



Info Rx

Nurturing Parenting

Parenting can be challenging for many people. Below is a list of resources that can help you to develop nurturing parenting skills and family skills to support you in raising your children. These resources cover a variety of experiences all parents/caregivers face and provides guidance on how to support your children through all of their different stages of growth.

Borrow these books from the FCRC or check your local library!

Raising Human Beings : Creating a Collaborative Partnership with Your Child

Ross W. Greene Ph. D. (2017) - [FCRC Call Number: GK 600 G74 2016](#)

Explains how to cultivate a better parent-child relationship while also nurturing empathy, honesty, resilience, and independence. A resource aimed at children aged 0 – 18 years old.

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

Daniel J. Siegel (2012) - [FCRC Call Number: GK 600 S54 2011](#)

This book looks at the science of how a child's brain is wired and how it matures. A resource aimed at children aged 2 – 12 years old.

No-Drama Discipline : The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind

Daniel J. Siegel (2014) - [FCRC Call Number: GK 600 S54 2014](#)

Shows you how to work with your child's developing mind, peacefully resolve conflicts, and strengthen resilience in everyone in the family. A resource aimed at children aged 2 – 12 years old.

Raising a Secure Child : How Circle of Security Parenting Can Help You Nurture Your Child's Attachment, Emotional Resilience, and Freedom to Explore

Kent Hoffman (2017) - [FCRC Call Number: GK 600 H64 2017](#)

Will help you learn how to balance nurturing and protectiveness while promoting your child's independence. A resource aimed at children aged 1 – 12 years old.

Hold on to Your Kids : Why Parents Need to Matter More Than Peers

Gordon Neufeld (2013) - [FCRC Call Number: GK 600 N48 2013](#)

Argues that the growing phenomenon of peer orientation is undermining family cohesion and explains how parents and teachers can reverse the trend. A resource aimed at children aged 3 – 18 years old.



The Teenage Brain

Frances E. Jensen (2015) - [FCRC Call Number: GL 310 J46 2015](#)

A neurologist offers a revolutionary look into the brains of adolescents, providing insights and practical advice for adults and teens. A resource aimed at children aged 13 – 19 years old.

How to Talk So Kids Will Listen & Listen So Kids Will Talk

Adele Faber (2012) - [FCRC Call Number: GK 600 F33 2012](#)

A sensible, lucid guide to practical and effective communication with your children which uses logical approaches to common problems. (A resource for parents/caregivers with children aged 5 – 18 years old.)

Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too

Adele Faber (2012) - [FCRC Call Number: GK 730 F33 2012](#)

This book gives parents practical tools they need to cope with conflict, encourage cooperation, reduce competition, and make it possible for children to experience the joys of their special relationship. A resource for parents/caregivers with children aged 2 – 18 years old.

The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children

Ross W. Greene Ph. D. (2014) - [FCRC Call Number: GK 651 G74 2014](#)

Almost everyone knows an explosive child, one whose frequent, severe fits of temper leave his or her parents standing helpless in their fear, frustration, and guilt. A resource for parents/caregivers to help manage challenging behaviours in children aged 3 – 18 years old.

Raising Your Spirited Child: A guide for Parents Whose Child Is More Intense, Sensitive, Perceptive, Persistent, and Energetic

Mary Sheedy Kurcinka (2015) - [FCRC Call Number: GK 651 K86 2015](#)

This guide offers parents emotional support and proven strategies for handling the toughest times. A resource for parents/caregivers to help manage challenging behaviours in children aged 3 – 18 years old.

Need more information?

Child Health Information Specialist

 403-955-7745  ChildHealthInfo@ahs.ca

 fcrc.ahs.ca/rx/parenting

Family & Community Resource Centre

2nd Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

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