

BOOKS FOR PARENTS

CASEL: Collaborative for Academic and Social Emotional Learning

All Kids Are Our Kids: What Communities Must Do To Raise Caring And Responsible Children and Adolescents, by Peter L. Benson. (Jossey-Bass, 1997). The author focuses on how to build developmental assets in young people based on support, empowerment, boundaries, constructive use of time, commitment to learning, positive values, social competencies, and positive identity.

Emotional Intelligence: Why it Can Matter More than IQ, by Daniel Goleman. (Bantam, 1994) This best-seller raised public awareness about the importance of emotions in healthy human development.

Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child, by Maurice Elias, Steven Tobias, and Brian Friedlander. (Harmony Books, 1999) Parents can learn how to communicate with children on a deeper, more gratifying level and help them support their child's development in relating to others.

The Heart of Parenting: Raising an Emotionally Intelligent Child, by John Gottman. (Simon & Schuster, 1997) The author describes how parents can use an effective five-step process to become "Emotion Coaches" and teach their children how to express and manage emotions throughout their lives.

Raising Emotionally Intelligent Teenagers, by Maurice Elias, Stephen Tobias, and Brian Friedlander. (Random House, 2000) The authors explain creative, caring, and constructive ways to parent adolescents during these crucial years.

Raising a Thinking Child: Help Your Young Child To Resolve Everyday Conflicts and Get Along With Others: The "I Can Problem Solve" Program, by Myrna Shure. (Pocket Books, 1996) This book provides a step-by-step guide for teaching young children how to solve problems and resolve daily conflicts constructively.

Raising a Thinking Preteen, by Myrna Shure. (Henry Holt, 2000) In a follow-up to her best-selling book Raising a Thinking Child, Dr. Shure explains a program for resolving conflicts and developing critical thinking skills that can be used with 8-12-year-olds.

The Parents We Mean to Be: How Well-Intentioned Adults Undermine Children's Moral and Emotional Development

By Richard Weissbourd

Harvard psychologist Richard Weissbourd argues incisively that parents—not peers, not television—are the primary shapers of their children’s moral lives. And yet, it is parents’ lack of self-awareness and confused priorities that are dangerously undermining children’s development.

Parenting From the Inside Out

By Daniel Siegel, Mary Hartzell

Explore the extent to which our childhood experiences actually do shape the way we parent. Offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children.

Parenting for Good

By Dr. Marvin W. Berkowitz

A compilation of the best of Dr. Berkowitz's syndicated newspaper columns, offering insight, advice, and strategies for parents with kids of all ages.

The 7 Habits of Highly Effective Families

By Stephen R. Covey

Presents a practical and philosophical guide to solving the problems--large and small, mundane and extraordinary--that confront all families and strong communities.

Life's Greatest Lessons: 20 Things That Matter

By Hal Urban

Life's Greatest Lessons is a wise, wonderful book. Hal Urban, a parent and an award-winning teacher, presents twenty principles that are as deeply rooted in common sense as they are in compassion. The book will help you find the best -- in the world, in others, and in yourself.