



Parenting Resources (books and websites)

Books

General Parenting

- Parenting with Love and Logic, Cline & Fay
- No Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture Your Child's Developing Minds, Seigel
- Brainstorm: The Power and Purpose of the Teenage Brain, Seigel
- How To Talk so Kids Will Listen and Listen So Kids Will Talk, Faber & Mazlish
- The Conscious Parent: Transforming Ourselves, Empowering our Children, Tsabary

Dealing With How You Were Parented

- Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive, Siegel & Hartzell

Parenting Children with Differing Abilities

ADHD/Executive Functioning

- Raising Boys with ADHD: Secrets for Parenting Healthy, Happy Sons, Richey & Forgan
- Mindful Parenting for ADHD: A Guide to Cultivating Calm, Reducing Stress, and Helping Children Thrive, Bertin & Tuckman
- Boy Without Instructions: Surviving the Learning Curve of Parenting a Child with ADHD, Williams
- Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential, Dawson & Guare

Depression/Anxiety/Extreme Emotions

- Helping Your Anxious Child: A Step-by-Step Guide for Parents, Rapee, Wignall, Spence
- Coping with an Anxious or Depressed Child: A CBT Guide for Parents and Carers, Cartwright-Hatton
- Parenting a Child Who Has Intense Emotions, Harvey & Penzo

Trauma/Neglect/Abuse History/Foster/Adopt

- The Connected Child: Bringing Hope and Healing to Your Adoptive Family, Purvis & Cross
- Integrative Parenting: Strategies for Raising Children Affected by Attachment Trauma, Wesselman, Schweitzer, & Armstrong
- Parenting the Hurt Child: Helping Adoptive Families Heal and Grow, Keck & Kupecky

Autism Spectrum/Sensory Processing Disorder

- A Parents' Guide to High Functioning Autism Spectrum Disorder, Ozonoff & Dawson
- Understanding Your Child's Sensory Signals, Voss & Post
- Ten Things Every Child with Autism Wishes You Knew, Notbohm & Zysk
- The Out-of-Synch Child: Recognizing and Coping with Sensory Processing Disorder, Kranowitz & Miller



Oppositional Defiant Disorder/Conduct Disorder

- The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children, Greene
- The Defiant Child: A Parent's Guide to Oppositional Defiant Disorder, Riley

Chronic Illness

- Parenting Children with Health Issues: Essential Tools, Tips, and Tactics for Raising Kids with Chronic Illness, Medical Conditions, and Special Needs, Cline & Greene
- Tools for the Exceptional Parent of a Chronically Ill Child, Riga
- American Diabetes Association Guide to Raising a Child with Diabetes, Betschart Roemer

Websites

- Parenting all types of children: <https://www.kidsinthehouse.com/>
- Love & Logic: <https://www.loveandlogic.com/>
- Aha! Parenting: <http://www.ahaparenting.com/>
- CDC: <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>
- Child Development Institute: <https://childdevelopmentinfo.com/>
- Focus on the Family: <http://www.focusonthefamily.com/>