PARENTING RESOURCES

BOOKS AND DVDs

*Adolescence and Sexuality* (DVD) by Dr. Gordon Neufeld

<http://neufeldinstitute.com/products/dvds>

*Adventures in Gentle Discipline* by Hilary Flower

<http://www.lalecheleague.org/nb/nbjanfeb06p28.html>

*Brainstorm: The Power and Purpose of the Teenage Brain* by Dr. Daniel J. Siegel

<http://www.drdansiegel.com/books/brainstorm/>

*Emotion Coaching – The Heart of Parenting* (video program) by Drs. John & Julie Gottman

<http://emotioncoaching.gottman.com/>

*Hold On To Your Kids: Why Parents Need to Matter More Than Peers* by Dr. Gordon Neufeld & Dr. Gabor Mate

<http://neufeldinstitute.com/book>

<http://drgabormate.com/book/hold-on-to-your-kids/>

*My Child Won't Eat!: How to Enjoy Mealtimes Without Worry* by Carlos Gonzalez

<http://www.amazon.ca/My-Child-Wont-Eat-Mealtimes/dp/1780660057>

*Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive* by Dr. Daniel J. Siegel & Mary Hartzell

<http://www.drdansiegel.com/books/parenting_from_the_inside_out/>

*Raising an Emotionally Intelligent Child* by Dr. John Gottman

<http://www.gottman.com/shop/raising-an-emotionally-intelligent-child-the-heart-of-parenting-book/>

*Sweet Sleep* by La Leche League International

<http://www.amazon.ca/Sweet-Sleep-Nighttime-Strategies-Breastfeeding/dp/0345518470>

***The Developing Mind, Second Edition: How Relationships and the Brain Interact to Shape Who We* *Are* by Dr. Daniel Siegel**

<http://www.drdansiegel.com/books/the_developing_mind/>

*The 5 Love Languages of Children* by Dr. Gary Chapman & Dr. Ross Campbell

<http://www.5lovelanguages.com/resource/the-five-love-languages-of-children/>

*The 5 Love Languages of Teenagers* by Dr. Gary Chapman

<http://www.5lovelanguages.com/resource/the-5-love-languages-of-teenagers/>

*What am I Feeling? An Introductory Guide to Emotion Coaching Your Kids* by Dr. John Gottman and Talaris Research Institute

<http://www.gottman.com/shop/what-am-i-feeling-book/>

*Your Child’s Self-Esteem* by Dorothy Corkille Briggs (an oldie, but so valuable)

[http://www.amazon.ca/Your-Childs-Esteem-Dorothy-Briggs/dp/0385040202/ref=sr\_1\_1?ie=UTF8&qid=1412538173&sr=8-1&keywords=your+child%27s+self-esteem](http://www.amazon.ca/Your-Childs-Esteem-Dorothy-Briggs/dp/0385040202/ref%3Dsr_1_1?ie=UTF8&qid=1412538173&sr=8-1&keywords=your+child%27s+self-esteem)

WEBSITES

Attachment Parenting Canada

<http://www.attachmentparenting.ca/>

Dr. Gordon Neufeld

<http://neufeldinstitute.com/>