

Parent Reading List

General Parenting Guides

Berman, Jean and Donna Corwin. The A to Z Guide to Raising Happy, Confident Kids

Bodenhamer, Gregory. Parent in Control: Restore Order in Your Home and Create a Loving relationship with your Adolescent

Boesky, Lisa. When to Worry: How to Tell if Your Teen Needs Help – And What To Do About It.

Bradley, Michael J. Yes, your Teen is Crazy! Loving Your Kid Without Losing Your Mind

Carr-Gregg, Michael and Erin Shale. Adolescence: A Guide for Parents.

Clark, Chap and Dee Clark. Disconnected: Parenting Teens in a MySpace World

Eller, T. Suzanne. Real Issues, Real teens: What Every Parent Needs to Know

Erickson, Erik H. Identity and the Life Cycle.

Faber, Adele and Elaine Mazlish. How to Talk So Teens Will Listen and Listen So Teens Will Talk

Fleming, Don. How to Stop Battling With Your Teenager

Fogarty, James A. , EdD. Over-Indulged Children: A Parent's Guide to Mentoring

Foster, W., Cline, Jim Fay. Parenting Tens With Love & Logic: Preparing Adolescents for responsible Adulthood

Ginsburg, Kenneth R., M.D., MS Ed., FAAP. Building Resilience in Children and Teens: Giving Kids Roots and Wings

Klein, Barbara. Raising Gifted Kids: Everything You Need to Know to Help Your Exceptional Child Thrive

Kurcinka, Mary Sheedy. Raising Your Spirited Child

Levine, Madeline, PhD. The Price of Privilege.

Marcus, David L. What It Takes To Pull Me Through: Why Teenagers Get in Trouble and How Four of Them Got Out

Mogel, Wendy, Ph.D. The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Resilient Teenagers

Nelsen, Jane, ED.D & Lott, Lynn, MA, MFT. Positive Discipline For Teenagers: Empowering Your Teen and Yourself Through Kind and Firm Parenting

Packer, Alex J. Parenting One Day At A Time: Using the Tools of Recovery to Become Better Parents and Raise Better Kids.

Pope, Denise Clark. Doing School: How We are Creating a Generation of Stressed Out, Materialistic and Miseducated Students

Popkin, Michael H. Active Parenting of Teens: Parents' Guide

Rainey, Dennis, Barbara Rainey and Bruce Nygren. Parenting Today's Adolescent: Helping Your Child Avoid the Traps of the Pre-Teen and Teen Years

Riera, Ph.D., Michael. Uncommon Sense for Parents with Teenagers

Riera, Ph.D., Michael. Staying Connected to Your Teenager: How to Keep them Talking to You and How to Hear What They're Really Saying

Riera, Ph.D., Michael. Field Guide to the American Teenager

Rosenberg, Marshall B. and Arun Gandhi. Non-Violent Communication

Runkel, Hal Edward. ScreamFree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool

Saso, Pat and Steve Saso. 10 Best Gifts for Your Teen: Raising Teens with Love and Understanding

Sasson Edgette, Janet. Stop Negotiating with Your Teen: Strategies for Parenting Your Angry, Manipulative, Moody or Depressed Adolescent

Satir, Virginia. Peoplemaking.

Scharf, Maggie. Intimate Worlds: Life Inside the Family

Sells, Scott P. Parenting Your Out-of Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love

Webb, James T. A Parents' Guide to Gifted Children

Webb, James T., Elizabeth A. Meckstroth and Stephanie S. Tolan. Guiding the Gifted Child: A Practical Source for Parents and Teachers

White, M. and D. Epston. Narrative Means to Therapeutic Ends.

Wolf, Anthony E. Get Out of My Life, But First Could You Drive Me and Cheryl to the Mall: A Parents' Guide to the New Teenager, Revised and Updated.

Yahnke, Sally, Ph.D. and Caryn Pernu. The Survival Guide for Parents of Gifted Children: How to Understand, Live With and Stick Up For Your Gifted Child.

Boys

Biddulph, Steve and Paul Stanish. Raising Boys: Why Boys Are Different

Erwin, Cheryl L. The Everything Parents' Guide to Raising Boys: A Complete Handbook to Develop Confidence

Sax, Leonard. M.D., Ph.D. Boys Adrift

Sheff, David. Beautiful Boy: A Father's Journey through his Son's Addiction

Girls

Dellosega, Cheryl. Surviving Orphelia: Mothers Share Their Wisdom in Navigating Tumultuous Teenage Years

Piper, Mary and Ruth Ross. Reviving Orphelia: Saving the Selves of Adolescent Girls.

Simmons, Rachel. The Curse of the Good Girl: Raising Authentic Girls With Courage and Confidence.

Simmons, Rachel. Odd Girl Out.

Zimmerman, Jean. Raising Our Athletic Daughters: How Sports Can Build Self-Esteem and Save Girls' Lives

Divorce

Hart, Archibald D., Ph.D. Helping Children Survive Divorce.

Ricci, Isolina, Ph.D. Mom's House, Dad's House: Making Two Homes For Your Child

Wolf, Anthony E. Why Did You Have to Get a Divorce? And When can I get a hamster?: A Guide to Parenting Through Divorce

Eating Disorders

Hornbacher, Marya. Wasted: A Memoir of Anorexia and Bulimia

Pipher, Mary. Hunger Pains: The Modern Women's Tragic Quest for Thinness

Step-Parenting/Blended Families

Block, Joel D. and Susan Bartell. Stepliving for Teens: Getting Along with Stepparents, Parents and Siblings

Eckler, James. Step by Step Parenting: A Guide to Successful Living with a Blended Family

Wooding, Scott. Step-Parenting and the Blended Family: Recognizing the Problems and Overcoming the Obstacles

The Middle School Years

Giannetti, Charlene C. The Roller Coaster Years

Siblings

Bly, Robert. The Sibling Society

Strohm, Kate. Being the Other One: Growing Up with a Brother or Sister Who Has Special Needs.

Pregnant & Parenting Teens

Brunelli, Jean and Jeanne Warren Lindsay. Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens

Learning Difficulties

Lovecky, Deirdre V. Different Minds: Gifted Children with ADHD, Asperger's Syndrome, and other Learning Deficits

Zeigler, Chris A. Teenagers with ADD and ADHD: A Guide for Parents and Professionals.

Zeigler, Chris A. Dendy. Teenagers with ADD: A Parents' Guide (The Special Needs Collection)

Bipolar Disorder

Faedda, Gianna L. Parenting the Bipolar Child: What to Do and Why

Papolos. Demitri M.D. and Janice Papolos. The Bipolar Child (Contains an extensive list of symptoms for parents to fill out to see if their child may meet the criteria for this disorder).

For Teens

Bradley, Michael J. Yes, Your Parents Are Crazy!: A Teen Survival Guide

Harriet Mosatche, Where Should I Sit at Lunch? The Ultimate 24/7 Guide to Surviving the High School Years

Riera, Ph.D., Michael. "Surviving High School: Making the Most of the High School Years"

Ricci, PhD, Isolina. Mom's House, Dad's House for Kids

Sprague, Susan. Coping With Cliques