

Parenting Books
Available for check out at the Mutch Women's Health Library

• Bringing Up Boys
• Coaching Character at Home
• Baby Minds Brain Building Games
• Discipline Without Shouting or Spanking
• Food Fights & Bedtime Battles
• Hands Are Not For Hitting
• How to Behave So Your Preschooler Will Too
• How To Handle a Hard to Handle Kid
• Kids, Parents, and Power Struggles
• Positive Discipline A-Z
• Setting Limits with your Strong-Willed Child
• Your Defiant Child
• Blending Families
• Divorce Help Book for Kids
• 7 Habits of Highly Effective Families
• Blending Families
• Creative Family Times
• Survival Tips for Working Moms
• Fatherhood: An Owner's Manual
• Monsters Under the Bed and Other Childhood Fears
• 200 Ways to Raise a Girl's Self-Esteem
• 25 Things Every New Mother Should Know
• Baby Signs
• Complete Baby and Child Care
• Fussy Baby
• Secrets of the Baby Whisperer
• Touchpoints Birth to 3
• Your Amazing Newborn
• Multiple Blessings
• Complete Baby and Child Care
• Creative Family Times
• How to Behave So Your Preschooler Will Too
• Baby Signs
• Guide to Your Child's Sleep
• No Cry Sleep Solution
• Emotional Life of the Toddler
• First Feelings
• Parenting a Child with a Learning Disability
• Challenging Child

• Difficult Child
• Explosive Child
• Fussy Baby
• Temperament Tools
• Understanding Your Child's Temperament
• Emotional Life of the Toddler
• Secrets of the Baby Whisperer for Toddlers
• What to Expect the Toddler Years
• Everything Potty Training Book

TITLE	AUTHOR	DESCRIPTION
BOYS		
Bringing Up Boys	Dr. James Dobson	Dr. Dobson provides a roadmap for raising healthy sons, for shaping the next generation of God-honoring men. He offers practical advice and encouragement for parents, teachers, and others involved in the lives of boys
CHARACTER		
Coaching Character at Home	Michael Koehler	Koehler reinforces and affirms the role of parents as character builders and shares the Seven C's of Character.
COGNITIVE/BRAIN DEVELOPMENT		
Baby Minds Brain Building Games	Acredolo & Goodwyn	Learn how to create a mobile to stimulate your baby's delight in solving problems, use nursery rhymes and read-aloud techniques to foster reading readiness and much more.
DISCIPLINE/ GUIDANCE		
Discipline Without Shouting or Spanking	Wyckoff & Unell	With this book you will cover topics such as the nature of violence, playing with pretend weapons, why shouting and spanking don't work, the importance of empathy, resisting change, and so many others.
Food Fights & Bedtime Battles	Tim Jordan	Dr. Jordan provides information about the developmental and behavioral stages kids go through and offers practical, non-judgmental solutions based on his own expertise and the experiences of real-life families.
Hands Are Not For Hitting	Martine Agassi, PhD	This gentle, encouraging book helps young children understand that there are so many good things hands can do. Made to read aloud, this book also includes a special section for adults, with ideas for things to talk about and activities to do.
How to Behave So Your Preschooler Will Too	Sal Severe	Based on Dr. Severe's philosophy that children's behavior is often a reflection of parents' behavior, this book will teach parents to adjust their behavior to better handle a host of issues.
How To Handle a Hard to Handle Kid	C. Drew Edwards	C. Drew Edwards gives you the tips, skills, and information you need to identify, address, and correct a variety of behavior problems.
Kids, Parents, and Power Struggles	Mary Sheedy Kurcinka	Unique approaches to solving the daily power struggles between you and your child. Kurcinka views these conflicts as rich opportunities to teach your child essential life skills like dealing with strong emotions and problem solving.
Positive Discipline A-Z	Nelson, Lott & Glenn	With this book, you will find and learn how to use kind but firm support to raise a child who is responsible, respectful, and resourceful.

Setting Limits with you Strong-Willed Child	Robert MacKenzie	Proven techniques and procedures that provide a refreshing alternative to the ineffective extremes of punishment and permissiveness. Learn how to effectively motivate the strong-willed child and achieve cooperation.
Your Defiant Child	Barkley & Benton	Offers tools and strategies to turn your child's behavior around. Learn how to pay positive attention to your child and discipline wisely.
DIVORCE/BLENDED FAMILIES		
Blending Families	Elaine Fantle Shimberg	This books offers viable solutions and explains the viewpoints of everyone involved and shows how to navigate the situations the new family faces.
Divorce Help Book for Kids	Cynthia MacGregor	This down-to-earth guide helps with discussions of many topics troubling kids when their paretns divorce, reasons parents get divorced, ways divorce will change kids' lives, and many more answers.
FAMILY LIFE		
7 Habits of Highly Effective Families	Stephen R. Covey	Shows how families can learn to incorporate principles into their daily lives through activities, meetings, and games that involve all family members and help to create a spirit of understanding, support and enthusiasm.
Blending Families	Elaine Fantle Shimberg	This books offers viable solutions and explains the viewpoints of everyone involved and shows how to navigate the situations the new family faces.
Creative Family Times	Hadidian, Hadidian, Wilson, & Wilson	This book provides you with practical ideas for building character in your preschool children in 3 main areas: obedience, spiritual growth and family unity.
Survival Tips for Working Moms	Linda Goodman Pillsbury	This book offers concrete suggestions for making your busy life easier. Full of examples of how the tips work in real families, this book is a light, no-nonsense practical resource that can help every working mom.
FATHERHOOD		
Fatherhood: An Owner's Manual	Doug Spangler	Successful fathering requires personal ownership. It means developing relationships instead of playing roles. This book will help you become intentional and effective in owning all your relationships.
FEARS		
Monsters Under the Bed and Other Childhood Fears	Garber & Daniels	An excellent book that covers many basic techniques for handling mild to severe fears in children.
GIRLS		
200 Ways to Raise a Girl's Self-Esteem	Will Glennon	This book provides much-needed advice for boosting confidence and strengthening self-image for girls.
INFANCY		
25 Things Every New Mother Should Know	Martha and William Sears	Martha and Bill Sears reach out to give women the reassurance to make it through the first months of motherhood with as little anxiety and as much joy as possible.
Baby Signs	Acredolo, Goodwyn & Abrams	Baby signs are as easy to learn as waving "bye-bye" and offer you a priceless window into your child's mind. The memories for you and the benefits for your baby will last a lifetime.
Complete Baby and Child Care	Dr. Miriam Stoppard	The most authoritative, practical, and comprehensive illustrated guide to the first five years of life, by a leading child care expert.
Fussy Baby	William and Martha Sears	This book has carried many a family through trying times with a high-needs infant. This new edition brings that tradition of sensitive, intuitive parenting to a new generation of caring parents.

Secrets of the Baby Whisperer	Tracy Hogg & Melinda Blau	Benefit from the author's 20+ years of experience. In this groundbreaking book she shares simple, accessible programs in which you learn how to get your baby to eat, play, and sleep on a schedule.
Touchpoints Birth to 3	T. Berry Brazelton, MD	A childcare reference by a pediatrician who has both medical and psychoanalytic training, and who offers parents a complete understanding of child development from many points of view.
Your Amazing Newborn	Marshall H. Klaus & Phyllis H. Klaus	This unique book illustrates the incredible findings of research on newborns. Abilities such as reaching are shown in exciting detail, as well as new discoveries about the five senses, and the recognition that ignites a lifelong bond.
MULTIPLES		
Multiple Blessings	Betty Rothbart, MSW	This book helps parents through all stages from pregnancy and beyond. Included is advice on breastfeeding, bottlefeeding, alone time for parents, sibling adjustment and other issues unique to raising twins, triplets, and more.
PRESCHOOL AGE CHILDREN		
Complete Baby and Child Care	Dr. Miriam Stoppard	The most authoritative, practical, and comprehensive illustrated guide to the first five years of life, by a leading child care expert.
Creative Family Times	Hadidian, Hadidian, Wilson, & Wilson	This book provides you with practical ideas for building character in your preschool children in 3 main areas: obedience, spiritual growth and family unity.
How to Behave So Your Preschooler Will Too	Sal Severe	Based on Dr. Severe's philosophy that children's behavior is often a reflection of parents' behavior, this book will teach parents to adjust their behavior to better handle a host of issues.
SELF-ESTEEM		
200 Ways to Raise a Girl's Self-Esteem	Will Glennon	This book provides much-needed advice for boosting confidence and strengthening self-image for girls.
SIGN LANGUAGE		
Baby Signs	Acredolo, Goodwyn & Abrams	Baby signs are as easy to learn as waving "bye-bye" and offer you a priceless window into your child's mind. The memories for you and the benefits for your baby will last a lifetime.
SLEEP		
Guide to Your Child's Sleep	American Academy of Pediatrics	Packed with practical tips, this guide offers invaluable information, answers questions from parents, and provides reassuring advice for preventing SIDS, getting your baby to sleep through the night, and solving sleep-wake problems.
No Cry Sleep Solution	Elizabeth Pantley	This book will show you how it is entirely possible and within your grasp to help your baby fall asleep peacefully and stay asleep all night long.
SOCIAL-EMOTIONAL DEVELOPMENT		
Emotional Life of the Toddler	Alicia F. Lieberman	With the help of numerous examples and vivid cases, Lieberman answers many questions giving us, in the process, a rich and insightful profile of the roller coaster emotional world of the toddler.
First Feelings	Greenspan & Thorndike	Shows parents how to recognize the key stages of a child's emotional growth, while guiding and enhancing early psychological development.
SPECIAL NEEDS		
Parenting a Child with a Learning Disability	Tuttle, MED & Paquette	The authors share information that takes the fear out of parenting a child with a learning disability. This book also offers sensible suggestions that help you cope with the challenges and feelings experienced.
TEMPERAMENT		

Challenging Child	Stanley Greenspan	This book explains how to fit your parenting style to your child's unique personality and help each child build on strengths, master weaknesses, and embrace life with confidence and skills.
Difficult Child	Turecki and Tonner	Dr. Stanley Turecki offers compassionate and practical advice to parents of hard to raise children and talks about various issues pertaining to your child.
Explosive Child	Ross W. Greene	With this book, you will find ways to retain your sanity and optimism and to handle your child's difficulties competently and with compassion.
Fussy Baby	William and Martha Sears	This book has carried many a family through trying times with a high-needs infant. This new edition brings that tradition of sensitive, intuitive parenting to a new generation of caring parents.
Temperament Tools	Neville and Clark Johnson	This book describes many types of children and offers you strategies to help life go more smoothly. Learn what's normal for your child, how to manage challenging behavior, avoid blame and guilt, and so much more.
Understanding Your Child's Temperament	William B. Carey	This book looks at the nine different kinds of behavioral styles. Dr. Carey makes it clear that a child's temperament is mostly inborn, and not something caused by "good" or "bad" parenting.
TODDLERHOOD		
Emotional Life of the Toddler	Alicia F. Lieberman	With the help of numerous examples and vivid cases, Lieberman answers many questions giving us, in the process, a rich and insightful profile of the roller coaster emotional world of the toddler.
Secrets of the Baby Whisperer for Toddlers	Tracy Hogg & Melinda Blau	In this book, the author guides you through her unique programs, H.E.L.P., using T.L.C., rehearsals for change, and conscious discipline.
Touchpoints Birth to 3	T. Berry Brazelton, MD	A childcare reference by a pediatrician who has both medical and psychoanalytic training, and who offers parents a complete understanding of child development from many points of view.
What to Expect the Toddler Years	Eisenberg, Murkoff & Hathaway	The comprehensive and reassuring guide that explains everything parents need to know about the second and third years of their child's life.
TOILET LEARNING		
Everything Potty Training Book	Linda Sonna	This book provides practical, reassuring advice to help you survive this difficult period in a child's development. This book is packed with real situations that will have your child mastering this important skill in no time!