



Parenting Resource List *compiled by Maryellen P. Mullin, LMFT*

FIND my articles online under “Blog” and “Resources” at www.sanfranciscofamilytherapy.com

Resources for Anytime

- [The Surprising Power of Family Meals](#), by Miriam Weinstein
- [Yardsticks](#) by Chip Wood (ages 4-14!)
- [Teaching Your Children to Fly \[Audio CD\]](#) by Merrilee Boyack
- [The Parenting Breakthrough: Real-Life Plan to Teach Kids to Work, Save Money, and Be Truly Independent](#) by Merrilee Browne Boyack
- [Raising An Emotionally Intelligent Child The Heart of Parenting](#) by Ph.D. John Gottman, Joan Declaire, and Daniel Goleman (Foreword)
- [Teach Your Children Well: Parenting for Authentic Success](#) by Madeline Levine
- [The Price of Privilege](#) by Madeline Levine
- [Mindset: The New Psychology of Success](#) by Carol Dweck
- Website for the Organization: The Body Positive (local, in Berkeley!) - http://thebodypositive.3dcartstores.com/DVDs_c_7.html
- Common Sense Media www.common sense media.org
- PBS – Raising Girls - <http://www.pbs.org/parents/raisinggirls/>
- PBS - Raising Boys - <http://www.pbs.org/parents/raisingboys/>

Resources for 0-3

- [Baby 411: Clear Answers & Smart Advice For Your Baby's First Year](#) by Denise Fields, Ari Brown M.D.
- [Toddler 411: Clear Answers & Smart Advice for Your Toddler](#) by Denise Fields, Ari Brown

Resources for 3-5

- [The Blessing Of A Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children](#) by Wendy Mogel
- [123 Magic and More 123 Magic](#) by Thomas Phelan, PhD (DVDs!)

Resources for 5-11

- [The Parent's Handbook: Systematic Training for Effective Parenting \(Step: Systematic Training for Effective Parenting\)](#) by Don C., Sr. Dinkmeyer, Gary D. McKay and Don, Jr. Dinkmeyer
- [How to Talk So Kids Will Listen & Listen So Kids Will Talk](#) by Adele Faber and Elaine Mazlish
- [Parenting With Love And Logic](#) by Foster Cline, Jim Fay
- [The Mother-Daughter Project: How Mothers and Daughters Can Band Together, Beat the Odds, and Thrive Through Adolescence](#) by SuEllen Hamkins, Renee Schultz
- [Your Daughter's Bedroom](#) by Joyce T. McFadden
- [Raising Boys Without Men: How Maverick Moms Are Creating the Next Generation of Exceptional Men](#) by Peggy Drexler, Linden Gross

- My Father Before Me: How Fathers and Sons Influence Each Other Throughout Their Lives by Michael J. Diamond
- Online Show “A Girl’s Life” PBS - <http://www.pbs.org/parents/raisinggirls/girlslife/>
- Online Film “Raising Cain” by PBS - <http://www.pbs.org/opb/raisingcain/> (co-author Michael Thompson, Ph.D)
- The Learning Community – free online videos on many parenting subjects and kid, tween and teen topics: <http://www.thelearningcommunity.us/tweens-and-teens/behavior.aspx>
- It’s So Amazing! A Book about Eggs, Sperm, Birth, Babies and Families by Robie H. Harris and Michael Emberley

Resources for 11-13

- Everything You Never Wanted Your Kids to Know About Sex (But Were Afraid They’d Ask): The Secrets to Surviving Your Child’s Sexual Development from Birth to the Teens by Justin Richardson and Mark Schuster
- It’s Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health by Robie H. Harris and Michael Emberley
- Positive Discipline for Teenagers: Empowering Your Teens and Yourself Through Kind and Firm Parenting by Jane Nelsen and Lynn Lott
- Tweens and Teens - WebMD - <http://exchanges.webmd.com/parenting-preteens-teenagers-exchange>
- Tween Parent www.tweenparent.com
- Reviving Ophelia: Saving the Selves of Adolescent Girls by Mary Pipher
- Packaging Girlhood by Lyn Mikel Brown, Ed.D., and Sharon Lamb, Ed.D.
- Cycle Savvy: The Smart Teen's Guide to the Mysteries of Her Body by Toni Weschler

Resources for 13-18

- Surviving Your Adolescents: How to Manage and Let Go of Your 13–18 Year Olds by Thomas Phelan, PhD
- The Blessing of a B Minus: Using Jewish Teachings to Raise Resilient Teenagers by Wendy Mogel
- Get Out of My Life, but First Could You Drive Me & Cheryl to the Mall: A Parent's Guide to the New Teenager by Anthony E. Wolf
- Sex and Sensibility: The Thinking Parent's Guide to Talking Sense About Sex by Deborah Roffman (2001)
- Parenting Teens at <http://www.parentingteensonline.com/>
- How to Talk So Teens Will Listen and Listen So Teens Will Talk by Adele Faber and Elaine Mazlish
- Parenting Teenagers: Systematic Training for Effective Parenting of Teens by Don C., Sr. Dinkmeyer, Gary D. McKay

Do you want to recommend a book for this list? Please email me by visiting my website at www.sanfranciscofamilytherapy.com, click the “Contact” tab and “email.”