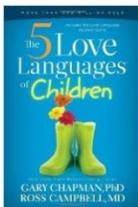
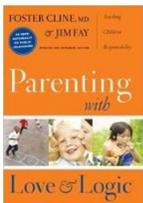


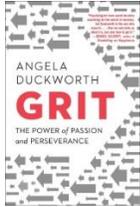
The Incredible Years: A Trouble-Shooting Guide for Parents of Children Aged 2 – 8 Years by Karen Webster-Stratton. The Incredible Years is a series which explain and provide evidence-based programs for parents, teachers, and children reduce challenging behaviors in children and increase their social emotional learning and self-control skills. The programs have been found to be effective in strengthening teacher and parent management skills, improving children’s social emotional competence, emotion regulation, and school readiness, and reducing behavior problems.



The 5 Love Languages of Children by Gary Chapman and Ross Campbell. The authors explain specifically the ways children receive and perceive our love, and the book helps parents learn how to keep their children’s emotional love tanks full with unconditional love so that they can then train them and guide them more effectively. Chapman and Campbell explain that if children feel genuinely loved by their parents, no matter how the children act, they will be more responsive to parental guidance in all areas of their lives.

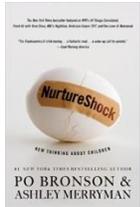


Parenting with Love and Logic by Foster Cline and Jim Fay. This parenting book shows you how to raise self-confident, motivated children who are ready for the real world. Learn how to parent effectively while teaching your children responsibility and growing their character. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles.

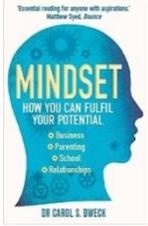


Grit by Angela Duckworth. The Power of Passion and Perseverance, author Angela Duckworth brings our attention to this lesser-known psychological trait called grit. Grit has two components: passion and perseverance. Passion means having enduring interest in the job you are doing. Perseverance means being persistent and never giving up. In the book, Duckworth shows how grit is important in understanding the psychology of achievement. The book also discusses how talent gets overemphasized, whereas grit gets underemphasized. When we place more emphasis on talent, we ignore everything else, including effort. In order to help people cultivate a sense of passion and perseverance, the author introduces four psychological assets commonly found in the grittiest people: interest, practice, purpose, and hope. Interest and purpose are two sources of passion. Practice and hope help develop perseverance which nurtures the “never give up” attitude. Grit can be cultivated with the help of the four psychological assets or the people around us, our parents, teachers, mentors, etc. Certain parenting methods as well as extracurricular activities can also help become our children grittier.

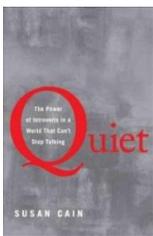
Angela Duckworth explains her theory on “Grit” with her enlightening and inspirational TedTalk; https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance



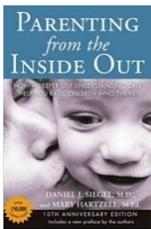
NurtureShock by Po Bronson and Ashley Merryman. The ten chapters in NurtureShock address the following topics in child development and education: praise and its effects on children's esteem; the benefits of sleep for child development; the consequences of white parents refusing to talk about race; why kids lie; whether tests can measure giftedness in kindergarteners; whether siblings affect children's development; how to read teen rebellion; how to teach self-control; how to resolve students' conflicts, and how students acquire language. Focusing on how researchers have modified their studies, Bronson and Merryman propose that theories do better when they attend to the children's behaviors recognizing the full complexity of children's concerns and experiences, instead of foisting adult ideas and values on children.



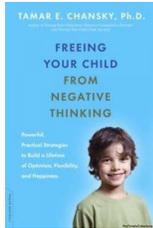
Mindset by Carol Dweck. Stanford University psychologist Carol Dweck uses decades of research to theorize that it is a person's mindset, not their innate abilities or talents, that ultimately determines their success, whether at school, at work, or at home. She offers an overview of this idea—"growth mindset"—and provides actionable suggestions for a person to improve their own mindset or that of their employees or children. Mindset is not simply about the ways in which our brains work. It is a roadmap to rewiring our thinking and changing the way we view ourselves and others, so that we can engender greater success in all aspects of life.



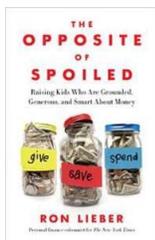
Quiet by Susan Cain. Quiet's purpose is to change the way we think about introverts. Research shows that almost half of people are introverts. And yet they tend to get overlooked, overshadowed by the louder extroverts. Cain believes society has a lot to gain from paying attention to the quiet ideas of the introverts.



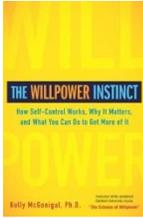
Parenting from the Inside Out by Daniel Siegel and Mary Hartzell. This book should be required reading for all parents and for anyone working with families. Further, the insights to be gained through understanding one's own development is of great value whether or not you are a parent. The blending of neurobiology and attachment research has resulted in a comprehensive and very readable text describing how interpersonal relationships directly affect the development of the brain. Rather than teach parents "techniques" for better parenting, Dr. Siegel and Ms. Hartzell have endeavored to guide parents to a level of self-understanding and self-acceptance that allows their own innate wisdom to emerge in parenting. Each chapter in the book provides an "inside-out" exercise to facilitate this self-understanding and self-acceptance. Each chapter also provides a "spotlight on science" section, presenting current scientific research that supports concepts presented in the chapter.



Freeing your Child from Negative Thinking by Tamar Chansky. A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Now, in the first book that specifically focuses on negative thinking in kids, Freeing Your Child from Negative Thinking provides parents, caregivers, and clinicians the same clear, concise, and compassionate guidance that Dr. Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms. Here she thoroughly covers the underlying causes of children's negative attitudes, as well as providing multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience.

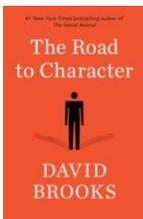


The Opposite of Spoiled by Ron Lieber. The Opposite of Spoiled is both a practical guidebook and a values-based philosophy. The foundation of the book is a detailed blueprint for the best ways to handle the basics: the tooth fairy, allowance, chores, charity, saving, birthdays, holidays, cell phones, checking accounts, clothing, cars, part-time jobs, and college tuition. It identifies a set of traits and virtues that embody the opposite of spoiled, and shares how to embrace the topic of money to help parents raise kids who are more generous and less materialistic. But The Opposite of Spoiled is also a promise to our kids that we will make them better with money than we are. It is for all of the parents who know that honest conversations about money with their curious children can help them become more patient and prudent, but who don't know how and when to start.

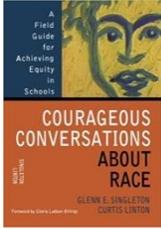


The Willpower Instinct by Kelly McGonigal. The Willpower Instinct is based on a popular class at Stanford University called “The Science of Willpower” taught by the author, Kelly McGonigal, Ph.D. Using the latest research from psychology, neuroscience and other disciplines, McGonigal explains why we fail at self-control, and how we can strengthen our willpower to improve nearly every aspect of our lives, including work, health and happiness.

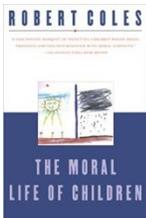
Also, Kelly McGonigal’s informative and helpful lectures can be found on YouTube and TedTalks.



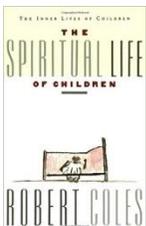
The Road to Character by David Brooks. The main theme explored in the book is that our modern culture has lost its way in terms of teaching new generations the path to building character. Using data gathered from polls and psychological research the author makes the case that people are more isolated, more self-absorbed, and less able to engage in moral reasoning than generations past. The main thrust of the work is a series of what the author calls moral tales about several important historical figures drawn from memoirs, journals and public records. Brooks shows how these people developed strong character through embracing the qualities of humility, self-discipline, and moral realism. He suggests that the road map to building character is in the willingness to engage in the struggle between our virtues and vices towards the goal of living a more moral life.



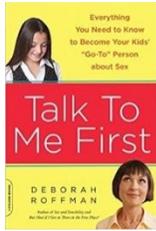
Courageous Conversations about Race by Glenn E. Singleton. Examining the achievement gap through the prism of race, the authors explain the need for candid, courageous conversations about race in order to understand why performance inequity persists. Through these "courageous conversations," educators will learn how to create a learning community that promotes true academic parity. Practical features of this book include: Implementation exercises Prompts, language, and tools that support profound discussion Activities and checklists for administrators Action steps for creating an equity team.



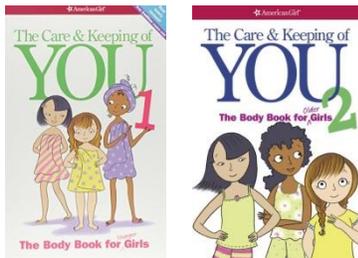
The Moral Life of Children by Robert Coles. In this searching, vivid inquiry Robert Coles shows how children struggle with questions of moral choice. Bringing to life the voices of children from a rich diversity of backgrounds, he explores their reactions to movies and stories, their moral conduct, their conversations and relationships with friends and family, and their anxieties about themselves and the fate of the world. Whether they are from the poorest classes of Rio de Janeiro or middle-class America, these children lead lives of intense moral awareness.



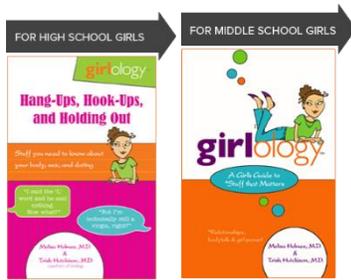
The Spiritual Life of Children by Robert Coles. In this eighth and final volume in his Pulitzer Prize-winning Children of Crisis series, Coles examines the religious and spiritual lives of children. By using children's own words and pictures, Coles presents their deepest feelings.



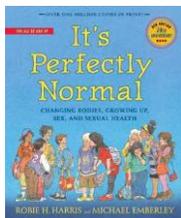
Talk to me First: Everything you Need to Know to Become your Kids' Go-To Person about Sex by Debra Roffman. We live in a time when kids of all ages are bombarded with age-sensitive material wherever they turn; “sexting” and bullying are on the rise at an increasingly younger age, and teen moms are “celebrified.” What is a concerned--and embarrassed--parent to do? With wit, wisdom, and savvy, Deborah Roffman translates her experiences gleaned from decades of teaching kids and parents, and as a mom, into strategies to help parents navigate this tricky terrain. Talk to Me First is for any parent who wants to become and remain the most credible and influential resource about sexuality in their children’s lives.



The Care and Keeping of You 1 – The Body Book for Girls by Valorie Schaefer. A best-selling book complete with Illustrations and content for girls 8 years old and up. You and your child will find answers to questions about their changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between. Once you and your child feel comfortable with what's happening, you'll be ready to move on to the The Care & Keeping of You 2 by Cara Natterson. The second book of the series is directed towards girls who are 10 years old and up and it also talks about emotional and physical changes that take place during pre-adolescence and adolescence.



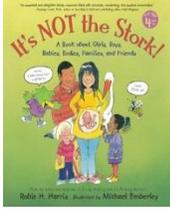
Girlology Books by Melissa Holmes. According to Girlology, knowledge is power-or more specifically-Girl Power! Whether you believe it or not, there's a lot more to know about the body and the opposite sex. This book will give you confidence and girl power to build you goals, beliefs and future. In this book you will find straight-talk about: friendships, parents, sex, sexuality, teen relationships, media influences, values, and decision making. These books are recommended for 11 years old and up.



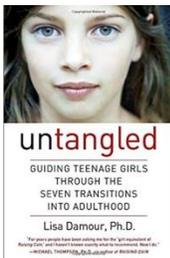
It's Perfectly Normal by Robbie Harris. In this intelligent, amiable and carefully researched book, Harris frankly explains the physical, psychological, emotional and social changes that occur during puberty--and the implications of these changes. Taking a conversational, relaxed tone, Harris also discusses such subjects as sexual orientation, sexual reproduction, pregnancy, birth control, sexually transmitted diseases and sexual abuse. This is a sex-positive book for kids starting at around age 10 or 11 years old.



It's so Amazing by Robbie Harris. This book was created in response to repeated requests from parents, teachers, librarians, and health professionals for an up-to-date book about sex and sexuality for children who were still too young for It's Perfectly Normal. In It's So Amazing, reassuring characters reflect the many moods of children age 7 and up: silly, serious, curious, embarrassed. Their voices echo the thoughts, questions, and concerns of a younger audience.



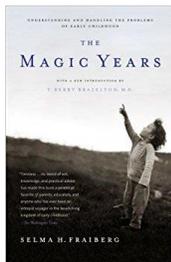
It's Not the Stork by Robbie Harris. This book helps answer endless and perfectly normal questions that preschool, kindergarten, and early elementary school children ask about how they began. Through lively, comfortable language and sensitive, engaging artwork, Robie H. Harris and Michael Emberley address readers in a reassuring way, mindful of a child's healthy desire for straightforward information. Vetted and approved by science, health, and child development experts, the information is up-to-date, age-appropriate, and scientifically accurate, and always aimed at helping kids feel proud, knowledgeable, and comfortable about their own bodies, about how they were born, and about the family they are part of.



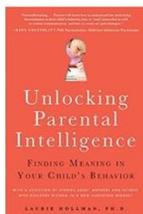
Untangled by Lisa D'amour. In this sane, highly engaging, and informed guide for parents of daughters, Dr. Damour draws on decades of experience and the latest research to reveal the seven distinct—and absolutely normal—developmental transitions that turn girls into grown-ups, including parting with childhood, contending with adult authority, entering the romantic world, and caring for herself. Providing realistic scenarios and welcome advice on how to engage daughters in smart, constructive ways, Untangled gives parents a broad framework for understanding their daughters while addressing their most common questions.



Reflective Parenting by Alistair Cooper. Alistair Cooper and Sheila Redfern show you how to make a positive impact on your relationship with your child, starting from the development of the baby's first relationship with you as parents, to how you can be more reflective in relationships with toddlers, children and young people. Using everyday examples, the authors provide you with practical strategies to develop a more reflective style of parenting and how to use this approach in everyday interactions to help your child achieve their full potential in their development; cognitively, emotionally and behaviorally.



The Magic Years by Selma Fraiberg. To a small child, the world is an exciting but sometimes frightening and unstable place. In The Magic Years, Selma Fraiberg takes the reader into the mind of the child, showing how he confronts the world and learns to cope with it. With great warmth and perception, she discusses the problems at each stage of development and reveals the qualities—above all, the quality of understanding—that can provide the right answer at critical moments.



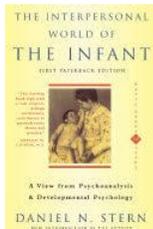
Unlocking Parental Intelligence by Laurie Hollman. Through a clear five-step approach, parents discover the power and wisdom of a new parenting mindset that helps them learn what their kids think, want, intend and feel. They see actions as communications. They are rewarded with open parent-child dialogue about the underlying problems hidden beneath the behaviors. As they problem solve, parents discover misbehaviors are not only meaningful, but a catalyst to change.



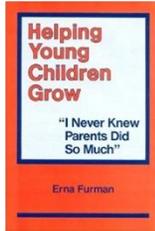
Bringing Up Bebe by Pamela Druckerman. When American journalist Pamela Druckerman had a baby in Paris, she didn't aspire to become a "French parent." But she noticed that French children slept through the night by two or three months old. They ate braised leeks. They played by themselves while their parents sipped coffee. And yet French kids were still boisterous, curious, and creative. Why? How? With a notebook stashed in her diaper bag, Druckerman set out to investigate—and wound up sparking a national debate on parenting. Researched over three years and written in her warm, funny voice, *Bringing Up Bébé* is deeply wise, charmingly told, and destined to become a classic resource for American parents.



Saying No: Why it's Important For You and Your Child by Asha Phillips. Asha Phillips writes as both a child psychotherapist and a mother, using case studies as well as informal anecdotes from family and friends as illustrations. She strips away the negative associations surrounding the word 'no' and celebrates change and setting limits as essential ingredients in development. In a new introduction, Asha Phillips explains why the idea of limits and boundaries have become ever more pertinent since the book was first published. Now with a new chapter on illness in the family, "Saying No" can continue to build confidence and self-esteem in both children and parents.



The Interpersonal World of the Infant by Daniel Stern. A View from Psychoanalysis and Developmental Psychology, challenging the traditional developmental sequence as well as the idea that issues of attachment, dependency, and trust are confined to infancy, Stern integrates clinical and experimental science to support his revolutionizing vision of the social and emotional life of the youngest children, which has had spiraling implications for theory, research, and practice.



Helping Children Grow by Erna Furman. Helping Young Children Grow is a comprehensive course in child development, written in non-technical terms and suitable for students, parents, educators, medical students, and mental health professionals- and anyone who works with children and parents. It is a clear and practical guide to understanding children, child development and personality development, written from a psychodynamic perspective by a renowned child psychoanalyst. The book uses a three part format: 1) Relationships in Early Childhood, 2) Learning Self-Control and Coping with Daily Tasks, and 3) Using Inner Resources to Enrich Life, and includes a chapter on Bereavement in childhood.