














# 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](http://www.kidshealth.org/kid/feeling/emotion/self_esteem.html)  
[www.kidshealth.org/parent/emotions/feelings/self\\_esteem.html](http://www.kidshealth.org/parent/emotions/feelings/self_esteem.html)
13. **Alberta Alcohol and Drug Abuse Commission**  
[www.aadac4kids.com/main.asp](http://www.aadac4kids.com/main.asp)
14. **New Moon: The Magazine for Girls and Their Dreams**  
[www.newmoon.org](http://www.newmoon.org)

Materials can be borrowed through inter-library loan



**Family & Community Resource Centre**



Breton  
Canmore  
Caroline  
Coaldale  
Didsbury  
Donalda  
Drumheller  
Foremost



Hinton  
Innisfail  
Lacombe  
Lethbridge  
Medicine Hat  
Nanton  
Okotoks  
Olds



**Calgary Public Library**



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

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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  
28 Oki Drive 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](mailto:childhealthinfo@albertahealthservices.ca).

Or you can call:

**Health Link**

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

## Contributing Partners

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**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>