

PARENT EDUCATION SUGGESTED READING LIST

Developed by Melody Elder

GENERAL PARENTING:

Aldort, Naomi. Raising Our Children, Raising Ourselves
Bettelheim, Bruno. A Good Enough Parent
Briggs, Dorothy Corkhill. Your Child's Self Esteem
Caplan, Mariana. Untouched: The Need for Genuine Affection in an Impersonal World
Davis, Laura and Keyser, Janis. Becoming the Parent You Want To Be
Derman-Sparks, Louise. Anti-Bias Curriculum: Tools for Empowering Young Children
Dyer, Wayne. What Do You Really Want For Your Children?
Elkind, David. The Hurried Child
Elkind, David. The Power of Play
Ginott, Haim. Between Parent and Child
Gore, Ariel. The Mother Trip
Hood, Helen. Awakened Heart Parenting
Kabat-Zinn, John and Myla. Everyday Blessings: The Inner Work of Mindful Parenting
Lamott, Anne. Operating Instructions
Leidloff, Jean. The Continuum Concept
Lerner, Harriet. The Mother Dance: How Children Change your Life
LeShan, Eda. Natural Parenthood
LeShan, Eda. When Your Child Drives You Crazy
Mogel, Wendy. The Blessing of a Skinned Knee
Montagu, Ashley. Touching: The Human Significance of Skin
Muller, Wayne. Legacy of the Heart: The Spiritual Advantages of a Painful Childhood
Pearce, Joseph Chilton. Magical Child
Pearce, Joseph Chilton. Magical Child Matures
Rogers, Carl. A Way of Being
Rogers, Carl. On Becoming a Person
Ruiz, Don Miguel. The Four Agreements: A Practical Guide to Personal Freedom
Thich Nhat Hanh. The Miracle of Mindfulness

SIBLINGS:

Faber, Adele and Mazlish, Elaine. Siblings Without Rivalry
Samalin, Nancy. Loving Each One Best

INFANTS AND TODDLERS:

Chamberlain, David. The Mind of Your Newborn Baby
Gerber, Magda. Your Self-Confident Baby
La Leche League International. The Womanly Art of Breastfeeding
Lieberman, Alicia F. The Emotional Life of the Toddler
Small, Meredith F. Our Babies, Our Selves: How Biology and Culture Shape the Way We Parent
Solter, Aletha J. The Aware Baby

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POSITIVE DISCIPLINE

Faber, Adele and Mazlish, Elaine. [How to Talk So Kids Will Listen and Listen So Kids Will Talk](#)
Gordon, Thomas. [Discipline That Works](#)
Gordon, Thomas. [Parent Effectiveness Training](#)
Kohn, Alfie. [Punished By Rewards](#)
Kohn, Alfie. [Unconditional Parenting](#)
Kurcinka Sheedy, Mary. [Raising Your Spirited Child](#)
Kurcinka Sheedy, Mary. [Kids, Parents, and Power Struggles](#)
Rosenberg, Marshall B. [Nonviolent Communication: A Language of Compassion](#)
Rosenberg, Marshall B. [Raising Children Compassionately: Parenting the Nonviolent Communication Way](#) (24 page booklet available at website ~ see below)

UNDERSTANDING ANGER: YOUR CHILD'S AND YOUR OWN

Childre, Doc and Rozman, Deborah, Ph.D. [Transforming Anger \(The HeartMath Solution for Letting Go of Rage, Frustration, and Irritation\)](#)
Faber, Adele and Mazlish, Elaine. [How to Talk So Kids Will Listen and Listen So Kids Will Talk](#)
Greene, Ross W. [The Explosive Child](#)
Kurcinka Sheedy, Mary. [Raising Your Spirited Child](#)
Lerner, Harriet G., Ph.D. [The Dance of Anger](#)
Miller, Alice. [For Your Own Good](#)
Rosenberg, Marshall B. [Nonviolent Communication: A Language of Compassion](#)
Ruiz, Don Miguel. [The Four Agreements: A Practical Guide to Personal Freedom](#)
Samalin, Nancy. [Love and Anger \(The Parental Dilemma\)](#)
Solter, Aletha J., Ph.D. [Tears and Tantrums: What To Do When Babies and Children Cry](#)
Thich Nhat Hanh. [Anger \(Wisdom for Cooling the Flames\)](#)
Welch, Martha G., M.D. [Holding Time](#)
Wipfler, Patty. [Listening to Children \(Reaching for Your Angry Child & Tantrums and Indignation\)](#). Booklets from handinhand parenting website (formerly Parents Leadership Institute ~ see below)

BOOKS FOR CHILDREN:

Bang, Molly. [When Sophie Gets Angry - Really, Really Angry](#)
Barsuhn, Rochelle Nielsen. [Feeling Angry](#)
Crary, Elizabeth. [Dealing With Feelings series: I'm Mad, I'm Frustrated, I'm Proud, I'm Scared, I'm Furious, and I'm Excited](#)
Lachner, Dorothea. [Andrew's Angry Words](#)
Nicklaus, Carol. [Katy Rose is Mad](#)
Poland, Barbara Kay, Ph.D. [Feelings: Inside You & Outloud Too](#)
Seuss, Dr. [My Many Colored Days](#)
Viorst, Judith. [Alexander and the Terrible, Horrible, No Good, Very Bad Day](#)

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HOW CHILDREN LEARN:

Bos, Bev. [Don't Move the Muffin Tins](#)

Bos, Bev. [Before the Basics](#)

Gardner, Howard. [Frames of Mind: The Theory of Multiple Intelligences](#)

Healy, Jane. [Endangered Minds](#)

Holt, John. [How Children Learn](#)

Holt, John. [How Children Fail](#)

Holt, John. [Learning All the Time](#)

Gatto, John Taylor. [Dumbing Us Down](#)

Kohn, Alfie. [The Homework Myth](#)

Markova, Dawna. [The Open Mind: Exploring the Six Patterns of Natural Intelligence](#)

Markova, Dawna. [How Your Child IS Smart](#)

Neill, A.S. [Summerhill: A Radical Approach to Child Rearing](#)

Rogers, Carl. [Freedom to Learn](#)

SLEEP CONCERNS:

Fleiss, Paul M, M.D. [Sweet Dreams](#)

Gordon, Jay, M.D. [Good Nights](#)

Sears, William, M.D. [Nighttime Parenting](#)