



## Recommended Reading for Parents

### Child Development

#### **Touchpoints**

*by T. Berry Brazelton*

This wonderfully reassuring book covers typical “touchpoints” or phases that many children experience in both their emotional and physical development. It also offers insights into common concerns of parents, such as divorce, sex and illness.

#### **What to Expect the First Year**

*by Eisenberg, Murkhoff and Hathaway*

A comprehensive month-by-month guide that clearly explains everything parents need to know about the first year with a baby.

#### **Your Baby and Child from Birth to Five**

*by Penelope Leach*

Following a chronological progression, this book covers development, feeding, sleeping, comforting and discipline in an easy-to-read format.

#### **The Baby Book Everything You Need to Know About Your Baby**

*by William and Martha Sears*

Covering developmental issues from birth to age two, this book emphasizes a baby’s basic needs and helps new parents meet those needs through loving, nurturing, attachment parenting.

#### **Your One Year Old: The Fun-Loving, Fussy 12-24 Month Old**

*By Louise Bates Ames and Frances L. Ilg*

In this first book in the series from the renowned Gesell Institute, which includes *Your One-Year-Old* through *Your Ten- to Fourteen-Year-Old*, the authors discuss all important questions that concern the twelve- to twenty-four-month-old child. They examine the various stages of development between infancy and toddlerhood: what new things the child can do; how the child acts with parents and other people; what the child thinks and feels.

#### **The Preschool Years**

*by Ellen Galinsky and Judy David*

Ellen Galinsky and Judy David have collected an impressive wealth of knowledge from such experts as T. Berry Brazelton, Benjamin Spock, and Bruno Bettelheim, as well as insights from parents themselves, to present a range of practical solutions to everyday problems.

#### **Mind in the Making: The Seven Essential Life Skills Every Child Needs**

*by Ellen Galinsky*

In *Mind in the Making*, Ellen Galinsky has grouped research into seven critical areas that children need most: (1) focus and self control; (2) perspective taking; (3) communicating; (4) making connections; (5) critical thinking; (6) taking on challenges; and (7) self-directed, engaged learning. For each of these skills, Galinsky shows parents what the studies have proven, and she provides numerous concrete things that parents can do—starting today—to strengthen these skills in their children. These aren’t the kinds of

skills that children just pick up; these skills have to be fostered. They are the skills that give children the ability to focus on their goals so that they can learn more easily and communicate what they've learned. These are the skills that prepare children for the pressures of modern life, skills that they will draw on now and for years to come.

### **Nobody's Perfect: Living and Growing with Children Who Have Special Needs**

*By Nancy B. Miller, Ph.D., M.S.W.*

Offers parents who have children with special needs a fresh, affirming perspective on the challenges of family life.

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## **PARENTING AND RELATIONSHIPS**

### **At Work in Life's Garden: Writers on the Spiritual Adventure of Parenting**

*by Sarah Conover and Tracy Springberry*

In this collection well-known writers tell their personal stories about how the wonder, the chaos, and the pain of raising children has led them to engage more deeply with the world, with themselves, and with other people.

### **Becoming the Parent You Want to Be**

*by Laura Davis and Janis Keyser*

A source book of strategies for the first five years of your parenting journey.

### **Parenting: A Field Guide**

*by Patricia Nan Anderson*

This book is unique in that individual concepts are presented one per page, along with an exercise, informational bit, or statistic on the facing page.

### **And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy After Baby**

*by John Gottman*

Lack of sleep, never-ending housework, and new fiscal concerns often lead to conflict, disappointment, and hurt feelings. This book teaches couples the skills to avoid the pitfalls of parenthood.

### **Everyday Blessings: The Inner Work of Mindful Parenting**

*by Myla Kabat-Zinn and Jon Kabat-Zinn*

A thoughtful approach to mindful parenting that will help you slow down, enrich your life as a parent, and nourish the internal life of your children

### **Kids Are Worth It**

*by Barbara Coloroso*

A guide focused on helping kids develop their own self-discipline by owning up to their mistakes, thinking through solutions, and correcting their misdeeds while leaving their dignity intact

### **Parenting Through Crisis: Helping Kids in Times of Loss, Grief, and Change**

*by Barbara Coloroso*

A companion to Kids Are Worth It, this book shows how parents can help children find a way through grief and sorrow during the difficult times of death, illness, divorce, and other upheavals. The author

offers concrete, compassionate ideas for supporting children as they navigate the emotional ups and downs that accompany loss, assisting them in developing their own constructive ways of responding

**The Bully, the Bullied, and the Bystander: How Parents and Teachers Can Help Break the Cycle of Violence**

*by Barbara Coloroso*

This book suggests a range of methods that parents can use to identify bullying behavior and deal with it effectively and also provides excellent insights into behaviors related to bullying, including cliques, hazing, and taunting.

**Just Because It's Not Wrong Doesn't Make it Right: Teaching Kids to Think and Act Ethically**

*by Barbara Coloroso*

This is a little book but dense and incredibly thought provoking.

**Liberated Parents, Liberated Children: Your Guide to a Happier Family**

*by Adele Mazlish and Elaine Faber*

In this honest, illuminating book, internationally acclaimed parenting experts Adele Faber and Elaine Mazlish bring to life the principles of famed child psychologist Dr. Haim Ginott, and show how his theories inspired the changes they made in their relationships with their own children.

**Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too**

*by Adele Mazlish and Elaine Faber*

This book gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship.

**Raising Cain: Protecting the Emotional Life of Boys**

*By Dan Kindlon and Michael Thompson*

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.

**Raising a Daughter: Parents and the Awakening of a Healthy Woman**

*by Jeanne Elium and Don Elium*

Girls are born believing that they can do anything, but our media-driven culture of mixed messages and conflicting values can make growing up a confusing and risky business. And for parents, it is a daunting responsibility to raise confident, independent daughters while still keeping them safe. This book explores these complex challenges.

**How Much is Enough?: Everything You Need to Know to Steer Clear of Overindulgence and Raise Likeable, Responsible and Respectful Children**

*by Jean Illsley Clarke, Ph.D., Connie Dawson, Ph.D., and David Bredehoft, Ph.D.*

This book offers an in-depth look at how damaging overindulgence is to children, affecting their ability to learn many of the important life skills they need to thrive as adults

### **From Diapers to Dating: A Parent's Guide to Raising Sexually Healthy Children- From Infancy to Middle School**

*by Debra W. Haffner*

This book offers a wealth of practical techniques to help you identify and communicate your own values about sexuality to your children, infants to age twelve.

### **The Six Stages of Parenthood**

*by Ellen Galinsky*

Almost all books for parents focus on the way children develop. Ellen Galinsky, instead, writes about how parents develop. Drawing on the work in adult development of Erik Erikson and Daniel Levinson, she describes six distinct stages in the life of a parent: the image-making that occurs during pregnancy; the nurturing role that swallows parents up from birth through the first couple of years; the authority parents must develop as small children show independence; the interpretive stage when parents explain the world and their values to school-age children; the interdependent stage when teenagers challenge authority; and the departure years when parents let go and take stock of their accomplishments and failures.

### **The Seven Principles for Making Marriage Work**

*By John Gottman*

John Gottman has revolutionized the study of marriage by using rigorous scientific procedures to observe the habits of married couples in unprecedented detail over many years. Here is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious and long-lasting relationship. Packed with practical questionnaires and exercises, *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

### **The Truth About Children and Divorce: Dealing with the Emotions So You and Your Children Can Thrive**

*by Robert E. Emery, PhD*

Dr. Emery shows how our powerful emotions and the way we handle them shape how we divorce—and whether our children suffer or thrive in the long run. His message is hopeful, yet realistic—divorce is invariably painful, but parents can help promote their children's resilience.

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## **NUTRITION**

### **Child of Mine**

*by Ellyn Satter*

Written by a respected, registered dietician this book covers breast and bottle feeding, when and how to introduce solid foods, nutritional guidance, and social and emotional issues surrounding mealtimes.

### **How to Get Your Child to Eat: But Not Too Much**

*by Ellen Satter*

Answering a multitude of questions—such as What should a parent do with a child who wants to snack continuously? How should parents deal with a young teen who has declared herself a vegetarian and refuses to eat any type of meat? Or What can parents do with a child who claims he doesn't like what's been prepared, only to turn around and eat it at his friend's house?—this guide explores the relationship between parents, children, and food in a warm, friendly, and supportive way.

### **First Meals**

*by Annabel Karmel*

Chapters of recipes and feeding information broken down by age and explained simply. Parents will discover how satisfying it is to make baby's food.

### **The Womanly Art of Breastfeeding**

*LaLeche League International*

This book provides breastfeeding information with a warm supportive, practical approach and explains the substantial benefits of human milk for babies.

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## **DISCIPLINE & GUIDANCE**

### **Raising Your Spirited Child**

This book will help you develop strategies for coping with a child who is more intense, sensitive, perceptive, persistent, or uncomfortable with change than the average child.

### **Your Child's Self-Esteem**

*by D. Briggs*

This book offers step-by-step guidelines for raising responsible, productive, happy children and building your child's self-image.

### **Without Spanking or Spoiling**

*by Elizabeth Crary*

This book offers effective consequences for un-acceptable behavior without spoiling your child or using spanking to discipline your child.

### **Raising an Emotionally Intelligent Child: The Heart of Parenting**

*by John Gottman*

Written by a psychology professor, this book explores the emotional relationship between parents and children and identifies a five-step "emotion coaching" process to help teach children how to recognize and address their feelings, including becoming aware of the child's emotions; recognizing that dealing with these emotions is an opportunity for intimacy; listening empathetically; helping the child label emotions; setting limits; and problem-solving

### **Parenting Young Children: Systematic Training for Effective Parenting of Children Under Six**

*by Don Dinkmeyer*

This book offers guidance on building self-esteem, communicating with young children, and dealing with issues from tantrums to toilet training.

### **Positive Discipline the First Three Years**

*by Jane Nelsen*

This book gives you insight into the brain of a child during the first three years of life. It helps you recognize when your child is ready to master the challenges of sleeping, eating and potty training and how to avoid the power struggles that often come with those lessons using non-punitive methods.

**Raising Self-Reliant Children in a Self-Indulgent World: Seven Building Blocks for Developing Capable Young People**

*by Jane Nelsen and H. Stephen Glenn*

This book offers inspiration and workable ideas for developing a trusting relationship with children, as well as the skills to implement the necessary discipline to help your child become a responsible adult.

**How To Talk So Kids Will Listen**

*by A. Faber and E. Mazlish*

A step-by-step approach to improve your ability as a parent to talk and problem-solve with your children.

**Peaceful Parents, Peaceful Kids: Practical Ways to Create a Calm and Happy Home**

*by Naomi Drew*

This book has concrete situations and hands on examples to help create a positive home environment.

**Kids, Parents and Power Struggles: Winning for a Lifetime**

*by Mary Sheedy Kurcinka*

Unique approaches to solving the daily, and often draining, power struggles between you and your child. Kurcinka views these conflicts as rich opportunities to teach your child essential life skills, like how to deal with strong emotions and problem solve. With her successful strategies, you'll be able to identify the trigger situations that set off these struggles and get to the root of the emotions and needs of you and your child.

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**SLEEP**

**The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night**

*by Elizabeth Pantley and William Sears*

A guide that will provide you with effective strategies for overcoming naptime and nighttime problems gently so that everyone in the family gets a good night's sleep.

**Healthy Sleep Habits, Happy Child**

*by Marc Weissbluth*

A step-by-step regime for instituting beneficial habits within the framework of your child's natural sleep cycles.

**The Sleep Book for Tired Parents**

*by Rebecca Huntley*

This book covers several different techniques a parent can choose to encourage healthy sleep habits in their child. The family bed, progressive crying and living with the present situation are a few of the topics discussed.

**The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer**

*by Harvey Karp*

Pediatrician-recommended steps designed to calm and soothe crying infants, including swaddling, side/stomach position, shhh sounds, swinging and sucking.

## **Sleeping Through the Night: How Infants, Toddlers and Their Parents Get a Good Night's Sleep**

*by Jodi Mindell*

This comprehensive book covers the basics of sleep, getting through the first few months, bedtime routines, bedtime struggles, and night waking. A wide variety of strategies for both parents and children are provided.

## **Sleepless in America: Is Your Child Misbehaving---or Missing Sleep?**

*by Mary Sheedy Kurcinka*

*Sleepless in America* offers weary and frustrated parents a helping hand and new approach to managing challenging behaviors by integrating research on stress, sleep, and temperament with practical strategies and a five-step approach that enables parents to help their "tired and wired" children get the sleep they so desperately need.

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## **LEARNING THROUGH PLAY**

### **Your Child at Play Series**

*by Marilyn Segal*

- Birth to One Year -Discovering the Senses and Learning About the World
- One to Two Years -Exploring, Daily Living, Learning and Making Friends
- Three to Five Years -Conversation, Creativity, and Learning Letters, Words, and Numbers
- Two to Three Years -Growing Up, Language, and the Imagination
- Five to Eight Years -Building Friendships, Expanding Interests, and Resolving Conflicts
  
- **Learning Through Play Sign with Your Baby**
- *by Joseph Garcia*
- A guide to communicating with infants before they can speak.
  
- **Mudworks: Creative Clay, Dough, and Modeling Experiences**
- *by MaryAnn F. Kohl*
- More than 100 recipes for dough, plaster, clay and other modeling mixtures that can be used for just plain fun or serious art.
  
- **The Toddler's Busy Book**
- *by Trish Kuffner*
- This book contains 365 activities and hours of entertaining activities for parents and children from one-and-a-half to three-year-olds using things found around the home.
  
- **Preschooler's Busy Book**
- *by Trish Kuffner*
- For little hands that are eager for action, this book contains 365 activities for three-to six-year-olds using things found around the home.
  
- **Games Babies Play from Birth to Twelve Months**
- *by Vicki Lansky*

- A collection of activities that keep pace with baby's changing abilities. Each section includes developmental information, fun routines, songs, and rhymes.
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## **SAFETY**

### **Childproof Your Home**

by Vicki Lansky

This book takes a room-to-room approach to make a baby's environment safe for exploration. Outdoor safety, travel and poison prevention are also discussed.

### **Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)**

by Gavin de Becker

Gavin de Becker offers practical steps to enhance children's safety at every age level, giving you the tools you need to allow your kids freedom without losing sleep yourself. With daring and compassion, he shatters the widely held myths about danger and safety and helps parents find some certainty about life's highest-stakes questions.

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**Bellingham Technical College offers parenting classes and parenting presentations throughout Whatcom County. In addition, they offer classes for parents to take with their infants, toddlers and preschoolers. For information call (360) 752-8350**

**Parenting Scholarships are Available!** The BTC Foundation, Kiwanis Club of Bellingham, WECU, BP, Whatcom Community Foundation, and former class participants have donated funds to provide up to half scholarships for people needing assistance with the fees for parenting classes. (Maximum of \$75 per year per student.) Find the application online at [www.btc.ctc.edu](http://www.btc.ctc.edu) under Continuing & Community Education or pick one up in the Registration Office.

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