

**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

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

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:**

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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

**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). New Harbinger Publications, Inc., 2003.

Faber, Adele and Mazlish, Elaine. How to Talk So Kids Will Listen and Listen So Kids Will Talk. New York: Avon Books, 1982.

Greene, Ross W. The Explosive Child. New York: Harper Collins, 1998.

Kurcinka Sheedy, Mary. Raising Your Spirited Child. Harper Collins, N.Y. 1991.

Lerner, Harriet G., Ph.D. The Dance of Anger. Harper & Row, N.Y., 1986.

Miller, Alice. For Your Own Good. Collins Publishers, Toronto, 1983.

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Rosenberg, Marshall B. Nonviolent Communication: A Language of Compassion. PuddleDancer Press, 2000.

Ruiz, Don Miguel. The Four Agreements: A Practical Guide to Personal Freedom. Amber-Allen, San Rafael, CA, 1997.

Samalin, Nancy. Love and Anger (The Parental Dilemma). Penguin Books, N.Y., 1991.

Solter, Aletha J., Ph.D. Tears and Tantrums: What To Do When Babies and Children Cry. Shining Star Press, Goleta, CA., 1998.

Thich Nhat Hanh. Anger (Wisdom for Cooling the Flames). Riverhead Books, N.Y., 2001.

Welch, Martha G., M.D. Holding Time. Simon & Schuster, Inc., N.Y., 1977.

Wipfler, Patty. Listening to Children (Reaching for Your Angry Child & Tantrums and Indignation). Booklets from handinhand parenting website (formerly Parents Leadership Institute), Palo Alto, CA., 1990.

**WEBSITES:**                    [www.cnvc.org](http://www.cnvc.org)  
                                      [www.handinhandparenting.org](http://www.handinhandparenting.org)

**BOOKS FOR CHILDREN:**

Bang, Molly. When Sophie Gets Angry—Really, Really Angry... Scholastic Inc., N.Y., 1999.

Barsuhn, Rochelle Nielsen. Feeling Angry. Children's Press, Chicago, Illinois, 1982.

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. Parenting Press, Inc., Seattle, Washington, 1992.

Lachner, Dorothea. Andrew's Angry Words. North-South Books, N.Y., 1995.

Nicklaus, Carol. Katy Rose is Mad. Platt & Munk Publishers, N.Y., 1975.

Poland, Barbara Kay, Ph.D. Feelings: Inside You & Outloud Too. Tricycle Press, Berkeley, CA., 1975.

Seuss, Dr. My Many Colored Days. Alfred A. Knopf, Inc., N.Y., 1996.

Viorst, Judith. Alexander and the Terrible, Horrible, No Good, Very Bad Day. Simon & Schuster, N.Y., 1972.

**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

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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