

Dear Parents,

This book list represents books which some of the staff and parents of Westmount would recommend. This is a starter list and we will add to it as we do more Intermingle sessions. Some of these titles can be found at the Calgary Public Library. We have also given an online link for convenience, as most (but not all) of these books will not be found in a store. You will probably need to order them online – you can also order from the publishers (i.e. Prufrock Press and Free Spirit), or other sites. We hope these books offer you some support.

*The Intermingle Team*

### **New to the list!**

***Living with Intensity: Understanding the Sensitivity, Excitability and Emotional Development of Gifted Children, Adolescents and Adults***  
[http://www.amazon.ca/Living-Intensity-Understanding-Sensitivity-Excitability/dp/0910707898/ref=sr\\_1\\_1?ie=UTF8&qid=1352301960&sr=8-1](http://www.amazon.ca/Living-Intensity-Understanding-Sensitivity-Excitability/dp/0910707898/ref=sr_1_1?ie=UTF8&qid=1352301960&sr=8-1)  
**Susan Daniels and Michael Piechowski (eds.)**  
**Great Potential Press 2008**

***A Parent's Guide to Gifted Children*** <http://www.amazon.com/A-Parents-Guide-Gifted-Children/dp/0910707790> James T. Webb, Janet L. Gore, Edward R. Amend & Arlene R. DeVries  
**Great Potential Press 2007**

***Grandparents' Guide to Gifted Children***  
<http://www.amazon.com/Grandparents-Guide-Gifted-Children-James/dp/0910707650> James T. Webb, Janet L. Gore, Frances A. Karnes & A. Stephen McDaniel  
**Great Potential Press 2004**

### **Suggested Reading for Westmount Parents**

***Parenting Gifted Children*** <http://www.chapters.indigo.ca/books/Parenting-Gifted-Children-Authoritative-Guide-Treffinger-Inman-Jolly/9781593634308-item.html?ikwid=parenting+gifted+children&ikwsec=Home>  
Edited by Jennifer L. Jolly, Donald J. Treffinger, Tracy Ford Inman and Joan Franklin Smutny  
Prufrock Press 2011

***The Social and Emotional Lives of Gifted Kids: Understanding and Guiding Their Development*** <http://www.chapters.indigo.ca/books/Social-Emotional-Lives-Gifted-Kids-Tracy-L-Cross/9781593631574-item.html?ikwid=the+social+and+emotional+lives+of+gifted+kids&ikwsec=Books>  
Tracy L. Cross

Prufrock Press 2005

The Essential Guide to Talking with Gifted Teens

<http://www.chapters.indigo.ca/books/search/?keywords=the%20essential%20guide%20to%20talking%20with%20gifted%20teens&pageSize=12>

Jean Sunde Peterson

Free Spirit 2008

*Coping for Capable Kids Updated Edition: Strategies for Parents, Teachers and Students*

[http://www.chapters.indigo.ca/books/Coping-Capable-Kids-Updated-Edition-LeoNora-M-Cohen-Erica-Frydenberg/9781593632038-](http://www.chapters.indigo.ca/books/Coping-Capable-Kids-Updated-Edition-LeoNora-M-Cohen-Erica-Frydenberg/9781593632038-item.html?ikwid=coping+for+capable+kids&ikwsec=Home)

[item.html?ikwid=coping+for+capable+kids&ikwsec=Home](http://www.chapters.indigo.ca/books/Coping-Capable-Kids-Updated-Edition-LeoNora-M-Cohen-Erica-Frydenberg/9781593632038-item.html?ikwid=coping+for+capable+kids&ikwsec=Home)

LeoNora M. Cohen and Erica Frydenberg

Prufrock Press 2007

Some of my best friends are books: Guiding Gifted Readers 3<sup>rd</sup> Edition

[http://www.chapters.indigo.ca/books/Some-My-Best-Friends-Books-Judith-WYNN-Halsted/9780910707510-](http://www.chapters.indigo.ca/books/Some-My-Best-Friends-Books-Judith-WYNN-Halsted/9780910707510-item.html?ikwid=some+of+my+best+friends+are+books&ikwsec=Books)

[item.html?ikwid=some+of+my+best+friends+are+books&ikwsec=Books](http://www.chapters.indigo.ca/books/Some-My-Best-Friends-Books-Judith-WYNN-Halsted/9780910707510-item.html?ikwid=some+of+my+best+friends+are+books&ikwsec=Books) (this link is for an older edition)

Judith Wynn Halsted

Great Potential Press 2009

Nurturing the Gifted Female: A guide for educators and parents

[http://www.chapters.indigo.ca/books/Nurturing-The-Gifted-Female-Joy-Navan/9781412961370-](http://www.chapters.indigo.ca/books/Nurturing-The-Gifted-Female-Joy-Navan/9781412961370-item.html?ikwid=nurturing+the+gifted+female&ikwsec=Books)

[item.html?ikwid=nurturing+the+gifted+female&ikwsec=Books](http://www.chapters.indigo.ca/books/Nurturing-The-Gifted-Female-Joy-Navan/9781412961370-item.html?ikwid=nurturing+the+gifted+female&ikwsec=Books)

Joy L. Navan

Corwin Press (Sage) 2009

**More for teachers but also helpful to parents** From *The Practical Strategies Series in Gifted Education* (all books in series are great).

Motivating Gifted Students [http://www.chapters.indigo.ca/books/Motivating-Gifted-Students-Siegle-Karnes-Stephens/9781593630157-](http://www.chapters.indigo.ca/books/Motivating-Gifted-Students-Siegle-Karnes-Stephens/9781593630157-item.html?ikwid=motivating+gifted+students&ikwsec=Home)

[item.html?ikwid=motivating+gifted+students&ikwsec=Home](http://www.chapters.indigo.ca/books/Motivating-Gifted-Students-Siegle-Karnes-Stephens/9781593630157-item.html?ikwid=motivating+gifted+students&ikwsec=Home)

Del Siegle and D. Betsy McCoach

Prufrock Press 2005

Social and Emotional Teaching Strategies

[http://www.chapters.indigo.ca/books/Social-38-Emotional-Teaching-Strategies-Karnes-Stephens-Ferguson/9781593630218-](http://www.chapters.indigo.ca/books/Social-38-Emotional-Teaching-Strategies-Karnes-Stephens-Ferguson/9781593630218-item.html?ikwid=social+and+emotional+teaching+strategies&ikwsec=Books)

[item.html?ikwid=social+and+emotional+teaching+strategies&ikwsec=Books](http://www.chapters.indigo.ca/books/Social-38-Emotional-Teaching-Strategies-Karnes-Stephens-Ferguson/9781593630218-item.html?ikwid=social+and+emotional+teaching+strategies&ikwsec=Books)

Stephanie K. Ferguson

Prufrock Press 2005

Independent Study for Gifted Learners

<http://www.chapters.indigo.ca/books/Independent-Study-for-Gifted-Learners-Karnes-Stephens-Johnsen/9781593630164-item.html?ikwid=independent+study+for+gifted+learners&ikwsec=Books>

Susan K. Johnson and Krystal Goree  
Prufrock Press 2005

Developing Mentorship Programs for Gifted Students

<http://www.chapters.indigo.ca/books/Developing-Mentorship-Programs-Gifted-Students-Siegle-Karnes-Stephens/9781593631727-item.html?ikwid=developing+mentorship+prgrams+for+gifted+students&ikwsec=Books>

Del Siegle  
Prufrock Press 2005

Anxiety Free Kids: An interactive guide for parents and children

<http://www.chapters.indigo.ca/books/Anxiety-Free-Kids-Interactive-Guide-Bonnie-Zucker/9781593633431-item.html?ikwid=anxiety+free+kids&ikwsec=Books>

Bonnie Zucker  
Prufrock Press 2009

“Mellow Out” They Say, If Only I Could: Intensities and Sensitivities of the Young and Bright <http://www.chapters.indigo.ca/usedbooks/Mellow-Out-They-Say-If-Michael-M-Piechowski/grp11010184-rare.html?ikwid=mellow+out&ikwsec=Books>

Michael M Piechowski  
Yunasa Books 2006

### **General Parenting**

Hold on to your kids: why parents need to matter more than peers (updated)

[http://www.chapters.indigo.ca/books/Hold-On-To-Your-Kids-Why-Parents-Need-To-Matter-More-Than-Peers/9780375760280-item.html?ref=item\\_page:richrel](http://www.chapters.indigo.ca/books/Hold-On-To-Your-Kids-Why-Parents-Need-To-Matter-More-Than-Peers/9780375760280-item.html?ref=item_page:richrel)

Gordon Neufeld and Gabor Mate  
2004

Raising Happiness <http://www.chapters.indigo.ca/usedbooks/Raising-Happiness-Simple-Steps-More-Christine-Carter/grp11871751-0345515625-rare.html?ikwid=raising+happiness&ikwsec=Used+Books>

Christine Carter  
Ballantine Books 2010

### **From Alberta Education**

The Journey: A Handbook for Parents of Children Who are Gifted and Talented  
2004

You can download this handbook for free at

<http://education.alberta.ca/admin/special/resources/journey.aspx>

This handbook offers information and strategies that parents can use to nurture their child's learning and emotional well-being at home, in school, and in the community. The department collaborated with the Alberta Associations for Bright Children in the development of this handbook for parents of children who are gifted and talented. An excellent primer for the parent “new” to the gifted experience.

Teaching Students Who Are Gifted and Talented (AB Learning #7)

<http://www.lrc.education.gov.ab.ca/pro/resources/item.htm?item-no=415283>

Programming for Student with Special Needs Series

This is a teacher/school resource but can be helpful to parents – it can be borrowed from the school.

### **For Children and Teens (and their parents)**

*The Gifted Kids' Survival Guide: A Teen Handbook*

[http://www.chapters.indigo.ca/books/The-Gifted-Kids-Survival-Guide-A-Teen-Handbook/9781575420035-item.html?ref=item\\_page:richrel](http://www.chapters.indigo.ca/books/The-Gifted-Kids-Survival-Guide-A-Teen-Handbook/9781575420035-item.html?ref=item_page:richrel)

Judy Gailbraith and Jim Delisle

Free Spirit Pub 1999

*The Gifted Kids Survival Guide: 3<sup>rd</sup> Edition*

[http://www.chapters.indigo.ca/books/The-Gifted-Kids-Survival-Guide-3rd-Edition/9781575423227-item.html?ref=item\\_page:richrel](http://www.chapters.indigo.ca/books/The-Gifted-Kids-Survival-Guide-3rd-Edition/9781575423227-item.html?ref=item_page:richrel)

Judy Gailbraith

Free Spirit Pub 2009

*Coping for Capable Kids Updated Edition: Strategies for Parents, Teachers and Students*

<http://www.chapters.indigo.ca/books/Coping-Capable-Kids-Updated-Edition-LeoNora-M-Cohen-Erica-Frydenberg/9781593632038-item.html?ikwid=coping+for+capable+kids&ikwsec=Home>

LeoNora M. Cohen and Erica Frydenberg

Prufrock Press 2007

### **For young students (a great series with lots of other titles)**

What to do when you're scared and worried: A guide for kids

[http://www.chapters.indigo.ca/books/What-Do-When-Youre-Scared-James-Crist/9781575421537-](http://www.chapters.indigo.ca/books/What-Do-When-Youre-Scared-James-Crist/9781575421537-item.html?ikwid=what+to+do+when+you%27re+scared+and+worried&ikwsec=Books)

[item.html?ikwid=what+to+do+when+you%27re+scared+and+worried&ikwsec=Books](http://www.chapters.indigo.ca/books/What-Do-When-Youre-Scared-James-Crist/9781575421537-item.html?ikwid=what+to+do+when+you%27re+scared+and+worried&ikwsec=Books)

James J. Crist

Free Spirit 2004

What to do when good enough isn't good enough: The real deal on perfectionism  
<http://www.chapters.indigo.ca/books/search/?keywords=what%20to%20do%20when%20good%20enough&pageSize=12>

Thomas S. Greenspon  
Free Spirit 2006

What to do when you're sad and lonely: A guide for kids  
<http://www.chapters.indigo.ca/books/search/?keywords=what%20to%20do%20when%20you're%20sad%20and%20lonely&pageSize=12>

James J. Crist  
Free Spirit 2006

Be the boss of your stress: Self care for kids  
<http://www.chapters.indigo.ca/books/Be-Boss-Your-Stress-Timothy-Culbert-Rebecca-Kajander/9781575422565-item.html?ikwid=be+the+boss+of+your+stress&ikwsec=Books>

Timothy Culbert and Rebecca Kajander  
Free Spirit 2007

### **For younger to early mid-school (another great series with more titles)**

Get Organized Without Losing It <http://www.chapters.indigo.ca/books/Get-Organized-Without-Losing-It-Janet-Fox/9781575421933-item.html?ikwid=janet+s+fox&ikwsec=Books>

Janet S. Fox  
Free Spirit 2006

See You Later, Procrastinator: Get it done  
<http://www.chapters.indigo.ca/books/See-You-Later-Procrastinator-Get-Pamela-Espeland-Elizabeth-Verdick/9781575422787-item.html?ikwid=pamela+espeland&ikwsec=Books>

Pamela Espeland and Elizabeth Verdick  
Free Spirit 2008