

# Shoreview Pediatrics Recommended Books for Parents

## *General Information:*

- Caring for Your Young Child: Birth to Age 5, 4<sup>th</sup> Edition. By the American Academy of Pediatrics. – Edited by Steven P. Shelov, MD, MS, FAAP and Robert E. Hannemann, MD, FAAP
- Caring for Your School-Age Child: Ages 5 to 12, 4<sup>th</sup> Edition. By the American Academy of Pediatrics. – Edited by Edward L. Schor, MD, FAAP
- Touchpoints: Your Child's Emotional and Behavioral Development: Birth to 3 – The Essential Reference for the Early Years – By T. Berry Brazelton, MD
- Guide to Your Child's Symptoms. By the American Academy of Pediatrics. – By Donald Schiff, MD, FAAP and Steven P. Shelov, MD, MS, FAAP

## *Sleep:*

- Healthy Sleep Habits, Happy Child. – By Marc Weissbluth, MD
- The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer. – By Harvey Karp, MD
- Guide to Your Child's Sleep: Birth through Adolescence. By the American Academy of Pediatrics. – By George Cohen, MD, FAAP

## *Older Babies:*

- Baby Signs: How to Talk with Your Baby Before Your Baby Can Talk. – By Linda Acredolo, Ph. D and Susan Goodwyn, Ph. D

## *Parenting:*

- Positive Time-Out: And Over 50 Ways to Avoid Power Struggles in the Home and the Classroom. – By Jane Nelsen, Ed. D
- Parenting with Love and Logic. – By Jim Fay and Foster W. Cline, MD
- Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems. – By Jane Nelsen, Ed. D, Lynn Lott, and H. Stephen Glenn
- 1, 2, 3 Magic: Effective Discipline for Children 2-12. – By Thomas Phelan, Ph. D
- The Blessing of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children. – By Wendy Mogel, Ph. D (Recommended for non-Jewish and Jewish families)
- Parents Do Make a Difference: How to Raise Kids with Solid Character, Strong Minds, and Caring Hearts. – By Michele Borba, Ed. D
- The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids. – By Madeline Levine, Ph. D

## *Food/Eating:*

- The New Mother's Guide to Breastfeeding. – By Joan Younger Meek, MD, MS, RD, FAAP, IBCLC and Sherill Tippins
- Food Fights: Winning the Nutritional Challenges of Parenthood Armed with Insight,

Humor and a Bottle of Ketchup. By the American Academy of Pediatrics. – By Laura A. Jana, MD, FAAP and Jennifer Shu, MD, FAAP

- Child of Mine, Feeding with Love and Good Sense. – By Ellyn Satter
- Guide to Your Child’s Nutrition: Making Peace at the Table and Building Healthy Eating Habits for Life. By the American Academy of Pediatrics. – By William H. Dietz, MD, FAAP, Ph. D and Loraine Stern, MD, FAAP

*Toilet Training:*

- Guide to Toilet Training. By the American Academy of Pediatrics. – By Mark L. Wolraich, MD, FAAP and Sherill Tippins, MD, FAAP
- Toilet Training: The Brazelton Way. – By T. Berry Brazelton

*Bedwetting (age > 5 years):*

- Waking Up Dry: A Guide to Help Children Overcome Bedwetting. By the American Academy of Pediatrics. – By Howard J. Bennett, MD, FAAP

*Ages 4-8 years:*

- What’s the Big Secret?: Talking about Sex with Girls and Boys. – By Laurie Krasny Brown, Ed. D and Marc Brown

*Pre-Teens:*

- The Care and Keeping of You: The Body Book for Girls, American Girl Library. – By Valerie Schaefer and Norm Bendell
- What’s Going on Down There?: Answers to Questions Boys Find Hard to Ask. – By Karen Gravelle, Nick Castro, Chava Castro and Robert Leighton

*Parents of Teens:*

- Why Do They Act That Way?: A Survival Guide to the Adolescent Brain for You and Your Teen. – By David Walsh, Ph. D and Nat Bennett

*Issue-Related Books for Kids:*

- Dinosaurs Divorce. – By Marc Brown and Laurie Krasny Brown, Ed. D
- Bernstein Bears Collections (storybooks on many topics):

Go to the Doctor

Go to the Dentist

Hug and Make Up

Losing a Friend

Go to School

Big Spelling Bee

Report Card Trouble

Trouble with School

Go out for a Team

Homework Hassle

Too Much TV

Trouble with Commercials

Moving Day

Sitters

In-Crowd

Too Much Vacation

Get in a Fight

Go to Camp

Slumber Party

Don’t Pollute

Messy Room

Trouble with Money

Grown-ups

The Truth

Green-Eyed Monster

Too Much Junk Food

Too Much Teasing

Forget Their Manners

Count Their Blessings

Learn About Strangers

Too Much Birthday

Mad, Mad Toy Craze

Stage Fright

Think of Those in Need

Week at Grandma’s

The Birds, The Bees

Too Much Car Trip  
Bad Habit  
Trouble with Chores  
Bad Dream

The Bully  
Trick-or-Treating  
New Neighbors  
Mama's New Job

Lend a Helping Hand  
Trouble with Friends  
Dollars and Sense  
Excuse Note