

Best Books & Resources For Parents

KIDS UNDER 5 YEARS OF AGE:

The Happiest Toddler on the Block ... (Karp & Spencer)

* Positive Discipline for Preschoolers (Jane Nelsen)



KIDS BETWEEN THE AGES OF 4 AND 12:

* 1-2-3 MAGIC: Effective Discipline (Thomas Phelan)

* The Seven Habits of Highly Effective Families (Stephen Covey)

* Positive Discipline A-Z: 1001 Solutions (Jane Nelsen)

* Parenting with Love & Logic (Jim Fay - www.love&logic.com)

The Everyday Parenting Toolkit (Alan Kazdin)



PRE-TEENS AND TEENAGERS:

The 40 DEVELOPMENTAL ASSETS Visit: www.searchinstitute.org

* Parenting Teens with Love & Logic (Jim Fay) www.love&logic.com

* The Five Love Languages of Teenagers (Chapman)

Focus: The Hidden Driver of Excellence (Daniel Goleman)

SPECIALIZED TOPICS REGARDING PARENTING:

SELF AWARENESS

* The Drama of the Gifted Child (Alice Miller)
This is about all of our children!

RAISING A DAUGHTER: Reviving Ophelia (Mary Pipher)

RAISING A SON: Real Boys (William Pollack)

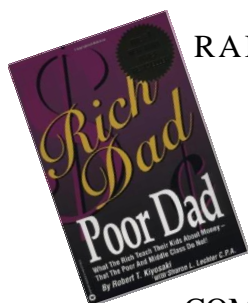
SIBLING ISSUES: Siblings Without Rivalry (Faber & Mazlish)

VALUES: Rich Dad, Poor Dad (Kiyosaki & Lechter)

Last Child in the Woods: ... (Richard Louv)

COMMUNICATIONS:

* The Kids Book of Questions (Gregory Stock)
For kids 9 – 12 years of age. This is a great resource for encouraging family discussions.



* The **red astericks** indicate our personal favorites.

Contact the Center – 925-855-1745 – if you have specific parenting concerns.