



## Recommended Parenting Books



Cynthia Klein  
Parenting Educator

### General Parenting Books

- **Positive Discipline** by Jane Nelsen, Ed.D. 1987
- **P.E.T. Parent Effectiveness Training The Tested New Way to Raise Responsible Children** by Thomas Gordon 1975
- **Figuring Kids Out A Guide to Understanding Children** by Sandra Merwin 1992
- **Self-Esteem; A Family Affair** by Jean Illsley Clarke 1978
- **Growing Up Again Second Edition** by Jean Illsley Clarke & Connie Dawson 1998
- **Parenting from the Inside Out** by Daniel J. Siegel, M.D., Mary Hartzell, M.Ed.
- **Unconditional Parenting** by Alfie Kohn 2005
- **Punished by Rewards** by Alfie Kohn 1999
- **The Magic of Encouragement, Nurturing Your Child's Self-Esteem** by Stephanie Marston 1990
- **Kids, Parents and Power Struggles** by Mary Sheedy kurcinka 2000
- **Positive Time-Out** by Jane Nelsen Ed,D 1999
- **STEP Parenting Young Children** Don Dinkmeyer, Sr., Gary D. McKay & James S. Dinkmeyer 1989
- **Help! The Kids Are at It Again** by Elizabeth Crary 1997
- **Pick Up Your Socks and other skills growing children need!** by Elizabeth Crary 1990
- **Kids Can Cooperate** by Elizabeth Crary 1984
- **Raising Your Spirited Child** by Mary Sheedy Kurcinka 1991
- **Stop Struggling With Your Child** by Evonne Weinhaus & Karen Friedman
- **How To Talk So Kids Will Listen & Listen So Kids Will Talk** by Adele Faber & Elaine Mazlish 1980
- Jeanne Holmes 1993
- **Becoming The Parent You Want To Be** by Laura Davis & Janis Keyser 1997
- **Family Work, Whose job is it?** By Lynn Lott, Riki Intner & Marilyn Kientz, 1988
- **Listening to Children** booklet series, Patty Wipfler,

[www.handinhandparenting.org](http://www.handinhandparenting.org)



- **The General Theory of Love**, Thomas Lewis, M.D., Fari Amini, M.D., Richard Lannon, M.D.
- **Nurture Shock, New Thinking About Children**, Po Bronson & Ashley Merryman, 2009

## Books about Girls and Women

- **The Female Brain** by Louann Brezending 2007.
- **Girlfighting** by Lyn Mikel Brown 2003
- **Meeting at the Crossroads; Women's Psychology and Girls' Development**, Lyn Mikel Brown & Carol Gilligan 1992
- **Loving Your TEENAGE DAUGHTER (Whether she likes it or not)** by Debra Whiting Alexander, Ph.D. 2001
- **I'm not mad, I just hate you! A New Understanding of Mother-Daughter conflict** by Roni Cohen-Sandler, Ph.D. & Michelle Silver, 1999
- **Things will be different for my daughter** by Mindy Bingham and Sandy Stryker with Susan Allstetter Neufeldt, Ph.D, 1995
- **Raising A Daughter** by Jeanne Elium and Don Elium 1994
- **Keep Talking, A Mother-Daughter Guide to the Pre-Teen Years**, by Lynda Madison, Ph.D 1997

## Books about Boys and Men

- **Real Boys** by William Pollack, PH.D 1998
- **Real boys Workbook: The Definitive Guide to Understanding and Interacting With Boys of All Ages** by William Pollack & Kathleen Cushman
- **Coaching For Fatherhood, Teaching Men New Life Roles** by Lewis Epstein 1996

## Books about Teens

- **Staying Connected To Your Teenager** by Michael Riera, Ph.D. 2003
- **Uncommon Sense for Parents with Teenagers** by Michael Riera. 1995
- **A Field Guide to the American Teenager** by Michael Riera and Joseph Di Prisco, 2000
- **Parent / Teen Breakthrough The Relationship Approach** by Mira Kirshenbaum & Charles Foster, Ph.D. 1991
- **Positive Discipline for Teenagers, Resolving Conflict with Your Teenage Son or Daughter** by Jane Nelsen and Lynn Lott
- **The Roller-Coaster Years, Raising Your Child Through the Maddening Yet Magical Middle School Years** by Charlene Giannetti and Margaret Sagarese. 1997
- **Parenting 911, How to Safeguard and Rescue Your 10 - 15 year old from Substance Abuse, Depression, Sexual Encounters, Violence, Failure at School, Danger on the Internet and Other Risky Situations** by Charlene Giannetti and Margaret Sagarese. 1999
- **Parents, Teens and Boundaries, How to Draw the Line** by Jane Bluestein, Ph.D. 1993
- **No More Nagging, Nit-picking, and Nudging, A Guide to Motivating, Inspiring and Influencing Kids Aged 10 - 18** by Jim Wiltens. 1991
- **Get Out of My Life but first could you drive me and Cheryl to the mall?** by Anthony Wolf, Ph.D. 1991
- **How To Talk With Teens About Love, Relationships, and S-E-X** by Amy Miron, M.S. and Charles D. Miron, Ph.D. 2002

## Books about Education and Learning

- **Teaching with the brain in mind** by Eric Jensen 1998
- **Multiple Intelligences of Reading and Writing** by Thomas Armstrong 2003
- **In Their Own Way** by Thomas Armstrong 2000
- **Your Child's Growing Mind** by Jane M. Healy, Ph.D. 1994
- **Doing School** by Denise Clark Pope 2001
- **The Case Against Homework** by Sara Bennett & Nancy Kalish 2006
- **The Homework Myth** by Alfie Kohn 2006
- **Teaching and Learning Through Multiple Intelligences** Second Edition by Linda Campbell, Bruce Campbell & Don Dickinson 1996
- **Mega Skills** by Dorothy Rich 1992
- **ADHD & me, What I learned from lighting fires at the dinner table**, Blake E.S. Taylor, 2007
- **Look at me in the eye, my life with asperger's**, John Elder Robison, 2007
- **Reaching and Teaching Children Who Hurt** by Susan E. Craig, 2008

## Additional Book Resources

- **The Gift of Fear; Survival Signals** by Gavin De Becker 1997
- **Protecting the Gift; Keeping Children and Teenagers Safe** by Gavin De Becker 1999
- **Stick Up For Yourself, Every Kid's Guide to Personal Power and Positive Self-Esteem** Gershen Kaufman, Ph.D, Lev Raphael, Ph.D. & Pamela Espeland
- **Anger, The Misunderstood Emotion** by Carol Tavris 1982
- **The Dance of Anger** by Harriet Goldhor Lerner, Ph.D. 1985
- **The Indigo Children** by Lee Carroll & Jan Tober 1999
- **Linda Goodman's Sun Signs** by Linda Goodman 1968
- **Spoiling Childhood** by Diane Ehrensaft, Ph.D
- **Nonviolent Communication, A Language of Compassion** by Marshall B. Rosenberg, Ph.D. 1999
- **Mindsight, The New Science of Transformation**, Daniel J. Siegel, M.D. 2010
- **Hate Hurts, How Children Learn and Unlearn Prejudice**, The Anti-Defamation League, Carol Stern-LaRosa, Ellen Hofheimer Bettmann, 2000
- **The Highly Sensitive Child**, Elaine N. Aron, Ph.D., 2002
- **The Primal Wound, Understanding the Adopted Child** by Nancy Newton Verrier, 1993
- **Mindsight, The New Science of Personal Transformation** by Daniel J. Siegel M.D. 2010