

BOOKS FOR ADULTS

PARENTING		
Name of Book	Author(s)	Overview
“How to Talk So Kids Will Listen & Listen So Kids Will Talk”	Adele Faber & Elaine Mazlish	<i>Internationally acclaimed experts on communication between parents and children, Adele Faber and Elaine Mazlish ‘are doing for parenting today what Dr. Spock did for our generation’ (Parent Magazine). Now, this bestselling classic includes fresh insights and suggestions as well as the author’s time-tested methods to solve common problems and build foundations for lasting relationships.</i>
“No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child’s Developing Mind”	Daniel Siegel & Tina Payne Bryson	<i>Highlighting the fascinating link between a child’s neurological development and the way a parent reacts to misbehavior, ‘No-Drama Discipline’ provides an effective, compassionate road map for dealing with tantrums, tensions, and tears—without causing a scene. Defining the true meaning of the ‘d’ word (to instruct, not to shout or reprimand), the authors explain how to reach your child, redirect emotions, and turn a meltdown into an opportunity for growth. By doing so, the cycle of negative behavior is essentially brought to a halt, as problem solving becomes a win/win situation.</i>
“Parenting with Love and Logic”	Foster Cline & Jim Fay	<i>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. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles.</i>
“Positive Discipline”	Jane Nelson	<i>For twenty-five years, ‘Positive Discipline’ has been the gold standard reference for grown-ups working with children. The key to positive discipline is not punishment, Jane Nelson tells us, but mutual respect. Nelsen 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.</i>
“Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too”	Adele Faber & Elaine Mazlish	<i>This wise, groundbreaking book gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship. With humor and understanding—much gained from raising their own children—Faber and Mazlish explain how and when to intervene in fights, provide suggestions on how to help children channel their hostility into creative outlets, and demonstrate how to treat children unequally and still be fair.</i>
“The Seven Habits of Highly Effective Families”	Stephen Covey	<i>Stephen R. Covey presents a practical and philosophical guide to solving the problems—large and small, mundane and extraordinary—that confront all families and strong communities. By offering revealing anecdotes about ordinary people as well as helpful suggestions about changing everyday behavior, ‘The 7 Habits of Highly Effective Families’ shows how and why to have family meetings, the importance of keeping promises, how to balance individual and family needs, and how to move from dependence to interdependence.</i>

<p>“The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind”</p>	<p>Daniel Siegel & Tina Payne Bryson</p>	<p><i>In this pioneering, practical book, Daniel J. Siegel and Tina Payne Bryson offer a revolutionary approach to child rearing with 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. The ‘upstairs brain,’ which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids throw tantrums, fight, or sulk in silence. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child’s brain and foster vital growth.</i></p>
<p>“UnSelfie: Why Empathetic Kids Succeed in Our All-About-Me World”</p>	<p>Michele Borba</p>	<p><i>‘UnSelfie’ by Dr. Michele Borba explains what parents and educators MUST do to combat the growing empathy crisis among children today—including a 9-step empathy-building program with tips to guide kids from birth through college, and beyond.</i></p>
<p>NURTURING YOUR CHILD’S FEELINGS</p>		
<p>Name of Book</p>	<p>Author(s)</p>	<p>Overview</p>
<p>“Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness”</p>	<p>Tamar Chansky</p>	<p><i>If unaddressed at the early stages, negative thinking can become the gateway to depression and more serious mental health issues. Habitual negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Being constantly being overloaded with information from friends, classmates, teachers, parents, and the internet, children need tools and strategies for redirecting negative thoughts when they come. In ‘Freeing Your Child from Negative Thinking’, Dr. Chansky provides parents, caregivers, and clinicians with clear, concise, and compassionate guidance in equipping children and teens to overcome negativity. She thoroughly covers the underlying causes of children's negative attitudes and provides multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience.</i></p>
<p>“Growing Up Mindful: Essential Practices to Help Children, Teens, and Families Find Balance, Calm, and Resilience”</p>	<p>Christopher Willard</p>	<p><i>‘Growing Up Mindful’ helps parents, educators, and counselors learn how to embody and share the skills of mindfulness that will empower our children with resilience throughout their lives. With more than 75 accessible exercises and practices, along with adaptations for the individual needs of a wide range of children and teens, this inspiring guidebook brings you road-tested insights and tools.</i></p>
<p>“Helping Your Anxious Child: A Step-by-Step Guide for Parents”</p>	<p>Ronald Rapee & Anne Wignall</p>	<p><i>Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help.</i></p>
<p>“Raising an Emotionally Intelligent Child”</p>	<p>John Gottman & Joan Declaire</p>	<p><i>Every parent knows the importance of equipping children with the intellectual skills they need to succeed in school and life. But children also need to master their emotions. ‘Raising an Emotionally Intelligent Child’ is a guide to teaching children to understand and regulate their emotional world. And as acclaimed psychologist and researcher John Gottman shows, once they master this important life skill, emotionally</i></p>

		<i>intelligent children will enjoy increased self-confidence, greater physical health, better performance in school, and healthier social relationships. 'Raising an Emotionally Intelligent Child' will equip parents with a five-step 'emotion coaching' process.</i>
"The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children"	Ross Greene	<i>What's an explosive child? A child who responds to routine problems with extreme frustration—crying, screaming, swearing, kicking, hitting, biting, spitting, destroying property, and worse. A child whose frequent, severe outbursts leave his or her parents feeling frustrated, scared, worried, and desperate for help. Most of these parents have tried everything—reasoning, explaining, punishing, sticker charts, therapy, medication—but to no avail. They can't figure out why their child acts the way he or she does; they wonder why the strategies that work for other kids don't work for theirs; and they don't know what to do instead. Throughout this compassionate, insightful, and practical book, 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.</i>
"The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate"	Susan Greenland	<i>'The Mindful Child' extends the vast benefits of mindfulness training to children from four to eighteen years old with age-appropriate exercises, songs, games, and fables that Susan Kaiser Greenland has developed over more than a decade of teaching mindful awareness to kids. These fun and friendly techniques build kids' inner and outer awareness and attention, which positively affects their academic performance as well as their social and emotional skills, such as making friends, being compassionate and kind to others, and playing sports, while also providing tools to manage stress and to overcome specific challenges like insomnia, overeating, ADHD, hyper-perfectionism, anxiety, and chronic pain. When children take a few moments before responding to stressful situations, they allow their own healthy inner compasses to click in and guide them to become more thoughtful, resilient, and empathetic. The step-by-step process of mental training presented in 'The Mindful Child' provides tools from which all children—and all families—will benefit.</i>
DEATH & GRIEF		
Name of Book	Author(s)	Overview
"10 Steps for Parenting Your Grieving Children"	Anne Hatcher Berenberg & Vicki Scalzitti	<i>How do you parent a child or adolescent whose loved one or friend has died? How can you understand what to expect, what to say, and what to do? '10 Steps' is a sensitive, to-the-point guidebook that uses a combination of empathetic descriptions, clear explanations, illustrative stories, and practical suggestions to aid you on your journey. It includes special sections for parenting children grieving the loss of a brother or sister, loss from suicide, multiple losses, and loss of someone killed by another person, as well as a short section on trauma. With your help, the children you love can continue their growth, telling a story of their lives that includes nourishing memories and a sense of themselves as</i>

		<i>strong, resilient, caring people. The perfect resource for parents, grandparents, loving relatives, and caring adult friends--and also for teachers, counselors, and other professionals helping children and parents with loss and grief.</i>
“How Do We Tell the Children? Fourth Edition: A Step-by-Step Guide for Helping Children and Teens Cope When Someone Dies”	Dan Schaefer & Christine Lyons	<i>Many children’s lives are touched by a serious illness within their families, and some will be faced with the loss of a parent or grandparent, or the death of a sibling or beloved pet. How can adults help young people cope with these losses? How do they explain and console in language that a child can understand? Dr. Daniel Schaefer, working with child psychologists and trauma experts, and drawing on more than three decades of experience with families in crisis, has written a practical guide for anyone who works or lives with children—parents, caregivers, counselors, or teachers—to respond to their inevitable questions about loss and change, life and death. He provides strategies to assist children with grief and trauma and offers time-tested advice and language that children can understand.</i>
“Talking about Death: A Dialogue Between Parent and Child”	Earl Grollman	<i>Why do people die? How do you explain the loss of a loved one to a child? This book is a compassionate guide for adults and children to read together, featuring a read-along story, answers to questions children ask about death, and a comprehensive list of resources and organizations that can help.</i>

DIVORCE & STEPFAMILIES

Name of Book	Author(s)	Overview
“Putting Children First: Proven Parenting Strategies for Helping Children Thrive Through Divorce”	JoAnne Pedro-Carroll	<i>The breakup of a family can have an enduring impact on children. But as Dr. JoAnne Pedro-Carroll explains with clarity and compassion in this powerful book, parents can positively alter the immediate and long-term effects of divorce on their children. The key is proven, emotionally intelligent parenting strategies that promote children’s emotional health, resilience, and ability to lead satisfying lives. Over the past three decades, Pedro-Carroll has worked with families in transition, conducted research, and developed and directed award-winning, court-endorsed programs that have helped thousands of families navigate divorce and its aftermath. Now she shares practical, research-based advice that helps parents.</i>
“Talking to Children About Divorce: A Parent’s Guide to Healthy Communication at Each Stage of Divorce”	Jean McBride	<i>In ‘Talking to Children About Divorce’, Jean McBride provides you with the tools and encouragement to effectively communicate with your child about divorce. McBride brings her more than twenty-five years of specializing in divorce to guide you through crucial but difficult conversations and cultivate an environment of love and support throughout the divorce process. You’ll learn how to have honest conversations about different situations and emotions that may arise during divorce—from breaking the news to understanding resistance.</i>
“The Truth About Children and Divorce: Dealing with the Emotions so You and Your Children Can Thrive”	Robert Emery	<i>Nationally recognized expert Robert Emery applies his twenty-five years of experience as a researcher, therapist, and mediator to offer parents a new road map to divorce. Dr. Emery shows how our powerful emotions and the way we handle them shape how we divorce—and whether our children suffer or thrive in the long run. His message is hopeful, yet realistic—divorce is invariably painful, but parents can help promote their children’s resilience.</i>