

Parent University 2009 Recommended Reading

- Play in the Lives of Children Cosby Rogers and Janet Sawyers
- The Trouble With Boys by Peg Tyre
- Raising Cain: Protecting the Emotional Life of Boys by Kindlon & Thompson
- Speaking of Boys: Answers to the Most Asked Questions About Raising Sons
By Thompson and Barker
- Why Gender Matters: What Parents and Teachers Need to Know About the
Emerging Science of Gender Differences by Leonard and Sax
- Children, the Challenge by R. Dreikurs and V. Solty
- Systematic Training For Effective Parenting by Dinkmeyer and McKay
- The Automatic Millionaire by David Bach
- The Ten Commandments of Financial Happiness by Jean Chatzky
- Choking on the Silver Spoon by Gary Buffone
- Positive Discipline by J. Nelson
- Anger Kills by Redford Williams
- The Dance of Anger by Harriet Lerner
- When Sophie Gets Angry, Really, Really Angry by Molly Bang
- The Volcano in my Tummy by Whitehouse and Pudney
- Facing the Fire by John Lee
- The Mad Family Gets Their Mads Out by L. Namka
- Anger: Wisdom for Cooling the Flames, by Thich Nhat Hanh
- Hands Are Not for Hitting by Martin Agassi
- Bob Books for Beginning Readers by Bobby Lynn Maslen
- Brand New Readers Series, Candlewick

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Susan Boldrey recommends: *Get Organized Without Losing It* by Janet S. Fox
Scholastic Inc. 2006 ISBN 13:978-0-545-11321-2

Karen Williamson recommends:

- *Best Friends, Worst Enemies: Understanding the Social Lives of Children* by Thompson, Grace, and Cohen
- *Mom, They're Teasing Me: Helping Your Child Solve Social Problems* by Michael Thompson
- *Cliques: 8 Steps To Help Your Child Survive the Social Jungle* by Giannetti and Sagarese
- *The Trouble With Boys* by Peg Tyre
- *Raising Cain: Protecting the Emotional Life of Boys* by Kindlon & Thompson
- *Speaking of Boys: Answers to the Most Asked Questions About Raising Sons* by Thompson and Barker
- *Why Gender Matters: What Parents and Teachers Need to Know About the Emerging Science of Gender Differences* by Leonard Sax
- Lauren Bondy and Karen Jacobson recommend:
- *Raising Resilient Children* by Robert Brooks and Sam Goldstein
- *Siblings Without Rivalry* by Adele Faber and Elaine Mazlish
- *Too Much of a Good Thing: Raising Children of Character in an Age of Indulgence* by Dan Kindlon
- *The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids* by Madeline Levine

Maureen O'Hara recommends:

- *Children, the Challenge* by R. Dreikurs and V. Solty
- *Systematic Training For Effective Parenting* by Dinkmeyer and McKay
- Martie Lukanich recommends:
- *Parenting From the Inside Out* by Daniel Siegel, M.D. and Mary Hartzel, M.Ed
- *Raising Emotionally Intelligent Children* by John Gottman, Ph.D
- *The Wonder of Girls* by Gurian
- *The Wonder of Boys* by Gurian
- *Boys and Girls Learn Differently* by Gurian

- The Developing Mind by Siegel
- The Measure of Our Success by Edelman
- Your Child's Growing Mind by Healy
- Magic Trees of the Mind by Diamond and Hopson
- 7 Kinds of Smart by Armstrong
- The Scientist in the Crib by Alison Gopnik and Andrew Meltzoff
- Raising a Responsible Child by Dinkmeyer
- The Philosophical Baby by Alison Gopnik
- Michael Maniacci recommends:
- Children, the Challenge by R. Dreikurs and V. Solty
- You Just Don't Understand by Deborah Fannen

Diane Leamy recommends:

- Your Anxious Child by John Dacey and Lisa Fiore
- Freeing Your Child From Anxiety: Powerful Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by Tamar Chansky
- What To Do When Your Kids Are Scared and Worried: A Guide For Kids by James Crist
- A Boy and A Turtle: Visualization, Meditation, and Relaxation Bedtime Story for Children, Improve Sleep, Manage Stress and Anxiety by Lori Lite
- I Don't Want to Go to School: Helping Children Cope With Separation Anxiety (Let's Talk) by Nancy Pando and Kathy Voerg
- The Anxiety Cure for Kids: A Guide for Parents by Elizabeth DuPont Spencer, Robert L. DuPont and Caroline DuPont

Recommended in general:

Why Do They Act That Way by David Walsh

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Lauren Bondy and Karen Jacobson recommend:

- Raising Resilient Children by Robert Brooks and Sam Goldstein
- Siblings without Rivalry by Adele Faber and Elaine Mazlish
- Too Much of a Good Thing: Raising Children of Character in an Age of Indulgence by Dan Kindlon
- The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids by Madeline Levine

Lorenza DiNatale recommends:

- Learning Through Play by Jan Natasen
- Transition Magician for Families: Helping Parents and Children with Everyday Routines

Kathy Kokontis recommends:

- Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher
- You and Your Adolescent, New and Revised: The Essential Guide for Ages 10 -20 by Laurence Steinberg and Ann Levine, Harper Resource, Jan. 2011
- The 10 Basic Principles of Good Parenting by Laurence Steinberg
- The Real Truth about Teens and Sex by Sabrina Weill

Diane Leamy recommends:

- Your Anxious Child by John Dacey and Lisa Fiore
- Freeing Your Child from Anxiety: Powerful Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias by Tamar Chansky
- What to Do When Your Kids Are Scared and Worried: A Guide for Kids by James Crist
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- I Don't Want to Go to School: Helping Children Cope with Separation Anxiety (Let's Talk) by Nancy Pando and Kathy Voerg

Michael Maniacci recommends:

- Children, the Challenge by R. Dreikurs and V. Solty

- You Just Don't Understand by Deborah Fannen
- The Anxiety Cure for Kids: A Guide for Parents by Elizabeth DuPont Spencer, Robert L. DuPont and Caroline DuPont

Suzy Marta recommends: Healing the Hurt, Restoring the Hope by Suzy Yehl Marta

Maureen O'Hara recommends:

- Children, the Challenge by R. Dreikurs and V. Solty
- Systematic Training for Effective Parenting by Dinkmeyer and McKay

Karen Williamson recommends:

- Best Friends, Worst Enemies: Understanding the Social Lives of Children by Thompson, Grace, and Cohen
- Mom, They're Teasing Me: Helping Your Child Solve Social Problems by Michael Thompson
- Cliques: 8 Steps to Help Your Child Survive the Social Jungle by Giannetti and Sagarese
- The Trouble with Boys by Peg Tyre
- Raising Cain: Protecting the Emotional Life of Boys by Kindlon & Thompson
- Speaking of Boys: Answers to the Most Asked Questions about Raising Sons by Thompson and Barker
- Why Gender Matters: What Parents and Teachers Need to Know About the Emerging Science of Gender Differences by Leonard Sax

Past Recommended Reading:

- Why Do They Act That Way by David Walsh
- Parenting From the Inside Out by Daniel Siegel, M.D. and Mary Hartzel, Med
- Raising Emotionally Intelligent Children by John Gottman, PhD
- Raising Boys by Steve Biddulph
- Teens and Computers – What is A Parent to Do? By Donna Bast
- When I Say No, I Feel Guilty by Manuel J. Smith
- The Automatic Millionaire by David Bach
- The Ten Commandments of Financial Happiness by Jean Chatzky
- Choking on the Silver Spoon by Gary Buffone



2012 Parent University **RECOMMENDED** **READING**

Recommended by Speaker Lynn Surin Lawrence:

- ***Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children*** by Linda Lantieri
- ***Building Resilience in Children and Teens*** by Kenneth Ginsburg
- ***Emotionally Intelligent Parenting: How to Raise a Self-disciplined, Responsible, Socially Skilled Child*** by Elias, Tobias & Friedlander
- ***Punished by Rewards*** by Alfie Kohn
- ***Raising an Emotionally Intelligent Child*** by Gottman, Declaire and Goleman
- ***Raising Resilient Children: Fostering Strength, Hope and Optimism in Your Child*** by Robert Brooks and Sam Goldstein
- ***Reclaiming Childhood: Letting Children Be Children in Our Achievement-Oriented Society*** by William Crain
- ***Thinking Parent, Thinking Child*** by Myrna Shure

Recommended by Speaker Maureen O'Hara, MA:

- ***Children: The Challenge*** by Rudolph Dreikurs
- ***STEP: Systematic Training for Effective Parenting*** by Don Dinkmeyer and Gary McKay.

Recommended by Speaker John Duffy, Psy.D:

- ***Emotional Intelligence*** by Daniel Goleman
- ***Uncommon Sense in Raising Teens and Tweens*** by Michael Riera

Recommended by Speaker Janet Triner:

- ***The NDD Book: How Nutrition Deficit Disorder Affects Your Child's Learning, Behavior, and Health, and What You Can Do About It - Without Drugs*** by William Sears, MD
- ***Eat Healthy, Feel Great*** by William Sears, MD; Martha Sears, RN; and Christie Watts Kelly (*this is a children's book*)

- ***Feed Your Brain: How to boost your brain power with food*** by Philippa Norman, M.D., M.P.H (geared for 5th – 8th graders but younger ages can benefit from reading it as will parents.).

Recommended by Parent Community Network Volunteers/Board

- ***The Available Parent: Radical Optimism for Raising Teens and Tweens*** by Dr. John Duffy
- ***The Blessing of a Skinned Knee*** by Wendy Mogel
- ***Yes, Your Teen Is Crazy*** by Michael Bradley
- ***When Things Get Crazy with Your Teen*** by Michael Bradley
- ***Why Do They Act That Way*** by Dr. David Walsh
- ***The Over-Scheduled Child*** by Alvin Rosenfeld and Nicole Wise
- ***The Price of Privilege*** by Madeline Levine
- ***What do you really want for your child?*** by Wayne Dyer
- ***The Blessing of a Skinned Knee*** by Wendy Mogel
- ***Children: The Challenge*** by Rudolf Dreikurs
- ***Dare to Discipline*** by James Dobson
- ***To Kindle a Soul*** by Lawrence Kelemen
- ***Raising Cain: Protecting the Emotional Life of Boys*** by Dan Kindlon
- ***Bringing up Boys*** by James Dobson
- ***Raising Boys*** by Steve Biddulph
- ***The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind, Survive Everyday Parenting Struggles, and Help Your Family Thrive*** by Daniel J. Siegel and Tina Payne Bryson

Recommended by Parent Community Network (PCN) Facebook and Website Fans:

- ***Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids*** by Kim John Payne and Lisa M. Ross
- ***Love and Logic series of books*** by Jim Fay
- ***NurtureShock: New Thinking About Children*** by Po Bronson and Ashley Merryman
- ***The Wonder of Boys*** by Michael Gurian
- ***Children are from Heaven*** by John Grey
- **Books by Dr. Sears (and Dr. Sues!)**

