



## Parenting Books

### **Everything you NEVER wanted your kids to know about Sex (but were afraid they'd ask)**

J. Richardson M.D., & M. Schuster, M.D.; 432 pages

This book is a survival guide that will help parents stay sane through every stage of their child's sexual development. This guide covers all the bases, including: what to expect at each stage of your child's development and how you can influence it from birth onward; what to tell your kids at every age about sex and how to get the conversation going; and how to encourage your teenager to use contraception without encouraging her to have sex, and how to help her choose the method that's best for her.

### **Try and Make Me! Simple Strategies that Turn Off the Tantrums and Create Cooperation**

R. Levy, Ph.D, & B. O'Hanlon, M.S., L.M.F.T.; 242 pages

*Try and Make Me* offers a commonsense approach to child rearing that ends the madness, prevents future violence, and helps children become the cooperative and well-adjusted "big-people" they innately want to be. Emphasizing the importance of avoiding power struggles, this book provides many clever tactics for putting an end to the screaming battles and teaching your children that good behavior is in their best interest, not just yours.

### **Making Children Mind Without Losing Yours**

Kevin Leman; 191 pages

Dr. Leman's action-oriented method puts you back in command. He shows you: How children learn; How to be the authority in your home without being authoritarian; why reward and punishment no longer work; and what really does work.

### **The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated Chronically Inflexible Children.**

R.W. Greene, Ph.D.; 336 pages

An explosive child is one who frequently exhibits severe noncompliance, temper outbursts, and verbal or physical aggression. This book lays out a sensitive, practical approach to helping your child at home and school.

### **How to Deal With your Acting-Up Teenager: Practical help for Desperate Parents**

R. Bayard, Ph.D. & J. Bayard, Ph.D.; 205 pages

The authors of this book offer an original approach to teenage acting-out. They offer a practical, step-by-step approach for parents at the end of their rope! Detailed steps proven helpful for parents in establishing mutually respectful relationships with their children.

### **Beyond the Big Talk: Every Parents Guide to Raising Sexually Healthy Teens- From Middle School to High School and Beyond.** (for parents of children ages 12-21)

D.W., Haffner, M.P.H.; 241 pages

This parenting guide helps parents raise sexually healthy children & teens, for parents of children ages 12-21. This guide covers topics including peer pressure, dating and parties, alcohol and drugs, harassment, abstinence and much more.

### **What's The Big Secret? Talking about Sex with Girls and Boys.**

L. Krashny Brown, Ed.D, & M. Brown; 32 pages

This well-illustrated book discusses sex for young boys and girls. This book conveys a genuine feeling of warmth and the subject doesn't come across as a 'big secret' after all. This parenting book answers questions such as: "Are boys and girls different on the inside?" "How do you tell girls and boys apart?" "Is sex a dirty word?" "Where do babies come from?" "What does bring pregnant mean?" "Do boys and girls have the same feelings?"

### **Love & Limits- Guidance Tools for Creative Parenting**

E. Crary; 47 pages

*Love & Limits* gives parents lots of useful ideas for raising secure, cooperative and capable children.

### **Don't Tell A Whopper on Friday! –The children's truth-control book** (for children)

A. Moser, Ed.D; 61 pages

In a clear and easy-to-understand narrative, Dr. Moser discusses the problems of lying and the importance of telling the truth. He offers truthful examples and suggests ways that can help children tell the truth.

### **Setting Limits: How to Raise Responsible, Independent Children by Providing Clear Boundaries**

R.J. MacKenzie, Ed.D; 372 pages

*Setting Limits* will help you establish the positive, respectful and instructional groundwork your children need for proper ethical and behavioral development.

### **The Pocket Parent**

G. Reichlin, & C. Winkler; 379 pages

This pocket parenting book covers everything from discipline & consequences, how to hold a family meeting, bedtime, manners, mealtime, self-esteem, time-out and chores to doctor & dentist visits, separation & anxiety, and strangers and fears at night.

**Pick Up Your Socks...and other skills growing children need! A practical guide to raising responsible children**

E. Crary; 108 pages

This book is about encouraging responsibility in your children. Most people, both parents and children, are responsible in some areas, and not responsible in others. This book will help you recognize where your child is and then build on the abilities that already exist.

**How to Behave So Your Children Will, Too!**

Sal Severe Ph.D.; 266 pages

Parents need to understand that their children's behavior is often a reflection of their own behavior. That's what makes this book unique. It does not focus on what children do wrong. It teaches parents what they can do differently.

**Ages & Stages- A Parent's Guide to Normal Childhood Development**

C.E., Schaefer, & T.F. DiGeronimo; 232 pages

Tips and Techniques for building your child's social, emotional, interpersonal and cognitive skills. This book is divided into four stages of child development, allowing you to monitor your child's progress, identify the reasons for emotional and psychological differences in siblings, and even determine how your parenting strategies should change as your child grows.

**Your Child: Emotional, Behavioral and Cognitive Development from Birth through Preadolescence**

American Academy of Child and Adolescent Psychiatry; 469 pages

This book takes you step-by-step through the developmental milestones of childhood, discussing specific questions and concerns and examining more troublesome problems. Expertly and definitively offering practical advice and invaluable information, this book will guide you through every stage of your child's growth and help you meet the daily challenges of parenting.

**Everyday opportunities for Extraordinary Parenting: Simple Ways to Make a Difference in Your Child's Life**

B. Connor; 318 pages

Filled with thoughtful advice and easy-to-use ideas, *Everyday Opportunities for Extraordinary Parenting* gives parents practical tools and creative tips for guiding kids through a happy, healthy childhood.

**Transforming the Difficult Child; The Nurtured Heart Approach**

Howard Glasser, MA and Jennifer Easley, MA; 271 pages

*The Nurtured Heart Approach* gives parents and teachers an absolutely clear understanding of how a challenging child really responds to normal ways of parenting and why traditional methods actually make the situation worse. It also provides a powerful set of strategies designed specifically to turn the challenging child around to a new pattern of success.

## **Supernanny; How to Get the Best from Your Children**

Jo Frost; 223 pages

Jo Frost, also known as **Supernanny**, works miracles on unruly toddlers (and young children) with her strategy of tough love, clear rules and praise for good behavior.

## **Driven to Distraction; Recognizing and Coping with Attention Deficit Disorder from Childhood through Adulthood**

Edward M. Hallowell, M.D., and John J. Ratey, M.D.; 319 pages

Through vivid stories of the experiences of their patients, (both adults and children), Drs. Hallowell and Ratey show the varied forms ADD takes from the hyperactive search for high stimulation to the floating inattention of daydreaming – and the transforming impact of precise diagnosis and treatment.

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