



Parents Book List

Best Friends, Worst Enemies: Understanding the Social Lives of Children, by Michael Thompson and Catherine Grace.

As children grow, their friendships become more complex and layered, as well as more emotionally fraught. This book assists parents in understanding the roles of intimacy and bewildering cruelty that exist in children's friendships.

How to Talk so Kids Will Listen and Listen so Kids Will Talk, by Adele Faber and Elaine Mazlish.

Praised by parents and professionals around the world, this book provides innovative ways to solve common problems.

Get Out of My Life, but First Could You Drive Me and Cheryl to the Mall?: A Parents Guide to the New Teenager, by Anthony E. Wolf

A humorous and engaging guide to navigating the rocky and ever-changing terrain of contemporary adolescence.

Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, Energetic, by Mary Sheedy Kurcinka.

A classic, step by step approach to understanding the ways in which the temperament of the child and the temperament of the parents impact each other. Discusses the power of positive labels and how to cope with tantrums and blowups when they occur.

Real Boys: Rescuing our Sons from the Myths of Boyhood, by William Pollack.

The research of the author challenges conventional expectations about manhood and masculinity that encourage parents to treat boys like little men. Describes the negative toughening process that drives a boys' true emotions underground.

Siblings Without Rivalry, by Adele Faber and Elaine Mazlish

Assistance for parents in turning quarreling siblings and frustrated parents into open communication, family peace and tranquility.

Taking Charge of ADHD: The Complete Authoritative Guide for Parents, by Russell Barkley

Long-time expert in the field of ADHD, Barkley offers behavior management ideas, strategies for success, practical advice, and current information on medications.

The ADHD Parenting Handbook: Practical Advice for Parents by Parents, by Colleen Roberts

Practical advice and tips for handling day to day activities that routinely become problematic for ADHD children, such as bedtime, chores, homework, and free time.

The Blessing of the Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children, by Wendy Mo

Assists parents in setting realistic expectations, fostering independence and self-control, resisting overscheduling, and resisting over-indulging their children.

Your Child's Self Esteem, by Dorothy Briggs

Another classic. Thoughtful lessons on how to create strong feelings of self-worth.

I'd Listen to My Parents If They'd Just Shut Up, by Anthony Wolf, PhD.

What to say, and what NOT to say when dealing with teens. This book offers examples of typical conversations with both categories of teenagers --- easy kids and difficult ones.

Reviving Ophelia - Saving the Life of Adolescent Girls, by Mary Pipher

A classic already --- Dr. Pipher helps parents understand their daughters and the pressures they feel.

Emptying the Nest: Launching Your Young Adult toward Success and Self-Reliance, by Brad Sachs, PhD.

A tough job market and rapidly changing world have produced for some young adults a struggle to achieve financial and emotional independence. A discussion of how parents can help or get in the way.