

Parenting Library Books

1. **Surviving Adolescents** *The Must-Have Manual for All Parents*

By: Dr. Michael Carr-Gregg

Surviving Adolescents is a clear and very down-to-earth manual for parents, which draws on Dr Michael Carr-Gregg's wealth of experience and wisdom. It has advice on all the thorny issues that confront families with teenagers - sexuality, risky behaviours, laziness, school and study problems, and much more. It's full of practical strategies for everyday survival, including:

- Communicating effectively with young people
- Defusing family conflict
- Setting limits
- Avoiding common mistakes like fighting over things that don't matter
- Keeping the stress of parenting at bay

2. **Strictly Parenting** *Everything you need to know about raising school-aged kids*

By: Dr Michael Carr-Gregg

In *Strictly Parenting*, Dr Michael Carr-Gregg asks parents to take a good hard look at the way they are parenting – to toughen up and stop trying to be their kids' best friends. Instead he offers practical, evidence-based solutions on how to take back the reins and start making the most of the precious family years.

With a user-friendly A-Z guide covering all the tricky issues that parents encounter over the years – everything from birthday parties and bedtimes to sex and drugs – this is an invaluable and very timely resource for parents of all school-aged kids.

3. **The Prince Boofhead Syndrome** *Surviving Adolescent Boys*

By: Dr Michael Carr-Gregg

This essential companion book for boys, serves as both a warning and a rescue manual for all desperate parents – why have some boys today become such egotistical and lazy creatures, what can you do to prevent it, and how do you deal with the situation if you're caught up in the crisis?

This book will ask the tough questions and deliver straightforward advice so that the parents of today can take back control. It is essential reading for everyone living with a teenage boy.

4. **The Princess Bitchface Syndrome** *Surviving Adolescent Girls*

By: Dr Michael Carr-Gregg, Elly Robinson

What do you do when your previously quiet, loving daughter becomes a restless, rebellious stranger who acts like a responsible adult one day and a rude, selfish brat the next? You stay calm, and consult the experts.

This indispensable book focuses on the special trials of raising adolescent girls today, including:

- adolescent development in a new society
- pressures at school
- parenting strategies that work
- parenting in the digital age
- sex and drugs
- mental health.

5. **When to Really Worry**

By: Dr. Michael Carr-Gregg

When does normal teenage behaviour become something you really need to worry about?

In this insightful book, Dr Michael Carr-Gregg, offers practical information on the symptoms, causes and treatment for everything from ADHD and eating disorders to anxiety and depression. *When to Really Worry* is an essential reference for parents, teachers, coaches or anyone who works with young people.

6. **Beyond Cyberbullying** *An Essential Guide for Parenting in the Digital Age*

By: Dr. Michael Carr-Gregg

In this hard-hitting book, Dr Michael Carr-Gregg focuses on the special trials of raising children in the online world. The internet has changed parenting forever and Michael Carr-Gregg provides an essential guide to the online world of today's children, from toddlers to teenagers

7. Sex, Likes and Social Media *Talking to our teens in the digital age*

By: Deana Puccio and Allison Havey

Welcome to the world of the Digital Native, where self-esteem is measured in Likes, everyone is sexting and 'Pimps and Hoes' is an acceptable party theme. Dates have been replaced with swipes, rape jokes are hilarious and 'No' means 'Yes'. For most parents, the digital landscape that our kids and teens are growing up in is uncharted territory. *How do we know if they're happy? How do we talk to them about sex and relationships? How do we give them the new tools they need when we don't have them ourselves? This book is here to help.* With top tips, stats and conversation starters on everything from porn to University life, *Sex, Likes and Social Media* is the indispensable guide to parenting in the digital age.

8. Parenting Teens with Love and Logic

By: Jim Fay, Foster Cline

Parenting Teens with Love and Logic helps us stay connected to our children while we watch them grow strong and independent. It is a gift to all of us who want to enjoy the incredible process of watching our children become respectful, responsible, and resilient adults."

Parenting Teens with Love and Logic empowers parents by providing them with the tools and skills to handle each mistake with respect and embrace it as a learning opportunity. This respectful attitude assists teenagers in becoming responsible adults while maintaining a positive healthy parent/teen relationship."

Parenting Teens with Love and Logic provides parents with a wide variety of the necessary skills to set behavioral limits, encourage decision-making, and teach their teenagers the essential social skills to function in the adult world."

9. Positive Discipline Parenting Tools

By: Ed.D. Jane Nelsen And Mary Nelson Tamborski And Brad Ainge

Do you wish there was a way to raise well-behaved children without punishment? Are you afraid the only alternative is being overly indulgent?

With Positive Discipline, an encouragement model based on both kindness and firmness, you don't have to choose between these two extremes. Using these 49 Positive Discipline tools, honed and perfected after years of real-world research and feedback, you'll be able to work with your children instead of against them. The goal isn't perfection but providing you with the techniques you need to help your children develop the life and social skills you hope for them, such as respect for self and others, problem-solving ability, and self-regulation.

The tenets of Positive Discipline consistently foster mutual respect so that any child—from a three-year-old toddler to a rebellious teenager—can learn creative cooperation and self-discipline without losing his or her dignity. In this new parenting guidebook, you'll find day-to-day exercises for parents to improve their parenting skills, along with success stories from parents worldwide who have benefited from the Positive Discipline philosophy.

10.1-2-3 Parenting with Heart *Three-Step Discipline for a Calm and Godly Household*

By: Thomas Phelan, Chris Webb

In *1-2-3 Parenting with Heart*, Dr. Thomas W. Phelan and pastor Chris Webb teach parents to take charge while refraining from yelling, leading to better behaved children, happier parents, and a more peaceful home environment. Complete with relevant Bible verses, explanations, and exercises, this guide allows you to get back in charge of your home and enjoy your kids again by helping you set limits for your children, and by breaking down the complex task of parenting into three straightforward steps:

- Controlling Obnoxious Behaviour: Learn an amazingly simple technique to get the kids to STOP doing what you don't want them to do (whining, arguing, tantrums, sibling rivalry, etc.).
- Encouraging Good Behaviour: Learn several effective methods to get your kids to START doing what you want them to do (picking up, eating, going to bed-and staying there!, chores, etc.).
- Strengthening Your Relationships: Learn powerful techniques that reinforce the bond between you and your children.

11. Parenting Without Power Struggles *Raising Joyful, Resilient Kids While Staying Cool, Calm, and Connected*

By: Susan Stiffelman

Do you ever find yourself asking.

- How can you get your children to do their homework without meltdowns, threats or bribes?
- How can you have a drama-free morning where the kids actually get out the door in time for school?
- How can you better manage your kids' screen time without making them want to hide what they're doing from you?

Family therapist Susan Stiffelman is here to help. While most parenting programs are designed to coerce kids to change, *Parenting Without Power Struggles* does something innovative, showing you how to come alongside your children to awaken their natural instincts to cooperate, rather than at them with threats or bribes, which inevitably fuels their resistance. By staying calm and being the confident “Captain of the ship” your child needs, you will learn how to parent from a place of strong, durable connection, and you’ll be better able to help your kids navigate the challenging moments of growing up.

12. The Whole-brain Child 12 Revolutionary Strategies to Nurture Your Child's Developing

By: Daniel J Siegel, PH D Tina Payne Bryson

Your toddler throws a tantrum in the middle of a store. Your preschooler refuses to get dressed. Your fifth-grader sulks on the bench instead of playing on the field. Do children conspire to make their parents’ lives endlessly challenging? No—it’s just their developing brain calling the shots!

In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling *Mindsight*, and parenting expert Tina Payne Bryson demystify the meltdowns and aggravation, explaining 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 can seem—and feel—so out of control. 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.

Complete with clear explanations, age-appropriate strategies for dealing with day-to-day struggles, and illustrations that will help you explain these concepts to your child, *The Whole-Brain Child* shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives.

13. Parenting with Love and Logic

By: Foster W. Cline, Jim Fay

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

14. Peaceful Parent, Happy Kids *How to Stop Yelling and Start Connecting*

By: Laura Markham

A ground breaking guide to raising responsible, capable, happy kids.

Based on the latest research on brain development and clinical experience with parents, Dr. Laura Markham's approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don't need to threaten, nag, plead, bribe - or even punish.

This remarkable guide will help parents better understand their own emotions - and get them in check - so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years.

If you're tired of power struggles, tantrums, and searching for the right 'consequence,' look no further. You're about to discover the practical tools you need to transform your parenting in a positive, proven way.

15. Strong Mothers, Strong Sons *Lessons Mothers Need to Raise Extraordinary Men*

By: Dr Meg Meeker

Boys today face unique challenges and pressures, and the burden on mothers to guide their boys through them can feel overwhelming. This empowering book offers a road map to help mothers find the strength and confidence to raise extraordinary sons by providing encouragement, education, and practical advice about

- the need for mothers to exercise courage and be bolder and more confident about advising and directing their boys
- the crucial role mothers play in expressing love to sons in healthy ways so they learn to respect and appreciate women as they grow up
- the importance of teaching sons about the values of hard work, community service, and a well-developed inner life
- the natural traps mothers of boys often fall into—and how to avoid them
- the need for a mother to heal her own wounds with the men in her life so she can raise her son without baggage and limitations
- the best ways to survive the moments when the going gets tough and a mom's natural ways of communicating—talking, analyzing, exploring—only fuel the fire

16. Attachment-Focused Parenting *Effective Strategies to Care for Children*

By: Daniel A. Hughes

Attachment security and affect regulation have long been buzzwords in therapy circles, but many of these ideas—so integral to successful therapeutic work with kids and adolescents—have yet to be effectively translated to parenting practice itself. Moreover, as neuroscience reveals how the human brain is designed to work in good relationships, and how such relationships are central to healthy human development, the practical implications for the parent-child attachment relationship become even more apparent.

A guide for all parents and a resource for all mental health clinicians and parent-educators who are searching for ways to effectively love, discipline, and communicate with children, this book presents the techniques and practices that are fundamental to optimal child development and family functioning—how to set limits, provide guidance, and manage the responsibilities and difficulties of daily life, while at the same time communicating safety, fun, joy, and love.

17. The Calm and Happy Toddler *Gentle Solutions to Tantrums, Night Waking, Potty Training and More*

By: Dr Rebecca Chicot

"Child development expert Dr Rebecca Chicot shares with you the secrets to calm and stress-free toddler parenting. Based on her unique parent-toddler approach, she reveals that by understanding how your toddler thinks and what changes he is going through, you can respond with confidence and stop sweating the small stuff. Whether you need help with tantrums, night waking, potty training or fussy eating, inside you'll find:

- A toddler toolkit to help you cope with every toddler scenario
- A fire-fighting guide to hand-hold you through the classic toddler challenges; No! Now! Mine! Yuk!
- A toddler development map to show you how your toddler is changing, what stage they are at, and how to best to enjoy and encourage their mental, social and emotional development

18. The Happiest Baby On The Block

By: Harvey Karp

Thousands of parents, from regular moms and dads to Hollywood superstars, have come to baby expert Dr. Harvey Karp to learn his remarkable techniques for soothing babies and increasing sleep. Now his landmark book—fully revised and updated with the latest insights into infant sleep, bedsharing, breastfeeding, swaddling, and SIDS risk—can teach you too! Dr. Karp's highly successful method is based on four revolutionary concepts:

- 1. The Fourth Trimester:** Why babies still yearn for a womblike atmosphere . . . even after birth
- 2. The Calming Reflex:** An "off switch" all babies are born with
- 3. The 5 S's:** Five easy steps to turn on your baby's amazing calming reflex
- 4. The Cuddle Cure:** How to combine the 5 S's to calm even colicky babies

19. The Potty Training Solution *Toilet Train Your Child in as Little as 5 Hours*

By: Margaret Rousseau

It IS possible to train a child to use the potty in just one day.

Every child is different, which is why in this book, rather than take a 'one size fits all' approach, Margaret Rousseau the acclaimed parenting author teaches you how and why to choose the right technique for your child and shows you step-by-step how to implement this training in a light-hearted, stress-free way.

20. Parenting After Divorce *Resolving Conflicts and Meeting Your Children's Needs*

By: Philip Michael Stahl

Your divorce doesn't have to damage your children..., " Stahl assures, " ... especially if you limit your children's exposure to your conflicts." He knows parents are not perfect, and he uses that knowledge to show imperfect parents how to settle their differences in the best interests of the children.

A realistic perspective on divorce and its effects on children, *Parenting After Divorce* features knowledgeable advice from an expert custody evaluator. Packed with real-world examples, this book avoids idealistic assumptions, and offers practical help for divorcing parents, custody evaluators, family court counselors, marriage and family therapists and others interested in the best interests of the children.

21. Parenting Children with ADHD *Ten Lessons That Medicine Cannot Teach*

By: Vincent J. Monastra

In this second edition of *Parenting Children With ADHD*, Dr. Vince Monastra provides practical, step-by-step guidance to parents looking for ways to bring out the best in kids with ADHD. He presents updated lessons about the causes of ADHD, how medications work, and the problems that sleep deficits, poor nutrition, and other medical disorders can cause. He also shares his innovative approach for improving organization, task-completion, problem-solving and emotional control.