

My Favourite Family-Parenting Resources

- *The Conscious Parent: Transforming Ourselves, Empowering Our Children*, Shefali Tsabary, Namaste, 2010.
- *Kids are Worth It: Raising Resilient, Responsible, Compassionate Kids*, Barbara Coloroso, Penguin, 2010. Also available in video
- *Parenting Wit & Wisdom from Barbara Coloroso*, Barbara Coloroso, Penguin, 2009
- *Raising the Entitlement-Free Child: Raising Confident and Responsible Kids in a 'Me, Mine, Now!'* Karen Deerwester, Source Books, 2009.
- *How to Talk So Kids Will Listen & Listen So Kids Will Talk*, Adele Faber and Elaine Mazlich, 2012, Scribner
- *Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men*, Leonard Sax, Basic Books, 2009.
- *Girls on the Edge: The Four Factors Driving the New Crisis for Girls - Sexual Identity, the Cyberbubble, Obsessions...* Leonard Sax, Basic Books, 2011.
- *1-2-3 Magic: Effective Discipline for Children 2 to 12*, Thomas W. Phelan, Parent Magic, 2014. Also available in video
- *The Gifts of Imperfect Parenting: Raising Children with Courage, Compassion, and Connection*, Brené Brown, Sounds True, 2013 – Audio CD
- *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, and More Secure Kids*, Kim John Payne & Lisa Ross, 2009

Specifically for Youth:

- *Now I Know Why Tigers Eat Their Young: Surviving A New Generation Of Teenagers*, Peter Marshall, Whitecap Books, 2007.
- Building healthy relationships with teens:
http://www.camh.ca/en/hospital/health_information/for_parents/Pages/tips_parents_relationship_teens.aspx