



## RMPS Parent's Library

### Positive Parenting

#### ***Positive Discipline*** – Jane Nelsen

This book focuses on positive strategies that parents can apply to common obstacles they might face with their children. It provides easy actions a parent can take to support their children in becoming responsible and self-directed. Included in the book are multiple examples of typical parent-child interactions and illustrates ways to respond in each scenario.

#### ***T.I.P.S – Time-In Parenting Strategies*** – O'Weininger, PhD

This book covers focuses on the importance of parents being fully present with their children both physically and emotionally. It identifies the importance of starting early in a child's development to help them realize their full potential. The author reviews multiple emotional times and milestones in a family and provides a clear outline for helping families work through these times. The book covers the effects of different parenting strategies for infants to the adolescent years.

#### ***The Science of Parenting*** – Margot Sunderland

This book covers the current scientific research on the effects of child-rearing and different parent-child interactions. It provides a comprehensive understanding on the impact that different disciplinary efforts has on a child's developing brain. While the book covers a lot of scientific research it was written in plain language and provides lots of practical parenting strategies that support positive brain development and facilitate healthy attachment.

#### ***Raising a Thinking Child*** – Myrna B.. Shure, PhD

The focus of this book is to equip parents with tools to help facilitate the development of problem solving in children. Common experiences are identified in the book that both parents and children will face through the preschool years to the preteen years. This book will help children learn to think about their problem, what feelings they might have in the situation, and what feelings others might have. This book also helps parents reflect on their response to children and pick the most appropriate response that will support problem-solving in children.

***Feeling Great: Teaching Children to Excel at Living*** – Terry Orlick, PhD

The book provides a multitude of games and activities that parents can engage their children in to teach them to cope with stress, perform to their potential, make and act on good decisions, and facilitate the development of a positive self-identity.

***The Self-Esteem Trap: Raising Confident and Compassionate Kids in an Age of Self-Importance*** – Polly Young-Eisendrath. (2009).

Discusses how to raise youth in an age of unrealistic and unhealthy expectations of self-esteem.

***The Parent's Handbook: Systematic Training for Effective Parenting*** – Don Dinkmeyer and Gary McKay. (1997).

This book is dated, but a classic. The principles and parenting ideas are clearly and logically laid out.

***For Parents and Teenagers: Dissolving the Barrier Between You and Your Teen*** – William Glasser. (2003).

Discusses parenting and relationship building strategies for parents and adolescents.

***Helping Children to Build Self-Esteem: A Photocopiable Activities Book*** – Deborah Plummer. (2007, 2nd edition)

Designed for children between 7 and 11 years of age. Includes activities and worksheets to build self-esteem. Helpful for professionals and caregivers.

***Self-Esteem For A Lifetime: Raising A Successful Child From The Inside Out*** – Dr. Ingrid Schwieger. (2008)

Easy to read with practical suggestions for how to prevent common childhood problems and build self-esteem.

***How to Talk so Kids Will Listen & Listen So Kids Will Talk***- Faber & Mazlish

It teaches respectful, effective parenting skills that focus on how parents can build a good relationship with their child. The skills and information are most applicable from toddler hood to the pre-teen years.

***The Highly Sensitive Child***-Elaine Aron

Parents can use helpful self-tests and case studies to help them understand their child's temperaments along with thorough advice on:

- . The challenges of raising an highly sensitive child
- . How to soothe highly sensitive infants
- . Making school and friendships enjoyable

The book has chapters on various age groups ranging from newborns to teenagers.

***Positive Discipline for Teenagers***-Jane Nelsen and Lynn Lott

Helpful for understanding adolescents and their developmental needs and how to empower them through kind and firm parenting. For adolescents.

***Raising an Emotionally Intelligent Child*** -John Gottman

Book addresses how to teach children to recognize and address their feelings listening empathetically; helping the child label emotions; setting limits; and problem-solving. For all ages.

***Raising a Self-Disciplined Child: Help Your Child Become More Responsible, Confident, and Resilient-***

Robert Brooks & Sam Goldstein

Focus on how parents can teach children self-discipline and help them become responsible for their own actions and choices. Age: School age children.