

PARENT BOOK LIST

Angry Teens and the Parents Who Love Them—by Sandy J. Austin (“From recognizing the faces, reasons, and roots of anger to addressing it and surviving it, the author shares tips and guidelines for improving your relationship with your teenager.”, Austin)

Building Moral Intelligence—The Seven Essential Virtues That Teach Kids to Do the Right Thing—by Michele Borba, Ed.D. (This book has ideas/strategies for building moral intelligence).

How to Say It to Teens—Talking about the Most Important Topics of Their Lives—by Richard Heyman, Ed.D.

Life Strategies for Teens—by Jay McGraw

Life Strategies for Teens Workbook—by Jay McGraw

Listen to What Your Kids Aren’t Telling You—by Michael Pritchard (Talks about the importance of being open with your child’s emotions, being patient, and really listening to what your child is saying).

Lost Boys—by James Barbarino, Ph.D. (“Why Our Sons Turn Violent and How We Can Save Them”, J. Barbarino)

Love and Logic Magic—When Kids Leave You Speechless—by Jim Fay and Charles Fay, Ph.D.

Love and Logic Solutions—Unbeatable, On-the-Mark Answers to Parents’ Most-Asked Questions About Raising Kids—by Jim Fay

Nobody Likes Me, Everybody Hates Me—The Top 25 Friendship Problems and How to Solve Them—by Michele Borba, Ed.D.

No More Misbehavin’—38 Difficult Behaviors and How to Stop Them—by Michele Borba, Ed.D.

Not Much, Just Chillin, The Hidden Lives of Middle Schoolers—by Linda Perlstein

Odd Girl Out—The Hidden Culture of Aggression in Girls—by Rachel Simmons

Ophelia Speaks—by Sara Shandler (This book explores the unique issues that challenge girls in their struggle toward womanhood, S. Shandler)

Parenting Teens with Love and Logic—by Foster W. Cline and Jim Fay (Talks about new approaches to parenting teens with our changing times. It helps you address the pressing issues that teens face today).

Parents Do Make A Difference—by Michele Borba, Ed.D. (Filled with helpful ideas and suggestions on how parents can help/support their child).

Queen Bees and Wannabes—Helping Your Daughter Survive Cliques, Gossip, Boyfriends and Other Realities of Adolescence—by Rosalind Wiseman

Raising Cain—Protecting the Emotional Life of Boys—by Dan Kindlon, Ph.D. and Michael Thompson, Ph.D. (The authors “identify the social and emotional challenges that boys encounter in school, and show how parents can help boys cultivate emotional awareness and empathy.”, Goleman)

Raising Confident Boys—100 Tips for Parents and Teachers—by Elizabeth Hartley-Brewer

Raising Confident Girls—100 Tips for Parents and Teachers—by Elizabeth Hartley-Brewer

Real Boys—by William Pollack, Ph.D. (“Explores this generation’s ‘silent crisis’: why so many boys are sad, lonely, and confused.”, Pollack)

Reviving Ophelia—Saving the Selves of Adolescent Girls—by Mary Pipher, Ph.D.

Stargirl—by Jerry Spinelli (Peer Pressure)

Ten Conversations You Need To Have With Your Children—by Shmuley Boteach

The ABC’s of Middle School—A Handbook for Parents Who Don’t Have a Clue—by Catherine Deus Canny, Ph.D.

The Everything Tween Book: A Parent’s Guide to Surviving the Turbulent preteen Years—by Linda Sonna, Ph.D. (This book is especially for the early middle school student).

The Myth of Laziness—by Mel Levin, M.D. (This book shows how students and parents can become more productive).

The 7 Habits of Highly Effective Teens—by Sean Covey

The 7 Habits of Highly Effective Teens Personal Workbook—by Sean Covey

Too Old For This, Too Young For That!—Your Survival Guide for the Middle-School Years—by Harriet S. Mosatche, Ph.D. and Karen Unger, M.A.

What Teens Need To Succeed—Proven, Practical Ways To Shape Your Own Future—by Peter L. Benson, Ph.D., Judy Galbraith, M.A., and Pamela Espeland (Book about building developmental assets at home, at school, in the community, and with your friends).

When to Worry—How to Tell if Your Teen Needs Help and What to Do About It—by Lisa Boesky, Ph.D. (“This book is designed to help parents become as educated and informed as possible regarding their teen’s behavior so that they can make effective and strategic decisions should their teen require assistance.”, Boesky)

Why Boys Don’t Talk and Why It Matters—A Parent’s Survival Guide to Connecting With Your Teen—by Susan Morris Shaffer and Linda Perlman Gordon, M.S.W., M.Ed. (Helps parents “recognize and understand the subtle ways boys communicate; help your son learn to express his feelings and experience a range of normal emotions; maintain strong emotional bonds and reopen the lines of communication with your adolescent son.”, Shaffer and Gordon)

Why Girls Talk and What They’re Really Saying—A Parent’s Survival Guide to Connecting with Your Teen—by Susan Morris Shaffer and Linda Perlman Gordon, M.S.W., M.Ed. (Helps parents “cut through the emotional highs and lows to understand what your daughter is really thinking and feeling, stay close without intruding in your daughter’s life, and encourage her independence, and help your daughter explore her interests and discover her authentic self-ensuring that she becomes more capable and self-confident.”, Shaffer and Gordon)

Words Will Never Hurt Me—by Sally Northway Ogden (This book helps your child handle teasing, bullying and putdowns).

Yes, Your Teen Is Crazy!—Loving your Kid Without Losing Your Mind—by Michael J. Bradley, Ed.D. (“Incorporates recent research on teen brain development with practical, sound advice for parents.”, Giedd, Foreword)

Your 10 to 14 Year Old—by Louise Bates Ames and Frances Ilg

