

Parenting & Family Life Resources

Books on Parenting Children

- *The Miracle Morning for Parents & Families: Bringing Out the Best in Your Kids and Your Self* by Hal Elrod
- *Whole Child Parenting* -- *this is a series of books for different age groups from the Whole Child Program
- *The Whole Brain Child* by Daniel Siegel and Tina Payne Bryson
- *No-Drama Discipline* by Daniel Siegel
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk* by Adele Faber
- *The Highly Sensitive Child* by Elaine Aron
- *Positive Parenting: An Essential Guide to the Most Important Years of Your Child's Life* by Susan Garcia

Books on Parenting Teenagers

- *Untangled: Guiding Girls Through the Seven Transitions Into Adulthood* by Dr. Lisa Damour
- *He's Not Lazy: Empowering Your Son to Believe in Himself* by Dr. Adam Price
- *Brainstorm: The Power and Purpose of the Teenage Brain* by Daniel Siegel
- *Have a New Teenager By Friday* by Dr. Kevin Leman
- *Mother & Son: The Respect Effect* by Dr. Emerson Eggerichs
- *Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls* by Dr. Lisa Damour
- *How to Talk So Teens Will Listen & Listen So Teens Will Talk* by Adele Faber
- *131 Connecting Conversations for Parents and Teens* by Jed Jurchenko
- *Positive Parenting: An Essential Guide to Understanding Your Teen's Behavior* by Susan Garcia

Books for Tweens/Teens

- *Too Old For This, Too Young For That* by Dr. Harriet Mosatche & Karen Unger -- This Free Spirit classic is a friendly, reassuring guide to help tweens successfully navigate the often-turbulent middle school years. Readers learn they're not alone in the challenges they face and find practical tips and tools for all kinds of situations—getting settled in at middle school, making friends, handling peer pressure, setting and reaching goals, and dealing with body changes and getting along better with family and adults.
- *7 Habits of Highly Effective Teens* by Sean Covey -- Imagine you had a roadmap—a step-by-step guide to help you get from where you are now, to where you want to be in the future. Your goals, your dreams, your plans...they're all within reach. You just need the tools to help you get there. That's what Sean Covey's landmark book, *The 7 Habits of Highly Effective Teens*, has been to millions of teens: a handbook to self-esteem and success. Now updated for the digital age, this classic book applies the timeless principles of *7 Habits* to the tough issues and life-changing decisions teens face. Covey provides a simple approach to help teens improve self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents, as well as tackle the new challenges of our time, like cyberbullying and social

media. In addition, this book is stuffed with cartoons, clever ideas, great quotes, and incredible stories about real teens from all over the world.

- *Hatchet* by Gary Paulson -- Thirteen-year-old Brian Robeson, haunted by his secret knowledge of his mother's infidelity, is traveling by single-engine plane to visit his father for the first time since the divorce. When the plane crashes, killing the pilot, the sole survivor is Brian. He is alone in the Canadian wilderness with nothing but his clothing, a tattered windbreaker, and the hatchet his mother had given him as a present. At first consumed by despair and self-pity, Brian slowly learns survival skills—how to make a shelter for himself, how to hunt and fish and forage for food, how to make a fire—and even finds the courage to start over from scratch when a tornado ravages his campsite. When Brian is finally rescued after fifty-four days in the wild, he emerges from his ordeal with new patience and maturity, and a greater understanding of himself and his parents.
- *Silhouetted By the Blue* by Traci Jones -- Seventh-grader Serena Shaw is trying to keep up at school while rehearsing for the lead role in the spring musical and dealing with a father so “blue” he is nearly catatonic. With the aid of a not-so-secret admirer as well as a growing sense of self-confidence, she faces the challenges of caring for herself and her ball-of-charm younger brother, all while attempting to lead the life of a normal pre-teen. Readers will be drawn into this convincing portrait of a vivacious young person who is on a path to discovering that taking on responsibility sometimes means finding the best way to ask for help.
- *Saving Francesca* by Melina Marchetta -- Francesca is stuck at St. Sebastian's, a boys' school that pretends it's coed by giving the girls their own bathroom. Her only female companions are an ultra-feminist, a rumored slut, and an impossibly dorky accordion player. The boys are no better, from Thomas, who specializes in musical burping, to Will, the perpetually frowning, smug moron that Francesca can't seem to stop thinking about. Then there's Francesca's mother, who always thinks she knows what's best for Francesca—until she is suddenly stricken with acute depression, leaving Francesca lost, alone, and without an inkling of who she really is. Simultaneously humorous, poignant, and impossible to put down, this is the story of a girl who must summon the strength to save her family, her social life and—hardest of all—herself.
- *The Divorce Helpbook for Teens* by Cynthia MacGregor -- MacGregor knows that divorce can be especially tough on teens, and her warm and friendly guide offers a helping hand to teens struggling to answer the tough questions when their parents divorce: Why do parents get divorced? How will the divorce change our lives? What can I do to feel less depressed? Who can I talk to about my problems? What's going to happen next? How do you tell absent parents that they don't visit enough? How do you say "no" to parents who want you to carry messages to, or spy on, the other parent? What is there to talk about when you visit a parent who's moved away?

***Note: All summaries come from each book's Amazon profile and are not the words of Meghan O'Nyion or Adaptations Counseling**

Books for Kids About Divorce/Blended Families

- *Two Homes* by Claire Masurel & Kady MacDonald Denton
- *When My Parents Forgot How to Be Friends* by Jennifer Moore-Mallinos
- *Divorce is Not the End of the World* by Zoe Stern
- *Dinosaurs Divorce* by Marc Brown
- *Was it the Chocolate Pudding?* by Sandra Levins & Bryan Langdo
- *I Don't Want to Talk About It* by Jeanie Franz Ransom
- *Why Do Families Change?* by Dr. Jillian Roberts
- *Family Changes* by Dr. Azmaira Maker & Polona Lovsin
- *Living with Mom and Living with Dad* by Melanie Walsh
- *A Kids Divorce Workbook* by Michael Prokop
- *The Great Big Book of Families* by Mary Hoffman and Ros Asquith
- *Families, Families, Families!* By Suzanne Lang
- *The Family Book* by Todd Parr
- *Who's In My Family?* by Robie Harries
- *Step One, Step Two, Step Three, Step Four* by Maria Ashworth

Websites

- Positive Parenting
 - <https://www.positiveparenting.com/>
- The Peaceful Parenting Institute
 - <https://www.peacefulparent.com/>
- Aha! Parenting
 - <https://www.ahaparenting.com/index.htm>
- Co-Parenting Apps
 - <https://www.verywellfamily.com/best-online-communication-tools-for-co-parents-4080729>

Videos

Indigo Ocean Dreams: 4 Children's Stories Designed to Decrease Stress, Anger and Anxiety while Increasing Self-Esteem and Self-Awareness by Lori Lite

- Bubble Riding <https://www.youtube.com/watch?v=qyObS1Waj-A>
- Angry Octopus https://www.youtube.com/watch?v=_kYKoc7Cm7E
- Affirmation Weaver https://www.youtube.com/watch?v=Jd5cMcUA_i4
- Sea Otter Cove <https://www.youtube.com/watch?v=erlvwQGUHE0>

Indigo Dreams: Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety by Lori Lite

- The Goodnight Caterpillar <https://www.youtube.com/watch?v=Tyn4pIkVbkY>
- A Boy and a Bear <https://www.youtube.com/watch?v=fUgSr04q344>
- The Affirmation Web <https://www.youtube.com/watch?v=AJTTBzVAOtw>
- A Boy and a Turtle <https://www.youtube.com/watch?v=60ZNVGGj8Uk>

Podcasts

12 Essential Parenting Podcasts for Parents Without Any Free Time
<https://www.fatherly.com/play/best-parenting-podcasts/>

The Best Parenting Podcasts to Get You Through the Day
<https://www.thebump.com/a/best-parenting-podcasts>