

Parenting Resources

BOOKS

[*Adoption Parenting: Creating a Toolbox, Building Connections*](#), by Jean MacLeod and Sheena Macrae (editors). Warren: EMK Press, 2006.

[*Born for Love: Why Empathy is Essential and Endangered*](#), by Bruce D. Perry and Maia Szalavitz. New York: William Morrow Paperbacks, 2011.

[*Brainstorm: The Power and Purpose of the Teenage Brain*](#) by Daniel J Siegel. New York: TarcherPerigee, 2015.

[*How to Talk So Kids Will Listen & Listen So Kids Will Talk*](#) by Adele Faber & Elaine Mazlish. New York: Scribner, 2012.

[*How to Talk So Teens Will Listen and Listen So Teens Will Talk*](#) by Adele Faber & Elaine Mazlish. New York: William Morrow Paperbacks, 2006

[*Love and Logic Magic for Early Childhood: Practical Parenting from Birth to Six Years*](#), by Jim Fay and Charles Fay. Golden: Love and Logic Press, 2002.

[*No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind*](#) by Daniel J. Siegel & Tina Payne Bryson. New York: Bantam, 2016.

[*No Biking in the House Without a Helmet: 9 Kids, 3 Continents, 2 Parents, 1 Family*](#), by Melissa Fay Greene. New York: Sarah Crichton Books, 2012.

[*Parenting Adopted Adolescents: Understanding and Appreciating their Journey*](#), by Gregory C. Keck. Colorado Springs: NavPress, 2009.

[*Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive*](#), by Daniel J. Siegel and Mary Hartzell. New York: Jeremy P. Tarcher/Penguin, 2004

[*Parenting the Hurt Child: Helping Adoptive Families Heal and Grow*](#), by Gregory C. Keck and Regina M. Kupecky. Colorado Springs: NavPress, 2009.

[*Parenting Teens with Love and Logic*](#), by Foster Cline and Jim Fay. Colorado Springs: NavPress, 2006.

[*Parenting with Love and Logic*](#), by Foster Cline and Jim Fay. Colorado Springs: NavPress, 2006.

[*Reclaiming Childhood: Letting Children Be Children in Our Achievement-Oriented Society*](#), by William Crain. New York: Henry Holt and Co., 2003.

[*Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too*](#), by John W Gardner and Elaine Mazlish. New York: W. W. Norton & Company, 2012.

[*Sitting Still Like a Frog: Mindfulness Exercises for Kids \(and Their Parents\)*](#), by Eline Snel. Boulder: Shambhala; Pap/Com, 2013.

[*The Soul of the Child: Nurturing the Divine Identity of Our Children*](#), by Michael Gurian. New York: Atria, 2007.

[*Welcoming a New Brother or Sister Through Adoption: From Navigating New Relationships to Building Loving Families*](#), by Arleta James. London: Jessica-Kingsley Publishers, 2013.

[*The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind*](#), by Daniel J. Siegel and Tina Payne Bryson. New York: Delacorte Press 2011.

[*Understanding Sibling Rivalry: The Brazelton Way*](#), by Joshua Sparrow. Cambridge: Da Capo Press, 2005.

SELF-HELP BOOKS

[*10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying Your Life*](#), by Claire Michaels Wheeler. Oakland: New Harbinger Publications, 2007.

[*10 Simple Solutions to Worry: How to Calm Your Mind, Relax Your Body and Reclaim Your Life*](#), by Kevin Gyoerkoe and Pamela Wiegartz. Oakland: New Harbinger Publications, 2006.

[*Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger and Impulsiveness*](#), by Daniel Amen. New York: Three Rivers Press, 2015.

[*How You Feel is Up to You: The Power of Emotional Choice*](#), by Gary McKay and Don Dinkmeyer. Atascadero: Impact Publishers, 2002.

[Mindsight: The New Science of Personal Transformation](#) by Daniel Siegel. New York: Bantam, 2010.

WEBSITES

Adoption & Attachment Therapy Partners LLC

www.adoptattachtherapy.com

This website is packed with over 100 articles written specifically for adoptive families. If you want some ways to manage lying, stealing, hoarding, chattering and more, visit the articles related to managing these unwelcome behaviors. If you need help balancing the needs of your typical children or your own needs in the midst of parenting a child with a history of trauma, there are articles devoted to caring for each member of the adoptive family. There are also articles on trauma and the impact of trauma — and many more topics as well! The website is packed with resources, and it is also the home of the video, Supporting Brothers and Sisters. The video features five families parenting a combination of typically-developing children and adopted children.

Love and Logic

www.loveandlogic.com

The Love and Logic Institute is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic. They provide practical tools and techniques that help adults achieve respectful, healthy relationships with their children. Love and Logic is a phenomenal parenting approach! Their products are available as books, DVDs and audio tapes. Love and Logic seminars are regularly offered across the country. Visit their website to locate a Love and Logic training near you.

KidsHealth

www.kidshealth.org

KidsHealth is the largest and most-visited site on the Web. Created by The Nemours Foundation's Center for Children's Health Media, KidsHealth provides families with accurate, up-to-date, and jargon-free health information. There are separate areas for kids, teens, and parents—each with its own design, age-appropriate content, and tone. There are literally thousands of in-depth features about medical illnesses, mental health issues, school issues, child development and more!