

Family & Community Resource Centre

Here are some suggested resources for parents and children about:
Self-Esteem

1. **Why Gender Matters** Sax, Leonard. 2005   
2. **Raising Happy Kids** Hartley-Brewer, Elizabeth. 2004     
3. **No Body's Perfect** Kirberger, Kimberly. 2003      
4. **501 Ways to Boost Your Child's Self-Esteem** Ramsey, Robert D. 2002        
5. **Helping Children to Build Self-Esteem** Plummer, Deborah. 2001  
6. **It's OK to Be Different** Parr, Todd. 2001  
7. **Real Boys' Voices** Pollack, William. 2000         
8. **The Lovables in the Kingdom of Self-Esteem** Loomans, Diana. 1993    
9. **Don't Feed the Monster on Tuesdays!: The Children's Self-Esteem Book** Moser, Adolph. 1991 
10. **Your Child's Self-Esteem** Briggs, Dorothy Corkville. 1970           
11. **Kids Health**
www.kidshealth.org/kid/feeling/emotion/self_esteem.html
www.kidshealth.org/parent/emotions/feelings/self_esteem.html
13. **Alberta Alcohol and Drug Abuse Commission**
www.aadac4kids.com/main.asp
14. **New Moon: The Magazine for Girls and Their Dreams**
www.newmoon.org

Materials can be borrowed through inter-library loan



Family & Community Resource Centre



Calgary Public Library



Breton
Canmore
Caroline
Coaldale
Didsbury
Donalda
Drumheller
Foremost



Hinton
Innisfail
Lacombe
Lethbridge
Medicine Hat
Nanton
Okotoks
Olds



Picture Butte
Pincher Creek
Ponoka
Red Deer
Rocky M.H.
Rosemary
Stavely
Stettler



Strathmore
Sylvan Lake
Taber
Three Hills
Two Hills
Vauxhall
Vulcan
Wetaskiwin

Disclaimer

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

For additional resources or information regarding **Self-Esteem** please call or visit:

Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW
Calgary, AB T3B 6A8
Phone: (403) 955-FCRC (3272)

For additional support in child health information needs please contact our Child Health Information Specialist at 955-7745, toll free at 1-877-943-FCRC (3272) or email childhealthinfo@albertahealthservices.ca.

Or you can call:

Health Link

Toll free: 1-866-408-5465 (within Alberta)
Phone: (403) 943-5465

Contributing Partners

Calgary Health Region:

Child & Adolescent Mental Health Program
Student Health Partnership
Healthy Minds, Healthy Children Capacity Building Project

Chinook Health Region:

Children's Mental Health Services, Lethbridge

Palliser Health Region:

Children's Mental Health Services, Medicine Hat

David Thompson Health Region:

Children's Mental Health Services, Red Deer



All of our Information Prescriptions are available for free download at: <http://fcrc.albertahealthservices.ca/publications.php>