

Infants and Children

1. **The Attachment Parenting Book:**
A Commonsense Guide to Understanding and Nurturing Your Baby by William Sears and Martha Sears, Little, Brown and Company (2001) **ISBN: 0316778095**
2. **The Mother of All Toddler Books:**
An All Canadian Guide to Your Child's Second and Third Years by Ann Douglas, John Wiley & Sons (2004) **ISBN: 0764544179**
3. **Unconditional Parenting: Moving From Rewards and Punishments to Love and Reason** by Alfie Kohn, Atria (2006) **ISBN: 0743487486**
4. **ScreamFree Parenting: Raising Your Kids By Keeping Your Cool** by Hal Edward Runkel, Oakmont Publishing (2005) **ISBN: 0975998110**
5. **Parenting From the Inside Out:**
How a Deeper Self-Understanding Can Help You Raise Children Who Thrive by Mary Hartzell and Daniel Siegel, Tarcher (2004) **ISBN: 1585422959**

Adolescents

6. **The Parenting Crisis: Parenting Today's Teenagers** by G. Scott Wooding, Fitzhenry & Whiteside Ltd. (2005) **ISBN: 1550418432**
7. **Yes, Your Teen is Crazy!: Loving Your Kid Without Losing Your Mind** by Michael J. Bradley and Jay N. Giedd, Harbor Press (2003) **ISBN: 0936197447**
8. **Please Stop the Rollercoaster:**
How Parents of Teenagers Can Smooth Out the Ride by Sue Blaney, ChangeWorks Publishing & Consulting (2004) **ISBN: 0972777946**
9. **Now I Know Why Tigers Eat Their Young:**
Surviving a New Generation of Teenagers by Peter Marshall, Whitecap Books (2007) **ISBN: 1552858596**

Videos/DVDs

- Surviving Your Adolescents:**
How to Manage and Let Go Of Your 13-18 Year Olds
by Thomas W. Phelan, ParentMagic , Inc. (2004)
ISBN: 1889140198



About the suggested resources

The books and resources on this list are selected from the collection at the Family Resource Centres at McMaster Children's Hospital. The selection is based on parent and child feedback, and from on-going reviews at the Family Resource Centre. The inclusion of a particular resource does not imply an endorsement of the information or suggestions in that resource. Many of our resources are general in nature, and may not apply to your situation. Your health care professional is the best source of information about your child's health and concerns.

The Offord Centre for Child Studies

The **Offord Centre for Child Studies** is Canada's only research centre solely dedicated to improving the life quality and life opportunities of children and youth by focusing on the biological factors and life circumstances that influence healthy child development.

The **Centre of Knowledge on Healthy Child Development** gives you access to important and up-to-date information that is based on the best scientific research currently available. It's designed to help you sort through all the conflicting information about what promotes, and what hinders, healthy child development so you can make better choices that will result in better outcomes for children.

We've organized this **Centre of Knowledge on Healthy Child Development** to focus on certain disorders, behaviour problems and life circumstances that can have a significant impact on children's health and wellbeing.

You will find information on anger, aggression and bullying, conduct disorder and oppositional defiant disorder, attention deficit hyperactivity disorder (ADHD), anxiety and depression. We'll talk about how to distinguish mental health problems from normal development. We'll discuss the impact of problems left untreated, such as poor school performance, juvenile delinquency, substance abuse, and poor peer relationships in adolescence.

Visit the **Centre of Knowledge on Healthy Child Development** at:
<http://knowledge.offordcentre.com/>

*"It is our responsibility to ensure bright futures
for today's children so that tomorrow's society will benefit."*

- Dan Offord



**McMaster
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