

Parenting Books for Parents of Preschool Students



1. Parenting the Strong-Willed Child: The Clinically Proven Five-Week Program for Parents of Two-Six Year Olds: Rex Forehand, Nicholas Long
2. 1-2-3 Parenting with Heart: Three-Step Discipline for a Calm and Godly Household: Thomas W. Phelan, PhD, Chris Webb
3. How to Talk so Kids will Listen and Listen So Kids Will Talk: Elaine Faber
4. Raising Resilience: The Wisdom and Science of Happy Families & Thriving Children: Christopher Willard
5. Parenting with Love and Logic: Teaching Children Responsibility: Jim Cline
6. The Importance of Being Little: What Children Really Need from Grown-ups: Erika Christakis
7. The Me, Me, Me Epidemic: A Step-by-step Guide to Raising Capable, Grateful Kids in an Over-Entitled World: Amy McCready
8. Peaceful Parent; Happy Kids: How to Stop Yelling and Start Connecting: Dr. Laura Markham
9. Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason: Alfie Kohn
10. No Drama Discipline: The Whole Brain Way to Calm the Chaos and Nurture your Child's Developing Mind: Tina Payne Bryson, Daniel J. Siegal
11. Screamfree Parenting: Raising Your Kids by Keeping Your Cool: Hal Edward Runkel



Additional Resources: Videos

Grit: Angela Duckworth

<https://www.youtube.com/watch?v=qaeFnxSfSC4>

Animated Grit Summary

<https://www.youtube.com/watch?v=sWctLEdIgi4>

How to raise successful kids without over-parenting: Julie Lythcott-Haims

<https://www.youtube.com/watch?v=CyElHdaqkjo&t=7s>

Throw Out the Check Listed Childhood: Julie Lythcott-Haims

https://www.youtube.com/watch?v=p_UPUmlyY5M&t=97s

Gray Area Drinking: Jolene Park

<https://www.youtube.com/watch?v=wwCMZBA7RiA>

ReThinking Your Drinking - Dr. Mike Evans

<https://www.youtube.com/watch?v=tbKbq2lytC4&t=37s>

Drinking and How it Changed My Life: Anne Dowsett-Johnston

<https://www.youtube.com/watch?v=LqtZjpl1oVQ>

The Price of Privilege: Madeline Levine

<https://www.youtube.com/watch?v=ZDUEaYdKGAY>

Raising Self-Directed kids: Madeline Levine

<https://www.youtube.com/watch?v=tkObfECaJRc>

Family Dinner: Madeline Levine

<https://www.youtube.com/watch?v=5QCq69qpTSA>

Gifted, Creative & Highly Sensitive Children: Heidi Hass Gable

<https://www.youtube.com/watch?v=ybmgVSdsMu8>

Related Topics

Brain Development

<https://www.zerotothree.org/early-development/brain-development>

Challenging Behaviors

<https://www.zerotothree.org/early-development/challenging-behaviors>

<https://childmind.org/topics/concerns/behavior/>

Temperament

<https://www.zerotothree.org/early-development/temperament>

Discipline and Limit Setting

<https://www.zerotothree.org/parenting/discipline-and-limit-setting>

<https://childmind.org/topics/concerns/discipline/>

National Parent Survey

<https://www.zerotothree.org/parenting/national-parent-survey>

Positive Parenting or “Mindful Parenting”

<https://www.zerotothree.org/parenting/positive-parenting-approaches>

<https://childmind.org/article/mindful-parenting-2/>

<https://childmind.org/article/the-secret-to-calm-parenting/>



Websites to Book Mark



American Academy of Pediatrics: www.healthychildren.org

HealthyChildren.org is the only parenting website backed by 66,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults. Whether you're looking for general information related to child health or for more specific guidance on parenting issues, you've come to the right place.

Common Sense Media: www.commonsensemedia.org

Common Sense is the leading independent nonprofit organization dedicated to helping kids thrive in a world of media and technology. We empower parents, teachers, and policymakers by providing unbiased information, trusted advice, and innovative tools to help them harness the power of media and technology as a positive force in all kids' lives.

Child Mind: www.childmind.org

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders.

The Wholehearted Parenting Manifesto

“ Above all else, I want you to know that you are loved and lovable. **You will learn this from my words and actions—the lessons on love are in how I treat you and how I treat myself.**

I want you to engage with the world from a place of worthiness. **You will learn that you are worthy of love, belonging, and joy every time you see me practice self-compassion and embrace my own imperfections.**

We will practice courage in our family by showing up, letting ourselves be seen, and honoring vulnerability. We will share our stories of struggle and strength. There will always be room in our home for both.

We will teach you compassion by practicing compassion with ourselves first; then with each other. We will set and respect boundaries; we will honor hard work, hope, and perseverance.

Rest and play will be family values, as well as family practices.

You will learn accountability and respect by watching me make mistakes and make amends, and by watching how I ask for what I need and talk about how I feel.

I want you to know joy, so together we will practice gratitude.

I want you to feel joy, so together we will learn how to be vulnerable.

When uncertainty and scarcity visit, you will be able to draw from the spirit that is a part of our everyday life.

Together we will cry and face fear and grief. I will want to take away your pain, but instead I will sit with you and teach you how to feel it.

We will laugh and sing and dance and create. We will always have permission to be ourselves with each other. No matter what, you will always belong here.

As you begin your Wholehearted journey, the greatest gift that I can give to you is to live and love with my whole heart and to dare greatly.

I will not teach or love or show you anything perfectly, but I will let you see me, and I will always hold sacred the gift of seeing you. Truly, deeply, seeing you.”