufficient information to clarify important issues, initial steps to take in addressing a problem, and suggestions for further courses of action. Each handout provides an overview of the topic, relevant developmental factors, intervention (or prevention) strategies for home and/or school, and suggested resources. Readers are encouraged to investigate the resources provided with each handout. When possible, both print and Internet resources are provided. Please note that the Internet addresses (URL) provided were current at the time of the first printing. Because of the dynamic nature of the Internet,

web pages and addresses tend to change. For this reason, many URLs provided link to the resource's homepage rather than to the specific location of documents.

The recommendations and resources included in these handouts reflect the expertise and opinions of the authors and do not constitute positions or endorsements of The National Association of School Psychologists.

Andrea S. Canter, PhD, NCSP

Leslie Z. Paige, EdS, NCSP

Mark D. Roth, NCSP

Ivonne Romero, EdD, NCSP

Servio A. Carroll, EdS, NCSP

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Andrea S. Canter, PhD, NCSP, Minneapolis, MN
Leslie Z. Paige, EdS, NCSP, Fort Hays, KS
Mark D. Roth, NCSP, Bangor, ME
Ivonne Romero, EdD, NCSP, San Juan, PR
Servio A. Carroll, EdS, NCSP, Sheridan, WY
March, 2004

CONTRIBUTING AUTHORS



NATIONAL
ASSOCIATION OF
SCHOOL
PSYCHOLOGISTS

Keith D. Allen
Melissa Allen, NCSP
Amy R. Anderson
Gabrielle E. Anderson
Joyce A. Anderson
Leigh Armistead, NCSP
Rhonda Armistead, NCSP
Betty Y. Ashbaker
C. Ben Barbour
Elizabeth M. Bard, NCSP
Gena P. Barnhill, NCSP
Candice Barr
Tammy D. Barry
James Batts, NCSP
George G. Bear, NCSP
Pamela Beeman
Virginia W. Berninger
Jessica Blom-Hoffman, NCSP
Janet Bodnar
Patricia Boland, NCSP
Sara Bolt
Jeffrey P. Braden
Melissa A. Bray, NCSP
Tara L. Brinkman
Stephen E. Brock, NCSP
Michael B. Brown, NCSP
Dixie Bryson, NCSP
Erin L. Buchenauer
Kayreen Burns
Tonya S. Butler
Beth Buzi
Karen Cadigan, NCSP
Stacy Callender
Leonard F. Caltabiano
Stephen N. Campbell
Andrea Canter, NCSP
Karen T. Carey, NCSP
Martha Carlton
Doris Wright Carroll
Ann Casey, NCSP
Ralph E. Cash, NCSP
Sandra M. Chafouleas
Helena Chambers
Mary M. Chittooran, NCSP
Sandra L. Christenson, NCSP
Catherine Christo, NCSP
Jill M. Cieslinski
Elaine Clark
Mark C. Clayton
Andrea M. Cohn
Joseph Colford
D. Tighe Cook
Ellis P. Copeland
Katherine C. Cowan
Michael Coyne
M. Franci Crepeau-Hobson, NCSP
Katherine Kolb Crissman
Deborah P. Crockett, NCSP
Tracy K. Cruise
Christa Cummings
Lela Cunningham
Rik Carl D'Amato, NCSP
Victoria B. Damiani, NCSP
Andrew S. Davis
Shanna D. Davis
Peg Dawson, NCSP
Danielle L. DeAngelis
Stephen P. Demanchick
Jim Deni, NCSP
John E. Desrochers
Dale Devier
Robert Diamond
Barbara Diaz, NCSP
Jodi L. Dodd
Kathryn Dole
Diane Dubble, NCSP
George J. DuPaul
Alnita Dunn
Mahri J. Elinoff
Graciela Elizalde-Utnick
Martha Farrell Erickson
Teri Estrem
Crystal Evans
Lorie Falk
Ted Feinberg, NCSP
Matthew R. Ferchalk
Diane B. Findley
Catherine A. Fiorello, NCSP

Marian C. Fish, NCSP
Dawn P. Flanagan
Ruth Fodness, NCSP
Tiffany Folmer
Alisha D. Ford, NCSP
Illysa Foster
Brian S. Friedlander
Mary A. Fristad
Douglas Fuchs
Lynn Fuchs
Trish Gallagher
Leisa Goldstone
Donald A. Gouwens, NCSP
Stacy M. Greenwood
Jennifer L. Greif
Sara A. Grimes
Richard Guare
Pamela Gutter, NCSP
Jennifer L. Halko
Annie Hansen
Steven T. Hardy-Braz, NCSP
Robert G. Harrington
Virginia Smith Harvey, NCSP
Susan Hatcher
Kaira M. Hayes
Gaileen A. Hoenig
Laura L. Hoffman
Anne M. Howard
Thomas J. Huberty, NCSP
Darren Husted
Keith Hyatt
Shane R. Jimerson, NCSP
Deborah Johnson, NCSP
Laurice Joseph
William P. Kachman, NCSP
Amber M. Kaufman
Janine Keca
Thomas J. Kehle
Ruth Kelly, NCSP
Judith Kennedy
Pamela Kidder-Ashley, NCSP
Sandy Klar
Mary Beth Klotz, NCSP
Howard M. Knoff, NCSP
Kristi Kohn, NCSP
Barbara Mackinaw-Koons
Joseph F. Kovaleski, NCSP
Robert J. Kubick, Jr., NCSP
Patricia Kyle
Steven Landau
Jon Lasser
Joanne Rubino Laverty
Phillip J. Lazarus, NCSP

Camilla A. Lehr
Stacey A. Lella
Edward M. Levinson, NCSP
Beth M. Levy, NCSP
Richard Lieberman, NCSP
John Lochman
Nicholas Lofthouse
Laura Lofy
Emilia Lopez
Patricia A. Lowe
Jennifer Lukomski, NCSP
Rebecca Mandal
Robin R. Martin, NCSP
Barry L. McCurdy, NCSP
James L. McDougal
Nancy McKellar
Erin McLaughlin
Caven S. McLoughlin
Linda Loxley Meloy, NCSP
Linda M. Raffaele Mendez
Adena B. Meyers
Elizabeth A. Mizerek
Sandra K. Morgan
Amanda Blount Morse
Jack A. Naglieri
Sara G. Nahari
Valerie Neisen
Denise L. Ohler
Melisa Olivia
Samuel O. Ortiz
Doris Paez, NCSP
Leslie Z. Paige, NCSP
Rhonda L. Palmquist
Melissa Fisher Paoni, NCSP
Constance Kindrick Patterson, NCSP
Lisa L. Persinger, NCSP
Nancy Metzler Peterson, NCSP
Martha D. Petoskey
William Pfohl, NCSP
Eric B. Pickering
Bradley Pilon, NCSP
Donna Poland
Scott Poland, NCSP
Natalie Politikos, NCSP
David P. Prasse, NCSP
Fredric Provenzano, NCSP
Maria Puopolo
Robert Purple
Mary Ann Rafoth, NCSP
David Reitman
Jennifer Reinehr
Robert Rhodes, NCSP
Ben T. Rigby, NCSP

T. Chris Riley-Tillman
Maura Roberts
Nancy Robinson
Larry Rogien
Lisa Ruble
Kari Sassu
Jennifer L. Schroeder, NCSP
Kerry Schwanz
Daniel P. Schwartz
Merle Schwartz, NCSP
Brandon K. Schultz
Tara Lynn Seifert
Jason Sevier
Eric Sharp
Steven R. Shaw, NCSP
Christina Sheran
Agnes E. Shine
Helma D. Singaravelu
Autumn Singer
Anastasia Kalamaros Skalski
Russell Skiba
Christopher H. Skinner
Kristine A. Slentz
Henry J. Srednicki
John Stanek
Mark W. Steege
Lisa Hadebank Stewart
Mark E. Swerdlik, NCSP
Lynn Thrift
Lea A. Theodore
Susan M. Unruh
Terrence Vaccaro
Sarah Valley-Gray
Nathalie Verduytsse
Manuela Villa
Angela Waguespack
Kurt Wasser
T. Steuart Watson
Nicole A. Weekley
Erica Weiler, NCSP
Lisa L. Weyandt, NCSP
Ellen Whelan
Peter Whelley, NCSP
Diane K. Wilen, NCSP
Mary B. Wimmer
Anne Winsor
Paula Sachs Wise, NCSP
Sarah M. Woehr
Diana Browning Wright
Ellie L. Young, NCSP
Beth C. Zeldis
Frank J. Zenere

HANDOUT REVIEWERS



NATIONAL
ASSOCIATION OF
SCHOOL
PSYCHOLOGISTS

Reviews of each handout were generally sought from at least two individuals, most often a practitioner and a university trainer/researcher. Reviewers and their state of residence include:

Rhonda Armistead, NCSP (NC)
Leigh Armistead, NCSP (NC)
Barry Barbarasch, NCSP (NJ)
Gena P. Barnhill, NCSP (MO)
James Batts, NCSP (KY)
Pam Beeman (CA)
Kimberly Bellipanni (MS)*
Patricia Boland, NCSP (VA)
Steve Breckheimer (NC)
Stephen E. Brock, NCSP (CA)
Dixie Bryson, NCSP (AR)
Brenda Burgess (AR)
Merryl Bushansky, NCSP (NY)
Ines Canabal, PR
Karen Carey, NCSP (CA)
Martha Carlton (IL)
Mary Carroll (WY)
Shea Carroll (WY)
Ann Casey, NCSP (MN)
Ralph "Gene" Cash, NCSP (FL)
Frank Cirrin (MN)
Susan Cloud, NCSP (CO)
Connee Collins (AR)
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Shanna Davis (MN)
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Charles Deupree, NCSP (MI)
Robert Diamond (VA)
Carl DiMartino, NCSP (PA)
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Ron Dumont, NCSP (NY)
George DuPaul (PA)
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Serina Faciane (MA)*
Lorie Falk (MD)*
Douglas Faust (LA)*
Barbara Fischetti, NCSP (CT)
Ruth Fodness, NCSP (SD)
Fulvia Franco, NCSP (UT)
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Shannon Hughes (AR)
Martin Ikeda (IA)
Roberto Irizarry, NCSP (MA)
Susan Jacob (MI)
Tom Johnson (ME)
Deborah Johnson, NCSP (NY)
Kristin Johnson-Gros (MS)*
Laurice Joseph (OH)
Carol Kelly (CO)
Ruth Kelly, NCSP (IL)
Mary Jane Kerr (PR)
Jennifer Kitson, NCSP (KS)
Kristi Kohn, NCSP (MN)
Paula Laidig, NCSP (MN)
Steven Landau (IL)
Liz Larson (AR)
Marilyn Larson (AR)
Jon Lasser (TX)
Matthew Lau, NCSP (MN)
Camilla A. Lehr (MN)
Edward M. Levinson, NCSP (PA)
Beth Levy, NCSP (NY)
Richard Lieberman, NCSP (CA)
Wendy Luellen, NCSP (OH)
Rebecca L. Mandal (LA)
Anastasia Marrone (PA)
Paul McCabe, NCSP (NY)
James McDougal (NY)
Kathy McNamara, NCSP (OH)
Linda L. Meloy, NCSP (IL)
Nancy Metzler Peterson, NCSP (IL)
Kathy Minke, NCSP (DE)
Isabella Moreno, NCSP (MN)

Leslie Munson (GA)
Libby Nealis (NASP)
Belinda Paige (KS)
Ena Vázquez-Nuttall, NCSP (MA)
Joe Olmi (MS)
Samuel O. Ortiz (NY)
Anna Osorio-Slebi (FL)
Cathy Paine (OR)
Rhonda Palmquist (WA)
Bill Pfohl, NCSP (KY)
Scott Poland, NCSP (TX)
Ellen Pratt (PR)
Fred Provenzano, NCSP (WA)
Robert Purple (MN)
Tom Racette (WY)
Mary Ann Rafoth, NCSP (PA)
Amy Reese (OR)
Cheryl Reid, NCSP (MN)
Maura Roberts (PA)
Kathy Robison, NCSP (MN)
Martha Rosen (MN)

Maryann R. Roth, NCSP (ME)
Lisa Ruble (KY)
Liz Rudrud, NCSP (MN)
Robin Satchell, NCSP (MD)
David Schrot, NCSP (MN)
Melissa Scoggin (MS)*
Steve Shaw, NCSP (SC)
Peggy Shelton (WY)
Stacy Kalamaros Skalski (CO)
Jonathan Solomons (MD)
Pam Stein, NCSP (FL)
Anne Stewart (VA)
Cathy Telzrow, NCSP (OH)
Lea A. Theodore (CT)
Rene Tobin (IL)
Tammy Tucker (AR)
Sarah Valley-Gray (FL)
T. Stuart Watson (NE)
Camilla Westwell (FL)
Paula Sachs Wise, NCSP (IL)
Gordon Wrobel, NCSP (MN)

*Contributed reviews of materials to Parenting Bibliography (CD edition)

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