

Bibliotherapy for Parents

****Please use the “Show Document Outline” feature (to the left) in order to view the Table of Contents for this document.**

Books

- [If the Buddha Had Kids: Raising Children to Create a More Peaceful World](#), by Charlotte Kasl
- Raising an Emotionally Intelligent child, Gottman
- Trauma-Proofing your kids: A Parents' Guide for Instilling Confidence, Joy and Resilience, by Peter A. Levine
- [Raising Our Children, Raising Ourselves: Transforming parent-child relationships from reaction and struggle to freedom, power and joy](#) by Naomi Aldort
- [Belonging: Remembering Ourselves Home](#), by Toko-pa Turner (Paperback)
- Parenting From Your Heart: Sharing the Gifts of Compassion, Connection, and Choice: Sharing the Gifts of Compassion, Connection and Choice (Nonviolent Communication Guides) by Inbal Kashtan (for inner child work too)
- [Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive](#), by Daniel J. Siegel MD, Mary Hartzell (Paperback)
- Braiding Sweetgrass, by Robin Wall Kimmerer
- [The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind](#) by Daniel J. Siegel, Tina Payne Bryson (Paperback)
- [No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind](#), by Daniel J. J. Siegel, Tina Payne Bryson (Paperback)
- [Nourish Your Tribe: Empowering Parents to Grow Strong, Smart, Successful Kids](#), by Nicole Magryta (Hardcover)
- [A Home for the Heart: Creating Intimacy & Community in Our Everyday Lives](#), by Charlotte Sophia Kasl
- [The Blessing Of A Skinned Knee: Raising Self-Reliant Children](#), by Wendy Mogel Ph.D. (Paperback)
- [Shefali Tsabary 2 Books Collection Set \(The Conscious Parent: Transforming Ourselves, Empowering Our Children & The Awakened Family: How to Raise Empowered, Resilient, and Conscious Children\)](#), by Dr Shefali Tsabary, The Conscious Parent By Dr. Shefali Tsabary (Paperback)
- [The Connected Parent: Real-Life Strategies for Building Trust and Attachment](#), by Karyn Purvis PhD, Lisa Qualls (Paperback)

- [Living with Your Heart Wide Open: How Mindfulness and Compassion Can Free You from Unworthiness, Inadequacy, and Shame](#), by Steve Flowers MFT, Bob Stahl PhD (Paperback)
- [Teaching Children Compassionately: How Students and Teachers Can Succeed with Mutual Understanding \(Nonviolent Communication Guides\)](#), by Ph.D Marshall B. Rosenberg (Paperback)
- Protecting the Gift: Keeping children and teenagers safe (and Parents sane), by Gavin de Becker
- [The Drama of the Gifted Child: The Search for the True Self. Revised Edition](#), by Alice Miller (Paperback)
- The Good Earth, Pearl S. Buck
- [Respectful Parents. Respectful Kids Publisher: Puddledancer Press](#), by Sura Hart (Paperback)
- [Healing Through Play Using the Oaklander Model: A Guidebook for Therapists and Counselors Working with Children, Adolescents and Families](#) by Dr. Karen Fried, Christine McKenna (Paperback)
- [Lifetimes: The Beautiful Way to Explain Death to Children](#), by Bryan Mellonie, Robert Ingpen (Paperback)
- [Grandpa's Soup](#), by Eiko Kadono, Satomi Ichikawa (Hardcover)
- The Co-Parents' Handbook: Raising Well-Adjusted, Resilient, and Resourceful Kids in a Two-Home Family from Little Ones to Young Adults, Karen Bonnell (Audible book)
- [What Kids Wish Parents Knew about Parenting](#), by Joe White (Paperback)
- [The Young Parenthood Program: A Guide to Helping Young Mothers and Fathers Become Effective Co-parents](#), by Paul Florsheim PhD (Paperback)
- The journey of the Heroic Parent,

Earth-Based Parenting

- [Circle Round: Raising Children in Goddess Traditions](#), by Starhawk, Diane Baker (Paperback)
- Seven Times the Sun: Guiding Your Child Through the Rhythms of the Day, by Shea Darian (Paperback)
- Healing with medicinal plants of the west - cultural and scientific basis for their use, 2nd edition, by Cecilia Garcia & James Adams; 4th Ed. has more illustrations, but the Cecilia, the Chumash native author isn't acknowledged in authorship in this edition.
- [Everybody Needs a Rock \(For the Junior Rockhound\)](#), by Byrd Baylor, Peter Parnall

Blended Family/ Grandparents (harder to find!)

- From Family Lives.org.UK
- [New baby in stepfamily \(blended family\)](#)

- [Grandparents & Stepfamilies](#)
- From Attachment [Parenting.org](#):
- [Basic principles for siblings](#)
- [Helping siblings bond](#)
- [8 principles of parenting](#)

Autism/ Special Needs Kids

- [An Early Start for Your Child with Autism: Using Everyday Activities to Help Kids Connect, Communicate, and Learn](#), by Sally J. Rogers, Geraldine Dawson
- [I Have a Question about Divorce: A Book for Children with Autism Spectrum Disorder or Other Special Needs](#), by Arlen Grad Gaines, Meredith Englander Polsky
- [The Woman Who Changed Her Brain: How I Left My Learning Disability Behind and Other Stories of Cognitive Transformation](#), by Barbara Arrowsmith-Young, Norman Doidge M.D. (Paperback)

Early Parenting

- [Prenatal Yoga and Natural Childbirth, Third Edition](#)
- by Jeannine Parvati Baker (Paperback)
- [Childbirth without Fear: The Principles and Practice of Natural Childbirth \(Import\)](#)
- by Grantly Dick-Read, Michel Odent (Paperback)
- [Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices](#), by Sarah Buckley, Ina May Gaskin (Paperback)

Parenting Teens: including teens with mental health issues:

- Saving Sammy about a parent of a child/ teen with mental health diagnosis.
- The Co-Parents' Handbook: Raising Well-Adjusted, Resilient, and Resourceful Kids in a Two-Home Family from Little Ones to Young Adults, Karen Bonnell (Audible book)
- [What Kids Wish Parents Knew about Parenting](#), by Joe White (Paperback)
- [Teaching Children Compassionately: How Students and Teachers Can Succeed with Mutual Understanding \(Nonviolent Communication Guides\)](#), by Ph.D Marshall B. Rosenberg (Paperback)
- Protecting the Gift: Keeping children and teenagers safe (and Parents sane), by Gavin de Becker

Books for Kids & Parents + signing time:

- In My Heart: A Book of Feelings (Growing Hearts), by Jo Witek and Christine Roussey (Illustrator)
- Brave Empathy: A Feelings Field Guide, by Deborah Woods (a feeling word dictionary for understanding feelings for parents)
- Harold's Purple Crayon Treasury (5 books), by Crockett Johnson
- [Help Your Dragon Deal With Anxiety: Train Your Dragon To Overcome Anxiety. A Cute Children Story To Teach Kids How To Deal With Anxiety, Worry And Fear. \(My Dragon Books\)](#), by Steve Herman (Paperback)
- The Bear Inside, by Peter Mortola (strong emotions)
- [Grandma Sankofa's House](#), Tolefree, TL (Ghanian Restorative Relational Practices)
- [Visiting Feelings](#), by Rubenstein, Hehenberger
- [Eyes That Kiss in the Corners](#), by Joanna Ho, Dung Ho
- [We Are Water Protectors](#), by Carole Lindstrom, Michaela Goade
- [Hair Love](#), by Matthew A. Cherry, Vashti Harrison
- [Stories and Poems for Extremely Intelligent Children of All Ages](#), by Harold Bloom (Paperback)
- Kimo the Whistling Boy: A Story of Hawaii, by [Alice Cooper Bailey](#) (Author), [Lucille Holling](#) (Illustrator) – Hardcover, January 1, 1928
- Thunder Boy Jr., Sherman Alexie (younger)
- The Absolutely True Diary of a Part-Time Indian, Sherman Alexie (age 8+ minimum, unless part of supervised trauma treatment with children who've been exposed to violence or addiction)
- [Fun Projects for Dad and the Kids](#), by D. R. Stiles (Paperback)
- [Signing Time \(infant communication, early child non-verbal communication / sign language\)](#) infancy sign in English & Spanish.

Therapy for kids:

- Satir transformational systems therapy (Virginia Satir)
- <https://youtu.be/9BgqGTLXJ14>
- Oaklander Foundation <http://www.vsof.org/resources.html>
- Oaklander talks about her work with helping children express feelings: <https://youtu.be/Okkk1XbF6zE>
-

Websites:

- Attachment Parenting International, Nurturings-
<https://www.drupalbeta.attachmentparenting.org/principles>

- Compassionate discipline:
<https://drupalbeta.attachmentparenting.org/practice-positive-discipline>
- Good enough attachment- even when busy!
<https://www.attachmentparenting.org/busy-attached-families>
- Attachment with older children
<https://www.attachmentparenting.org/how-to-restore-attachment-in-teen-years>