

# PARENT EDUCATION SUGGESTED READING LIST

## Developed by Melody Elder

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### 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)

### TEENS:

Pearce, Joseph Chilton. Magical Child Matures  
Wolf Ph.D., Anthony E. Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager

### 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](#)