

Recommended Parent Books

- *Ten Basic Principles of Good Parenting* By: Laurence Steinberg
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Steinberg, a psychology professor, writes about ten beliefs in child rearing that are true starting at infancy and running through adolescence. He feels following these core ingredients leads to successful parents and ultimately successful children. The book covers common parenting issues and questions.

- *No: Why Kids of All Ages Need to Hear It and Ways Parents Can Say It* By: David Walsh

Walsh's book is easy to read and gives insight on a balanced approach to parenting; neither being autocratic or permissive. Walsh highlights the value of saying "No" through stories and an easy step-by-step approach.

- *The Absorbent Mind* By: Maria Montessori

This classic Montessori book is the cornerstone of Montessori philosophy. Especially of interest to parents of infant through six year olds is the insight into a child's development. Dr. Montessori's presentation for her method of education that educates the whole child's potential is inspirational.

- *A Whole New Mind* By: Daniel Pink

A book about developing the skills necessary to be effective in today's global society. -Available in the Parent Lending Library

- *Siblings Without Rivalry* By: Faber Mazlish

A terrific guide to handling situations in your home; very thought provoking and practical. This book is great to work

through chapter by chapter to improve relationships throughout your family. -Available in the Parent Lending Library

- *The Power of Play* By: David Elkind

The author promotes the importance of daily unstructured play at home and at school for our children. Elkind feels that passive screen time, too much pressure from extra curricular activities and parental fears have gotten in the way of today's children in developing healthy creative imaginations. An interesting read.

- *Last Child in the Woods* By: Richard Louv

In this book author Richard Louv discusses multiple reasons why today's children have fewer experiences with nature. He reminds us of the importance, the need, for these experiences as a child in today's society. Louv's writing style is both enjoyable and thought provoking as he asks the reader to aide in fostering a "nature-child reunion."

- Gesell Institute of Human Development
- *Your One-Year-Old*, by Ames, Ilg and Haber
- *Your Two-Year-Old*, by Ames and Ilg
- *Your Three-Year-Old*, by Ames and Ilg
- *Your Four-Year-Old*, by Ames and Ilg
- *Your Five-Year-Old*, by Ames and Ilg
- *Your Six-Year-Old*, by Ames and Ilg
- *Your Seven-Year-Old*, by Ames and Haber
- *Your Eight-Year-Old*, by Ames and Haber
- *Your Nine-Year-Old*, by Ames and Haber
- *Your Ten-To-Fourteen-Year-Old*, by Ames, Ilg and Baker

These books help parents to better understand their children and are great guides through the trials and tribulations of childhood. The authors, doctors from the Gesell Institute of Human Development of Yale University, have studied

hundreds of children so that they can clearly describe the "norms" of what to expect at any given age. Having knowledge of what is typical at developmental stages is comforting and also helps to prepare parents to anticipate what is ahead and how to best respond.

- *Montessori: The Science Behind the Genius* By: Angeline Stoll Lillard

The author, a Montessori child trained guide, Montessori parent and leading developmental psychologist and professor draws from her many experiences. She illustrates how scientific research bears on Montessori principles and how those principles are implemented in a Montessori classroom. With impeccable research, this book provides a very clean understanding of the core principles that make Montessori an outstanding educational choice.

- *Raising Everyday Heroes* By: Elisa Medhus, M.D.

Full of inspiration and practical strategies, Medhus offers a valuable guide that covers many significant parent issues in today's world. Her message focuses on how to raise self-reliant, confident children, who are capable of making good decisions based on their strong internal values. She motivates adults to be exemplary role models by highlighting the importance of their presence in their children's lives.

- *The New Brain* By: Richard Restak, M.D.

A neurologist and neuropsychiatrist, Richard Restak explores current brain research in a style accessible to the layman. He describes the differences in our brains over the past century and how our culture and the demands of our modern world impact us. It is a fascinating read, full of new evidence about learning the memory.

- *Montessori Madness* By: Trevor Eissler

This summer, TCH faculty will be reading a book titled

"Montessori Madness- A Parent to Parent Argument for Montessori Education." In the upcoming school year, we will be hosting regular book group discussions about the various topics discussed in the book. This book is written by a Montessori parent and is packed full of useful information that we all can relate to. There are limited copies at the school for loan, or, they can be purchased on the website at www.montessorimadness.com.

- *Raising Financially Fit Kids* By: Joline Godfrey

"Financial competency is a way for kids to manifest their character; a way of playing out the essence of who they are and who they will become." Joline Godfrey shares this advice while defining a set of financial values for children today. Activities, allowance rules, and a developmental map that helps you place your child on the continuum of financial readiness are all combined into this straightforward, interesting book.

- *Becoming the Parent You Want to Be* By: Laura Davis and Janis Keyser

This book provides concise strategies that include answers to many practical parenting issues. Addressing topics such as sibling relationships, tantrums, sharing, and collaborating with your parenting partner, Davis and Keyser fill the pages with helpful ideas and creative solutions to everyday dilemmas.