

Parenting Books

NEWBORN PARENTING BOOKS

Healthy Sleep Habits, Happy Child—Marc Weissbluth, MD

A comprehensive guide for solving and preventing sleep problems in your child

The Happiest Baby on the Block—Harvey Karp, MD

A guide to help calm fussy babies

The Sleepeasy Solution—Jennifer Waldburger and Jill Spivack

Sound sleep advice for many common sleep problems during the first 5 years

Baby Wise—Gary Ezzo, MD and Robert Bucknam, MD

If you are the very organized type and want your baby on a schedule, this is the book for you; if you prefer a more laid-back approach, the general principles outlined here can still be useful

Caring for your Baby and Young Child, Birth to 5 Years—American Academy of Pediatrics

This is published by the American Academy of Pediatrics and reflects the conventional wisdom of the AAP.

What to Expect During the First Year—Arlene Eisenberg, Heidi Murkoff, and Sandee Hathaway, B.S.N.

A very practical, user-friendly manual from the authors of *What to Expect When You're Expecting*.

TODDLER/CHILD PARENTING BOOKS

Touchpoints—T. Berry Brazelton, MD

A practical approach for building strong family-child relationships from birth through the earliest years in promoting best developmental outcomes.

The Strong Willed Child—James C. Dobson, PhD

A book on setting limits to eliminate conflict and to establish clear and respectful boundaries.

Parenting with Love and Logic—Foster Cline and Jim Fay

“The owners manual” for parents. Provides parents with techniques to help raise respectful, responsible, and caring children.

Try and Make Me—Ray Levy, PhD

An approach to parenting that provides simple strategies to turn off tantrums and create cooperation.

Taking the Fight Out of Food—Donna Fish, MS, LCSW

A sensible approach that helps parents teach children healthy attitudes about food and good eating habits.

Secrets of the Baby Whisperer for Toddlers—Tracy Hogg

Provides techniques on fostering your child's growth and independence while teaching conscious discipline.

Siblings Without Rivalry—Adele Faber and Irene Mazlish

A book on how to help your children to live together so you can live too.