

## Books for Parents

**All Kids Are Our Kids: What Communities Must Do To Raise Caring And Responsible Children and Adolescents**, by Peter L. Benson. (Jossey-Bass, 1997). The author focuses on how to build developmental assets in young people based on support, empowerment, boundaries, constructive use of time, commitment to learning, positive values, social competencies, and positive identity.

**Emotional Intelligence: Why it Can Matter More than IQ**, by Daniel Goleman. (Bantam, 1994) This best-seller raised public awareness about the importance of emotions in healthy human development.

**Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child**, by Maurice Elias, Steven Tobias, and Brian Friedlander. (Harmony Books, 1999) Parents can learn how to communicate with children on a deeper, more gratifying level and help them support their child's development in relating to others.

**The Heart of Parenting: Raising an Emotionally Intelligent Child**, by John Gottman. (Simon & Schuster, 1997) The author describes how parents can use an effective five-step process to become "Emotion Coaches" and teach their children how to express and manage emotions throughout their lives.

**Raising Emotionally Intelligent Teenagers**, by Maurice Elias, Stephen Tobias, and Brian Friedlander. (Random House, 2000) The authors explain creative, caring, and constructive ways to parent adolescents during these crucial years.

**Raising a Thinking Child: Help Your Young Child To Resolve Everyday Conflicts and Get Along With Others: The "I Can Problem Solve" Program**, by Myrna Shure. (Pocket Books, 1996) This book provides a step-by-step guide for teaching young children how to solve problems and resolve daily conflicts constructively.

**Raising a Thinking Preteen**, by Myrna Shure. (Henry Holt, 2000) In a follow-up to her best-selling book *Raising a Thinking Child*, Dr. Shure explains a program for resolving conflicts and developing critical thinking skills that can be used with 8-12-year-olds.