

# Essential Reads for Parents of Children Birth to Adolescence

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Parenthood is an exciting, yet challenging time. Parents are constantly striving to meet the changing needs of their child at all ages and stages of development.

The resources (books, web sites and magazines) listed below have been chosen as essential reads for parents of children from birth to adolescence due to their coverage of topics that are relevant to most children. These resources have been created by authors that have conducted extensive research in particular areas of child development and are known as experts in their respective fields.

These books can be purchased at Chapters stores across Canada or ordered on-line at [www.indigo.ca](http://www.indigo.ca).

## *Resources During the Early Years (Birth to Age Three)*

**By: Hogg, Tracy** - The Baby Whisperer (2006)

An effective resource that offers practical suggestions for supporting your infant/toddler in all areas such as sleeping, feeding, social and emotional concerns, behavior, etc.

**By: Karp, Harvey** - The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer (2003)

- This resource uses case studies and examples to give parents of newborns insight into possible causes of newborn crying.
- It provides practical strategies parents can use to help soothe and calm their newborn so that he/she will sleep longer and more peacefully.

**By: Pantley, Elizabeth** - The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night (2002)

This is an easy to read resource that gives parents of newborns effective techniques that they can use to help them put their newborn to sleep and have them stay asleep longer.

Also by **Elizabeth Pantley** – The No-Cry Potty Training Solution (2006)

## **By Sears, William**

Book list:

- The Baby Sleep Book (2005)
- The Baby Book: Everything You Need to Know About Your Baby From Birth to Age Two (2003)
- The Fussy Baby Book (1996)
- The Attachment Parenting Book (2001)
- How to Get Your Baby To Sleep: America's Foremost Baby and Childcare Experts (2001)

These are must read books on a variety of parenting topics for parents of newborns/toddlers. They give information about your child's growth and development and tips you can use to help support and nurture your child in each of the areas discussed.

## **By: White, Burton - New First Three Years of Life (1995)**

- This is a practical and informative book for new parents that gives detailed suggestions about nurturing your infant's physical, emotional and social well being during each month of development.
- The topics covered include toileting, dealing with sleeping problems, and encouraging a healthy and stimulating environment for your infant/toddler.

## ***Resources During the School Years***

### **By: Borba, Michele**

Book list

- Don't Give Me That Attitude (2004)
  - No More Misbehavin' (2003)
  - Parents Do Make A Difference (1999)
  - Building Moral Intelligence (2001)
- The above books discuss effective ways for adults (parents and teachers) to help students develop self esteem, moral intelligences such as empathy, conscience, self-control, respect, kindness, tolerance, and fairness.

- These books discuss a wide range of strategies that help teach children the skills necessary for them to be successful in school and in the real world.

**By: Coloroso, Barbara** - Kids Are Worth It: Giving Your Child the Gift of Inner Discipline (2003)

- Coloroso rejects the notion that children should be disciplined using a system of rewards and/or punishments. She argues that these parenting practices often do not teach children how to solve problems effectively or help build character in children.
- She provides a variety of insights into positive discipline practices that parents can adopt so that children learn how to think through solutions to problems, self-regulate their own behaviors, and feel respected and understood.

The Bully, the Bullied and the Bystander: From Pre-School to High School – How Parents and Teachers Can Help Break the Cycle of Violence (2002)

- This book reviews different kinds of bullying, bullying common among boys and girls, as well as strategies you can teach your child if he/she is being bullied.
- The book also discusses what parents can do if their child is the one bullying other children.
- Also by **Barbara Coloroso**: Just Because It's Not Wrong Doesn't Make It Right (2005)

**By: Faber, Adele** - How To Talk So Kids Will Listen...And Listen So Kids Will Talk (1999)

- Faber's book gives insight into how kids perceive the words and actions of their parents when they do something wrong.
- It outlines strategies for positive parent-child communication even in the toughest of situations so that children feel disciplined with respect and understanding.

Also by **Adele Faber**: Siblings Without Rivalry (1999)

**By: Gurian, Michael** - The Wonder of Boys (1996)

- This book discusses differences in development of boys and girls and the importance of considering these differences when we socialize, school and discipline boys.
- Gurian offers many valuable insights on how to support boys so they can be more successful in school, develop better communication skills so they can discuss their feelings and needs with their parents and teachers, and develop a greater degree of confidence and self-esteem.

**Other books by Michael Gurian:**

- What Stories Does My Son Need: A Guide to Books and Movies That Build Character in Boys (2002)

- Boys and Girls Learn Differently: A Guide for Teachers and Parents (2002)

**By: Kohn, Alfie** - The Homework Myth: Why Our Kids Get Too Much of A Bad Thing (2006)

- Kohn's book challenges common notions about the benefits of homework. Parents and Educators are asked to consider whether the benefits of homework outweigh the potential negative effects on families such as feelings of frustration, anxiety, and having children feel less passionate about school and learning
- Kohn provides suggestions on how to help children feel successful at school without an emphasis on homework each day.

Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason (2005)

- Kohn's book addresses issues surrounding traditional disciplining practices such as the use of rewards or punishments.
- He discusses the importance of having children feel valued and loved unconditionally and provides alternatives parents can use instead of rewards and punishments.

**By: Kurcinka, Mary Sheedy** - Raising Your Spirited Child Revised Edition: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, and Energetic (2006)

- Kurcinka's book offers parents tools to feel successful as they parent a child that has more demands than the average child; a child that is more temperamental.
- She helps parents discover their child's temperamental traits, as well as how to use effective strategies that will help parent a child with that particular trait.
- Whether it is during daily situations such as bedtime and meals, or with regards to school related concerns, Kurcinka's book has valuable strategies to help parents cope through temper tantrums and upsets.

**By: Levine, Mel**

- A Mind At A Time (2002)
- Myth of Laziness (2003)
- Levine's books help us gain a better understanding of learning disabilities in children, effects of learning disabilities on self-esteem and confidence, impact on learning and success in school, and the impact it has on families.

- He offers valuable insight into learning disabilities and ways to support children so that they are successful in school and have a positive outlook about the future.

**By: MacDonald, Barry - Boy Smarts (2005)**

\*Available at [www.mentoringboys.com](http://www.mentoringboys.com) or at Vancouver Kidsbooks or Odin books.

- This book is a must read for parents of boys!
- Like Gurian, MacDonald discusses the need for parents and educators to re-think how they treat boys and girls when it comes to schooling practices, disciplining practices and overall communication with boys.
- He provides a variety of suggestions and examples for parents and educators to use to help boys gain more confidence, communicate better, feel more supported and understood, and feel successful academically.

**By: Neufeld, Gordon - Hold Onto Your Kids (2004)**

- Neufeld's book is a thoughtful book that discusses the struggle to parent in today's every changing world. His approach is sure to empower parents who feel unsure about their parenting techniques and feel discouraged when things don't work out despite their strongest efforts to communicate with and teach their kids about respect, compassion and understanding.
- He praises parents for their efforts, and encourages them to stay positive through the challenges that parenting brings.
- Neufeld offers suggestions that help with challenging situations while continuing to strengthen the parent-child bond.

## *Websites*

### [www.AskDrSears.com](http://www.AskDrSears.com)

This is a helpful site for answers to commonly asked questions on a variety of topics concerned with parenting infants/toddlers, as well as young children.

### [www.mentoringboys.com](http://www.mentoringboys.com)

You can subscribe to receive an on-line newsletter.

The website has articles on parenting boys as well as on a wide range of topics from homework, discipline, literacy, etc.

### [www.micheleborba.com](http://www.micheleborba.com)

This website has great articles on parenting on-line that have to do with the books she has written from the above list.

## *Parenting Magazines*

[www.parentscanada.com](http://www.parentscanada.com)

[www.parenting.com](http://www.parenting.com)

[www.todaysparent.com](http://www.todaysparent.com)