

Amanda's favorite parenting and homeschool books

Note: This is just a list of things I have read and liked, but is not meant to be comprehensive or proscriptive. Please email me (achenck@gmail.com) with recommendations of what I could add. With the exception of the "books people have recommended and I haven't read" section, I have read all these books. I have tried not to overlap too much with my [autistic book list](#).

Pregnancy

Expecting Better

Exercising Through Your Pregnancy

Babies

Nurture Shock

Healthy Sleep Habits, Happy Child

Younger kids

Mean moms rule

How to talk so kids will listen... (or the little kids version)

Older kids

Simplicity Parenting

Emotionally Resilient Tweens and Teens (about bullying and being left out)

Odd Girl Out and other books by Rachel Simmons (about girls and aggression)

The Opposite of Spoiled (money management)

Raising Cain (about boys)

Raising Human Beings

The Self-driven Child

Coddling of the American Mind (also by Jonathan Haidt, but more focused on college age kids)

Never enough by Jennifer Wallace (about mattering and countering performance culture)

iGen by Jean Twenge (about Gen z)

Reclaiming Conversation (also related to managing tech)

Raising Adults (also related to managing tech)

Dopamine Nation (about addiction in general, with a lot about tech)

Disengaged Teen (about how/why kids are engaged or disengaged with school, and how to support them)

Not so age specific

The Collapse of Parenting by Leonard Sax

Bad Therapy (about the unintended consequences of a focus on social-emotional learning)

Girls at the Edge (Leonard Sax)

Boys Adrift (Leonard Sax)

Family balance

Fair Play by Eve Rodsky

How to Not Hate Your Husband After Kids

Outdoors time

How to Raise a Wild Child

Managing technology

24/6: The Power of Unplugging One Day a Week

Childhood Unplugged

The Anxious Generation (goes well with Digital Minimalism by Cal Newport, though that is focused on adults more). This is my current favorite book!

The Opt-out Family

The Tech Exit

How to Break Up With Your Phone (revised edition is the one I read)

Glow Kids

10 Rules for Raising Kids in a High-tech World (less anti-tech, more about how to manage it)

Dopamine Kids (also about junk food addiction)

Sex-Ed

Boys & Sex

Girls & Sex

Good Pictures, Bad Pictures

It's Time to Talk To Your Kids About Porn

Homeschool

Classics in the Classroom

Rethinking School

Brave Thinker

Reader's Odyssey (caveat: there are philosophies in here I don't like, but I like the set up for a lit program)

Well-trained Mind (caveat: kind of proscriptive, but good ideas for starting out)

Wild and Free (caveat: some crazy ideas, but overall nice philosophy about thinking for self and lots of free play)

A Literary Education (caveat: this is based on Charlotte Mason, sort of, so I found it useful to have read one of her books; they are free online. I read Home Education and thought it was a little bonkers, which helped me take or leave her philosophies as interpreted by others a bit better.)

What's Math Got to Do With It? (This is about math education in general, but useful framing for a homeschool setting)

Podcasts

Sold a Story (about teaching reading)