

SUGGESTED BOOK LIST

Brazelton, T. Berry.

Touchpoints Birth to Three and *Touchpoints Three to Six*

A classic work on the emotional and physical development of children

Elkind, David.

Miseducation: Preschoolers at Risk and *The Hurried Child*

These two books, written in the 1980s, are still applicable today. The author's premise is that children are rushed to grow up and enter the educational system too soon.

Faber, Adele and Mazlish, Elaine.

How to talk so kids will listen and listen so kids will talk.

Siblings without Rivalry

These books are easy to read, complete with cartoons to demonstrate how to talk (and listen !) to your children, and have summaries at the end of each chapter. You can put the techniques into effect immediately after reading just one chapter.

Fox, Mem. *Reading Magic – Why reading Aloud to our Children will change their lives forever*

Leman, Kevin. *The New Birth Order Book*

Fun information on how birth order influences us and our relationships.

Levin, Diane E and Kilbourne, Jean. *So Sexy So Soon – the new sexualized childhood and what parents can do to protect their kids*

Documentation of the harmful effects of our sexualized culture

Linn, Susan. *The case for make believe – Saving Play in a Commercialized World*

Presents a strong argument for the benefits of unstructured play and less media

Louv, Richard. *Last Child in the Woods – Saving our Children from Nature-Deficit Disorder*

Documents the research showing the benefits of allowing children time outdoors, exploring nature – including improved school performance and decreased depression

Mogel, Wendy. *The Blessings of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children*

Wisdom from the ages applicable to families of all faiths – includes a chapter on the importance of allowing children to make mistakes and to fail

Medved, Michael and Diane. *Saving Childhood*

Important information from a Judeo-Christian perspective on how to protect your child from being forced to grow up too soon by our media and culture

Taylor, Jim *Your Children are Under Attack: How popular culture is destroying your kids values and how you can protect them*

Similar information as the Medved book but from a more secular perspective

Sax, Leonard. *Why Gender Matters – What Parents and Teachers Need to Know about the Emerging Science of Sex Differences*

Boys and girls learn differently – and even see and hear differently. The book includes practical tips for parents on teaching and disciplining sons and daughters.

BOOKS ON DISCIPLINE:

There are many books on disciplining children, with many differing philosophies. We have chosen some that are more easily read and have practical “how to do it” information.

Frost, Jo *Supernanny* and *Ask Supernanny*

Written by the English Nanny of television fame, these books offer very practical and succinct information on many different behaviors of early childhood

Leman, Kevin *Have a New Kid by Friday – How to change your child’s Attitude, Behavior and Character in 5 Days*

A simple approach to an action plan for parenting with authority and respect. Also includes a long section with parenting ideas for various situations such as manners, interrupting, forgetfulness, curfews, allowance

MacKenzie, Robert J. *Setting Limits*

Phelan, Thomas. *One, Two, Three Magic*

Rosemond, John *Six Point Plan for Raising Happy, Healthy Children*

A very short book with the following points: Put your marriage first. Expect your children to obey. Establish responsibility by assigning chores. Don’t be afraid to tell children “no”. Eliminate unnecessary toys. Encourage creativity by minimizing TV.

Sears and Sears *The Discipline Book*

A comprehensive book that provides many different techniques for children up through age 10. Nice discussions regarding using rewards, sibling rivalries and correcting undesirable habits (thumbsucking)

Tieger, Paul and Barbara. *Nature by Nurture*

Walsh, David. *NO – Why Kids of All Ages Need to Hear It and Ways Parents can say it*

Easy to read with many true stories of families who have been counseled by this child psychologist. Includes a short list of “Do” and Don’t” at the end of every chapter with an emphasis on appropriately setting limits according to your child’s age and development, determining consequences in advance, and rewarding good choices.