

Book List – Parents

Book Title	Author	Age Range
Childhood Development		
Brainstorm: The Power and Purpose of the Teenage Brain	Daniel J. Siegel	Parents
No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind	Daniel J. Siegel	Parents
The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are	Daniel J. Siegel	Parents
The Power of Showing Up: How Parental Presence Shapes Who Our Kids Become and How Their Brains Get Wired	Daniel J. Siegel	Parents
The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind	Daniel J. Siegel	Parents
The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child	Daniel J. Siegel	Parents
Emotions		
The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Adolescents	Lisa Damour, Ph.D.	Parents
Emotions, Girlhood		
Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls	Lisa Damour, Ph.D.	Parents
Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood	Lisa Damour, Ph.D.	Parents

Emotions, Growing Up

Fourteen Talks by Age Fourteen: The Essential Conversations You Need to Have with Your Kids Before They Start High School

Michelle Icard

Parents

Personal Growth

How to Talk So Kids Will Listen and Listen So Kids Will Talk

Mazlish Faber

Parents

Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive

Daniel J. Siegel

Parents

Disability

Autism

Autism: What Does It Mean to Me? A Workbook Explaining Self Awareness and Life Lessons to the Child Or Youth with High Functioning Autism Or Aspergers

Catherine Faherty,
Gary B. Mesibov

Youth, Parents

Parents of Children with Autism

I Hate to Write: Tips for Helping Students with Autism Spectrum and Related Disorders Increase Achievement, Meet Academic Standards and Become Happy, Successful Writers

Cheryl Boucher,
Kathy Oehler

Parents

Emotions and Feelings, Connection

Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience

Brené Brown

Parents

Dare to Lead

Brené Brown

Parents

Feelings, Self-Esteem

The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are

Brené Brown

Parents

Feelings, Self-Esteem, and Relaxation

Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone

Brené Brown

Parents

Feelings, Self-Esteem, and Trauma

I Thought it was Just Me (But it Isn't): Making the Journey from "What Will People Think?" to "I am Enough"

Brené Brown

Parents

Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead

Brené Brown

Parents

Mental Health

Anger and Impulse Control

The Explosive Child

Ross W. Greene

Parents

Anger and Impulse Control, Executive Skills

Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential

Peg Dawson, Richard Guare

Parents

PTSD and Trauma, Black Life and History

You Are Your Best Thing: Vulnerability, Shame Resilience, and the Black Experience

Edited by Tarana Burke,
Brené Brown

Parents

Parents of Children with Mental Health Issues

A Parent Guide to Hair Pulling Disorder: Effective Parenting Strategies for Children with Trichotillomania

Suzanne Mouton-Odum,
Ruth Goldfinger Golomb

Parents

Depression and Your Child: A Guide for Parents and Caregivers

Deborah Serani

Parents

Peaceful Parent, Happy Kids - How to Stop Yelling and Start Connecting	Dr. Laura Markham	Parents
Raising Troubled Kids: Help for Parents of Children with Mental Illness or Emotional Disorders	Margaret Puckette	Parents
Anxiety		
If Your Adolescent has an Anxiety Disorder: An Essential Resource for Parents	Edna B. Foa, Linda Wasmer Andrews	Parents
Depression and Bipolar Disorder		
If Your Adolescent has Depression or Bipolar Disorder: An Essential Resource for Parents	Dwight L. Evans, Linda Wasmer Andrews	Parents
Eating Disorder		
If Your Adolescent has an Eating Disorder: An Essential Resource for Parents	B. Timothy Walsh, V.L. Cameron	Parents
Schizophrenia		
If Your Adolescent has Schizophrenia: An Essential Resource for Parents	Raquel E. Gur, Ann Braden Johnson	Parents
Trauma		
Children and Trauma: A Guide for Parents and Professionals	Cynthia Monahan	Parents
Relationships		
Family Dynamics		
Grown and Flown: How to Support Your Teen, Stay Close as a Family, and Raise Independent Adults	Lisa Heffernan, Mary Dell Harrington	Parents

Parenting/Failure

The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed	Jessica Lahey	Parents
---	---------------	---------

Vulnerability, Connection

Daring Greatly: How Courage to be Vulnerable Transforms the Way We Live, Love, Parent, and Lead	Brené Brown	Parents
---	-------------	---------
