



RECOMMENDED PARENT READING LIST



GOOD INSIDE

BY DR. BECKY KENNEDY

TALK TO ME FIRST

BY DEBORAH ROFFMAN

THE WHOLE-BRAIN CHILD

BY DANIEL J. SIEGEL & TINA PAYNE BRYSON

BRAINSTORM:

THE POWER & THE PURPOSE OF THE TEENAGE BRAIN

BY DANIEL J. SIEGEL

THE SELF DRIVEN CHILD:

THE SCIENCE & SENSE OF GIVING YOUR KIDS MORE CONTROL OVER THEIR LIVES

BY NED JOHNSON & WILLIAM STIXRUD, PHD

HOW TO RAISE AN ADULT

JULIE LYTHCOTT-HAIMS

THE GIFT OF FAILURE:

HOW THE BEST PARENTS LEARN TO LET GO SO THEIR CHILDREN CAN SUCCEED

BY JESSICA LAHEY

HOW TO TALK SO KIDS WILL LISTEN & LISTEN SO KIDS WILL TALK

BY ADELE FABER & ELAINE MAZLISH

NO-DRAMA DISCIPLINE:

THE WHOLE-BRAIN WAY TO CALM THE CHAOS & NURTURE YOUR CHILD'S DEVELOPING MIND

BY DAN SIEGEL & TINA PAYNE BRYSON

THE BLESSING OF A B MINUS: RAISING RESILIENT TEENAGERS

BY WENDY MOGEL

GRIT: THE POWER OF PASSION AND PERSEVERANCE

BY ANGELA DUCKWORTH

THE EMOTIONAL LIVES OF TEENAGERS

BY LISA DAMOUR

HOW TO HUG A PORCUPINE:

NEGOTIATING THE PRICKLY POINTS OF THE TWEEN YEARS

BY JULIE ROSS

THIS IS SO AWKWARD

BY CARA NATTERSON, MD

FROM CHOCOLATE TO MORPHINE: EVERYTHING YOU NEED TO KNOW ABOUT MIND-ALTERING DRUGS

BY ANDREW WEIL AND WINIFRED ROSEN



OAK GROVE SCHOOL
The Art of Living and Learning