

RAISING PARENTS

parent coaching & instruction inc.

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Resources for Parents

by Linda M. Clement
Authors

Nathaniel Branden

Your Role in Your Child's Self-Esteem

Terry Berry Brazelton - prolific author

Barbara Coloroso

Winning at Parenting Without Beating Your Kids

Kids are Worth It: giving your child the gift of inner discipline

Parenting with Wit and Wisdom in Times of Chaos and Loss

Parenting through crisis: helping kids in times of loss, grief, and change

Elizabeth Crary

Pick up your socks... and other skills growing children need!

Without spanking or spoiling: a practical approach to toddler and preschool guidance

Adele Faber and Elaine Mazlish

How to talk so kids will listen & listen so kids will talk

Siblings without rivalry: how to help your children live together so you can live too

How to stop your children fighting

Between brothers & sisters: a celebration of life's most enduring relationship

Dr. Thomas Gordon

Parent Effectiveness Training: the proven program for raising responsible children

P.E.T. in Action (with Judith Gordon Sands)

Meg Hickling

Speaking of Sex: are you ready to answer the questions your kids will ask?

Sex Spelled Out for Parents video series

Boys, Girls and Body Science: a first book about facts of life

Alfie Kohn

Punished By Rewards: the trouble with gold stars, incentive plans, A's, praise, and other bribes

No Contest: The case against competition
Unconditional Parenting

La Leche League International

The Womanly Art of Breastfeeding

The Heart Has Its Own Reasons

Dr. Gordon Neufeld

Hold Onto Your Kids (with Gabor Maté)

Dr. William Sears - prolific author

Specific Books

Cliques : 8 steps to help your child survive the social jungle

by Charlene C. Giannetti and Margaret Sagarese

Don't say no, just let go: living with teenagers, the power parenting solution

by Maria Von Couver

Don't sweat the small stuff--and it's all small stuff: simple ways to keep the little things from taking over your life

by Dr. Richard Carlson

Learned optimism

by Martin E.P. Seligman

Mood Swings: Show'em How You're Feeling!

by Jim Borgman, Jon Anderson

Motherhood Stress

by Deborah and Gregg Lewis

Mother Nurture: a mother's guide to health in body, mind, and intimate relationships

By Rick Hanson, Jan Hanson, and Ricki Pollycove

Nurture by Nature: understand your child's personality type-- and become a better parent

by Paul D. Tieger

Purrfect Parenting

by Beverly Guhl, Don H. Fontenelle

Raising your spirited child: a guide for parents whose child is more intense, sensitive, perceptive, persistent, energetic

by Mary Sheedy Kurcinka.

Right-brained children in a left-brained world : unlocking the potential of your ADD child

by Jeffrey Freed and Laurie Parsons

The Winning Family: increasing self-esteem in your children and yourself

by Dr. Louise Hart

This is a selection of books I find particularly valuable in my work, both as a parent and as a coach of other parents. The underlying theme in every one is that children are already whole human beings who deserve to be treated with respect, whatever direction the authors take in expressing that theme. This is by no means a comprehensive or exclusive list -- just suggestions for some of the excellent writing available with that in mind.

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