



Recommended Reading: Parenting Young Children

General Reference

American Academy of Pediatrics. Shelov, Stephen et. al. *Caring for Your Baby and Young Child: Birth to Age 5*. New York: Bantam, 1998.

Parenting Young Children (General)

Cline, Foster and Jim Fay. *Parenting with Love and Logic*. Colorado Springs: Piñon Press, 1990.

Crary, Elizabeth. *Without Spanking or Spoiling: A Practical Approach to Toddler and Preschool Guidance*. (2nd ed.) Seattle: Parenting Press, 1993.

Faber, Adele and Elaine Mazlish. *How to Talk So Kids Will Listen and Listen so Kids will Talk*. New York: Avon Books, 1980.

Fay, Jim and Charles Fay. *Love and Logic Magic for Early Childhood: Practical Parenting from Birth to Six Years*. Golden, CO: Love and Logic, 2002.

Siegel, Daniel and Mary Hartzell. *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive*. New York: Penguin, 2003.

Sibling Rivalry

Faber, Adele and Elaine Mazlish. *Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too*. New York: Avon, 1987.

Ames, Louise Bates and Carol Chase Haber. *He Hit Me First: When Brothers and Sisters Fight*. New York: Warner, 1982.

Temperament: Why Kids are Different from Day One

Goodman, Kathy et. al. *Temperament Talk: A Guide to Understanding Your Child*. La Grande, OR: Center for Human Development, 1995.



Turecki, Stanley and Leslie Tonner. *The Difficult Child*. New York: Bantam, 1985.

Turecki, Stanley and Sarah Wernick. *Normal Children Have Problems Too: How Parents Can Understand and Help*. New York: Bantam, 1994.

Sleep Issues

Weissbluth, Marc. *Healthy Sleep Habits, Happy Child: A Step-by-Step Program for a Good Night's Sleep*. (3rd ed.) New York: Ballantine Books, 2003.

Handling Other Stresses that Affect Parenting:

Greenberger, Dennis and Christine Padesky. *Mind Over Mood: Change How You Feel by Changing the Way You Think*. New York: Guilford, 1995.

Young, Jeffrey and Janet Klosko. *Reinventing Your Life: How to Break Free from Negative Life Patterns*. New York: Dutton, 1993.