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PARENT RESOURCE LIBRARY

A comprehensive collection of interesting books for parents. Focusing on raising happy and healthy children.

Titles on Nurturing and Nutrition
Child of Mine: Feeding with Love and Good Sense

by Ellyn Satter (2000)

Widely considered the leading book involving nutrition and feeding infants and children, this revised edition offers practical advice that takes into account the most recent research into such topics as: emotional, cultural, and genetic aspects of eating; proper diet during pregnancy; breast-feeding versus; bottle-feeding; introducing solid food to an infant’s diet; feeding the preschooler; and avoiding mealtime battles. An appendix looks at a wide range of disorders including allergies, asthma, and hyperactivity, and how to teach a child who is reluctant to eat. The author also discusses the benefits and drawbacks of giving young children vitamins.
Your Child's Weight: Helping Without Harming

by Ellyn Satter (2005)

As much about parenting as feeding, this book, considers the overweight child issue in a new way. Combining scientific research with inspiring anecdotes from her decades of clinical practice, Satter challenges the conventional belief that parents must get overweight children to eat less and exercise more. In the long run, she says, making them go hungry and forcing them to be active makes children preoccupied with food, prone to overeating, turned off to activity, and likely to gain too much weight. Trust is a central theme here: children must be able to trust parents to provide as much food as they need to satisfy their appetites; parents must trust children to eat only as much as they need. Satter provides compelling evidence that, if parents do their jobs with respect to feeding, children are remarkably capable of knowing how much to eat.
Secrets of Feeding a Healthy Family: Orchestrating and Enjoying the Family Meal

by Ellyn Satter (2008)

An internationally recognized authority on eating and feeding, Ellen Satter is a registered dietitian and board certified diplomat in clinical social work. For the first time in book form, "Secrets of Feeding a Healthy Family outlines her unconventional and remarkably effective eating advice for adults. More a cooking primer than a cookbook, Satter's simple and delicious recipes provide a backdrop for cooking lessons, fast tips, night-before suggestions, in-depth background information, ways to involve kids in the kitchen and guidelines on adapting menus for young children. Satter cites the studies to build a convincing case that we can lighten up on fat and sodium restriction without endangering ourselves or our children, while emphasizing her well-known division of responsibility in feeding -- parents are responsible for the what, when and where of feeding, and children are responsible for the how much and whether of eating.
Unconditional Parenting: Moving from Rewards and Punishments to Love and Reason

by Alfie Kohn (2006)

More than just another book about discipline, this truly groundbreaking book, by nationally respected educator Alfie Kohn, addresses the ways parents think about, feel about, and act with their children. It invites them to question their most basic assumptions about raising kids while offering a wealth of practical strategies for shifting from "doing to" to "working with" parenting -- including how to replace praise with the unconditional support that children need to grow into healthy, caring, responsible people. This is an eye-opening, paradigm-shattering book that will reconnect readers to their own best instincts and inspire them to become better parents.
Nurtureshock: New Thinking about Children

by Po Bronson (2009)

One of the most influential books about children ever published, Nurtureshock offers a revolutionary new perspective on children that upends a library’s worth of conventional wisdom. With impeccable storytelling and razor-sharp analysis, the authors demonstrate that many of modern society’s strategies for nurturing children are in fact backfiring--because key twists in the science have been overlooked. Nothing like a parenting manual, Nurtureshock gets to the core of how we grow, learn and live.

Released in hardcover in September 2009, Nurtureshock remained on the New York Times best seller list for three months, and was one of Amazon’s best-selling books for 2009.
Hold On To Your Kids: Why Parents Need to Matter More Than Peers

by Gordon Neufeld, Gabor Mate (2005)

Starred Review. Like countless other parents, Canadian doctors Neufeld and Maté woke up one day to find that their children had become secretive and unreachable. Pining for time with friends, they recoiled or grew hostile around adults. Why? In a society that values its economy over culture, the book states, the building of strong adult/child attachments gets lost in the shuffle. Multiple play dates, day care, preschool and after school activities groom children to transfer their attachment needs from adults to their peers. They become what the authors call "peer oriented." The result is that they squelch their individuality, curiosity and intelligence to become part of a group whose members attend school less to learn than to socialize. The authors' meticulous exploration of the problem can be profoundly troubling. However, their candidness and exposition lead to numerous solutions for reestablishing a caring adult hierarchy. Beautifully written, this terrific, poignant book is already a bestseller in Canada.
How To Talk So Kids Will Listen & Listen So Kids Will Talk

by Adele Faber and Elaine Mazlish (1999)

How to Talk So Kids Will Listen and Listen So Kids Will Talk provides all the know-how required for happier, more constructive parent-child relations. Enthusiastically praised by parents and professionals around the world, the down-to-earth, respectful approach of Faber and Mazlish makes interaction with children of all ages less stressful and more rewarding. The Christopher Award-winning authors share their latest insights and suggestions based on feedback they've received over the years. Their real-world methods offer children's negative feelings; express anger without being hurtful; set firm limits and maintain goodwill; use alternatives to punishment; resolve family conflicts peacefully.
Deceptively Delicious: Simple Secrets to Get Your Kids Eating Good Food

by Jessica Seinfeld (2008)

As a mother of three, Jessica Seinfeld can speak for all parents who struggle to feed their kids right and deal nightly with dinnertime fiascos. As she wages a personal war against sugars, packaged foods, and other nutritional saboteurs, she offers appetizing alternatives for parents who find themselves succumbing to the fastest and easiest (and least healthy) choices available to them. Her book is filled with traditional recipes that kids love, except they're stealthily packed with veggies hidden in them so kids don't even know! With the help of a nutritionist and a professional chef, Seinfeld has developed a month's worth of meals for kids of all ages that includes, for example, pureed cauliflower in mac and cheese, and kale in spaghetti and meatballs.

Jessica Seinfeld’s book is practical, easy-to-read, and a godsend for any parent that wants their kids to be healthy for a long time to come.
The digital revolution has left many parents feeling intimidated by the world their teens inhabit and they worry that they lack the experience to parent effectively. *Teens Gone Wired: Are You Ready?* examines today’s parenting challenges from the totality of the teen experience. The book combines advice from dozens of parents and teens with a wealth of recommended sources, including links to many online support systems. All of the key debates that parents are having with their wired teens are discussed.

The book shores up parents' confidence and gives parents the tools they need to raise today's teens. Green emphasizes the critical role for parents in mediating their teens' experiences with both the digital and the real world. While the book is unflinching in acknowledging the trials that parents face today, it supports the author’s optimism that parents are not only capable of doing a good job, they can have fun along the way.
“Siblings Without Rivalry” by Adele Faber and Elaine Mazlish (1999)

“A very human book about one of the toughest problems parents have to handle.” (Dr. Benjamin M. Spock)

Already best-selling authors with How to Talk So Kids Will Listen & Listen So Kids Will Talk, Adele Faber and Elaine Mazlish turned their minds to the battle of the siblings. Parents themselves, they were determined to figure out how to help their children get along. The result was Siblings Without Rivalry. This wise, ground-breaking book gives parents the practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship. With humor and understanding much gained from raising their own children Faber and Mazlish explain how and when to intervene in fights, provide suggestions on how to help children channel their hostility into creative outlets, and demonstrate how to treat children unequally and still be fair.
Raise Your Kids Without Raising Your Voice

by Sarah Radcliffe (2009)

Since its initial publication, Raise Your Kids Without Raising Your Voice has swiftly become a favourite guide for parents. Radcliffe understands the challenges that parents face in the big and small tasks of raising kids. She offers stress-reduced strategies for gaining children’s cooperation, eliminating the need for anger and criticism. Gentle on both parent and child, these strategies can be easily learned and used by anyone.

Radcliffe also suggests practical ways to strengthen the essential bond between parent and child. Her communication tools foster love, acceptance and healthy boundaries. In addition, she shows parents how to help their kids deal with their emotions: handling disappointment, loss, fear, jealousy, anger and all the other human feelings. And she helps parents cope with the most challenging aspect of childrearing: their own feelings of helplessness, anxiety and stress.

Simple and effective, written in a clear and accessible style, Raise Your Kids Without Raising Your Voice is the book that every parent needs.
The Everything Parent's Guide To Positive Discipline: Professional Advice For Raising A Well-behaved Child

by Carl E. Pickhardt (2003)

When misbehaviours begin, they can quickly escalate into an uphill battle of yelling, tears, and resistance--on both sides. This guide is a reassuring and realistic resource for parents struggling to find a positive balance with their kids, featuring guidance on how to:

- Set priorities for children of any age
- Open the lines of communication both ways
- Enforce punishments that teach rather than torture
- Work successfully with your partner
- Cultivate an environment of mutual respect

With short takeaways at the conclusion of each chapter, this guide is the only resource you need to cope with behavior issues and raise a well-behaved child!
When a child is acting out, parents often respond with anger. But there is a better way. Drawing on twenty years of experience as a child therapist, Jennifer Kolari explains that children act up when they feel an adult does not understand their concerns. The answer is parenting with empathy, which Kolari helps parents implement via her proven CALM technique:

Connect emotionally; match the Affect of the child; Listen to what your child is saying; Mirror their emotion back to show understanding

With this simple strategy, parents can connect with their child in any situation to reduce anxiety, de-escalate tantrums instantly and increase self-esteem. Insightful and empowering, Connected Parenting is filled with step-by-step advice and examples from families that have been transformed, often within weeks. It will bring out the best in you-and your child.
Working Mom Survival Guide: How to Run Around Less & Enjoy Life More

by Suzanne Riss, Teresa Palagano;
Foreword by: Dr. Michele Borba (2011)

From the experts at Working Mother magazine, Working Mom Survival Guide answers your most basic and trickiest questions: Are you addicted to your BlackBerry? How do you get your toddler, or your co-workers, to listen? How do you get on or off a mommy track? Access quickly the information every working mom needs to know—from how to keep tabs on your teen's online time to how to ask for a flexible schedule—and get back to your busy day, better prepared and more confident. With humor and practicality, Working Mom Survival Guide collects the wisdom and experience of working moms who have been there, too, giving you a head start when you need it most.
Raising Boys in a New Kind of World

by Michael Reist (2011)

Boys need guidance more than ever. But how can we help them do better in school? How can we keep the lines of communication open? The more we know about boys, the more realistic our expectations of them will be. We need to stop seeing normal boy behaviour as a problem and learn to understand a boy’s need for movement, his unique learning styles, and his personal methods of communicating.

Michael Reist writes from the front lines. As a classroom teacher for more than 30 years and the father of three boys, he has seen first-hand the effects that changes in modern culture are having on boys. *Raising Boys in a New Kind of World* is an inspiring and entertaining collection of positive, practical advice on many topics, including discipline, homework.
There’s nothing more frustrating than watching your bright, talented son or daughter struggle with everyday tasks like finishing homework, putting away toys, or following instructions at school.

Drs. Peg Dawson and Richard Guare have great news: there’s a lot you can do to help. The latest research in child development shows that many kids who have the brain and heart to succeed lack or lag behind in crucial executive skills -- the fundamental habits of mind required for getting organized, staying focused and controlling impulses and emotions. Learn easy-to-follow steps to identify your child’s strengths and weaknesses, use activities and techniques proven to boost specific skills and problem-solve daily routines. Small changes can add up to big improvements--this empowering book shows how.
Fifteen Minutes Outside: 365 Ways to Get Out Of the House and Connect With Your Kids

by Rebecca P. Cohen (2011)

What if you and your kids got outside every day?

Rebecca Cohen tried it, and she was astounded by the transformative results. A fresh companion to books like Last Child in the Woods, this shows how she and her kids - and now readers - connect with nature, learn about the outdoors, and bond as a family.

The activities are the sort that require little planning, no outdoor expertise, and relatively little resources (including time, cash, and patience!), no matter where readers live. Profoundly effective, this book is bursting with hundreds of easy ways to get your family out into nature a little bit every day.
Girls Will Be Girls: Raising Confident and Courageous Daughters

by Joann Deak (2003)

Mary Pipher told us about the problems girls face in Reviving Ophelia; now in Girls Will Be Girls, JoAnn Deak gives us the solutions. Deak looks past the "scare" stories to those that enlighten parents and enable them to empower girls. She draws from the latest brain research on girls to illustrate the exciting new ways in which we can help our daughters learn and thrive. Most telling of all, she gives us the voices of girls themselves as they struggle with body image, self-esteem, intellectual growth, peer pressure, and media messages. The result is a masterly book that addresses the key issues for girls growing up; one that fulfills a desperate need for clear guiding principles to help mothers, fathers, and their daughters navigate this chaotic contemporary culture.
Don't Sweat The Small Stuff For Moms: Simple Ways To Stress Less And Enjoy Your Family More

by Kristine Carlson (2012)

In the first new Don't Sweat the Small Stuff book in nine years, Kristine Carlson shows how moms can live with less stress and more happiness. Carlson gives mothers tried-and-true advice that will empower them to find greater peace, joy, and harmony within themselves and their homes. Don't Sweat the Small Stuff for Moms reveals how to:

- Be a Mom, Not a Friend;
- Balance Being a Woman and a Mom;
- Pursue Your Passion, But Not at the Expense of Your Children
- Reclaim Your Family
Helping Your Anxious Child: A Step-by-Step Guide for Parents

by Ronald M. Rapee, Susan H. Spence (2008)

Most children are afraid of the dark. Some fear monsters under the bed. But 10 percent of children have excessive fears and worries - phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder - that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help.

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.
Teaching children ethics, values, and morals has become a real challenge for parents today. Ian James Corlett, an award-winning children’s TV writer, was inspired to write this book as his own family grappled with this issue. When Ian’s two kids were very young, Ian would tell them tales about two young children who were much like them. Ian’s kids really looked forward to these talks and they hardly even realized that the stories were serving a deeper purpose -- to teach tact, understanding, and responsibility. So he decided to write these stories down to help other parents -- like you. Teaching your children values, life skills, and ethics has never been so much fun!
The 5 Love Languages of Children

by Gary D. Chapman, Ross Campbell (2012)

Does your child speak a different language? Sometimes they are filled with gratitude and affection, and other times they seem totally indifferent. Attitude. Behavior. Development. Everything depends on the love relationship between you and your child. When children feel loved, they do their best. But how can you make sure your child feels loved?

Each child expresses and receives love through one of five different communication styles. And your love language may be totally different from that of your child. While you are doing all you can to show your child love, he may be hearing it as something completely opposite. Discover your child's primary language and learn what you can do to effectively convey unconditional feelings of respect, affection, and commitment that will resonate in your child's emotions and behavior.
Canada's Best Cookbook For Kids With Diabetes

by Colleen Bartley (2005)

Healthy, tasty food the whole family can enjoy.

This book has been developed to help parents of children with diabetes provide delicious and nutritious kid-friendly food that the whole family can enjoy. Whether it’s Chocolate and Strawberry Waffles, Spaghetti and Meatballs or Peanut Butter Chip Muffins, these are recipes that kids will enjoy and parents feel confident in serving. All the recipes help to deliver the supervised diet that children with diabetes require without making them feel deprived or left out.

More than 125 recipes provide outstanding meal ideas for everything from after-school snacks to main meal and desserts. Each recipe includes a complete nutritional breakdown and has been extensively reviewed by top diabetes educators.