Recommended Books for Parents

*Becoming the Parent You Want to Be: A Sourcebook of Strategies for the First Five Years* by L. Davis and J. Keyser.

*The Difficult Child* by S. Turecki and L. Tonner.


*Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* by J. Kabat-Zinn.


*How to Talk So Kids Will Listen and Listen So Kids Will Talk* by A. Faber and E. Mazlish.


*Kid Cooperation: How to Stop Yelling, Nagging and Pleading and Get Kids to Cooperate* by E. Pantley.

*Kids Can Cooperate: A Practical Guide to Teaching Problem Solving* by E. Crary.


The Optimistic Child by M. E. P. Seligman.


Raising a Thinking Child: Help Your Young Child to Resolve Everyday Conflicts and Get Along with Others by M. Shure.

Raising an Emotionally Intelligent Child by J. Gottman.

Raising Children in a Socially Toxic Environment by J. Garbarino.

Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People by H. S. Glenn and J. Nelsen.


The Shelter of Each Other: Rebuilding Our Families by M. B. Pipher.

Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too by A. Faber and E. Mazlish.

SOS! Help for Parents by L. Clark.

Stop Arguing and Start Understanding: Eight Steps to Solving Family Conflicts by D. C. Hall.


Without Spanking or Spoiling: A Practical Approach to Toddler and Preschool Guidance by E. Crary.

You Can’t Say You Can’t Play by V. G. Paley.