

OCD-Obsessive Compulsive Disorder



Books for Parents

1. **Talking Back to OCD: The Program That Helps Kids and Teens Say “No Way” -- and Parents Say “Way to Go”** by John S. March, The Guildford Press (2006) ISBN:9781593853556
2. **Helping Your Child with OCD: A Workbook for Parents of Children With Obsessive-Compulsive Disorder** by Lee Fitzgibbons and Cherlene Pedrick, New Harbinger Publications (2003) ISBN:9781572243323
3. **The Tourette Syndrome & OCD Checklist: A Practical Reference for Parents and Teachers** by Susan Conners, Jossey-Bass (2011) ISBN:9780470623336
4. **Students with OCD: A Handbook for School Personnel** by Dr. Gail B. Adams, Pherson Creek Press (2011) ISBN:9780983436409
5. **The OCD Workbook: Your Guide to Breaking Free from Obsessive-Compulsive Disorder** by Bruce Hyman and Cherlene Pedrick, New Harbinger Publications (2010) ISBN:9781572249219

Books for Children and Teens

6. **What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD** by Dawn Huebner and Bonnie Matthews, Magination Press (2007) ISBN:9781591478058
7. **Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment** by Aureen Pinto Wagner and Paul A. Jutton, Lighthouse Press Inc., (2004) ISBN:9780967734767
8. **Take Control of OCD: The Ultimate Guide for Kids With OCD** by Bonnie Zucker, Prufrock Press (2010) ISBN:9781593634292
9. **Free from OCD: A Workbook for Teens with Obsessive-Compulsive Disorder** by Timothy Sisemore, Instant Help Publishing (2010) ISBN:9781572248489

Websites

<http://www.aacap.org> (use search term “OCD”)
<http://www.kidshealth.org/parent/> (use search term “OCD”)
<http://www.ocfoundation.org/ocdinkids/>

About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centre at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

Family Resource Centre

The Family Resource Centre's mission is to help families and the community to become active participants in their own health and medical care. The Family Resource Centre offers resources to understand and cope with illness and hospitalization, to learn more about your child's health, to help other family members learn how to help the patient and themselves, and to learn more about wellness, prevention and the human body.

The centre has a wide collection of books, DVDs, pamphlets and online resources about the problems and concerns that bring patients to McMaster Children's Hospital. Services provided include:

Check-out

Borrowing privileges are available to families, staff, and community members.

On-line Resources

In addition to books, DVDs and pamphlets, much health information is available through the Internet. The family Resource Centre can help you to find these resources, as well as information from our consumer health information database.

Audio-visual Materials

Your health-care provider may suggest that you view a particular DVD, or you may want to browse our collection.

For more information visit www.mcmasterchildrenshospital.ca

*The Family Resource Centre,
where knowledge grows.*

