

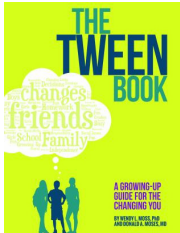
& Connecting for Kids

Westlake Porter Public Library

Additional Resources



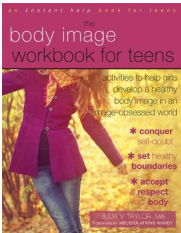
From the Westlake Porter Public Library Collection



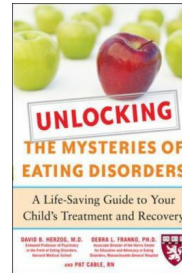
The Tween Book: A Growing-Up Guide for the Changing You
by Wendy L. Moss, PhD, and Donald A. Moses, MD
Print: J 306.874 M913T 2016



Picture Perfect: What You Need to Feel Better About Your Body
by Jill Zimmerman Rutledge M.S.W. LCSW
Print: J 155.533 R981P 2007



The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World
by Julia V. Taylor PhD
Print: Y 158.1082 T243B 2014



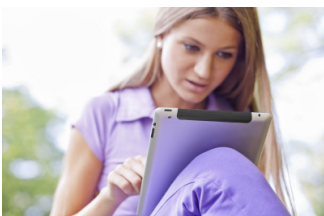
Unlocking the Mysteries of Eating Disorders: A Life-Saving Guide to Your Child's Treatment and Recovery by David Herzog, Debra Franko and Patti Cable
Print: 616.8526 H582U 2008

For more titles from the library's family and parenting collection, visit www.westlakelibrary.org and search "body image" or "eating disorders" in the catalog.

From the Connecting for Kids Resource Collection



Parent Match Program: CFK subscriber parents can connect with other parents who are on the same path to share questions, ideas and celebrate successes. To get started with a parent match, call 1-440-250-5563 or email info@connectingforkids.org or visit connectingforkids.org/programsparentmatch to learn more.



Facebook Support Groups: Ask questions and get answers and support from fellow CFK subscribers through our online support groups. To join, visit: connectingforkids.org/onlinesupport



Pinterest: With more than 1,200 pins, our growing Pinterest collection has numerous resources you can use. Check out our Body Image & Nutrition Issues board (www.pinterest.com/connectforkids/body-image-nutrition-issues/) and don't forget to browse the rest of our collection for everything from education topics to parenting support.

Stock photography courtesy of FreeDigitalPhotos.net

Email: info@connectingforkids.org | Phone: 440-250-5563
Web: connectingforkids.org