

Parenting Books

Davis & Keyser's **Becoming the Parent You Want to Be**. A wonderful and eclectic approach with anecdotes about the first 5 years, I think more accessible and a little bit more cross-cultural than many, too. Organized in short bits that are ideal for the bathtub or in odd moments.

Dan Siegel's **Parenting from the Inside Out**, which is all about attachment. A little more intellectual though, as he trends into brain development. But fascinating and people seem to get a lot out of it.

Caplan & Caplan's **The First Twelve Months**, even easier to absorb and more engaging if you can find the video and watch four babies negotiating the challenges of their first year. Teaches parents to attend to subtle things the baby is learning and how to help them if they are slow, things like reaching across the midline, recognizing faces, conversing, different kinds of cries, rolling over, etc.

Once the baby has arrived, Alicia Lieberman's **The Emotional Life of the Toddler** is very short and practical, by one of the leading experts in dyadic attachment with toddlers, extremely readable, designed for busy mothers, with an index that is organized for crisis management. Baby is banging its head? Right there in the index, see page 83 for what the baby might be feeling and a few recommended responses!

Cohen's **Playful Parenting**

Kashtan's **Parenting From Your Heart: Sharing Gifts of Compassion, Connection & Choice**.

Fraiberg's **The Wonder Years**

T. Berry Brazelton's **Infants and Parents, The Irreducible Needs of Children & Touchpoints: Zero to Three** are still wonderful and babies haven't changed all that much since 1978. There are also sequels, like **Toddlers and Parents** and **Touchpoints: 3-6**.

Gordon Neufeld **Hold Onto Your Kids** Chapter Collecting Your Kids, (attachment focused)

Farber & Mashlich **How To Talk To Your Kids So They Will Listen, Liberated Children, Siblings Without Rivalry**

Gottman **Raising Emotionally Intelligent Children**

Debra Wesselmann **The Whole Parent**