

Parenting Books

General Parenting:

- Parenting From the Inside Out- by Daniel J. Siegel
- No Drama Discipline-Dan Siegel
- The Whole Brain Child- Dan Siegal
 - The Whole Brain Child Workbook
- Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation- Becky A Bailey
- Raising and Emotionally Intelligent Child by John Gottman
- Daring Greatly by Brene Brown

Adoption

- Twenty Things Adopted Kids Wish Their Adoptive Parents Knew by Sherry Eldridge

Parenting a child with ADHD or Autism

- The Out of Sync Child by Carol Kranowitz and Lucy Jane Miller

Must Read Articles

- **If I had bad parents will I be a bad parent too?:** <http://www.pbs.org/thisemotionallife/blogs/if-i-had-bad-parents-will-i-be-bad-parent-too>
- **Mindfulness for Meltdowns: Give your kid a time instead of time out:** <http://www.goodtherapy.org/blog/mindfulness-for-meltdowns-give-your-kid-a-time-in-instead-0318154>
- **What is Autism?:** <https://www.autismspeaks.org/what-autism>
- **When your child or another child is having a meltdown in public:** http://mobile.nytimes.com/blogs/parenting/2015/01/12/harsh-critics-in-public-spaces-judging-only-what-they-see/?smid=fb-nytimes&smtyp=cur&bicmp=AD&bicmlukp=WT.mc_id&bicmst=1409232722000&bicmet=1419773522000&r=0&referrer=
- **Easing Separation Anxiety in Children:** <http://www.helpguide.org/articles/anxiety/separation-anxiety-in-children.htm>
- **What is Secure Attachment and Bonding and Why is it Important?:** <http://www.helpguide.org/articles/secure-attachment/what-is-secure-attachment-and-bonding.htm>
- **Should you feel bonded to your baby bump?:** https://www.yahoo.com/parenting/should-you-feel-bonded-to-your-baby-bump-102898155077.html?soc_src=mags&soc_trk=ma
- **What Little Girls Wish Their Daddies Knew:** http://www.huffingtonpost.com/tara-hedman/what-little-girls-wish-daddies-knew_b_4581782.html
- **The Seven Differences between Guilt and Shame:** <http://www.gydoindy.com/7-differences-between-shame-and-guilt/>
- **Children's Bill of Rights (online resource/guide for divorce):** <http://www.divorcenet.com/states/texas/txart32>

- **Co-parenting After Divorce:**

- <http://www.childreninthemiddle.com/rulescoparent.htm>
- <https://www.psychologytoday.com/blog/two-takes-depression/201203/the-dos-and-donts-co-parenting-well>
- <http://www.helpguide.org/articles/family-divorce/co-parenting-tips-for-divorced-parents.htm>