

PARENT RESOURCES

The following books cover a range of topics related to parenting teenagers, from communication and understanding brain development to dealing with specific issues faced by teenage boys and girls. Parents can choose the ones that resonate most with their specific needs and concerns.

“Career Crafting The Decade After High School” by Cathy Campbell and Peggy Dutton

Based on a study of the experiences of young people in the decade after graduating from high school, Career Crafting offers a powerful and insightful portrait of the early career journeys that young adults undertake, told in their own words.

“Career Coaching Your Teens: Your Role as a Parent” from the Alberta Learning Information System

An excellent brief guide for parents on how to be their children’s head coach and best ally in helping them realize their ideas and goals and make decisions.

“A Career Development Resource for Parents: Helping Parents Explore The Role Of Coach and Ally” by Canada Career Information Partnership via Manitoba Education.

This pamphlet offers helpful suggestions and ideas to help their children with career exploration and planning.

“The 5 Love Languages of Teenagers: The Secret to Loving Teens Effectively” by Gary Chapman

This book explores how to understand and communicate love to your teenager based on their unique love language.

“Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood” by Foster Cline and Charles Fay

Offers strategies for parenting teenagers using love and logical consequences.

“The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults”

by Frances E. Jensen

Provides insights into the development of the teenage brain and how this impacts behavior and decision-making.

"The 7 Habits of Highly Effective Teens" by Sean Covey

Based on the popular "7 Habits" series, this book helps teenagers develop essential life skills and character traits.

"Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood" by Lisa Damour

Focuses on understanding and supporting teenage girls through the challenges they face on their journey to adulthood.

"Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men" by Leonard Sax

Explores the issues facing teenage boys today and provides guidance for parents on how to help them thrive.

"Reviving Ophelia: Saving the Selves of Adolescent Girls" by Mary Pipher

Examines the pressures and challenges faced by adolescent girls and offers insights for parents on how to support their daughters.

"Queen Bees and Wannabes: Helping Your Daughter Survive Cliques, Gossip, Boyfriends, and the New Realities of Girl World" by Rosalind Wiseman

A guide for parents on understanding and navigating the social dynamics of teenage girls.

"Raising Boys" by Steve Biddulph

Offers advice and insights on raising healthy, happy, and resilient boys through adolescence.

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

Provides a holistic approach to parenting that focuses on understanding your own emotional and psychological makeup to better connect with your teenager.

"The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults" by Frances E. Jensen

Provides insights into the development of the teenage brain and how this impacts behavior and decision-making.

The books below cover a range of parenting styles and approaches, so parents can choose the ones that align with their values and parenting goals

"The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind"

by Daniel J. Siegel and Tina Payne Bryson

Offers insights into understanding and supporting your child's developing brain and emotions.

"No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind" by Daniel J. Siegel and Tina Payne Bryson

Provides strategies for disciplining children without causing unnecessary drama or stress.

"Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids" by Kim John Payne and Lisa M. Ross

Discusses the benefits of simplifying your child's environment and routines for their overall well-being.

"The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer" by Harvey Karp

Offers techniques to soothe fussy babies and improve sleep patterns for both parents and infants.

"Parenting with Love and Logic: Teaching Children Responsibility" by Foster Cline and Charles Fay

Focuses on raising responsible and well-behaved children by using natural consequences and empathy.

"How to Talk So Kids Will Listen & Listen So Kids Will Talk" by Adele Faber and Elaine Mazlish

A classic guide for improving communication between parents and children.

"The Montessori Toddler: A Parent's Guide to Raising a Curious and Responsible Human Being" by Simone Davies

Introduces parents to the principles of Montessori education and how they can be applied at home.

"The 5 Love Languages of Children: The Secret to Loving Children Effectively" by Gary Chapman and Ross Campbell

Helps parents understand their child's unique love language and how to express love in ways that resonate with them.

"The Science of Parenting" by Margot Sunderland

Explores the latest research in child development and provides practical advice for raising emotionally healthy children.

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

Encourages parents to understand their own emotional and psychological processes to better connect with their children.

"Healthy Sleep Habits, Happy Child" by Marc Weissbluth

Offers guidance on establishing healthy sleep patterns for infants and toddlers.

"The Danish Way of Parenting: What the Happiest People in the World Know About Raising Confident, Capable Kids" by Jessica Joelle Alexander and Iben Dissing Sandahl

Explores the parenting practices of Denmark, a country known for its happy and well-adjusted children.

"Scattered Minds: The Origin and Healing of Attention Deficit Disorder" and "When the Body Says No: The Cost of Hidden Stress" by Gabor Maté