



Selected Readings about Parenting

For Caregivers about Raising Healthy Children:

Brainstorm: The Power and Purpose of the Teenage Brain by *Daniel Siegel MD* This book illuminates how brain development impacts teenagers' behavior and relationships and explores ways in which understanding how the teenage brain functions can help parents make what is in fact an incredibly positive period of growth, change, and experimentation in their children's lives less lonely and distressing on both sides of the generational divide.

How to Talk so Kids Can Learn by *Adele Faber & Elaine Mazlish* This book demonstrates how parents and teachers can join forces to inspire kids to be self-directed, self-disciplined, and responsive to the wonders of learning. It shows parents and teachers how to motivate kids to learn and succeed in school.

How to Talk So Kids Will Listen & Listen So Kids Will Talk by *Adele Faber & Elaine Mazlish* Makes relationships with children of all ages less stressful and more rewarding. Includes fresh insights and suggestions as well as methods to solve common problems and build foundations for lasting relationships.

How to Talk so Teens Will Listen & Listen so Your Teens Will Talk by *Adele Faber & Elaine Mazlish* This guide tackles the tough issues teens and parents face. It is filled with straightforward advice and written to both parents and teens, it offers both innovative, easy-to-implement suggestions and proven techniques to build the foundation for lasting relationships. From curfews and cliques to sex and drugs, it gives parents the tools to help their children safely navigate the often stormy years of adolescence.

Healthy Sleep Habits, Happy Child by *Dr. Marc Weisbluth* This book details a program to ensure the best sleep for your child and outlines step-by-step proven strategies that ensure good, healthy sleep for every age. Advises parents dealing with teenagers and their unique sleep problems.

Parenting the Strong Willed Child by *Rex Forehand, Ph.D. and Nicholas Long Ph.D.* Their clinically proven, five-week program gives you the tools you need to successfully manage your child's behavior, giving specific factors that cause or contribute to disruptive behavior; ways to develop a more positive atmosphere in your family and home; and strategies for managing specific behavior problems.

Parenting with Love and Logic by *Foster Cline and Jim Fay* This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character.

Positive Discipline by *Jane Nelsen Ed. D* This book coaches parents and teachers to be both firm and kind, so that any child—from a three-year-old toddler to a rebellious teenager—can learn creative cooperation and self-discipline with no loss of dignity. Inside you'll discover how to; bridge communication gaps, defuse power struggles, avoid the dangers of praise, enforce your message of love, build on strengths, not weaknesses, hold children accountable with their self-respect intact, teach children not what to think but how to think, win cooperation at home and at school, and meet the special challenge of teen misbehavior.

Positive Discipline: The First Three Years: From Infant to Toddler--Laying the Foundation for Raising a Capable, Confident Child by *Jane Nelsen Ed.D.* How to use kind but firm support to raise a child who is both capable and confident.

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children by *Ross W. Green, PhD.* Dr. Greene provides a new conceptual framework for

understanding their difficulties, based on research in the neurosciences. He explains why traditional parenting and treatment often don't work with these children, and he describes what to do instead. Instead of relying on rewarding and punishing, Dr. Greene's Collaborative Problem Solving model promotes working with explosive children to solve the problems that precipitate explosive episodes, and teaching these kids the skills they lack.

The Happiest Baby on the Block by *Harvey Karp* This book includes techniques known to the most gifted baby soothers throughout history explains exactly how they work.

The Happiest Toddler on the Block: How to Eliminate Tantrums and Raise a Patient, Respectful, and Cooperative One- to Four-Year-Old by *Harvey Karp* Perfect for expecting parents who want to prepare themselves for the challenging toddler years (which starts around eight months of age), this guide not only helps reduce tantrums but makes happy kids even happier by boosting patience, cooperation, and self-confidence.

The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's

Developing Mind by *Daniel J. Siegel MD and Tina Payne Bryson* This book includes twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child's brain is wired and how it matures. These strategies applied to everyday parenting can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth.

Your Defiant Child by *Russell A. Barkley and Christine M. Benton*. Discover a way to end constant power struggles with your defiant, oppositional, "impossible" 5- to 12-year-old.

1-2-3 Magic by *Thomas W. Phelan* This revised edition of the award-winning 1-2-3 Magic program addresses the difficult task of child discipline with humor, keen insight, and proven experience. The technique offers a foolproof method of disciplining children ages two through 12 without arguing, yelling, or spanking.

10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult

Behavior by *Ph.D. Jeffrey Bernstein Ph.D.* This book outlines a 10-day program to help parents gain back control over their defiant child or teen. This reader-friendly guide explains what causes defiance in kids, why it's so destructive to the family, and shows parents step-by-step how they can end the behavior.

For Caregivers about Self Improvement/Help

Mindsight: The New Science of Personal Transformation by *Daniel J. Siegel* Most of us have a mental "trap" that causes recurring conflict in our lives and relationships. Daniel J. Siegel, M.D. shows us how to use mindsight to escape these traps. Through his synthesis of a broad range of scientific research with applications to everyday life, he has developed novel approaches that have helped hundreds of patients free themselves from obstacles blocking their happiness.

Parenting from the Inside Out by *Daniel J. Siegel MD and Mary Hartzell* How a deeper Self-Understanding can help you raise children who thrive.

Born For Love: Why Empathy is Essential—and Endangered by *Bruce D. Perry and Maia Szalavitz* This book explores empathy's startling importance in human evolution and its significance for our children and our society.

For Caregivers and Children about Bodies and Sex:

American Medical Association Girl's/Boy's Guide to Becoming a Teen by *American Medical Association*. Becoming a teen is an important milestone in every boy/girl's life. It's even more important to get answers and advice to the most common health issues boys/girls face from a trusted source. The

American Medical Association Boy's/Girl's Guide to Becoming a Teen is filled with invaluable advice to get you ready for the changes you will experience during puberty.

Asking about Sex and Growing Up by *Joanna Cole* Good for parents to read with children with information about growing physically and sexually.

But How'd I Get in There in the First Place? Talking to your Young Child about Sex, by *Deborah Roffman* Young children ask questions about sex, sexuality, conception, and birth that can be embarrassing or uncomfortable for parents. This book details the skills to talk confidently with young children about these important but delicate issues.

It's Not the Stork!: A Book About Girls, Boys, Babies, Bodies, Families and Friends (The Family Library) by *Robie H. Harris* This book helps answer these endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Two cartoon characters give voice to the full range of emotions and reactions children may experience while learning about their amazing bodies. Vetted and approved by science, health, and child development experts.

It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health (The Family Library) by *Robie H. Harris* Provides accurate answers to nearly every imaginable question, from conception and puberty to birth control and AIDS to give young people the information they need to make responsible decisions and stay healthy.

Sex and Sensibility: The Thinking Parent's Guide to Talking Sense about Sex by *Deborah Roffman* With a rare directness and clarity about sex and reproduction, sexual values, and cultural influences on sexuality, this book teaches readers how to develop a blueprint for opening the lines of communication with children of all ages.

Talk to Me First: Everything You Need to Know to Become Your Kids "Go-To" by *Deborah Roffman* We live in a time when kids of all ages are bombarded with age-sensitive material wherever they turn; "sexting" and bullying are on the rise at an increasingly younger age. For any parent who wants to become and remain the most credible and influential resource about sexuality in their children's lives.

Teaching Children with Down syndrome about Their Bodies, Boundaries and Sexuality by *Terri Couwenhoven*. In this book, the author blends factual information and practical ideas for teaching children with Down syndrome about their bodies, puberty, and sexuality. This book gives parents the confidence to speak comfortably about these sometimes-difficult subjects.

The Care and Keeping of You: The Body Book for Younger Girls by *Valorie Schaefer* Content for girls ages 8 and up, with tips, how-tos, and facts from the experts.

The Care and Keeping of You 2: The Body Book for Older Girls by *Dr. Cara Natterson* Content for girls ages 10 and up, guiding them through the physical and emotional changes of growing up.