

## Resources for Parents

\*\*Brainstorm: The Power and Purpose of the Teenage Brain by Daniel J. Siegel, M.D.

\*\*The Whole Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind (book and DVD) by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.

\*\*Parenting From the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive by Daniel J. Siegel, M.D. and Mary Hartzell, M.Ed. (10<sup>th</sup> Anniversary Edition)

The Five Love Languages of Children by Gary Chapman

The Five Love Languages of Teenagers by Gary Chapman

The Good Divorce: Keeping Your Family Together When Your Marriage Comes Apart by Constance Ahrons, Ph.D.

Healing Your Grieving Heart for Teens 100 Practical Ideas Simple Tips for Understanding and Expressing Your Grief by Alan Wolfelt

Other titles by the same author are written for kids, spouses, etc.

The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience by Martin E. P. Seligman

Parenting Children With ADHD: 10 Lessons That Medicine Cannot Teach, by Vincent J. Monastra, Ph.D.

Raising an Emotionally Intelligent Child: The Heart of Parenting by John Gottman, Ph.D.

We're Still Family: What Grown Children Have to Say About Their Parents' Divorce by Constance Ahrons, Ph.D.

Why Marriages Succeed or Fail and How You Can Make Yours Last  
by John Gottman, Ph.D.

[www.cfchildren.org](http://www.cfchildren.org)

[www.waukeshacounty.gov/dfc](http://www.waukeshacounty.gov/dfc)

[www.drugfree.org](http://www.drugfree.org)

[www.camphopeforkids.org](http://www.camphopeforkids.org)

[www.healthychildren.org](http://www.healthychildren.org)

[www.centering.org](http://www.centering.org)