



## Supporting Mothers in the PEACE Program – BCSTH Library Resources

### Chapter 1

#### Co-parenting

- Baker, A.J.L. (2014). *Co-parenting with a toxic ex: what to do when your ex-spouse tries to turn the kids against you*. Oakland, CA: New Harbinger.
- Behrman, L.J. & Zimmerman, J. (2018). *Loving your children more than you hate each other*. Oakland, CA: New Harbinger.
- Blackstone, J.B. & Hill, D.L. (2020). *Co-parenting through separation and divorce: putting your children first*. Itasca, IL: American Academy of Pediatrics.
- Justice Education Society & BC Ministry of Justice. (2022). *Families change: a guide to separation & divorce*. <https://bc.familieschange.ca/en>
- Ross, J.A. & Corcoran, J. (2011). *Joint custody with a jerk: raising a child with an uncooperative ex: a hands-on, practical guide to communicating with a difficult ex-spouse*. New York: St. Marti's Griffin.

### Chapter 2

#### Resources for Parents

- Clarke-Fields, H. (2019). *Raising good humans: a mindful guide to breaking the cycle of reactive parenting and raising kind, confident kids*. Oakland, CA: New Harbinger Publications.
- Coloroso, B. (2010). *Kids are worth it! raising resilient, responsible, compassionate kids*. Toronto: Penguin Canada.
- Faber, A. & Mazlish, E. (2012). *How to talk so kids will listen & listen so kids will talk*. New York: Scribner.
- Faber, J. & King, J. (2021). *How to talk when kids won't listen: whining, fighting, meltdowns, defiance, and other challenges of childhood*. New York: Scribner.
- Lafrance, A. & Miller, A. (2020). *What to say to kids when nothing seems to work: a practical guide for parents and caregivers*. New York: Routledge.



- Lapointe, V. (2016). *Discipline without damage: how to get your kids to behave without messing them up*. BC: Lifetree Media.
- Penfold, S. (2005). *Helping my child: a guide to supporting children exposed to domestic violence*. BC Children's Hospital.  
<http://domesticpeace.ca/images/uploads/documents/HelpingMyChildGuide.pdf>
- Siegel, D.J. (2016). *No-drama discipline: the whole-brain way to calm the chaos and nurture your child's developing mind*. New York: Bantam Books.
- Siegel, D.J. & Bryson, T.P. (2019). *The yes brain: how to cultivate courage, curiosity, and resilience in your child*. New York: Random House.
- The National Child Traumatic Stress Network. (2015). *Children and domestic violence for parents fact sheet series*. <https://www.nctsn.org/resources/children-and-domestic-violence-parents-fact-sheet-series>
- Waters, L. (2017). *The strength switch: how the new science of strength-based parenting can help your child and your teen to flourish*. New York: Avery.

#### Resources for Working with Mothers Who Have Experienced Violence

- Bancroft, L. (2004). *When dad hurts mom: helping your children heal the wounds of witnessing abuse*. New York: Berkley Books.
- Buchanan, F. (2018). *Mothering babies in domestic violence: beyond attachment theory*. New York: Routledge.
- Harris, E.H. (2017). *Helping children exposed to violence at home: an essentials guide*. London Family Court Clinic.
- Hoffman, K., Cooper, G. & Powell, B. (2017). *Raising a secure child: how Circle of Security Parenting can help you nurture your child's attachment, emotional resilience, and freedom to explore*. New York: Guildford Press.
- Hughes, D.A. (2009). *Attachment-focused parenting: effective strategies to care for children*. New York: W.W. Norton.
- Iwi, K. & Newman, C. (2011). *Picking up the pieces after domestic violence: a practical resource for supporting parenting skills*. Philadelphia, PA: Jessica Kingsley.
- Leutenberg, E.R.A. & Liptak, J.J. (2016). *Family breakup and survival workbook: reproducible activities to address the challenges families face today*. Duluth, Minnesota: Whole Person Health & Wellness Publishers.



- McDonald-Harker, C. (2016). *Mothering in marginalized contexts: narratives of women who mother in and through domestic violence*. Bradford, ON: Demeter Press.
- Radford, L. (2006). *Mothering through domestic violence*. London: Jessica Kingsley.
- Straus, M.B. (2021). *Cool, calm & collected: a workbook for parents and children to co-regulate, manage big emotions & build stronger bonds*. Eau Claire, WI: PESI Publishing.

### Group Facilitation Resources

- Center for Community Health and Development, University of Kansas. (2022). *Community tool box. Chapter 15. Section 2. Developing facilitation skills*. <https://ctb.ku.edu/en/table-of-contents/leadership/group-facilitation/facilitation-skills/main>
- Dyne, R. (2006). *The group leader's toolkit: activities & strategies for working with groups*. Milton, Keynes, UK: Speechmark.
- Jasiura, F. & Urquhart, C., (2014). *Support group practice guide: supporting vulnerable women and families*. Change Talk Associates. <https://changetalk.ca/wp-content/uploads/2021/01/Support-Group-Practice-Guide-CTA-2014.pdf>

## Chapter 3

### Communication Skills

- Boghossian, P.G. (2019). *How to have impossible conversations: a very practical guide*. New York: Lifelong.
- Hanks, J.D. (2016). *The assertiveness guide for women: how to communicate your needs, set healthy boundaries, and transform your relationships*. Oakland, CA: New Harbinger Publications.
- McKay, M., Davis, M. & Fanning, P. (2018). *Messages: the communication skills book*. Oakland, CA: New Harbinger Publications.
- Nichols, M.P. & Straus, M.B. (2021). *The lost art of listening: how learning to listen can improve relationships*. 3<sup>rd</sup> ed. New York: The Guildford Press.
- Rosenberg, M.B. (2015). *Nonviolent communication: a language of life* (3<sup>rd</sup> ed.). Encinitas, CA: Puddle Dancer Press.



### Response-based Approach

- Calgary Women's Emergency Shelter. (2007). *Honouring resistance: how women resist abuse in intimate relationships*.  
<https://www.calgarywomensshelter.com/images/pdf/cwesResistancebookletfinalweb.pdf>
- Hyden, M. Gadd, D. & Wade A. (2015). *Response based approaches to the study of interpersonal violence*. New York: Palgrave Macmillan.

### Moms and Kids Playing Together

- Gray, D.D. (2014). *Attaching through love, hugs and play: simple strategies to help build connections with your child*. London: Jessica Kingsley.
- Gray, D.D. & Clarke, M. (2015). *Games and activities for attaching with your child*. London: Jessica Kingsley.
- LaVigne, M. (2020). *Play therapy activities: 101 play-based exercises to improve behavior and strengthen the parent-child connection*. Emerville, CA : Rockridge Press.
- Booth, P.B. & Jernberg, A.M. (2010). *Theraplay: helping parents and children build better relationships through attachment-based play* ( 3<sup>rd</sup> ed.). San Francisco: Jossey-Bass.

### Nature

- Chown, A. (2018). *A practical guide to play therapy in the outdoors: working in nature*. New York: Routledge.
- Fisher, C. (2020). *Mindfulness & nature-based therapeutic techniques for children: creative activities for emotion regulation, resilience and connectedness*. Eau Claire, WI: PESI Publishing.
- Harper, N. (2019). *Nature-based therapy: a practitioner's guide to working outdoors with children, youth, and families*. Gabriola Island, BC: New Society Publishers.

### Art, Music & Writing Activities

- Friedberg, J. (2020). *Music with babies and young children: activities to encourage bonding, communication and wellbeing*. London: Jessica Kingsley.
- Gibson, N. (2018). *Therapeutic photography: enhancing self-esteem, self-efficacy and resilience*. London: Jessica Kingsley.
- Malchiodi, C.A. (2020). *Trauma and expressive arts therapy: brain, body, and imagination in the healing process*. New York: The Guildford Press.

- Malchiodi, C.A. & Crenshaw, D.A. (eds.) (2014). *Creative arts and play therapy for attachment problems*. New York: The Guildford Press.

#### Other Caregivers

- Archer, C. & Gordon, C. (2013). *Reparenting the child who hurts: a guide to healing developmental trauma and attachments*. London: Jessica Kingsley.
- Naish, S. (2018). *The A-Z of therapeutic parenting: strategies and solutions*. London: Jessica Kingsley.
- Schwartz, C., Waddell, C., Barican, J., Gray-Grant, D., Dickson, S., & Nightingale, L. (2014).
- Kinship foster care. *Children's Mental Health Research Quarterly*, 8(3), 1–16. Vancouver, BC:
- Children's Health Policy Centre, Faculty of Health Sciences, Simon Fraser University. <https://childhealthpolicy.ca/wp-content/uploads/2014/07/RQ-3-14-Summer.pdf>

## Chapter 4

#### Diverse backgrounds

- CMAS. (2018). *Newcomer parent resource series: available in 16 languages*. <https://cmascanada.ca/2018/05/18/newcomer-parent-resource-series-available-in-14-languages/>
- National Child Traumatic Stress Network. (2020). *Parenting in a new context: strategies for practitioners supporting refugee and immigrant caregivers* [Video series]. Youtube. <https://www.youtube.com/playlist?list=PLmW1ACrTaZlOK-32JBLF0Wey1pz3OpnHT>
- Sue, D.W. (2019). *Counseling the culturally diverse: theory and practice*. Hoboken, NJ: John Wiley & Sons.
- YWCA Metro Vancouver. (2017). *Mothers without status: practical information for service providers working with mothers without permanent resident status* (2<sup>nd</sup> ed.). [https://ywcavan.org/sites/default/files/assets/media/file/2020-11%20/MWLS\\_Information\\_for\\_Service\\_Providers\\_2017.pdf](https://ywcavan.org/sites/default/files/assets/media/file/2020-11%20/MWLS_Information_for_Service_Providers_2017.pdf)

#### Indigenous parenting

- Baskins, C. (2016). *Strong helpers' teaching: the value of Indigenous knowledges in the helping professions* (2<sup>nd</sup> ed.). Toronto, Ont.: Canadian Scholars' Press.



- Carrière, J. & Richardson, C. (2009). From longing to belonging: Attachment theory, connectedness, and indigenous children in Canada. In S. McKay, D. Fuchs, & I. Brown (Eds.), *Passion for action in child and family services: Voices from the prairies* (pp. 49-67). <https://www.responsebasedpractice.com/wp-content/uploads/2020/04/From-Longing-to-Belonging.pdf>
- Carrière, J. & Richardson, C. (Eds.) (2017). *Calling our families home: Métis peoples' experiences with child welfare*. Vernon, BC: J Charlton Publishing.
- First Nations Health Authority & National Collaborating Centre for Aboriginal Health. (2018). *Family connections: a resource booklet about bonding with your child for First Nations and Métis parents in BC* (2<sup>nd</sup> ed.). <https://www.fnha.ca/Documents/familyconnections.pdf>
- First Nations Health Authority & National Collaborating Centre for Aboriginal Health. (2019). *Fatherhood is forever: resource booklet about father for First Nations and Metis parents in BC* (2<sup>nd</sup> ed.) <https://www.fnha.ca/Documents/fatherforever.pdf>
- First Nations Health Authority & National Collaborating Centre for Aboriginal Health. (2018). *Growing up healthy: a resource booklet about healthy children for First Nations and Métis parents in BC* (2<sup>nd</sup> ed.). <https://www.fnha.ca/Documents/growingup.pdf>
- First Nations Health Authority & National Collaborating Centre for Aboriginal Health. (2018). *Parents as first teachers: a resource booklet about how children learn for First Nations and Métis parents in BC* (2<sup>nd</sup> ed.). <https://www.fnha.ca/Documents/parentteacher.pdf>
- Justice Institute of BC. (2019). *Parenting after separation for Indigenous families*. <https://parenting-after-separation-indigenous.jibc.ca/>
- Muir, N. & Bohr, Y. (2014). Contemporary practice of traditional Indigenous child rearing: a review. *First Peoples Child & Family Review*, 9(1), 66-79. <https://fpcfcr.com/index.php/FPCFR/article/download/231/218>
- Walkem, Ardith. (2021). *Wrapping our ways around them: Indigenous communities and child welfare guidebook* (2<sup>nd</sup> ed.). ShchEma-mee.tkt Project. [https://www.nntc.ca/documents/WOW\\_Guidebook\\_2021\\_210214.pdf](https://www.nntc.ca/documents/WOW_Guidebook_2021_210214.pdf)



---

This document is part of the [Supporting Mothers in the PEACE Program online guide](#). This document, or any portion thereof, may be reproduced or used in any manner whatsoever as long as acknowledgment to the BC Society of Transition Houses is included in the product.

This document was published March 2022.

