



McMahon Ryan
CHILD ADVOCACY CENTER

RESOURCES FOR PARENTS/CAREGIVERS

LOCAL RESOURCES

- MCMAHON RYAN | CHILD ADVOCACY CENTER - [HTTPS://WWW.MCMAHONRYAN.ORG/](https://www.mcmahonryan.org/)
- CONTACT COMMUNITY SERVICES | SUICIDE HOTLINE - [HTTPS://WWW.CONTACTSYRACUSE.ORG/](https://www.contactsyracuse.org/)
- THE Q CENTER - ACR HEALTH | LGBTQ RESOURCES - [HTTPS://WWW.ACRHEALTH.ORG/YOUTH-PROGRAMS/Q-CENTERS/](https://www.acrhealth.org/youth-programs/q-centers/)
- PEACE, INC. | EMPOWERING PEOPLE TO THRIVE - [HTTPS://WWW.PEACE-CAA.ORG/](https://www.peace-cao.org/)
- ACCESSNY - COMMUNITY | POSSIBILITY | SUCCESS - [HTTPS://WWW.ACCESSNY.ORG/](https://www.accessny.org/)
- FOOD BANK OF CENTRAL NEW YORK - [HTTPS://WWW.FOODBANKCNY.ORG/](https://www.foodbankcny.org/)
- PCANY - [HTTPS://WWW.PREVENTCHILDABUSENY.ORG/](https://www.preventchildabuse.org/)
- HUNTINGTON FAMILY CENTERS | HELP. HOPE. HUMANITY - [HTTPS://WWW.HUNTINGTONFAMILYCENTERS.ORG/](https://www.huntingtonfamilycenters.org/)

ONLINE RESOURCES

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- OFFICE OF CHILDREN AND FAMILY SERVICES - [HTTPS://OCFS.NY.GOV/MAIN/](https://ocfs.ny.gov/main/)
 - STOP IT NOW - [HTTPS://WWW.STOPITNOW.ORG/](https://www.stopitnow.org/)
 - UNICEF PARENTING | UNICEF PARENTING - [HTTPS://WWW.UNICEF.ORG/PARENTING/](https://www.unicef.org/parenting/)
 - DARKNESS TO LIGHT | PREVENT CHILD SEXUAL ABUSE - [HTTPS://WWW.D2L.ORG/](https://www.d2l.org/)
 - VERA HOUSE - [HTTPS://WWW.VERAHOUSE.ORG/](https://www.verahouse.org/)
 - AMAZE - AGE APPROPRIATE INFO Y FOR TWEENS AND THEIR PARENTS - [HTTPS://AMAZE.ORG/](https://amaze.org/)
 - NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN - [HTTPS://WWW.MISSINGKIDS.ORG/](https://www.missingkids.org/)
 - PARENTING SAFE CHILDREN - [HTTPS://PARENTINGSAFECHILDREN.COM/](https://parentingsafechildren.com/)
 - NATIONAL CHILDREN'S ADVOCACY CENTER - [HTTPS://WWW.NATIONALCHILDRENSALLIANCE.ORG/](https://www.nationalchildrensalliance.org/)
 - BOOK RESOURCES FREE SPIRIT PUBLISHING - [HTTPS://WWW.FREESPIRIT.COM/](https://www.freespirit.com/)
 - ADVOCATES FOR YOUTH - [HTTPS://WWW.ADVOCATESFORYOUTH.ORG/](https://www.advocatesforyouth.org/)
 - NY PROJECT HOPE - [HTTPS://NYPROJECTHOPE.ORG/](https://nyprojecthope.org/)
 - PBS KIDS FOR PARENTS | PARENT RESOURCES, TIPS, AND ADVICE - [HTTPS://WWW.PBS.ORG/PARENTS](https://www.pbs.org/parents)
 - NEW YORK STATE EDUCATION DEPARTMENT - [HTTP://WWW.NYSED.GOV/EARLY-LEARNING/RESOURCES-FAMILIES](http://www.nysed.gov/early-learning/resources-families)
 - MANAGING CHILDHOOD STRESS AND ANXIETY | MAGINATION PRESS FAMILY [HTTPS://WWW.MAGINATIONPRESSFAMILY.ORG/](https://www.maginationpressfamily.org/)
 - CHILD MIND INSTITUTE | TRANSFORMING CHILDREN'S LIVES - [HTTPS://CHILDMIND.ORG/](https://childmind.org/)
 - BOYS TOWN: SAVING CHILDREN, HEALING FAMILIES, PARENTING TIPS - [HTTPS://WWW.BOYSTOWN.ORG/PARENTING](https://www.boystown.org/parenting)
 - SCARLETEEN | SEX EDUCATION FOR THE REAL WORLD - [HTTPS://WWW.SCARLETEEN.COM/](https://www.scarleteen.com/)
 - REAL TALK - [HTTPS://MYHEALTHED.ORG/](https://myhealthed.org/)
 - NATIONAL CHILD ABUSE HOTLINE - 1-800-342-3720



BULLYING

- BYSTANDER REVOLUTION - [HTTPS://BYSTANDERREVOLUTION.ORG/](https://bystanderrevolution.org/)
- CHILDREN'S SAFETY NETWORK - [HTTPS://WWW.CHILDRENSSAFETYNETWORK.ORG/](https://www.childrenssafetynetwork.org/)
- THE DIGNITY FOR ALL STUDENTS ACT - [HTTPS://WWW.P12.NYSED.GOV/DIGNITYACT/](https://www.p12.nysed.gov/dignityact/)
- PACER CENTER - CHAMPIONS FOR CHILDREN WITH DISABILITIES - [HTTPS://WWW.PACER.ORG/](https://www.pacer.org/)

PARENTING HELP BOOKS

- LIVE LOVE NOW: RELIEVE THE PRESSURE AND FIND REAL CONNECTION WITH OUR KIDS BY RACHEL MACY STAFFORD
- THE CONSCIOUS PARENT: TRANSFORMING OURSELVES, EMPOWERING OUR CHILDREN BY DR. SHEFALI TSABARY
- HOW TO TALK SO KIDS WILL LISTEN & LISTEN SO KIDS WILL TALK BY ADELE FABER AND ELAINE MAZLISH
- HOW TO RAISE KIDS WHO AREN'T ASSHOLES BY MELINDA WENNER MOYER
- ALL JOY AND NO FUN: THE PARADOX OF MODERN PARENTHOOD BY JENNIFER SENIOR
- WONDERFUL WAYS TO LOVE A TEEN: EVEN WHEN IT SEEMS IMPOSSIBLE BY JUDY FORD
- NO BAD KIDS: TODDLER DISCIPLINE WITHOUT SHAME BY JANET LANSBURY
- THE FIVE LOVE LANGUAGES OF CHILDREN BY GARY CHAPMAN
- THE FIVE LOVE LANGUAGES OF TEENAGERS BY GARY CHAPMAN
- READY FOR THE DAY!, READY TO PLAY!, AND READY FOR BED! BY STACEY KAYE
- CRIBSHEET: A DATA-DRIVEN GUIDE TO BETTER, MORE RELAXED PARENTING, FROM BIRTH TO PRESCHOOL BY EMILY OSTER
- THE ADDICTION INOCULATION: RAISING HEALTHY KIDS IN A CULTURE OF DEPENDENCE BY JESSICA LAHEY
- BOUNDARIES WITH TEENS: WHEN TO SAY YES, HOW TO SAY NO BY JOHN TOWNSEND
- PEACEFUL PARENT, HAPPY KIDS: HOW TO STOP YELLING AND START CONNECTING BY DR. LAURA MARKHAM
- YOUTH AT RISK: A PREVENTION RESOURCE FOR COUNSELORS, TEACHERS, AND PARENTS BY DAVID CAPUZZI & DOUGLAS R. GROSS
- WHY IS MY TEENAGER FEELING LIKE THIS?: A GUIDE FOR HELPING TEENS THROUGH ANXIETY AND DEPRESSION BY DAVID MURRAY
- RAISING KIDS WHO CARE: PRACTICAL CONVERSATIONS FOR EXPLORING STUFF THAT MATTERS, TOGETHER BY SUSY LEE
- WHAT TO SAY TO KIDS WHEN NOTHING SEEMS TO WORK: A PRACTICAL GUIDE FOR PARENTS & CAREGIVERS BY ADELE LAFRANCE & ASHLEY MILLER
- HOW TO STOP LOSING YOUR SH*T WITH YOUR KIDS: A PRACTICAL GUIDE TO BECOMING A CALMER, HAPPIER PARENT BY CARLA NAUMBURG
- THE WHOLE-BRAIN CHILD: 12 REVOLUTIONARY STRATEGIES TO NURTURE YOUR CHILD'S DEVELOPING MIND BY DANIEL J. SIEGEL & TINA P. BRYSON
- PARENTING APART: HOW SEPARATED AND DIVORCED PARENTS CAN RAISE HAPPY AND SECURE KIDS BY CHRISTINA MCGHEE
- THE EXPLOSIVE CHILD: A NEW APPROACH FOR UNDERSTANDING AND PARENTING EASILY FRUSTRATED, CHRONICALLY INFLEXIBLE CHILDREN BY ROSS W. GREENE
- THE SLEEP LADY'S GOOD NIGHT, SLEEP TIGHT: GENTLE PROVEN SOLUTIONS TO HELP YOUR CHILD SLEEP WELL AND WAKE UP HAPPY BY KIM WEST, LCSW-C WITH JOANNE KENEN
- POSITIVE DISCIPLINE: THE CLASSIC GUIDE TO HELPING CHILDREN DEVELOP SELF-DISCIPLINE, RESPONSIBILITY, COOPERATION, & PROBLEM-SOLVING SKILLS BY JANE NELSEN
- RAISING GOOD HUMANS: A MINDFUL GUIDE TO BREAKING THE CYCLE OF REACTIVE PARENTING AND RAISING KIND, CONFIDENT KIDS BY HUNTER CLARKE-FIELDS MSAE & CARLA NAUMBURG



BOOKS

COMMUNICATING SAFE SEX WITH YOUR KIDS

- STOP SWEATING & START TALKING: HOW TO MAKE SEX CHATS WITH YOUR KIDS EASIER THAN YOU THINK BY ANDREA BRAND
- SEX, TEENS, AND EVERYTHING IN BETWEEN: THE NEW AND NECESSARY CONVERSATIONS TODAY'S TEENAGERS NEED TO HAVE ABOUT CONSENT, SEXUAL HARASSMENT, HEALTHY RELATIONSHIPS, LOVE, AND MORE BY SHAFIA ZALOOM
- BEYOND BIRDS & BEES: BRINGING HOME A NEW MESSAGE TO OUR KIDS ABOUT SEX, LOVE, AND EQUALITY BY BONNIE J. ROUGH
- FOR GOODNESS SEX: CHANGING THE WAY WE TALK TO TEENS ABOUT SEXUALITY, VALUES, AND HEALTH BY AL VERNACCHIO
- NO SHAME: REAL TALK WITH YOUR KIDS ABOUT SEX, SELF-CONFIDENCE, & HEALTHY RELATIONSHIP BY PSYCHIATRIST DR. LEA
- BODY SAFETY EDUCATION: A PARENTS GUIDE TO PROTECTING KIDS FROM SEXUAL ABUSE BY JANEEN SANDERS
- THE ESSENTIAL SEX EDUCATION BOOK FOR PARENTS: GUIDED CONVERSATIONS TO HAVE WITH YOUR TWEENS AND TEENS BY DANIEL RICE
- OFF LIMITS: A PARENT'S GUIDE TO KEEPING KIDS SAFE FROM SEXUAL ABUSE BY SANDY K. WURTELE & FEATHER BERKOWER - GO TO WWW.PARENTINGSAFECHILDREN.COM



COMMUNICATING BOUNDARIES

- BODY SAFETY EDUCATION: A PARENTS GUIDE TO PROTECTING KIDS FROM SEXUAL ABUSE BY JANEEN SANDERS
- PROTECTING YOUR CHILD FROM SEXUAL ABUSE: WHAT YOU NEED TO KNOW TO KEEP YOUR KIDS SAFE BY ELIZABETH JEGLIC & CYNTHIA CALKINS
- OFF LIMITS: A PARENT'S GUIDE TO KEEPING KIDS SAFE FROM SEXUAL ABUSE BY SANDY K. WURTELE & FEATHER BERKOWER

HELPING YOUR CHILD HEAL FROM SEXUAL ABUSE

- HELPING YOUR CHILD RECOVER FROM SEXUAL ABUSE BY CAREN ADAMS AND JENNIFER FAY
- WHAT DO I DO NOW? A SURVIVAL GUIDE FOR MOTHERS OF SEXUALLY ABUSED CHILDREN BY MEL LANGSTON PHD
- THE MOTHER'S BOOK BY CAROLYN BYERLY
- WHEN YOUR CHILD HAS BEEN MOLESTED: A PARENT'S GUIDE TO HEALING AND RECOVERY BY KATHRYN BROHL & JOYCE C POTTER



HELPING YOURSELF HEAL FROM SEXUAL ABUSE

- ADULTS MOLESTED AS CHILDREN: A SURVIVOR'S MANUAL FOR WOMEN AND MEN BY BEAR AND DIMOCK
- VICTIMS NO LONGER: THE CLASSIC GUIDE FOR MEN RECOVERING FROM CHILD SEXUAL ABUSE BY MIKE LEW
 - SOUL SURVIVORS: A NEW BEGINNING FOR ADULTS ABUSED AS CHILDREN BY J. PATRICK GANNON
 - THE WHITE UMBRELLA: WALKING WITH SURVIVORS OF SEX TRAFFICKING BY MARY FRANCES BOWLEY
- HEALING FROM TOXIC RELATIONSHIPS: 10 ESSENTIAL STEPS TO RECOVER FROM GASLIGHTING, NARCISSISM, AND EMOTIONAL ABUSE BY STEPHANIE MOULTON SARKIS

CONVERSATIONS ABOUT RACE

- **BELOW THE SURFACE: TALKING WITH TEENS ABOUT RACE, ETHNICITY, & IDENTITY** BY DEBORAH RIVAS-DRAKE & ADRIANA UMAÑA-TAYLOR
 - **SOCIAL JUSTICE PARENTING HOW TO RAISE COMPASSIONATE ANTI RACIST JUSTICE MINDED KIDS IN AN UNJUST WORLD** BY DR. TRACI BAXLEY
 - **RAISING ANTIRACIST CHILDREN: A PRACTICAL PARENTING GUIDE** BY BRITT HAWTHORNE
 - **LET'S TALK ABOUT RACE (AND OTHER HARD THINGS): A FRAMEWORK FOR HAVING CONVERSATIONS THAT BUILD BRIDGES, STRENGTHEN RELATIONSHIPS, AND SET CLEAR BOUNDARIES** BY NANCY A DOME
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LGBTQ CONVERSATIONS

- **PARENTING YOUR LGBTQ+ TEEN: A GUIDE TO SUPPORTING, EMPOWERING, AND CONNECTING WITH YOUR CHILD** BY ALLAN SADAC
 - **UNCONDITIONAL: A GUIDE TO LOVING AND SUPPORTING YOUR LGBTQ CHILD** BY TELAINA ERIKSEN
 - **RAISING LGBTQ ALLIES: A PARENT'S GUIDE TO CHANGING THE MESSAGES FROM THE PLAYGROUND** BY CHRIS TOMPKINS
 - **RAINBOW RELATIVES: REAL-WORLD STORIES AND ADVICE ON HOW TO TALK TO KIDS ABOUT LGBTQ+ FAMILIES AND FRIENDS** BY SUDI KARATAS
 - **TRANSGENDER CHILDREN AND YOUTH: CULTIVATING PRIDE AND JOY WITH FAMILIES IN TRANSITION** BY ELIJAH C. NEALY
 - **A GUIDE TO GENDER (2ND EDITION): THE SOCIAL JUSTICE ADVOCATE'S HANDBOOK** BY SAM KILLERMANN
 - **THE GENDER IDENTITY GUIDE FOR PARENTS: COMPASSIONATE ADVICE TO HELP YOUR CHILD BE THEIR MOST AUTHENTIC SELF** BY TAVI HAWN
 - **BECOMING NICOLE: THE INSPIRING STORY OF TRANSGENDER ACTOR-ACTIVIST NICOLE MAINES AND HER EXTRAORDINARY FAMILY** BY AMY E. NUTT
 - **A GUIDE FOR HOW TO BE LGBTQ+ PARENTS: TEACH CHILDREN ABOUT TOLERANCE, LOVE, & ACCEPTANCE IN A POLARIZED WORLD** BY FRANK DIXON
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GRIEF AND LOSS

- **THE JOURNEY THROUGH GRIEF AND LOSS: HELPING YOURSELF AND YOUR CHILD WHEN GRIEF IS SHARED** BY ROBERT ZUCKER
- **A PARENT'S GUIDE TO RAISING GRIEVING CHILDREN: REBUILDING YOUR FAMILY AFTER THE DEATH OF A LOVED ONE** BY PHYLLIS R. SILVERMAN
- **WHEN CHILDREN GRIEVE: FOR ADULTS TO HELP CHILDREN DEAL WITH DEATH, DIVORCE, PET LOSS, MOVING, AND OTHER LOSSES** BY JOHN W. JAMES
- **GUIDING YOUR CHILD THROUGH GRIEF** BY JAMES P. EMSWILER
- **IT'S OK THAT YOU'RE NOT OK: MEETING GRIEF AND LOSS IN A CULTURE THAT DOESN'T UNDERSTAND** BY MEGAN DEVINE
- **PARENTING THROUGH CRISIS: HELPING KIDS IN TIMES OF LOSS, GRIEF, AND CHANGE** BY BARBARA COLOROSO
- **A PARENT'S GUIDE TO MANAGING CHILDHOOD GRIEF: 100 ACTIVITIES FOR COPING, COMFORTING, & OVERCOMING SADNESS, FEAR, & LOSS** BY KATIE LEAR



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FOR MORE INFORMATION & RESOURCES GO TO

WWW.MCMAHONRYAN.ORG/LEARN-ABOUT-ABUSE/RESOURCES