



Recommended Reading for Parents

Recommended Parenting Books:

Best Friends, Worst Enemies: Understanding the Social Lives of Children

by Michael Thompson, PhD and Catherine O'Neill Grace

In this wise and insightful book, psychologist Michael Thompson, Ph.D., and children's book author Catherine O'Neill Grace, illuminate the crucial and often hidden role that friendship plays in the lives of children from birth through adolescence.

How Children Succeed: Grit, Curiosity, and the Hidden Power of Character

by Paul Tough

Why do some children succeed while others fail? The story we usually tell about childhood and success is the one about intelligence: success comes to those who score highest on tests, from preschool admissions to SATs. But in *How Children Succeed*, Paul Tough argues that the qualities that matter more have to do with character: skills like perseverance, curiosity, optimism, and self-control.

How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success

By Julie Lythcott-Haims

In this book Lythcott-Haims offers practical alternative strategies that underline the importance of allowing children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

How to Talk So Kids Will Listen & Listen So Kids Will Talk

by Adele Faber & Elaine Mazlish

A bestselling classic on how to effectively communicate with your child offering fresh insights and suggestions as well as the author's time-tested methods to solve common problems and build foundations for lasting relationships,

Mindset: The New Psychology of Success

Carol S Dweck, PhD

After decades of research on achievement and success, psychologist Carol Dweck has discovered a truly groundbreaking idea—the power of our mindset. Dweck explains why it's not just our abilities and talent that bring us success—but whether we approach them with a fixed or growth mindset.

Parenting with Love & Logic

by Foster Cline, MD & Jim Fay

A parenting book that shows parents 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.



Positive Discipline: The Classic Guide to Helping Children Develop Self-Discipline, Responsibility, Cooperation, and Problem Solving Skills

By Jane Nelson, Ed.D.

This book helps parents understand that the key to positive discipline is not punishment but mutual respect. Other books in the series are for teachers and parents with age specific foci.

Raising Resilient Children

by Robert Brooks, PhD and Sam Goldstein, PhD

In this practical handbook for parents, clinical psychologists Brooks and Goldstein provide 10 parenting "guideposts" for nurturing the kind of resilience that helps children thrive

Teaching Tolerance: Raising Open-Minded, Empathetic Children

by Sara Bullard

This book invites teachers and parents to examine their own attitudes and habits in order to help them develop a non-judgmental and empathetic perspective in their children.

The Blessing of a B-

By Wendy Mogel, PhD

With her warmth, wit, and signature combination of Jewish teachings and psychological research, Mogel returns with a new book on raising resilient teenagers and helping parents to ably navigate the often rough journey through the teenage years and guide children to becoming confident, resilient young adults. Mogel's original book, *The Blessing of Skinned Knee* was also a bestseller and a guide to raising self-reliant children.

The Price of Privilege

by Madeline Levine, PhD

In this eye-opening, provocative, and essential book, clinical psychologist Madeline Levine identifies toxic cultural influences and well-intentioned, but misguided, parenting practices that are detrimental to a child's healthy self-development. She offers practical guidelines and parenting strategies for those struggling with troubled teens. The advice is useful to any parent of any income level and includes ways to foster healthy autonomy, impulse control and sense of self.

Too Much of a Good Thing

by Dan Kindlon

Living in a culture that worships instant success makes it hard for teens to engage in the slow, careful building of the skills that enhance self-esteem and self-sufficiency. *Too Much of a Good Thing* maps out the ways in which parents can reach out to their children, teach them engagement in meaningful activity, and promote emotional maturity and a sense of self-worth.

Why Do They Act That Way: A Survival Guide to the Adolescent Brain

by David Walsh, PhD

The tenth anniversary edition of this national bestseller goes beyond raging hormones and peer pressure to explain why adolescents act the way they do and what parents and teachers can do about it—and it's now thoroughly revised and



updated to address the issues facing kids today: social media, online bullying, prescription drug abuse, stress, and nutrition.

Gender Based Reading:

GIRLS:

Boys and Girls Learn Differently

by Michael Gurian

In this groundbreaking book, Gurian clearly demonstrates how the distinction in hard-wiring and socialized gender differences affects how boys and girls learn. Gurian presents a proven method to educate our children based on brain science, neurological development, and chemical and hormonal disparities.

Odd Girl Out: The Hidden Culture of Aggression in Girls

by Rachel Simmons

Educator and bullying expert Rachel Simmons gives girls, parents, and educators proven and innovative strategies for navigating social dynamics in person and online, as well as brand new classroom initiatives and step-by-step parental suggestions for dealing with conventional bullying.

Queen Bees and Wannabees: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and New Realities of the Girl World

by Rosalind Wiseman

An inside look into the secret world of girls' friendships, this book will help you understand how your daughter's relationship with friends and cliques sets the stage for other intimate relationships as she grows and guides her when she has tougher choices to make

The Curse of the Good Girl: Raising Authentic Girls with Courage and Confidence

by Rachel Simmons

Drawing on the exercises Simmons herself uses in her work with girls, parents, and educators. *The Curse of the Good Girl* provides a catalog of practical strategies to foster girls' assertiveness, resilience, and integrity.

Why Gender Matters

by Leonard Sax, MD., PhD

Are boys and girls really that different?

In *Why Gender Matters*, psychologist and family physician Dr. Leonard Sax leads parents through the mystifying world of gender differences by explaining the biologically different ways in which children think, feel, and act. He addresses a host of issues, including discipline, learning, risk taking, aggression, sex, and drugs, and shows how boys and girls react in predictable ways to different situations.

BOYS:

Boys Adrift

by Leonard Sax, MD, PhD

Leonard Sax presents five factors driving the growing epidemic of unmotivated boys and underachieving young men. He offers practical solutions, sharing strategies which educators have found effective in re-engaging these boys at school, as well as handy tips for parents about everything from homework, to videogames, to medication.

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Masterminds and Wingmen

by Rosalind Wiseman

A landmark book that reveals the way boys think and that shows parents, educators and coaches how to reach out and help boys overcome their most common yet difficult challenges.

Raising Cain

Michael Thompson, PhD and Dan Kindlon, PhD

Kindlon and Thompson make a compelling case that emotional literacy is the most valuable gift we can offer our sons, urging parents to recognize the price boys pay when we hold them to an impossible standard of manhood. They identify the social and emotional challenges that boys encounter in school and show how parents can help boys cultivate emotional awareness and empathy--giving them the vital connections and support they need to navigate the social pressures of youth.

The Purpose of Boys: Helping Our Sons Find Meaning, Significance and Direction in Their Lives

by Michael Gurian

A powerful new program to help us give our sons a core purpose—a program based on building morality, character, career goals, the ability to form intimate relationships, selflessness, personal and community responsibility, and an accelerated process of developmental maturity.

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