

A SELECTION OF BOOKS ON PARENTING

CHILD DEVELOPMENT

Your One Year Old, by Ilg & Ames, 1979.

Your Two Year Old, by Ilg & Ames, 1978.

Your Three Year Old, by Ilg & Ames, 1976.

Your Four Year Old, by Ilg & Ames, 1976.

Your Five Year Old, by Ilg & Ames, 1979.

These books discuss the problems and pleasures, feelings and developments of the child, year by year... by the co-founder of the Gesell Institute.

What to Expect the First Year, by Eisenberg, Murkoff, & Hathaway, rev. 2003.

What to Expect the Toddler Years, by Eisenberg, Murkoff, & Hathaway, 1996.

These handy reference books take a look at each month of your child's life and offer insight and advice about key issues.

Touchpoints, by T. Berry Brazelton, 1994.

This noted pediatrician writes with understanding and compassion for the parent and child (from birth to age six). You will gain a better understanding of your child's emotional and physical development

Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason, by Alfie Kohn.

A recently published parent book that explores the long term affects of positive parenting rather than the affects of short term compliance. A broad, philosophy based approach rather than a step by step "How to parent" book.

CHILD GUIDANCE

Kids Are Worth It! (Rev. 2002) by Barbara Coloroso.

Barbara Coloroso's writing is "down to earth" and humorous. She uses many real life examples to get her message across that good parenting begins with treating children with respect.

Living with the Active Alert Child (Rev. 2003) by Linda S. Budd, Ph.D.

This book helps you understand the active alert child and the family system. Very readable with clear suggestions for parents.

Love & Limits, by Elizabeth Crary, 1995.

This guide to the principles of guidance includes many concrete examples.

Without Spanking or Spoiling, Second Edition, by Elizabeth Crary, 1993.

Alternatives for parents to recognize and attain their personal goals in childrearing.

Parenting Young Children: Systematic Training for Effective Parenting (Step) of Children Under Six, by Don Dinkmeyer, 1997

Based on the nationally successful STEP (Systematic Training for Effective parenting) program, Parenting young Children focuses on parents of children under six years of age, and offers guidance on building self-esteem, communicating with young children, and dealing with issues from tantrums to toilet training.

Miseducation—Preschoolers at Risk, by David Elkind, 1994.

This is a book that demonstrates the uniqueness of a young child's mind and demonstrates the best ways to nurture it.

Kid Cooperation, How To Stop Yelling, Nagging and Pleading and Get Kids To Cooperate, by Elizabeth Pantley, 1996.

This is a very thorough book beginning with looking at "your parenting style" and ending with "taking care of yourself" and "ideas, not answers." Elizabeth Pantley is reassuring and knowledgeable (and, incidentally, from the Seattle area).

Raising Your Spirited Child: A Guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, Energetic, by Mary Sheedy Kurcinka, 1998.

Practical strategies for recognizing the “more,” developing coping strategies and creating environments.

Positive Discipline the First Three Years, by Jane Nelsen, 1998.

Learn to use kind but firm support to raise a child who is both capable and confident.

Positive Discipline for Preschoolers, by Jane Nelsen, 1995.

This book helps answer those tough questions that sometimes feel overwhelming in these early years.

Unconditional Parenting: Moving from Rewards And Punishments to Love and Reason, Alfie Kohn

A recently published parent book that explores the long term affects of positive parenting rather than the affects of short term compliance. A broad, philosophy based approach rather than a step by step "How to parent" book.

THE COMMUNICATION PROCESS

Love and Anger, The Parental Dilemma (1995) by Nancy Samalin.

This small treasure of a book addresses a large unspoken issue: how can a parent feel so intensely angry at the child they also intensely love? This book is an excellent guide to guilt-free parenting. You will gain insight and helpful tips.

Your Child's Self-Esteem, by Dorothy Briggs, 1970.

Very practical ways to help children become confident and caring human beings are included in this helpful book.

How To Talk So Kids Will Listen & Listen So Kids Will Talk, by Faber & Mazlish, 1999. An enthusiastic action approach to communicating with children and helping them solve their own problems is presented in this book.

HEALTH ISSUES

From Diapers to Dating, a Parent's Guide to Raising Sexually Healthy Children, by Debra W. Haffner, MPH, 2000.

Here is another topic not often mentioned in parenting books. This values-oriented approach to raising sexually healthy children is informative and comforting.

How To Get Your Child To Eat But Not Too Much, by Ellyn Satter, 1987.

Ellyn Satter is a registered dietician and therapist. This book contains sound nutritional advice while addressing the emotional aspect of eating. She covers eating issues from birth to adolescence.

The Sleep Book for Tired Parents, by Rebecca Huntley.

Practical suggestions to help the whole family sleep.

LOSS

Parenting Through Crisis & Loss, by Barbara Coloroso.

For Better or Worse: Divorce Reconsidered, by Mavis Hetherington.

Provides some hopeful suggestions on how children can be protected during this painful time.

PARENTHOOD

Sequencing, by Arlene Rossen Cardoza. Explores the realizations that are convincing many women to make rearing their children their first priority.

PARENTHOOD

Sequencing, by Arlene Rossen Cardoza. Explores the realizations that are convincing many women to make Rearing their children their first priority.

And Baby Makes Three, Gottman and Schwartz Gottman

This is a wonderful book for parents of children under 3 years of age. It is a 6-step plan for preserving marital intimacy and rekindling romance after baby arrives. Based on a 13-year study, this research based information is highly recommended for partners new to parenting.

Traits of a Healthy Family, by Curren, 1983.

A refreshing approach to how families function well and ways in which adults and children can build upon their strengths.

Becoming the Parent You Want To Be, by Davis and Keyser, 1997.

This book serves as an excellent resource book for the first five years.

Peaceful Parents, Peaceful Kids, by Naomi Drew, 2000.

Gives practical ways to create a calm and happy home.

When Your Child Drives You Crazy, by Edna LeShan, 1985

Warm, compassionate advice to help parents find the strength to cope with children at any age or stage.

And Baby Makes Three, by Gottman and Shwartz Gottman

This is a wonderful book for parents of children under 3 years of age. It is a 6-step plan for preserving marital intimacy and rekindling romance after baby arrives. Based on a 13-year study, this research based information is highly recommended for partners new to parenting.

SIBLING RELATIONS

Raising Brothers and Sisters Without Raising the Roof, by Carole and Andrew Calladine, 1984.

How to promote positive growth for each child and harmony among brothers and sisters.

Kids Can Cooperate: A Practical Guide to Teaching Problem Solving, by Elizabeth Crary, 1984.

Teaches children skills to solve conflicts themselves.

Siblings Without Rivalry, by Faber & Mazlish, 1998.

The authors explain how many families have applied their popular communication techniques to sibling situations.

Loving Each One Best, by Nancy Samalin, 1997.

This book is similar to Siblings Without Rivalry but also acknowledges the parent's feelings.

TRAVEL BOOKS

Are We There Yet?: Backseat book

Best Hikes with Children in Western Washington & the Cascades

Flying Smart: Everything you need to know about flying (abroad), but were afraid to ask.

Have Kid, Will Travel: 101 survival strategies for vacationing with babies and young children.

Kids, Kids, Kids in British Columbia

Kids, Kids, Kids in Vancouver

Out & About Seattle With Kids

The Getaway Book, Volumes I-IV

The Penny Whistle Traveling with Kids Book. Whether by Boat, Train, Car or Plane:

How to take the best trip ever with kids of all ages.

Travel Mates: Fun games kids can play in the car or on the go.

Trouble-Free Travel with Children: Helpful hints for parents on the go.

Whatcom County with Kids: Places to go and things to do.

